

2016 BEAT THE HEAT

OCEAN COUNTY OFFICE OF SENIOR SERVICES

**1027 HOOPER AVENUE, BLDG. 2, FIRST FLOOR
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TOMS RIVER, NJ 08754-2191**

**732-929-2091
1-800-668-4899
1-877-222-3737**

This packet of information has been compiled from various sources to assist you in managing the heat. The best defense is prevention. We urge you to read the enclosed information to help you “Beat the Heat.”

HAVE A GREAT SUMMER!!!!

Ocean County Summer Heat Emergency Information

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Brick Senior Center & Outreach

(732) 920-8686

- ☀ Brick Township Senior Outreach Services and Senior Center is open Mon-Fri 8am-4pm. You may participate in daily activities at the Senior Center if you are aged 60 yrs. or older. The Senior Center is air conditioned and you are welcome to spend your day at the Center.
- ☀ Transportation to the Senior Center can be accessed by calling (732) 785-3000 Option 2077.
- ☀ Brick Township residents who will be 65 or older by September 1, 2016 may receive free daily wristbands for access to Brick Township’s beaches. Each individual requesting a wristband must provide proof of age (driver’s license, birth certificate, county ID card). Senior wristbands are available at Brick Beach I, Brick Beach III and Windward Beach- not in Brick Recreation Offices. Additionally, residents who will be age 65 September 1, 2016 may purchase a season parking permit for \$15.00.
- ☀ Surf Chairs – Individuals with disabilities have the opportunity to reserve a specially designed wheel chair that will provide easy access to Beach I, Beach III and Windward Beach. Call (732) 262-1184 for information or to reserve a chair.

Community Services, Inc., (MOW’s of Ocean County)

(732) 367-1400

Nutrition Sites

- ☀ All eight (8) Nutrition Sites will supply adequate amounts of water during program hours.
- ☀ Site activities will be restricted to minimal on hot days.
- ☀ Congregate meals will be served early and participants dismissed when the heat index is projected to reach unsafe levels.
- ☀ Participants will be notified via radio and phone chain in the event power or mechanical failure threaten a safe, cool site environment.

Home Delivered Meals (HDM)

- ☀ HDM drivers check on client safety each day and report heat emergencies to the HDM office.

Education and information

- ☀ The July 2016 menu distributed to all HDM and Congregate participants will contain information on the importance of drinking water. The article will include general tips for maintaining hydration and the signs and symptoms associated with dehydrations.
- ☀ Staff will remind program participants to drink plenty of water and other appropriate liquids to maintain good hydration levels; suggest participants carrying a water bottle if they go out in hot weather and/ or to and from nutrition site or senior center activities; encourage participants to consult their physician if necessary and to follow his/her advice on fluid intake.

Fix-It Program at Catholic Charities

(732) 363-5322 Ext. 3234

- ☀ The Fix-It Program provides volunteers who change storms/screens in doors or windows. Volunteers can also open air conditioning vents and remove winter covers from window units. Depending on how heavy the window unit is, volunteers can install.
- ☀ Fix-It will change filters in furnaces and air conditioners and check fuses. Volunteers cannot work with freon.
- ☀ For more information call John McCrone Fix-It.

Long Beach Island Senior Center & Outreach

(609) 494-8861

Ocean County Southern Service Center (Long Beach Island Outreach Satellite Offices) (609) 978-6220 or (609) 978-6221

- ☀ The Southern Ocean Service Center will be available during normal business hours (M-F 8:00-4:00). Seniors may stay at the Senior Center after the lunch program and any senior in the area may go to the Senior Center for relief.
- ☀ Long Beach Island Senior Center will be available during Community Center business hours (Call for hours) for any senior in the area to stay cool.
- ☀ Air-conditioned transportation is offered for seniors who attend congregated lunch.
- ☀ LBI Health Department visits the Senior Center to talk with participants about the dangers of heat and make sure they are eating and drinking correctly. Written materials are also distributed.
- ☀ Lifeline is suggested to those who may qualify and assistance with the application is available upon qualification.
- ☀ Meals on wheels drivers and volunteer's drivers check on homebound seniors daily who may be in danger due to the heat. Drivers inform LBI Outreach & Senior Center of any heat emergency cases.

- ☀ All heat related information distributed by the Ocean County Office of Senior Services is made available to participants.

**Berkeley Outreach
(Long Beach Island Community Center, Inc.)**

(732) 244-9600

- ☀ Berkeley Outreach provides air-conditioned transportation to and from the Lacey Nutrition site, which is air-conditioned as well.
- ☀ Lifeline is suggested to those who may qualify and assistance with the application is available upon qualification.
- ☀ All heat related information distributed by the Ocean County Office of Senior Services is made available to participants.
- ☀ Outreach workers from Berkeley will speak to the seniors at the Lacey Nutrition site about ways to keep cool this summer season. We also give out the phone numbers for “Hands for All” and “Comfort Partners” for seniors who need help with their cooling bills.

