



## *Summertime activities* seniors and their loved ones can enjoy together

Summertime is full of fun, adventure, and even relaxation. For older adults, the higher temperatures can be a source of stress. However, with a little planning and being aware of health and safety, it is possible for you or your loved one to join in the fun of the season. The extra steps are worth switching up your routine and getting out into the fresh air.

Being outdoors has been proven to boost one's mood, and it's a great way for older adults, many of whom have suffered from loneliness and isolation during the pandemic, to safely spend time with friends and neighbors. Getting out enables you or your loved one to socialize and interact with others, including friends, animals and children. These are all activities that can rejuvenate!

Find an activity that is interesting and suitable for you or your senior loved one's abilities. Make sure to take precautions according to current COVID-19 restrictions in your area. Check the weather forecast and possibly plan your activity on a milder summer day or evening. When looking for an activity to do, focus on hobbies and interests that they once enjoyed, and try to find new ones that may be equally rewarding. Here are some ideas to help you get them out of the house.

**Catch a sporting event.** This doesn't have to involve a large crowd. A sporting event can be as simple as attending a grandchild's soccer or baseball game. This can be a great

way to reconnect with their grandchild, as well as enjoy one of their favorite pastimes.

**Visit an interesting park.** Check your state's tourism website to see if they provide listings of accessible locations. If you enjoy fishing, but have mobility issues, it is possible to cast a rod from a dock or pier. Many state parks across the country have done a great job at making at least some areas of the park accessible by wheelchair to get closer to the water or other points of interest.

**Be a tourist.** A Sunday drive around town can also allow a senior to check out new happenings in the community that may interest them. This could be new construction, blooming flowers and trees, or local festivals and community events. If your mobility allows you, take an even longer trip and explore areas of your state that you haven't seen, or that you once enjoyed.



**Enjoy your favorite treat.** We all have a favorite snack or restaurant that we enjoy. Why limit this indulgence to special occasions? Plan an outing just because! This could be getting an ice cream treat from the local dairy bar, a coffee and pastry from your favorite bakery, or a lunch special from the diner just around the corner. If the weather is nice, enjoy your treats outdoors at an umbrella patio table.

**Take a stroll.** If possible, going for a walk is great low-impact exercise. Keep the first few walks short, bringing along a walker or wheelchair in case your loved one gets tired

and needs to rest along the way, or requires help getting back. Work your way up to longer strolls.

**Enjoy some wildlife.** This could be as simple as encouraging a loved one to sit outside and enjoy the sights and sounds of feathered friends using a bird feeder in the yard. Check the web to see if there are any bald eagle nests in your area that can easily be observed. Visit the zoo or local dog park. There are plenty of opportunities for seniors who enjoy animals to get outside to observe, or even interact with nature.

**Go fly a kite!** Head out to a park or beach and get a kite soaring. This brings out the child in all of us! Take control of the kite – even while sitting down. If children are around, they can get involved by helping to keep the kite in the air.

**Have a picnic.** Picnics are another great activity that you can plan at a city park, in your own backyard, or even on the surrounding grounds of a long-term care facility. At the park, seniors can watch children run around as they play. Make sure to locate an area with comfortable seating and plenty of shade in advance, or remember to bring your own.

**Check out events in your community.** From evening concerts to Fourth of July parades and fireworks, there are plenty of community events during the summer months that offer opportunities for seniors to get out and be a part of the activity. Many communities host outdoor musical performances in the park, art shows, car shows, flea markets, and more. Find happenings that fit your loved one's interests and abilities.

This summer, many seniors are looking forward to traveling, seeing friends and family once again, and just outright enjoying the warm weather. Giving your loved one some extra care will ensure they – and you – can enjoy all the benefits of the season while staying safe and healthy.



# Quick summer *safety* tips

When venturing outdoors, help your loved ones stay safe by planning ahead. Keep the following in mind while enjoying summer's spectacular sunshine.

**Boost your hydration.** Drink plenty of water before heading outdoors and throughout any time spent out in the heat. Electrolyte-restoring drinks may be a good option as well.

**Use sunscreen and wear protective clothing.** Be sure to use sunscreen (at least 30 SPF and broad-spectrum protection from both UVA and UVB rays) and do your best to stay out of direct sunlight. Wear loose, light-colored clothing that will help you feel cooler and more comfortable, as well as provide additional protection from the sun. Don't forget the sunglasses and hat!

**Know when to stay inside.** On very hot days, heed the weatherman's warnings and limit your outdoor time. Remember, the sun is strongest from 10 a.m. to 4 p.m.

**Keep medications up to date and properly stored.** Managing prescriptions may require extra care during the summer, especially if you or your loved one is planning a vacation. Make sure you have enough, and that it is stored properly as many medications degrade at temperatures over 86°F, making them less effective.

