

# RECOVER CARE CONNECT

Summertime is a favorite time of the year for most folks: The days are longer, there are numerous outdoor activities to participate in and the days are often sunny and hot. Speaking of the heat of summer, there are numerous precautions we need to take to stay safe and still enjoy the many delights of summer.



## TIPS TO MANAGE THE HEAT OF SUMMER

**Be strategic when planning outdoor activities.** Exercise outdoors during the coolest times of the day, typically mornings and evenings.

**Wear lightweight, light-colored clothing.** Stick to light colors—like white—because they won't absorb as many of the sun's rays. Also, cotton is especially good at keeping you cool because it is lightweight, and it breathes.

**Stay hydrated.** It is extremely important to drink plenty of water. Do not wait until you are thirsty to drink water, as thirst is the onset of dehydration. If you get dehydrated, you can experience heatstroke.

**Eat a frozen snack to cool down.** Okay, sure, this is a fun one—but it will cool you down on a hot day!

**Wear a hat, sunglasses, and sunscreen.** Protecting yourself from the sun's rays is critical, as we all know!

**Watch movies that take place in the winter.** The cold, snowy scenery will help you feel cooler. Try it for yourself!



## FOURTH OF JULY FUN FACT

Did you know? Americans consume around 155 million hot dogs on the Fourth of July each year. They also spend \$92 million on chips, and \$167.5 million on watermelon.

Source: Forbes



## TIPS TO KEEP YOUR HOME COOL IN THE SUMMER

**Use box fans and ceiling fans to move the air around.** The feel of air moving on your skin can definitely increase your comfort level.

**Wash dishes by hand instead of using the dishwasher.** Instead of a dishwasher heating your kitchen for 1 to 2 hours as it runs through its many cycles, you can get the kitchen tidied up in a short period of time without adding significantly to the amount of heat in the house.

**Manage the sunlight.** Close blinds on the side of the house the sun is shining in. In fact, you may want to consider blackout curtains on the windows exposed to the most direct sunlight.

**Keep your furnace fan on continuously.** The fan will cycle cooler air from lower levels and move it throughout the house.

**Avoid using the stove and/or oven if possible.** Now is a good time to grill more frequently. Also, with so much amazing fresh produce available this time of year now is a great time to serve salads and other cold dishes for meals.

**Hang your clothes outside on a clothesline rather than using your dryer.** In addition to reducing your electric bill, your line-dried clothes will smell incredibly fresh.

### HAVE A COOL SUMMER!

This summer follow these tips to protect yourself from the sun and keep yourself and your home cool. And maybe, just maybe, keep cool by enjoying a frozen treat to celebrate our fleeting summer!

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