

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

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We have planned the field trips next three months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

September 9, 2005 (Fri) ~~ Rockport

October 14, 2005 (Fri) ~~ Kirbyville

November 2, 2005 (Wed) ~~ Brookshire

December, 2005

– We are working to get a charter bus going to Burnet, Marble Falls, and Johnson City. We may stay there overnight. When arrangements are finalized, the locations and date will be announced.

HEALTH

HEAT SAFETY: Preventing Heat-Related Illness

Adapted: American Red Cross

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Slow down.** Avoid strenuous activity. If you must, do it during the coolest part of the day.
- **Stay indoors when possible.**
- **Take regular breaks when engaged in physical activity.** Take time out to find a cool place.

Remember, have fun, but stay cool!

