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TIPS FOR SENIORS TO BEAT THE HEAT AND TAKE CARE OF THEIR SKIN DURING SUMMER FROM POET'S WALK HENDERSON, AN ALL MEMORY CARE SENIOR COMMUNITY

Henderson, NV (July 11, 2017) – In the heat of summer, it's important to find ways for elder family members to beat the heat. From ultraviolet (UV) rays to skin dehydration, there are many dangers from the sun to our bodies. Excessive heat exposure can cause dehydration, which in turn can cause dangerous conditions like heat cramps, heat exhaustion, and heat stroke. UV rays can reach into the deeper layers of the skin, promote skin aging and wrinkles and are believed to increase the development of skin cancer. In older adults, the skin doesn't heal as well, leaving the person more vulnerable to infections and skin cancer.

Karen Bailey, Poet's Walk Henderson's Director of Resident Care, is in the business of keeping people safe. "Since the skin becomes more delicate and vulnerable as we age," says Bailey, "that means it's more important than ever for older adults to protect their skin from damage caused by the sun. They're also going to get dehydrated faster, get overheated easier, and their symptoms arise quickly. This is why observation is most important for prevention and why we remind all of the staff at our community important tips to keep our residents safe."

Some of the tips that Bailey offers include:

- Encourage adequate food and fluid intake.
- Wear light colored clothes; dark clothes absorb more heat and tight clothes don't let sweat evaporate.
- Sunglasses prevent harmful UV rays from scorching corneas and protect eyes. Choose sunglasses that block 90 to 100% of UV rays.
- A hat is a smart summer fashion and a great way form of protection. A wide brimmed hat prevents UV rays from hitting the sensitive spots on one's face and keeps skin looking young and wrinkle-free.
- Sunscreen with an SPF rating of at least 15 is recommended. Don't forget to cover areas that burn easily: nose, ears, shoulders and the back of the neck.
- Lip Balm with SPF protection blocks out the sun and keeps in moisture for lips.
- Provide moisturizer to skin.

- Explain the importance of careful skin inspection to all loved ones. Ask if there are any skin conditions he/she is concerned about.
- One should look for any rashes or reddened areas, any bruising or skin discoloration, broken skin, skin tear, abrasion, etc., dry skin, any evidence of scratching, peculiar moles or other skin lesions, any areas that appear swollen, any unusual odors. These should be reported to a caregiver or doctor.
- Handle skin gently; do not grasp skin of the arm.

Poet's Walk Henderson, a Spring Hills Senior Communities all memory care community, is located at 1750 W. Ridge Parkway. For more information, please contact Karen Bailey, Director of Resident Care, or Mark Shaffer, Executive Director, at 702-899-8028 or visit <http://www.poetswalk-springhills.com/memory-care-facilities-henderson-nv/>.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alexander Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's eight Spring Hills assisted living communities or in client's homes with Spring Hills home care services located in NJ, VA, OH, FL and NV or in one of the company's Poet's Walk memory care communities located in TX, VA and NV as well as soon-to-be FL. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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