

WELCOME TO OUR
Monthly NewsletterDear Caregivers,

Summer is in full swing, and this month's newsletter focuses on staying safe, supported, and connected during the warmer weather.

In this issue, you'll find helpful information on staying safe in the heat for people living with dementia, including tips on hydration, recognizing signs of dehydration, and reducing the risks of wandering during hot weather. We've also included a simple one-page summer safety checklist that you can easily reference at home.

As we approach the Fourth of July, we're also sharing a brief reflection page focused on location sharing technology, a simple tool on smartphones that can help caregivers and families stay connected and feel more at ease knowing loved ones are safe and accounted for.

Finally, don't forget to join us for our upcoming caregiver webinar on July 15th from 10:00–11:00 AM (Mountain Standard Time). This session will offer additional support, education, and resources for caregivers in our community.

We hope this month's newsletter brings you practical tools and encouragement as you continue your important work as a caregiver.

**What
you'll
Learn:**

- Summer Heat Safety
- Summer Heat Safety Checklist
- Fourth of July Memories
- Tech Talks w/ Tina
- Recipe of the Month

Summer Heat Safety for People Living with Dementia

Warm weather offers many opportunities to enjoy time outdoors, but it also brings added health risks for people living with dementia. Memory changes can make it difficult to recognize thirst, overheating, or when it is time to come inside. As a caregiver, a few simple precautions can help keep your loved one safe all summer long.

Stay Cool and Hydrated

Encourage your loved one to drink water regularly throughout the day, even if they do not feel thirsty. Offer hydrating foods such as watermelon, cucumbers, oranges, grapes, and strawberries. During hot weather, stay indoors when possible during the hottest hours of the day and dress in lightweight, breathable clothing.

Watch for Wandering

If your loved one has a history of wandering, summer heat can make it especially dangerous. Spending too much time outdoors can quickly lead to dehydration or heat-related illness. Consider using door alarms, ensure they wear identification, and let trusted neighbors know to contact you if they see your loved one outside alone.

Know the Signs of Dehydration

Dehydration may appear differently in someone with dementia. Be alert for:

- Increased confusion
- Agitation or mood changes
- Dry mouth or cracked lips
- Dark urine or less frequent urination
- Sleepiness or unusual fatigue
- Sunken eyes or dry skin

If you notice these signs, encourage fluids immediately and move your loved one to a cool place. Seek medical care if symptoms worsen or your loved one becomes difficult to wake.

With a little planning, caregivers can help their loved ones stay safe, healthy, and comfortable while enjoying the summer season.

Caregiver's Summer Heat Safety Checklist

Stay Hydrated

-  Offer water every hour, even if your loved one doesn't ask.
-  Serve fruits and vegetables with high water content.
-  Keep a favorite cup or water bottle nearby as a reminder.

Stay Cool

-  Stay indoors between 10 a.m. and 4 p.m. when possible.
-  Dress in lightweight, breathable clothing.
-  Use fans or air conditioning.
-  Wear a hat and sunscreen when outdoors.

Prevent Wandering

-  Keep doors secured if wandering is a concern.
-  Make sure your loved one carries identification.
-  Supervise outdoor activities, especially on hot days.
-  Tell neighbors to call if they see your loved one walking alone.

Know the Warning Signs

Watch for:

- Increased confusion
- Agitation or mood changes
- Dry mouth or cracked lips
- Dark urine
- Constipation
- Sleepiness or unusual fatigue
- Sunken eyes or dry skin

Remember to care for yourself, too. Drink plenty of water, take breaks in cool places, and avoid spending long periods outside in extreme heat. Staying healthy helps you continue providing the best care for your loved one.



WHAT WILL YOU DO FOR AMERICA'S 250TH ANNIVERSARY CELEBRATION?

Here are some fun pictures and memories from AMERICA'S bicentennial celebration:



From parades down main street to small town BBQ celebrations, What a year it was to remember!

1776-1976 AMERICAS BICENTENNIAL!!!

Colorado



Hometown fun, dressed up in our pioneer dresses complete with bonnets made by mom! Set up in front of dad's store front then went and marched in the parade.

Area 1 Community Health Advocate,
Rhonda Story (R) -best friend Cherlynn (L)
Washington State

"All of the neighbors brought fireworks into the cul-de-sac, and we put on a BIG show for the neighborhood, sparklers for all of the kids!!"

"We decorated our cars and bikes in red-white and blue and drove down main street honking our horns, shouting and celebrating."

"The town did a HUGE fireworks display; we laid on our blankets and watched for nearly an hour!"



God Bless America! And may you have a blessed 250th Celebration, whatever you do!

Tech Talks w/ Tina



Sharing Your Location: Peace of Mind for Caregivers and Their Loved Ones

Many smartphones have a free, built-in feature called location sharing that lets trusted people see where someone is on a map in real time. Think of it like a porch light: it quietly signals where a person is to the family members or caregivers they've chosen, and it can be switched off anytime. You stay in full control of who can see it, and setup takes just a few minutes. The steps differ a little depending on the phone —iPhones use the Find My app, while Android phones use Google Maps—but both are simple once you know where to look.

We originally created these two short videos for our Grandparents Raising Grandchildren Program, but the truth is any caregiver can benefit from these same settings. Whether you're caring for a spouse, a parent, a grandchild, or another loved one, location sharing helps you confirm someone arrived safely, check in without a string of phone calls, and feel reassured knowing you can find each other if help is ever needed. You'll find both step-by-step videos—one for iPhones and one for Android devices—on the Idaho Community Care Program's YouTube channel, so you can follow along with whichever phone you have.

RECIPE OF THE MONTH

FROM THE KITCHEN OF:

RHONDA STORY

COMMUNITY HEALTH ADVOCATE

COMMUNITY CARE PROGRAM



AMERICAN FLAG CAKE

Patriotic, Scrumptious and SUPER EASY!

This has been my go-to recipe for years! Always a favorite!!

CAKE:

- 1 package French vanilla cake mix
- 1/3 cup of oil
- 4 large eggs

FROSTING:

- ½ cup butter, softened
- 2 cups of confectioner's sugar
- 1 tablespoon 2% milk
- 8 oz cream cheese

Instructions:

- Preheat oven to 350°. Grease a 13x9-in. baking pan set aside. In a large bowl, combine first 4 ingredients; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Pour into prepared pan.
- Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
- In a large bowl, beat butter and cream cheese until fluffy; beat in confectioners' sugar and milk until smooth.
- Frost cake after it cools and decorate with berries. ENJOY!
- For a fun variety, get creative!
- Fill with strawberry filling or do a Jello-poke with red Jello
- Use raspberries instead of strawberries

