



Newsletter

SUMMER 2018



Senior living that is comfy, cozy and never more affordable

Prepare yourself for the summer months

The summer is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips to make sure they have a fun, safe summer.

1. Stay Hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. Remember to drink water often, and be sure to pack some for those long summer drives.

2. Talk to Your Doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures. Some medications are less effective if stored at higher than room temperature (approx. 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. Keep Your Cool

Even small increases in temperature can be harmful for seniors who are coping with chronic medical conditions. On hot days opt for participating in exercises classes in an air conditioned area or walking inside. Avoid sitting in the hot sun.

4. Wear the Right Stuff

Dress for the weather. When it's warm out, natural fabrics, such as cotton, tend to be cooler than synthetic. Stock your summer wardrobe with light-colored, loose-fitting clothes to feel cooler and more comfortable.

5. Protect Your Eyes

Vision loss can be common among the elderly; too much exposure to the sun can irritate eyes causing further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

6. Know the Risks of Hyperthermia

Be particularly cautious about abnormally high body

temperatures - a condition known as hyperthermia - can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior - confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

If you start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

7. Rub on Sunscreen and Wear Hats

Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

8. Apply Bug Spray

If you spend a lot of time outdoors, particularly at night, use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying virus such as West Nile.

9. Exercise Smart

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer - no matter how old you are.



Welcome to McHenry Villa, Independent Senior Living - full of amenities and services that will make you feel at home.

McHenry Villa Amenities:

- Three meals daily served in our dinner room.
- Linen service with light housekeeping weekly
- Visiting Physicians who make house calls
- Non Medical Home Care Services
- Home Health Skilled Nursing & Physical Therapy
- Wellness Clinic on-site
- Beauty Salon on-site

Our atmosphere is social and easy going. We provide a bus service for shopping and events such as Lake Geneva, Casinos and plays. We have social activities such as games; sing-a-longs, parties with entertainers that provide music and dancing as well as a library and church services.

Exactly where you want to be!

3516 Waukegan Road • McHenry, IL 60050 • 815-344-0246 • McHenryVilla.com

Exceptional senior living that is priceless and never more affordable

Be a Good Neighbor: Common Apartment Etiquette

When in doubt remember your senses:
Sight, Sound, Smell and Touch

SIGHT

If it looks bad then it probably is bad.
When living in an apartment building, there is *your space* and then there is *common space*. It is important to keep the outside (common) areas of your apartment neat, clean and tasteful. It is unfair to others in your apartment complex to have to see anyone's messes in common areas. The same rule applies to garbage in the yard. If you see it, pick it up; especially if it's yours.

SOUND

If it sounds loud then it probably is loud. When living with other people it is important to be courteous of the amount of noise you make in and outside your apartment. Just because you're feeling a little funky or you are hard of hearing and you want to turn up the sound, doesn't mean that others feels the same way. Put on some wireless headphones if you must blast your music or TV. Being courteous will go a long way! Respect begets respect.

SMELL

If it smells bad it probably is bad.
As with the other sensible (no pun intended, well maybe a little) rules of thumb, bad smells are a nuisance that only you wish to ignore. Whether its garbage you don't feel like taking out, or a pet you haven't cleaned up after or that mystery meat sitting in your refrigerator, remember that there are people around you. Air travels through walls and so does those stinky smells.

TOUCH

Respect your surroundings. If you entertain in the common areas and move chairs or tables, please put furniture back in place and discard any trash. This goes for outside seating areas as well.

We want all visitors and residents to have a good impression of our community, together we can all make *McHenry Villa comfy, cozy and happy.*

Pre-Register for Wellness Clinic Services

Call the Transitions Home Medical Group Office (Pinky) to pre-register for services at our McHenry Villa clinic:

1-815-347-0585

This will give our nurse practitioner, Heather Hartman, your information and the consent form to access in the case of an emergency or when you would like to be seen at the clinic avoiding a trip to immediate care or the emergency room.

Plan to attend events at the Villa!

Join in the fun at our many events at McHenry Villa. There is something always going on. Here are some photos from some past events: Girl Scout Visit, Cowboy Day, Cooking with Chef Andres...



Special Events coming up....

Ladies Tea June 20, July 18, August 15 - 2:30 pm

Men's Breakfast
June 23, July 28, August 25 - 8:30 am

Pinochle Club 2nd Thursday of the month - 11:30 pm

Entertainment and Socials:

JUNE

Happy Hour - music with Edizon June 1 - 2:00 pm

Birthday Party - music by Nicki - June 15 - 2:00 pm

Happy Hour - Music by Eric Lucky - June 29 - 2:00 pm

JULY

Watermelon Welcome Social - July 6- 2:00 pm

Carol Brandley presents 'Annie Oakley'
July 11 - 2:00 pm

History of McHenry - by Mary Ellen Healey
July 13 - 2:00 pm

Birthday Party - July 20 - 2:00 pm

Happy Hour - music by Voytek - July 27- 2:00 pm

AUGUST

Fun in the Sun - music by Sandy Haynes
August 7 - 2:00 pm

Root Beer Float Welcome Social - August 10 - 2:00 pm

Happy Birthday Party - Music by Alex Talbott -
August 7 - 2:00 pm

Happy Hour - Music by Gale Rose - August 24 - 2:00 pm

There is something always happening at McHenry Villa!
Mark your calendar and be sure to join in the fun!

McHenry Villa
3516 Waukegan Road
McHenry, IL 60050
815-344-0246



Come for a tour - stay for lunch!



We are located on the beautiful McHenry Riverwalk.

It's waterfront living at its finest! Enjoy a stroll along the river, feed the ducks and visit downtown shops and restaurants. Schedule a tour... **lunch is on us!**

Give us a call today! 815-344-0246

Visit our website at: McHenryVilla.com