Manchester Senior Outreach

(732) 849-8305

- ☀ Manchester Senior Outreach can purchase fans for seniors who do not have central air or any fans. Limited to those who are financially eligible. Please call for criteria.
- ☀ Meals on Wheels drivers will be checking on recipients every day.
- ☀ Lifeline is suggested to those who may qualify and assistance with application is available upon request.
- ☀ All heat related information distributed by the Ocean County Office of Senior Services is made available to participants.

O.C.E.A.N., Inc.

Toms River Office (732) 244-9041

Lakewood Office (732) 942-3405

Waretown Office (609) 549-5822

- ☀ Home Energy Assistance provides financial assistance to low-income households to help in offsetting the price of heating/cooling their homes. Payments are made for emergency fuel deliveries, minor repairs, and for medically necessary cooling during the summer. If you apply for cooling you will need a current signed and dated doctor’s note stating that a member of the household listed on the application has a chronic long term medical condition (must be stated) that requires the necessity of cooling during the summer. The application period for the program is determined yearly. Ask about Universal Service funds.

Providence House

(732) 244-8259

- ☀ Outreach offices and our safe house are air-conditioned as well as any off site space where group sessions can be held, as needed.
- ☀ Copies of this “Beat the Heat” publication is distributed to seniors and employees are given a training program on heat stress.

Toms River Senior Center

(732) 341-1000 Ext. 8461

- ☀ Senior Center is notified by the Toms River Office of Emergency Management of potential heat and ozone emergencies, then Senior Center notifies participants.
- ☀ Members are encouraged to frequent the Senior Center during the day if there is no air conditioner at home.
- ☀ Transportation is available to the Senior Center if needed.
- ☀ Senior Center will act as advocate to help seniors that are having difficulty getting broken air-conditioners fixed; staff act as advocates to facilitate repairs.
- ☀ Senior Center will educate participants through information and suggestions for preventing heat exhaustion and heat stroke.

Ocean County Sheriff’s Department Office of Emergency Management

1-800-331-8152

- ☀ The Ocean County Office of Emergency Management has an application called “We Care” for anyone who might need special assistance in an emergency. The “We Care” application can be obtained by calling the Office of Emergency Management at 1-800-331-8152. Once the form is completed, it should be returned to your local police department. If you need assistance completing the form or you need someone to pick up your completed form, call the Office of Emergency Management at 1-800-331-8152 for assistance. All your information will be kept strictly confidential; however, it will assist our Emergency Management officials in planning for your safety in the event of an emergency. Emergency Management staff will be happy to answer any of your questions regarding the “We Care” program and can send you additional weather emergency information. Please call 1-800-331-8152.

“WATER-DON’T GET CAUGHT WITHOUT IT!”



Water may be the most overlooked nutrient in the American diet. Lack of water can lead to dehydration. The first sign of dehydration is usually thirst, but many older adults have a diminished sense of thirst and may be seriously dehydrated before they experience this warning.

Early signs of dehydration include:

Fatigue, loss of appetite, flushed skin, heat intolerance, light-headedness, dark-colored urine and dry cough.

Signs of severe dehydration includes:

Rapid and weak pulse, cold hands and feet, difficulty swallowing, clumsiness, dim vision, muscle spasms, and even coma.

Dehydration is a serious medical condition that often requires hospitalization.

Water is essential to good health. It makes up to 70% of our muscles, 75% of our brains and over 50% of older adult’s bodies. It helps your body to:

- Regulate body temperature
- Lubricate joints
- Lessen the burden on the kidneys and liver by flushing out waste products
- Carries nutrients and oxygen to the cells
- Prevents constipation
- Protects organs and tissues
- Dissolves nutrients to make them accessible to the body

Most people need about eight cups of water per day. You get water from other fluids like milk, juice, decaffeinated drinks, and the foods you eat. The best food sources of water are fruits and vegetables. While eating fruits, vegetable, and other foods can provide 1/3 to 1/2 of your daily water needs, be sure to drink plenty of water. Make a plan to drink water at regular intervals throughout the day – don’t get caught without it!



Heat-Related Dangers

BEWARE OF EXTREMES

As you get older, it becomes harder for your body to respond to extreme temperatures. Some medications, such as diuretics and high blood pressure medicine, can make you even more susceptible to heat. People who have heart, lung or kidney disease are also especially at risk during hot weather. Utility costs can also make it difficult for some seniors to properly cool their homes.

HEAT EXHAUSTION

Overexposure to heat can result in loss of body water and salt, causing heat exhaustion.

