

Senior Viewpoint

gwinnettcounty senior services

"There's no place like home!"

June 2017

An indoor field trip to remember

Stay cool, enjoy the art, and prepare to be astounded when you take a field trip to visit the **Gwinnett Environmental Heritage Center (GEHC)** in Buford. Journey through the seasons this summer to celebrate the bounty of nature with the creative talents of Atlanta-based botanical artist **Linda Fraser**.



Make it a point to see Linda Fraser's exhibit, "*Southeastern Native Plants: An Artistic Walk Through The Seasons*," showing from June 5 to August 19.

This exhibit will focus on how our native plants, and their insects and critters, evolve over the calendar year. Visitors will be entranced as they move through the seasons of the year where colorful insects scuttle by, delicate Pink Lady's-slippers emerge, flowering Ironweed stretches towards the sun, and dragonflies swoop to catch a meal. For more information, please go online to access the GEHC website:

gwinnettEHC.com



Basic home protection

Criminals wanting to rob people's homes often see seniors as easy prey. Here are some basic steps you can take to reduce the chances of being victimized.

- Make sure all doors are locked when you are home. If you hear a knock at the door, use the peephole installed in your front door, identify the person, and then decide whether you want to be home for them or not.
- When you prepare to answer the door, bring your phone with you in case you quickly need to call for help.
- Always choose solid wood or metal for any door with outside access. The frame of the door needs to be strong, so either have the current frame reinforced or have a metal one installed.

- If you live in a house with a gate, always keep your gate locked. Those who want to enter will call. If you live in an apartment complex, don't buzz in anyone you don't know.
- Never leave the door key under the mat. Instead, give copies of the key to family members or a trustworthy neighbor.



adapted from <https://www.seniorliving.com/article/home-security-and-safety-tips-seniors>

Picnic to avoid food poisoning

Gwinnett County has plenty of parks to enjoy, so plan food safety into your next picnic.



1. Wash your hands.
2. Keep raw foods and their juices away from cooked foods.
3. Never thaw food at room temperature, such as on the counter top.
4. Serve one bowl and keep the others refrigerated until the first one is empty.

5. Ice down food transported by car.
6. Pack one cooler with raw meat, poultry, and seafood (pack them still frozen to stay cold longer) and one for prepared food or raw produce. Reserve one cooler just for beverages and snacks.
7. Do not let food sit out in the sun any longer than two hours, and if it's 90 degrees F or hotter, cut that to one hour.
8. Use pasteurized eggs.
9. Cool cooked foods quickly.

adapted from: <http://www.aarp.org/health/healthy-living/info-2014/memorial-day-food-safety-tips.html>

Summer health tips for seniors

Seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. Here are some senior health tips.

1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. Avoid caffeinated and alcoholic beverages.
3. Dress appropriately. Wear loose-fitting clothes in light colors made of natural fabrics like cotton.
4. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. Stay indoors during extreme heat.

6. If you do not have air conditioning in your home, go somewhere that does.
7. Avoid extreme outdoor heat.
8. Take a cool shower or bath to lower your body temperature on extremely hot days.
9. The temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action.

adapted from: <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

The Buford Senior Center renovation is progressing. The seniors are presently meeting at the Lawrenceville Senior Center until the end of Summer.

Gwinnett County Senior Activity Center Locations

new Senior Center opens in August

<p>Buford 2755 Sawnee Avenue Buford, GA 30518 678.225.5367</p>	<p>Lawrenceville Rhodes Jordan Park 225 Benson Street Lawrenceville, GA 30046 678.277.0970</p>	<p>Norcross 5030 Georgia Belle Court Norcross, GA 30093 678.225.5430</p>	<p>Centerville Satellite Center 3025 Bethany Church Road Snellville, GA 30039 770.978.4532</p>
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