

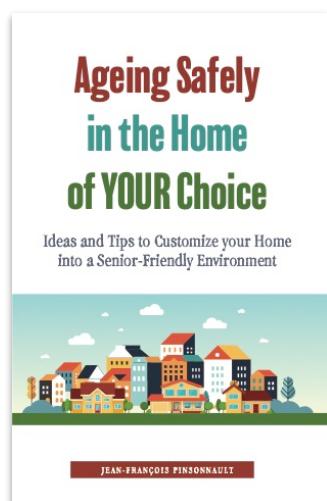
**SUMMER 2026
EDITION**

AGEING SAFELY... LATEST NEWS

*Ageing Safely in the home of YOUR Choice – Ideas and Tips to
maximize your Health and Wellness.*

WELCOME TO THE SUMMER 2026 NEWSLETTER

This information bulletin provides tips to be
considered for a safe and healthy season.



I apologize for the delay in sending out the summer's newsletter. In mid-May, I suffered a heart attack. After numerous tests, I was fitted with a defibrillator/pacemaker to prevent future episodes of ventricular tachycardia. I am now recovering very well at home. Unfortunately, under Provincial law, anyone with a defibrillator is prohibited from driving for three months.

Summer should feel refreshing, not draining. Longer days, fresh air, time outdoors, and visits with family can bring a welcome sense of energy and connection. For older adults, however, warmer weather can also introduce new challenges.

Heat, humidity, dehydration, and disruptions to daily routines can make summer more exhausting than expected, especially for people living with chronic conditions, taking certain medications, or experiencing changes in mobility and energy.

Older adults can enjoy a safe summer by pacing outdoor activities to avoid peak heat, prioritizing regular hydration, and keeping their living spaces cool. A few simple seasonal adjustments can help prevent heat-related illnesses while supporting independence and social connection.

The summer months bring warmer weather, and high temperatures can pose serious health risks for older adults.

Disclaimer:

The information highlighted in this document are suggestions.

Information is widely available on the web and provided as a reference and your awareness.

Seniors' concerns and issues change over time.

Always verify for current and factual information on trusted websites.

As temperatures rise, seniors should take extra care to stay cool and hydrated. Family, friends, and neighbours should check in regularly.

Keep Your Home Cool

- Close blinds and curtains during the day to block out heat.
- Keep windows closed until it's cooler outside. In the evening, open windows and curtains to let cooler air in.
- Use air conditioning if you have it, and keep doors and windows closed.
- If you don't have AC, once the temperature is cooler outside than inside (usually after sunset), open doors and windows and use fans to draw the cooler air through your home.
- If your home remains hot, go to an air-conditioned place like a library, mall, or visit someone whose home is cooler.

Keep Your Body Cool

- Drink plenty of water and eat regular meals, even if you don't feel hungry
- Apply a cold cloth to your face, wrists, or neck. Cool showers or running cold water over your wrists can also help.
- Wear light, breathable clothing, such as cotton or linen. Check out the numerous adaptive clothing and footwear at Silverts (<https://www.silverts.ca/>)
- Avoid going out during the hottest part of the day. If you must go out, wear sunscreen, a hat, and protective clothing.

Know the Signs of Heat-Related Illness

- **Warning signs include:** dizziness, nausea, headache, rapid heartbeat, confusion, or fainting.
- If someone shows these signs, move them to a cool place, give them water, and seek medical help if symptoms worsen.

Make a Heat Emergency Plan

- Know where you can go to stay cool, both inside and outside your home. This may include local cooling centers, seniors' centers, or programs that provide rides to air-conditioned locations.
- Learn effective ways to cool down quickly, such as taking cold showers or using air conditioning.
- Stay well hydrated.

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- Monitor weather alerts and heat warnings so you can prepare and respond promptly.
https://weather.gc.ca/warnings/report_e.html?onrm104=
- Keep a list of emergency contacts in an easy-to-reach spot. Include family, friends, doctors, and local services that can help in an emergency.

Stay Active—at the Right Time

Summer is a wonderful season for gentle movement and connection. A short walk, light gardening, or time outdoors with a neighbour can support mobility, mood, and daily routine. Consider swimming, outdoor picnics, and attending local community events.

Consider going for a swim, having picnics outdoors and taking part in local community events.

The key is pacing. Outdoor activities are safest earlier in the morning or later in the day, when temperatures are cooler. Choose shaded areas, wear breathable clothing, bring water, and take frequent breaks.

Staying active does not have to mean doing a lot. A walk to the mailbox, a few minutes tending plants, or a quiet visit on the porch can all support your well-being. Summer activity should feel refreshing, not draining.

Adjust Your Routine for the Season

Hot weather often calls for a different daily rhythm. That might mean running errands earlier, eating lighter meals, drinking more fluids, keeping outdoor activities shorter, and building in extra rest during the afternoon.

It can also mean shifting household tasks to the cooler parts of the day or asking for help when something feels too tiring.

These changes are not setbacks. They are smart seasonal adjustments that help older adults keep doing the things they enjoy while protecting their health.

A helpful summer routine might include a morning walk, a cool indoor rest period in the afternoon, regular water breaks, and a simple evening activity once the heat begins to ease.

How Families Can Help Without Taking Over

Family members often want to help, but it can be hard to know how to do so without making a loved one feel overmanaged. A gentle, practical

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approach usually works best. Try asking questions that support choice and independence, such as:

- “Would it help if we planned errands earlier in the day?”
- “Can I bring over a few easy meals for the week?”
- “Would you like some company for a short morning walk?”
- “Do you have a cool place where you can rest in the afternoon?”

Small, thoughtful offers of support can make summer safer without taking away a person’s sense of control and independence.

When a Little Support Makes Summer Easier

Sometimes the best way to protect independence is to lighten the day-to-day load.

Support with home care, companionship, light household tasks, or seasonal maintenance can help older adults conserve their energy during hot weather. It can also reassure families who want to know their loved ones are staying hydrated, comfortable, and connected.

A companion visit, help with a daily routine, or light support around the home can make a warm day feel easier to manage. These small supports can help older adults keep enjoying the season—without overdoing it.

A Safer Summer Starts with Small Steps

Summer should be enjoyed, not endured.

With a bit of planning, steady routines, and the right support, older adults can stay cool, active, and comfortable while continuing to live well at home.

A glass of water within reach. A walk before the day gets too hot. A shaded spot to sit and rest. A regular check-in from someone who cares.

These small choices can help make summer feel lighter, safer, and full of possibility.

Senior living information is regularly posted on the blog.

<https://www.jeanfrancoispinsonnault.com/blog>

Except for “Lasting Touch”, books benefit from a 10% discount, including shipping in Canada. <https://www.jeanfrancoispinsonnault.com/shop> and enter promo code: Summer26