

Community Connections

Choosing Your Liquids Wisely During the Summer Heat

Keeping fully hydrated by drinking plenty of water is very important during the hot summer months. Many symptoms of excess summer heat (dizziness, fatigue, lack of concentration) are attributable to chronic dehydration. However, the type of liquids you drink during the Summer heat is important.

Sport beverages (laden with sodium and sugar) can actually make your dehydration worse, and extremely cold foods and drinks can actually interfere with digestion and sweating, the body's natural cooling mechanism. So, however tempting it may be to sit on your porch licking an ice cream cone to beat the heat, opt for a wedge of melon instead. A dose of common sense and a diet sprinkled with cooling foods, such as grapes, apples, pears, peaches, berries, watermelon, cantaloupe and honeydew melon is your best bet for helping you stay comfortable this summer. Now all you have to do is apply your sunscreen and enjoy the lazy days!



Warning Signs: Heat Stroke

According to the Centers for Disease Control and Prevention (CDC), heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, sweating mechanism fails, and the body is unable to cool down.

Do you know the signs of heat stroke? While warning signs may vary, [symptoms may include](#):

- An extremely high body temperature (above 103 degrees Fahrenheit);
- Red, hot, and dry skin (no sweating);
- Rapid, strong pulse; and
- Dizziness.

According to the CDC, if someone experiences signs of a heat stroke, have someone else call for immediate medical assistance while you begin cooling the person by:

- Getting him or her to a shady area; and/or
- Immersing the person in a tub of cool water, placing him or her in a cool shower, or spraying the person with cool water from a garden hose.

Be sure to monitor the person's body temperature, and continue cooling efforts until the body temperature drops to 101-102 degrees Fahrenheit. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Don't give the victim fluids to drink.

If emergency treatment isn't provided, heat stroke can cause death or permanent disability.



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from 2:00 - 4:00 pm

*Coos Open People meets the 3rd
Tuesday of each month
at the Coos Office*

*Klamath Open People meets the
3rd Friday of each month
at Friend's Church*

*Douglas Open People meets the
4th Tuesday of each month
at the Roseburg Office*

September Birthdays

Ashley A.	AJ A.	Kyle A.	Fabiola B.	Rebecca B.
Kevin B.	Brenda B.	Andrew B.	Harry C.	Lauren C.
Terah C.	Matthew C.	Ashton C.	Chelsea D.	Michael D.
Diana D.	Michelle E.	James E.	Charles F.	Jayme F.
Rhonda G.	Leah G.	Stephen G.	James G.	Santana G.
Cody H.	Mark H.	Kelsey H.	Jessica H.	Jeanine H.
Tabitha J.	Seth K.	Samuel K.	Thomas L.	Kathryn L.
Cathie L.	Sidney L.	Nathan M.	Amy M.	Bobby M.
Jesus M.	Rose M.	Jason M.	Betty M.	Eamon N.
Jesse P.	Anna R.	Dustan R.	Larissa R.	Lucas R.
Darrell S.	Eric S.	John S.	Leah S.	David S.
Garrett S.	Matthew T.	Ernest T.	Douglas V.	Theresa W.
Jason W.	Kevin W.	Jeffrey W.	Noah W.	Angela Y.