

VNA HELPS THE ELDERLY STAY COOL DURING THE SUMMER HEAT

Summer months are the most hazardous time of the year for many Texas residents, especially the elderly. The Texas Department of Health reports that there were 58 heat-related deaths in the state last year. Exposure to high temperatures can lead to a severe loss of salt and water in the body, resulting in heat exhaustion. When the body can no longer cool itself by sweating, a life threatening condition called heat stroke may develop.

Elderly individuals on low fixed incomes are particularly at risk because they may not be able to afford an air conditioner or electric fan to cool their homes. Making their home environment even more hazardous, doors and windows are sometimes kept shut, cutting off ventilation.

Drivers with the Visiting Nurse Association's Meals on Wheels program routinely check on the safety of the 3,600 elderly, sick, and disabled individuals in Dallas County who receive meals. The drivers are also making an additional delivery during the hot summer months.

Because of generous community support, VNA has been able to provide fans and air conditioners at no cost to its Meals on Wheels clients, as well as home care and hospice patients.

One of VNA's community partners, the Community Services Foundation, is also furnishing air conditioners to elderly or disabled homeowners.

Information about qualifying for an air conditioner from the organization can be obtained by calling 817-496-6595.

To become a Meals on Wheels driver or make a donation to VNA's air conditioner fund, call 214-689-0000 or go online at www.vnatexas.org.



VNA is providing air conditioners and fans at no cost to its patients and clients to help provide relief during the hot summer months.