



Summer Wellness Checklist ✓

Hot Weather Safety Tips

Temperatures above 80°F for older adults can cause ailments due to excessive heat. Keep in mind the following tips when trying to stay cool!

- **Avoid direct sun exposure.** If possible, plan outdoor activities early in the morning or when the sun starts to set. Keeping blinds, curtains, or shades closed can also offer relief indoors.
- **Stay in air-conditioned spaces.** If you don't own an air conditioner, spend time in locations with air conditioning, such as your local library, shopping mall, or movie theater.
- **Stay hydrated!** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
- **Wear light, loose, and breathable clothing.** Dark colors absorb more heat. If going out into the sun, wear a lightweight, broad-brimmed hat.
- **Avoid sunburns.** Buy a broad spectrum sunscreen lotion or spray with SPF 15 or higher.
- **Cool down!** Take tepid showers or baths when you're warm. Wet wash cloths with cool water and place them on your wrists, ankles, armpits, and neck.

Signs of a Heat Stroke

Older adults are more likely to have chronic conditions or take prescription medications that affect the way their bodies respond to heat, which can cause heat strokes.

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

- **Note:** If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Mental Health

Summer holiday festivities are here!

The 4th of July can be a fun time to celebrate and is often associated with fireworks. Fireworks will become more frequent in the summer and can be alarming for pets, veterans and people with PTSD. Reach out to any emotional supports in your life as needed.



Southern Maine
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EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS



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FarmShare

Starting in April, the Maine Senior FarmShare program (MSFP) offers a voucher for \$50 that can be used at participating Maine farms and farmstands.

To be eligible you must:

- Be a Maine resident
- Be 60 years old or older (55 years old or older for Native Americans)
- 18 years old or older for disabled adults living in congregate housing with meal service
- Meet the income guidelines, with a gross income at or below: \$28,953 per year for a one-person household; or \$39,128 per year for a two-person household

Interested participants must call an authorized farm directly to sign-up.

You may sign-up with one farm per year and can find a list of participating farms on maine.gov.

If you need help determining your eligibility or finding a farm, please call Southern Maine Agency on Aging at 207.396.6500 or the Maine Senior FarmShare Program at 207.287.3491.



Apply for Credits!

Property Tax Fairness Credit

Eligible Maine taxpayers may receive a portion of the property tax or rent paid during the tax year on the Maine individual income tax return whether they owe Maine income tax or not.

For eligibility requirements and to find the 1040ME form needed, visit maine.gov.

Sales Tax Credit

You may be eligible for the Sales Tax Credit even if your rent is subsidized or you live rent free! The Sales Tax Credit is based off of your income (not how much you spend for sales tax).

How much you are eligible for is based on your income range and filing status.

Reimbursements range from \$10-\$150 for singles and \$10-\$210 for married couples.

Learn more by calling Maine Revenue Services, 207.626.8475 or online at maine.gov.

Medicare Savings Program (MSP)

MSP can help pay monthly Medicare premiums and out-of-pocket costs.

Monthly income is less than \$3,261 if single and less than \$4,407 if married and enrolled in Medicare. DHHS determines eligibility for these programs, 1.855.797.4357 or mymaineconnection.gov.

The Southern Maine Agency on Aging can help you apply over the phone! Please call us at 207.396.6500 or 1.800.427.7411 to learn more.