

SALEM SENIOR CITIZENS JUNE 12, 2018 MEETING



Join us tomorrow June 12, 2018 10:30am. @ Salem Volunteer Fire Co Rt. 85 for our monthly meeting. First Selectman Kevin Lyden and Resident Trooper Chris Pariseau will provide town updates.

Guest speaker Holly Cheeseman will provide a Post-Session Senior Update with information on bills passed during session. She will entertain any questions constituents may have.

Thank you Salem School for hosting and providing lunch for our May meeting.

Municipal Medical Transportation Service – there is a new ride scheduling telephone number. Please update your records to (860) 848-9510 ext 6.

Remember to renew your yearly MMTS ride service July 1st. Current participants will receive paperwork via U.S.P.S. If you are interested in signing up for the ride service; Please call (860)859-3837 ext.125 to request forms. Yearly cost is \$12 for up to 48 one-way rides to/from medical appointments in New London County.

Summer sun & heat tips for seniors:

- Don't forget sunscreen
- Limit strenuous activity and exercise.
- Take frequent breaks to cool down.
- Stay Hydrated and nourished.

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age.

- Talk to Your Doctor

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

- Protect Your Eyes

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

- Apply bug spray
- Talk to friends and neighbors. Have a buddy who will check in on you from time to time. Introduce yourself to your neighbors.

Respectfully submitted by: Pam Henry