



SERENITY HOME CARE

"Committing to excellence by creating and maintaining lifetime client relationships by providing the highest quality service through tailored personal care."



What's Inside The Issue:

- Recipes
- Summer Safety
- And More!

Keeping Safe During Summer

With the hot Portland summer months, everyone wants to have fun in the sun before the rain comes back in. While we are all for fun outings, it is very important that everyone stays safe while out and about. To help we have gathered some helpful information about heat exhaustion and heat stroke, what conditions to look out for and how to prevent them.

Caregiver of the Month



We are proud to announce that for the month of June our caregiver of the month is Rodelyn Tagapan! Thank you Rodelyn we appreciate all of your hard work in all that you do. We couldn't do it without you on our team!

Keeping Safe During Summer (Continued...)

Heat Exhaustion Symptoms:

- general weakness
- increased heavy sweating
- a weak but faster pulse or heart rate
- nausea or vomiting
- possible fainting
- pale, cold, clammy skin

Heat Stroke Symptoms:

- elevated body temperature above 103F (39.4C)
- rapid and strong pulse or heart rate
- loss or change of consciousness
- hot, red, dry, or moist skin

Prevention:

- Stay hydrated. Drink two to four cups of water every hour that you are doing activities outside in the heat or direct sun. Your body needs more water than usual!
- To reduce risk for dehydration, avoid alcohol or caffeinated beverages if you are doing strenuous activities.
- Try to do more activities inside in a cooler environment.
- Try to avoid doing activities outside during the hottest parts of the day and in direct sunlight.
- Wear light-colored, loose, lightweight clothing when doing activities outside in the heat.
- Take cooler baths or showers on a hot day to help cool you down.
- Take frequent breaks when working or exercising in the heat.

Recipe Highlight



Make Your Own Homemade Fruit Popsicles

jessicagavin.com

Enjoy these cool, delicious fruit popsicles! Take a seat and cool down on a hot Portland afternoon! The variety of flavors are sure to add a sweet, vibrant flavor that pairs well with any summer's day.



Pet of the Month



Meet Smoke! They are an easy going cat, and enjoy the company of their friend Socks! Do you have a pet? If so, we are taking submissions on our Facebook page send us your nominations today!