Symptoms of Heat Exhaustion

- Weakness
- Heavy sweating
- Nausea
- Giddiness
- Dizziness
- Collapse
- Fatigue
- Cool, clammy, pale skin

Treatment

- Rest in bed away from the heat.
- Drink cool liquids.
- Sponge or immerse yourself in cool water.

HEATSTROKE

This is a life-threatening condition that occurs when the body becomes dangerously overheated. Heatstroke can cause death or permanent disability if not treated immediately.

Symptoms of Heatstroke

- Faintness
- Headache
- Confusion / Loss of consciousness.
- Body temperature at or above 104° F may rise to 106 ° F.
- Rapid pulse.
- Red, hot dry skin.

Treatment

- Call 911 immediately.
- Lower body temperature as quickly as possible. (Cool water bath, pour cool water over person)
- Get medical assistance ASAP

HOT WEATHER TIPS

- Stay out of direct sunlight.
- Stay in an air-conditioned room, such as a library or movie theater.
- Take cool baths or showers.
- Place ice bags or wet towels on your body and sit or lie near a fan.
- Avoid strenuous activity.
- Wear lightweight, light-colored, loose-fitting clothing made of natural fibers.
- Drink plenty of fluids, such as water, vegetable juices and iced tea.
- Avoid alcoholic beverages or drinks with a high salt content.

Take Steps to Avoid Heat-Related Illness

As you get older, your body becomes less able to respond to long exposure to heat; therefore, it is important to take action to avoid the severe health problems caused by hot weather. To help reduce extreme heat risks, the Ocean County Office of Senior Services offers the following safety tips:

- ☀ Keep heat outside and cool air inside. Close any register that may allow heat inside. Install temporary reflectors, such as aluminum foil covered cardboard, in windows and skylights to reflect heat back outside. Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun. This can reduce the heat from entering the house by as much as 80 percent.
- ☀ Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools the body.
- ☀ Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- ☀ Drink plenty of fluids, even if you do not feel thirsty. Water is the safest liquid to drink during emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat effects on your body worse. This is especially true about beer, which actually dehydrates the body.
- ☀ Avoid using salt tablets unless directed to do so by a physician.
- ☀ Dress in loose fitting clothes that cover as much skin as possible. Lightweight, light colored clothing reflects heat/sunlight & helps maintain normal body temperature.
- ☀ Protect your face and head by wearing a wide brimmed hat.
- ☀ Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. The sun will also heat the inner core of the body, resulting in dehydration. Use a sunscreen lotion with a high sun protection factor (SPF) rating.
- ☀ Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly & very young.
- ☀ Slow down; reduce, eliminate, or reschedule strenuous activities. High-risk individuals should stay in cool places. Get plenty of rest to allow your natural "cooling system" to work.
- ☀ If you have symptoms including headache, nausea, and fatigue after exposure to heat, you probably have some measure of heat-related illness. If you experience any of these symptoms consult a doctor.
- ☀ Vacuum air conditioner filters weekly during periods of high use.

Ailments Caused by Severe Exposure to the Sun or Heat Include:

Sunburn

Symptoms: Skin redness and pain, possible swelling, blisters, fever or headaches.

First Aid: Take a shower, using soap to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.

Heat Cramps

Symptoms: Painful spasms usually in leg and abdominal muscles; heavy sweating.

First aid: Get the victim to a cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.) Discontinue liquids if victim is nauseated.

Heat Exhaustion

Symptoms: Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion and headaches are possible.

First Aid: Lie victim down in a cool place and loosen or remove clothing. Apply cool, wet cloths. Fan or move victim to an air-conditioned place. Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated. Seek immediate medical attention if vomiting occurs.

Heat Stroke/Sun Stroke (*a severe medical emergency*)

Symptom: High body temp. (105°+); hot, red, dry skin, rapid, weak pulse and rapid shallow breathing. Possible unconsciousness. Victim will probably not sweat.

First Aid: Call 9-1-1 or get the victim to the hospital immediately. Delay can be fatal. Remove clothing and move victim to a cool environment. Use fans and/or air conditioners. Try a cool bath or sponging to reduce body temperature. Watch for breathing problems. **DO NOT GIVE FLUIDS.**

