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THE HEAT IS ON!

Already this year at least 17 children have been killed in hot cars – technology available now that can prevent these tragic deaths should be in all new vehicles "No one thinks a hot car tragedy can happen to them or their family. That is precisely why technology is necessary. The fact that technology exists to save the lives of children, but is not being included in all new vehicles is inconceivable," stated Janette Fennell, founder and president of KidsAndCars.org. "I am heartbroken knowing that families are holding their precious children right now that will no longer have them by the end of summer," she continued.



WHY ARE SENIORS MORE  
PRONE TO HEAT ILLNESSES?

When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat-regulation mechanisms. Also, seniors store fat differently, which complicates heat-regulation in the body further.

Why's this serious? Well, as the temperature rises, so too does your internal body temperature, especially when you're exposed directly to the sun or extremely hot environments. Which is why seniors suffer from heat stroke more often than younger people throughout the summer.

There are a variety of lifestyle and health factors that increase the risk of developing a heat-related illness:

- Dehydration
- Chronic illnesses (heart and kidney diseases; blood circulation conditions)
- Prescription medications that reduce sweating
- Salt-restricted diets
- Overdressing
- Lack of airflow or access to air-conditioning




5 WAYS SENIORS CAN  
**BEAT THE HEAT**


With temperatures reaching over 100 degrees, this summer could be extremely dangerous for Houston's home bound elderly.

- 

**1 LIMIT SUN EXPOSURE**  
Staying out of the heat as much as possible is the first step in staying cool. During the hottest part of the day, look for indoor activities.
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**2 CREATE A BUDDY SYSTEM**  
As the temperatures rise, make sure to check on elderly friends or family with regular visits.
- 

**3 WEAR LIGHT + LOOSE CLOTHING**  
Wear light-colored clothing outside avoid black or other dark colors that soak up the sun's rays. Loose fitting clothing can help you take advantage of any breeze in the air.
- 

**4 KNOW THE SIGNS OF DEHYDRATION**  
Please check on your elderly neighbors to make sure they are safe and healthy. Look for classic signs of dehydration:  
- Dry, flushed skin  
- Dizziness  
- Dry mouth  
- Headache  
- Weakness  
- Thirst  
Make sure seniors are drinking at least 8 glasses of water a day.
- 

**5 WEAR SUNSCREEN**  
Make sure you apply sunscreen before participating in outdoor activities. This will prevent painful sunburn.



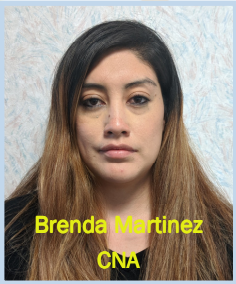
**NEW EMPLOYEES :**



**Richard Chaffee**  
RN



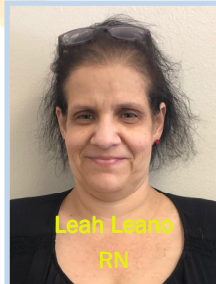
**Mirian Quinarez**  
PBA



**Brenda Martinez**  
CNA



**Geny Velazquez**  
CNA



**Leah Leano**  
RN



**Michael Ofrecio**  
CNA

**HALLWAY TALK**

What holiday would you create for August and why???

My Birthday as a National Holiday!  
-Kaj AT

Family Week  
Vacation for a week to spend with family  
Erika LVN

2nd Christmas, because I love Christmas.  
-Jorge CNA

Beach Day  
For all the kids before school starts again  
-Laura RN



**High Safety Standards = High Quality Patient Care**

**HYDRATION, HYDRATION, AND MORE HYDRATION**

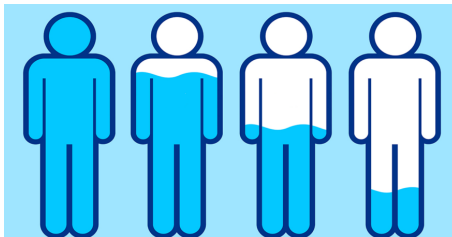
Water is our primary and most important nutrient. It makes up approximately two-thirds of our body. We need to maintain a healthy level of body water content by regularly drinking enough to replace the natural water loss filtered by the kidneys, in the form of essential healthy urine production to remove waste products. Insufficient water leads to dehydration, which is the underlying cause of many common conditions including: constipation; falls; urinary tract infections; pressure ulcers; malnutrition; incontinence; and confusion.

Dehydration can also lead to life-threatening conditions, such as acute kidney injury, cardiac disease and venous thromboembolism.

