

*The
VINE*

**Summer
Heat Advisory**



“SENIOR NEWS & NOTES” by Ande’ Reiter

More seniors die each year from heat related deaths than from tornados, hurricanes or other weather related disasters. Be aware of those in your congregation and community who may be vulnerable because of:

- living alone
- living with debilitating medical conditions
- or suffering from low income.

The best advice of professionals is to stay out of the sun, drink plenty of water, eat regularly and use fans in the home safely. Do not plug fans near water sources, or use extension cords. Do not blow fans directly on you if the temperature is 95 or above. Use the fan in, or next to an open window. If an air conditioner is being used, be sure it is clean and serviced. Filters should be changed each month during the summer.

If your home is too hot for comfort, provide the **Area Agency on Aging** with your zip code so you may be directed to the nearest “Cooling Center” in your neighborhood.

In the City of St. Louis call 314- 612-5918.

For the Counties of St Charles, St. Louis, Jefferson and Franklin,
call 636-207-0847

A limited number of free air conditioners are also available to seniors 60 or older or to persons with disabilities. Call for information to the United Way at 1-800-427-4626 or to Energy Care at 314-773-5900.