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**Prevent trips and falls.** Uneven patio pavers and concrete, outdoor rugs, slippery pool decks, and sand on the beaches are hazards that can cause seniors to lose their balance and fall.

**Follow COVID-19 protocols.** After being indoors for much of 2020, many seniors are now vaccinated and excited to see family and friends. While the pandemic is not over, experts acknowledge that traveling can bring a much needed mental health boost to seniors. Use common sense; avoid gatherings if any guests are ill, been exposed to, or have tested positive for COVID-19.

**Take frequent travel breaks.** Deep vein thrombosis (DVT) is a dangerous condition in which blood clots form in a large vein, often in the legs. Reduce your risk by making frequent stops to stand up and stretch your legs.

**Watch out for hyperthermia and heat stroke symptoms.** Excessive sweating, dizziness, fatigue, intense thirst, cool or clammy skin, nausea or vomiting, confusion, throbbing headache - if you or your loved one start to feel any of these symptoms, ask for medical help immediately. Lie down in a cool area as soon as possible.



## *Sudoku:*

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. This puzzle is CHALLENGING!

Visit [www.krazydad.com](http://www.krazydad.com) for further tips and help about how to play – and good luck!

*Sudoku puzzle courtesy of [www.krazydad.com](http://www.krazydad.com)*



# Simply Delicious

## SUMMER CHIPOTLE CHICKEN COBB SALAD WITH CILANTRO VINAIGRETTE

This juicy salad tastes like summer!

– courtesy of [pinchofyum.com](http://pinchofyum.com)

**Prep Time:** 1 hr; **Cook Time:** 10 mins; **Yield:** 4-6 servings

### Ingredients

#### For the Chipotle Chicken:

- 1 tablespoon vegetable oil
- 2 chipotle chiles in adobo, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (I added this – not in original recipe)
- 3–4 chicken breasts or thighs

#### For the Summer Cobb Salad:

- 3–4 cups greens (see notes)
- 4 strips bacon, cooked and crumbled
- 8–10 strawberries, quartered
- 2 ears corn on the cob, kernels removed
- 1–2 ripe avocados, sliced
- salt and pepper

#### For the Cilantro Vinaigrette:

- 1 huge bunch of fresh cilantro (2 cups packed)
- 1/2 cup olive oil
- 2 tablespoons white vinegar
- 1 clove garlic
- 1 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes
- 1/4 to 1/2 cup water, if needed

*Blend everything up for about a minute until smooth. Add the water if you need more volume in the blender to make it run smoothly. Season to taste!*

### Directions

- Prep the chicken: Combine the oil, chipotles, garlic

powder, cumin, oregano, black pepper, and salt in a bowl. Place the chicken in the bowl and toss to coat the chicken in the marinade. Place in the fridge and let it marinate for at least 1 hour.

- Grill the chicken: Heat an outdoor grill (or grill pan) to about 400 degrees. Place chicken on the grill and grill for 5–6 minutes per side, until cooked through. Remove the chicken from the grill and let rest for ten minutes. Slice against the grain.
- Salad: Arrange the greens on a large platter and top with the bacon, strawberries, corn, avocado, and grilled chicken. Season with salt and pepper. Toss with the cilantro vinaigrette and serve!

## STRAWBERRY PRETZEL PIE

– courtesy of [tasteofhome.com](http://tasteofhome.com)

**Prep:** 45 min. + chilling; **Yield:** 16 servings

### Ingredients

- 4 cups miniature pretzels
- 6 tablespoons butter, melted
- 1/4 cup sugar
- 3/4 cup boiling water
- 1 package (6 ounces) strawberry gelatin
- 1/4 cup lemon juice
- 1 pound fresh strawberries, hulled, divided
- 2 cups heavy whipping cream, divided
- 1 jar (7 ounces) marshmallow creme
- 2/3 cup whipped cream cheese
- 2/3 cup sweetened condensed milk

### Directions

- Place pretzels in a food processor; pulse until chopped. Add butter and sugar; pulse until combined. Reserve 1/3 cup pretzel mixture for topping. Press remaining mixture onto bottom of a greased 9-in. springform pan. Refrigerate 30 minutes.
- Meanwhile, in a bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Stir in lemon juice. Refrigerate 30 minutes, stirring occasionally.
- Chop half the strawberries; slice remaining berries and reserve for topping. In a large bowl, beat 1 cup heavy cream until stiff peaks form. Beat marshmallow creme, cream cheese and sweetened condensed milk into cooled gelatin mixture until blended. Gently fold in chopped strawberries and whipped cream. Pour into crust.
- Refrigerate, covered, until firm, 4–6 hours. Beat remaining 1 cup heavy cream until stiff peaks form; spread over pie. Top with reserved strawberries and pretzel mixture.