



MASE Monthly Newsletter - July 2018



Proud recipients of The Queen's Award for Voluntary Service & the British Citizen Award for work in the Community

We are having a heatwave!! Please Take Care



Introduction - We all look forward to 'a good summer', even though we're quite often disappointed! But these current very high temperatures and humidity can present a risk to health, and older people can be particularly susceptible to heat-related illness.

Dehydration and overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat. It's important to make sure you eat a balanced diet to help your body replace any salt you lose by sweating. You may also need to take particular care if you're taking some types of medication that affect water retention. Talk to your GP if you are concerned. Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

Heat exhaustion

The symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, pale skin, heavy sweating and a raised temperature. If you have any of these symptoms you must, if at all possible:

- find a cool place and loosen tight clothes
- drink plenty of iced water or fruit juice
- sponge yourself with cool water or have a cool shower

Heatstroke

Heatstroke can develop if heat exhaustion is left untreated – but it can also develop suddenly and without warning. The symptoms of heatstroke include hot and red skin, headaches, nausea, intense thirst, a high temperature, confusion, aggression and loss of consciousness. Remember severe heatstroke can be a life-threatening condition.

So if you or someone else shows symptoms: call 999 immediately, if you have a community alarm, press the button on your pendant to call for help. While waiting for the ambulance, do not try to give fluids to anyone who is unconscious.

Avoiding heat-related illness

- Keep out of the heat. Don't spend long periods sitting or working outside during the hottest time of the day: late morning to mid-afternoon. If you do go out, wear a hat and stay in the shade as much as possible.
- If you're travelling by car or public transport always take a bottle of water.
- When inside, try to stay in the coolest parts of your home. Keep curtains and blinds closed in rooms that catch the sun. - Remember that lights generate heat. Keep windows shut while it's cooler inside than out and open them when it gets hotter inside. If it's safe, you could leave a window open at night when it's cooler. Fans can help sweat evaporate but do not cool the air itself.
- Wear loose, lightweight, light-coloured, cotton clothing.
- Take cool baths or showers.
- Splash your face with cool (not very cold) water, or place a damp cloth or scarf on the back of your neck to help you cool off.
- Drink lots of fluid – even if you aren't thirsty. If you usually rely on drinks with caffeine in them, such as tea, coffee or cola, limit these and have water first or instead. Avoid alcohol as it can make dehydration worse.
- Eat normally - even if you aren't hungry, you need a normal diet to replace salt losses from sweating. In addition, try to have more cold foods, particularly salads and fruit, as these contain a lot of water.

What else can you do?

- If you live alone, consider asking a relative or friend to visit or phone to check that you're not having difficulties during periods of extreme heat.
- If you know a neighbour who lives alone, check regularly that they are OK.
- If a heat wave is on its way or the weather is hot for several days, listen to local radio so that you know the latest advice for your area. Check for weather forecasts and temperature warnings on TV and radio, and online at www.metoffice.gov.uk
- If you have breathing problems or a heart condition, your symptoms might get worse when it's very hot.

Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

Daphne Sharp ☎ 01785 211140 or 07939 505455
Elaine Dunlop ☎ 01785 823110 or 07812 440226

MASE Co-ordinators
MASE

✉ Daphne.scharp@ntlworld.com
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Things move forward!

Throw out non-essential numbers. This includes age, weight and height.

Keep only cheerful friends. The grouches will only pull you down.

Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let your brain stay idle.

Enjoy the simple things and take breaks as and when you can.

Laugh often, long and loud. Laugh until you gasp for breath.

Tears will happen. It is natural to shed tears, and we have to give in to them. Endure, grieve, and in time you will move on.

Surround yourself with what you love. Whether it's family, pets, keepsakes, music, plants, or hobbies.

Cherish your health: If it is good, preserve it. If it is unstable, try to improve it. If it is beyond what you can improve, then seek help to get good advice on how to deal with things.

Don't take guilt trips. Take a trip to the shops, even to the next county; to a foreign country but **NOT** to where your guilt is.

Tell the people you love that you do love them, at every opportunity.

ALWAYS REMEMBER :

Life is not measured by the number of breaths we take, **but** by those precious moments that take your breath away.

Worry about nothing, care about everything!!!

The importance of keeping hydrated in warm weather

With the summer sun ratcheting up high temperatures across the UK, now couldn't be a more appropriate time to look at the importance of keeping hydrated.

On a normal (not hot) day everyone should drink around two litres of water per day. Cold fresh tap water is best and around 8 decent sized glasses per day should add up to around two litres. Other hot and cold drinks may also be helpful but alcoholic drinks will lead to dehydration and sugary drinks add to the daily calorie intake.



As a rule of thumb, urine that is plentiful, odourless and pale in colour, generally indicates that a person is well hydrated. Dark urine with a strong odour, could be a sign of too little water.



In hot weather it is very important to drink more – always respond to feelings of thirst. If you are caring for others during hot weather then encourage them to drink more. If you have a temperature or diarrhoea or vomiting do remember to keep well hydrated. Adding a slice of lemon to iced cold water is a really refreshing drink in this hot weather.

Final Reminder: Afternoon Gala - Sunday July 22nd at The Aquarius Ballroom

Don't forget to put this date in your diary as we will be once again holding a MASE Gala afternoon from 2:00 pm - until 5.00. We hope to bring together all five groups for an afternoon of enjoyment.

Our entertainers will be: **Jamie - Jessie - and Paul Birch**

There will be a buffet and refreshments; our photographer Sam also will be there to capture the afternoon for you all. 'Jane' will also be coming along to give us all a few lessons in Line Dancing!! What a way to spend a Sunday afternoon?

Hopefully we now have all your names down and our figures for the catering have been submitted. There will be a paid raffle during the afternoon, as well as a separate free raffle for the Carers.

For the people who require transport, please be assured arrangements are in hand.

Daphne will make contact with each of you individually a week before the Gala regarding your pick-up times.

If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

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