

## Summer Safety

It is important for elders to take care of themselves during the summer months, as they are easily affected by the increased heat. As you get older, your body is less able to cool itself down. Make sure you enjoy yourself this summer by thinking about the following advice:

### Beat the Heat Tips

- **Stay hydrated**  
Drink at least eight glasses of water every day, even if you don't feel thirsty. Avoid caffeine or alcohol. These types of drinks can make you even more dehydrated.
- **Cool clothes**  
Wear loose-fitting, light-colored clothes. Wear a broad-brimmed hat and sunglasses when outside.  
Cover all exposed areas of your skin with sunscreen that has a Sun Protection Factor (SPF) of 30 or



Remember to protect your eyes & skin from the sun this summer more.

- **Choose your environment**  
Stay indoors as much as possible when it is very hot.  
If you don't have air-conditioning at home, go to somewhere that does, like a cinema, mall or library. Or visit a friend who has air-conditioning.
- **Become a buddy**  
Check in on other elders to make sure they are okay and ask them to check in on you.

- **Talk to your team**  
Some medications can make it harder for your body to stay cool. Talk to your team to find out if that could be a problem for you.

Summer is a great time to relax and enjoy yourself. It can be as comfortable as any other season by keeping yourself cool and looking after your health. ♦

## Summer Bites



### Recipe of the Season *Watermelon & Feta Salad*

This refreshing and delicious salad can be prepared in a few minutes. The saltiness of the feta is a perfect contrast to the sweet melon.

- ¼ seedless watermelon, diced (about 4 cups)
- 1 cup feta cheese, broken into bite-sized lumps
- ¼ cup chopped fresh flat leaf parsley
- extra virgin olive oil, to drizzle on top
- salt and pepper to taste

Toss together watermelon, feta and half of parsley. Top with remaining parsley, oil and salt and pepper. Best served cold!



Recipe courtesy of the Domestic Goddess

# Consumer story



Frank Mank  
 Senior Care Options

“I started smoking so young because my friends after school said, ‘Hey, you gotta try this.’ So I did and I started smoking. It never bothered me because all the kids were doing it. As I got older, I continued doing it. I never thought of quitting. I’d heard what it could do you but... not to me. Later on, I noticed it

“All the different things that come so naturally, you don’t realize are being stolen out from under you by a stupid cigarette. You think it’s not going to hurt you. Baloney.”

was harder to breathe during strenuous activities. I found out I had chronic emphysema. I told my neighbors and friends and relatives – don’t smoke or this is going to happen to you. I wouldn’t wish this on a dog. If some kid gets the idea that it’s not going to happen to him... well, take a good look because if it can happen to me, it can happen to him. This is the message I want to get across.” ♦

## Member Services

Neusa Pina, has been a Member Service Representative at Commonwealth Care Alliance for almost two years. Like all of our staff she is deeply committed to giving everyone enrolled in our programs the best possible care for their health needs. A few months ago, Neusa demonstrated this by stepping forward in an urgent situation and volunteering her own

time to deliver necessary medical items to a member. On a Friday afternoon, and without any other means of delivery, the items would not have been received until the following Monday. Concerned about our member’s safety, Neusa collected the items from a pharmacy in an unfamiliar area of Boston after she had finished work for the day, and drove them to his house. Such an act shows a true kindness and concern for the wellbeing of the individuals we serve.



Neusa Pina, Member Service Representative

Great job, Neusa - you truly went above and beyond the call of duty on this occasion. ♦

## CCA Doctor Honored

The ARC of Massachusetts held its Distinguished Citizen Awards Ceremony on May 17 at the State House. Award recipients were honored for their outstanding contribution to individuals with intellectual or developmental disabilities and their families. One of Commonwealth Care Alliance’s medical consultants and provider network doctors, Marc Emmerich, MD, received an award for Outstanding Commitment to Provid-

ing Quality Medical Care for Individuals with Disabilities. Dr. Emmerich’s career as a doctor spans nearly 20 years.

Dr. Emmerich (right) receives his award at the MA State House