Warm Weather Food Care Tips When Planning A Picnic

- ☀ Buy perishable products last at the store and get them right home to the refrigerator, ice-chest or insulated bag. Never leave perishables in a hot car while you run other errands.
- ☀ For quick use, perishable products can be kept in the refrigerator for a few days. If the store wrap on meat or poultry is clean and not torn, leave it on. Otherwise, rewrap products in clean plastic or aluminum wrap. For longer storage, freeze food, wrapping items tightly in heavy freezer foil or freezer bags. NOTE: Mayonnaise-based meat, poultry & fish salads don't freeze well.
- ☀ It is not safe to thaw meat & poultry on the kitchen counter. Bacteria can multiply dangerously in the outer layers before inner layers thaw. Take meat or poultry out of the freezer and place it on a refrigerator shelf a night or two before you need it. Hamburger patties, pork chops and ribs should be cooked until all the pink is gone; poultry until there is no red in the joints and fresh fish until it "flakes" with a fork. Steak cooked rare or medium rare increases your risk of food poisoning because of the shortened cooking times.
- ☀ Practice kitchen cleanliness at the picnic grill. If a faucet is not available, use disposable, wet hand wipes to clean your hands before working with food. To keep bacteria from spreading, wash your hands after working with raw meat or poultry & before handling other food. Don't re-use utensils, plates or bowls you've used with any raw products. Make sure all utensils; cutting boards (especially those that are porous); counters etc. are washed with soap and hot water.
- ☀ Keep your perishable food - ham, potato or macaroni salad, hamburger, hot dogs, lunch meat, cooked beef or chicken, deviled eggs, custard or cream pies in a cooler. The mayonnaise you buy at the store is not the villain. Its high acid content actually slows bacteria growth. Homemade mayonnaise recipes call for raw eggs, which are not pasteurized; the eggs can be carriers of Salmonella bacteria. Also many low acid foods such as chicken, tuna and potatoes that are mixed with mayonnaise for salads, are susceptible to bacteria growth. **Again perishables should be kept in a cooler.**

Protect Yourself from Allergies

Do's	Don'ts
<ul style="list-style-type: none">• Keep windows closed at night to prevent pollens or molds from drifting into your home. Instead, if needed, use air conditioning.• Minimize early morning activity when pollen is usually emitted between 5-10 a.m.• Keep your car windows closed when traveling.• Try to stay indoors when the pollen count or humidity is reported to be high, and on windy days when dust and pollen are blown about.• Take medications prescribed by your allergist/immunologist regularly, in the recommended dosage.	<ul style="list-style-type: none">• Mow lawns or be around freshly cut grass, mowing stirs up pollens and molds.• Rake leaves, this stirs up pollens.• Hang sheets or clothing out to dry, pollens and molds may collect in them.• Take more medication than recommended in attempt to lessen your symptoms.• Grow too many, or over water, indoor plants if you are allergic to mold. Wet soil encourages mold growth.

List compiled from The American Academy of Allergy Asthma and Immunology

FAMILY PETS NEED SPECIAL CARE DURING WARMER DAYS OF SUMMER SEASON

Most family members enjoy being outdoors during warmer weather, with plenty of time for walks, picnics, trips to the beach and other leisure activities. Your dogs are happy to be with you, enjoying the sights and smells of nature, but care must be taken to make sure your pets are protected from potential hazards.

If your dog enjoys walks outdoors, try to arrange your schedule so the walks take place in the morning hours or early evenings when it is cooler. Pets don't sweat. An air-conditioned house is safest for your pet, but the next best thing is a well-ventilated/insulated doghouse or a shaded porch with a fan or misting system. Also, hot concrete and asphalt can burn precious paws! Walk your pets during the day and stick to the grass. If it's too hot for your bare feet, it's too hot for paws.

Many of us refresh ourselves with bottled water as we pursue outdoor activities. Just as we become thirstier in hotter weather, so do our dogs. Always carry an extra bottle of water for your pet. Both dogs and cats need fresh water all day long. If pet water bowls are outside, make sure they are in the shade. Also if pet food is in a bowl outside, place it in a pan containing a few inches of water to keep ants out of the pet food.

A dog falling behind while on a walk with you is another sign of possible heat exhaustion. Cool the dog immediately by wetting with cool water, then placing him in a cool location, or in front of a fan if possible, and monitor him closely. Seek veterinary help if the dog fails to respond to treatment after 10 minutes.

Larger dogs can overheat more quickly than smaller dogs, and older dogs tend to overheat more quickly than younger ones, adjust your walk accordingly.

Some signs of heat exhaustion in a dog include:

- Excessive panting
- A distressed look
- Deep red gums
- Uncontrolled or agitated movements

There are other summertime hazards to your dog that must be addressed when traveling by car or truck. They include:

- Keep car windows up while driving so dogs cannot stick their heads out of windows, as bugs, small pebbles and other items can injure his eyes.
- Do not travel with your dog in the bed of a pick-up truck. The dog can be bounced about the bed during the ride, and also may jump out if scared or reacting to an unexpected encounter with another animal.
- Never leave your pet in a parked vehicle with the windows rolled up. Vehicle interiors quickly overheat and your pet may suffer heatstroke within minutes.

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