

The Right at Home Herald

Guelph Wellington

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Caregiver Focus: Meet Maggie

Maggie is in the spotlight for our Right at Home Caregiver Focus.



She graduated from St.Louis as a Personal Support Worker, is GPA certified and prides herself on being proficient in Dementia patient care. Maggie has taken a Palliative Care Course and has personal experience as a caregiver through caring for her own grandparents.

July Health Issue: Heat Stroke

Older Adults aged 65 and over are more prone to heat stroke because they do not adjust as well as young people to sudden changes in temperature. Also, older adults are more likely to take prescription medicines that impair the body's ability to regulate its temperature or inhibit perspiration.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of Heat Stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

If you see any signs of severe heat stress have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- Get medical assistance as soon as possible.

Read more about heat stroke at <http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp>

At Right at Home, we are here to help.

Contact us for more information: Phone: 519-265-7887 Email: careguelph@rightathomecanada.com



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DIY Indoor herb gardens

These creative indoor herb gardens are fun to look at and help replace salt in food by adding flavour and reducing sodium intake. Personal herb gardens are easy to make. Just choose any containers you think will look nice in your space and plant one herb in each container.

Find more pictures of the amazing creative herb garden ideas along with tutorials at <http://www.architectureartdesigns.com/30-amazing-diy-indoor-herbs-garden-ideas/>



Recipe Roundup

Avocado Tuna Salad

A step up from your everyday tuna salad—swap out the mayonnaise with avocado, add some red onion, lemon zest and juice, sprinkle with the green of cilantro or parsley. Put it between two pieces of toast and you have a rather perfect tuna salad sandwich with the lovely addition of avocado.



Source: http://www.simplyrecipes.com/recipes/avocado_tuna_salad/

Do you have a delicious and easy recipe you would like to submit to be featured in our newsletters Recipe Roundup?

Email submissions to tori@rightathomecanada.com

Upcoming Community Events

Guelph Canada Day Celebration

Riverside Park; 709 Woolwich Street, Guelph
Activities starting at 11am with a musical fireworks finale closing the day around 10pm.

Right at Home Facebook Draw- visit our Right at Home Guelph Facebook page for more information on how to be entered into a draw for a \$25 Market Fresh Gift Card!

Vote for Right at Home Guelph in the Guelph Mercury Readers Choice Awards! We are honored to be nominated in the Retirement Services Category; voting open until July 15



Need a Caregiver? Call for a free, no obligation consultation for yourself or a loved one today

1-519-265-7887

Toll Free 1-844-232-4663

