

The Seniors' Essential Guide to

Smart Summer Fun!

KEEPING COOL,
STAYING SAFE, AND
MAKING EVERY
MOMENT SHINE



The Bluffs
OF
FLAGSTAFF
SENIOR LIVING

Bright Days, *Safe* Rays

Aging skin is more vulnerable to sun damage and related health risks. Here are six practical tips for UV safety and how life at a senior living community can provide protection.

1

Limit Sun Exposure During Peak Hours

- Stay indoors or in the shade from 10 a.m. to 4 p.m., when UV rays are strongest.
- Community activities such as gardening and walking groups are appropriately scheduled to avoid peak UV hours.

2

Wear Broad-Spectrum Sunscreen Daily

- Use SPF 30 or higher, even on cloudy days and reapply every 2 hours. Care staff can remind and assist residents with this before and during outings.
- Choose formulas labeled “broad-spectrum” to protect against UVA and UVB rays.

3

Dress for Sun Protection

- Wear lightweight, long-sleeved shirts, long pants, and wide brimmed hats.
- Sunglasses with UV400 protection guard against cataracts and eye damage.
- Many communities provide or promote sunhats, sunglasses, and other gear during outdoor activities.

4

Check Medications for Sun Sensitivity

- Some medications (e.g., antibiotics, diuretics, NSAIDs) increase photosensitivity.
- On-site nurses or medication aides can track prescriptions that may cause sun sensitivity.

5

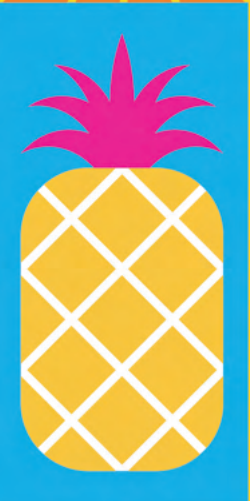
Perform Regular Skin Checks

- Thinning skin is susceptible to UV damage in older adults.
- Monitor for new spots, changes in moles, or rough patches.
- Senior living residents can benefit from regular wellness checks where skin concerns can be spotted early and addressed.

6

Seek or Create Shaded Outdoor Areas

- Use umbrellas, awnings, or trees when outdoors.
- Senior living communities often feature covered patios, pergolas, shaded walking paths, and gazebos designed for sun-safe outdoor fun.



Heat Smart, Health *Safe*

As the body ages, it becomes less efficient at handling temperature extremes, making heat safety a vital part of senior health and wellness.



Impaired Temperature Regulation

Aging bodies don't cool as efficiently. Seniors sweat less and may not feel overheating until it becomes dangerous.

Reduced Mobility or Cognitive Awareness

Seniors with limited mobility or memory issues may not recognize the signs of overheating without help.

Slower Physiological Response

The heart, lungs, and circulatory system don't respond to heat as quickly or effectively with age.

Living Alone or in Poorly Cooled Spaces

Older adults who live independently may not have access to air conditioning or may avoid it due to cost concerns.

How Senior Living Communities Help Prevent Heat-Related Illnesses

Climate-Controlled Environments:

Keep residents cool and safe, especially during heat waves

Transportation to Cool Destinations:

Scheduled outings keep social life active without heat exposure

Daily Wellness Monitoring:

Regular health checks and hydration support to promote heat safety

Safe Outdoor Spaces:

Shade structures, covered patios, and fans to help residents safely enjoy the fresh air





Hydrate for *Happiness*

Proper hydration is vital to living a vibrant, healthy life. And for older adults, it's even more critical for several reasons related to their age and health.



Risk of Dehydration:

Seniors are more prone to dehydration than younger adults due to physiological changes. As people age, their ability to conserve water is reduced, and their sensation of thirst may decrease.



Cognitive Function:

Studies suggest that even mild dehydration can affect cognitive function and mood in older adults. Proper hydration supports optimal brain function and helps maintain mental clarity.



Impact on Health:

Dehydration in older adults can lead to urinary tract infections, constipation, confusion, and even hospitalization if severe. In extreme cases, dehydration can be life-threatening.



Skin and Joint Health:

Hydration plays a role in maintaining skin elasticity and joint lubrication. Dehydrated seniors may experience more skin dryness, irritation, and joint pain.



Medication Effects:

Many seniors take medications that can increase the risk of dehydration. Diuretics, commonly prescribed for conditions like hypertension or heart failure, increase urine output.



Prevention of Falls:

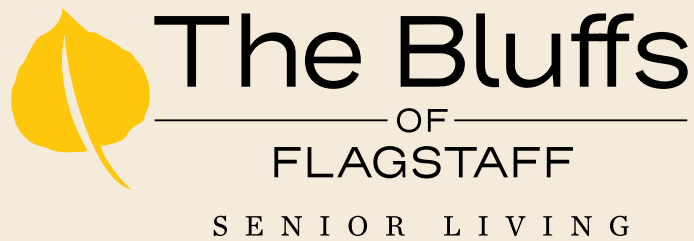
Dehydration can lead to weakness and dizziness, increasing the risk of falls and fractures in seniors. Proper hydration helps maintain muscle strength and balance.



Heat Sensitivity:

Older adults may have a reduced ability to regulate body temperature, making them more susceptible to heat-related illnesses. Proper hydration helps maintain body temperature.

At The Bluffs, we employ several strategies to ensure proper hydration for our residents. Contact us to learn more about how we keep our community cool, refreshed, and happy.



3100 E Butler Ave, Flagstaff, AZ 86004
928-637-6000 | TheBluffsSeniorLiving.com

As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



SCAN TO CONTACT US



FACILITY ID# AL12326C