The natural ageing process reduces the effectiveness of the "thirst response". This explains why older people often do not feel thirsty, sometimes forgetting to have a routine drink, those with dementia being particularly vulnerable. Therefore anyone over 65 years should be considered at increased risk of dehydration (Mentes, 2013)

**SIGNS OF ACUTE DEHYDRATION**

- Low systolic blood pressure (100mmHg or less)
- Rapid, thready pulse
- Increased respiration rate
- Cold extremities
- Reduced capillary refill time due to peripheral shut down
- Hyper or hypo delirium (agitation and severe confusion or conversely increased sleepiness and reduced responsiveness)
- Reduced consciousness level
- Greatly reduced urine output (oliguria)



**6 WAYS TO GET SENIORS TO DRINK MORE WATER**

- 1. Remember there are many sources of fluids** Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If your senior really hates drinking fluids, serve them more [foods with high water content](#) to increase their hydration.
- 2. Keep water easily accessible** Sometimes, making it easy for seniors to serve themselves could encourage them to drink more water.
- 3. Experiment with beverages at different temperatures** Your senior may prefer hot drinks to cold, or the other way around. Experiment to find out which type they like better. Try warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly.
- 4. Try something savory** Those who like savory foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder, but some older adults really like it – especially in cold weather.
- 5. Make popsicles** Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they're also a great way to get fluids into your senior.
- 6. Offer smoothies, milkshakes, Ensure, sports drinks** Some stubborn older adults may really resist drinking fluids. If so, you can try enticing them with smoothies, milkshakes, Ensure, or sports drinks. Sometimes they'll like the flavor or texture and be willing to drink these beverages.

**A SUMMER TO CELEBRATE**

**Staff Appreciation Week!**



**NEWPORT BAY HOSPITAL TURNS 25**



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**STRIVING FOR THE BEST IN PATIENT CARE.**

**UPCOMING EVENTS**

Upcoming In-services

- CEU Education for CNA's— Thursday 08/01/2019
- Mandatory Hospital Wide- Wednesday 08/07/2019
- Mandatory CPI Re-Certification— Tuesday 08/13/2019
- CEU Education for CNA's— Thursday 08/15/2019
- Mandatory Hospital Wide— Wednesday 09/04/2019
- Mandatory General Staff Meeting— Wednesday 09/18/2019  
 & Wednesday 09/25/2019
- Mandatory Hospital Wide— Wednesday 10/02/2019
- Mandatory CPI Re-Certification Trainings— Maria HR will notify the designated staff with the scheduled times & dates for future trainings

**SKIN CONDITION: SUN DAMAGE**

**UVB rays**      **UV RADIATION**      **UVA rays**

**associated with SUNBURN**  
 UVB IS THE FORM OF UV IRRADIATION THAT HAS STRONG LINKS TO MALIGNANT MELANOMA AND BASAL CELL CARCINOMA RISK.

**associated with SKIN AGEING**  
 UVA AFFECTS THE ELASTIN IN THE SKIN AND LEADS TO WRINKLES AND SUN-INDUCED SKIN AGEING AS WELL AS SKIN CANCER.

BOTH UVA AND UVB CAN DAMAGE DNA IN THE SKIN, WHICH CAN LEAD TO **SKIN CANCER**.

**NO CELLPHONES, SMART WATCHES, OR PERSONAL TABLETS ON THE UNIT**

**FACT 1: UV CAUSES SKIN CANCER**

OVER 8 OUT OF 10 MELANOMAS IN THE UK ARE LINKED TO TOO MUCH EXPOSURE TO UV RAYS. → **11,100 CASES EVERY YEAR**

**FACT 2: UV CAUSES SKIN AGEING**

SUN EXPOSURE CAUSES MOST OF THE SKIN CHANGES THAT WE THINK OF AS A NORMAL PART OF AGEING.

**AGEING SKIN**  
 ENHANCES THE BREAKDOWN OF COLLAGEN WHICH LEADS TO WRINKLES

**FACT 3: UV DAMAGES YOUR SKIN EVERY DAY**

YOU CAN'T FEEL UV DAMAGING YOUR SKIN AND IT HAPPENS EVEN WHEN THE SUN DOESN'T FEEL HOT.

UVA RAYS GO THROUGH GLASS, MAKING SUN PROTECTION NECESSARY INDOORS AS WELL AS OUT.

**FACT 4: UV IS DANGEROUS ALL THE YEAR**

WHAT SPF YOU SHOULD WEAR

A MINIMUM OF SPF 15 IS RECOMMENDED EVERY DAY, EVEN IF YOU'RE AN OFFICE WORKER AND ONLY SEE THE SUN ON YOUR COMMUTE TO WORK.