



SUMMER 2014

Issue 3

Summer has Arrived!

The summer we thought would never arrive is here. And it's bringing heat, humidity, rain, and thunder with it. Well, it's nothing we haven't seen before. We've earned the right to have some fun, eat some good, fresh food, and enjoy all northeast Ohio has to offer!

A change of season means a change of wardrobe – out with heavy materials in dark colors and in with light fabrics in cool pastel shades. The clothing you wear makes a difference in how you tolerate heat, humidity, and sunlight so keep it light. Just remember to keep a second layer handy if you'll be indoors where the air conditioning can run quite cold. A hat to protect your head and shade your face is a must, as are sunglasses to avoid the glare that can impede our vision. An inexpensive hat and sunglasses from the dollar store are good enough to do the job.

Hydration is key in warm weather. One or two additional glasses of water daily, possibly flavored with lemon slices, are enough to ward off any heat related problems. Add in our locally grown fruits and vegetables and you'll be ship shape to enjoy the season with family, friends and neighbors!

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OWLS Companion in the Spotlight



While she is leaving OWLS to pursue her new career in Occupational Therapy, Christine Davis is our Companion in the Spotlight! Christine enjoys working as a caregiver, applying her education. "My experiences with OWLS have helped me understand families better. The ability to care and focus on one client is a very different experience from my institutional fieldwork. Working for OWLS provided me with a job that kept my focus on healthcare and met my financial obligations while I looked for an Occupational Therapy Assistant position." Congratulations Christine!

CHOPPED BROCCOLI SALAD

1 lb broccoli
1/4 cup finely chopped red onion
½ cup dried cranberries or yellow raisins

2/3 cup mayonnaise (olive oil mayo works)
2 tbsp cider vinegar
1 tbsp sugar
1 tsp salt
½ tsp black pepper

½ cup chopped walnuts

Make dressing. Mix mayonnaise, cider vinegar, sugar, salt and pepper in small mixing bowl. Set aside.

Wash and trim broccoli. Chop into ½ inch pieces, including stems and tops. Combine with dried cranberries and onion in medium bowl.

Pour dressing over salad. Chill. Sprinkle with walnuts when serving.

Happy Healthy Summer Tips

- Hydration is critical. **Increase your daily water intake!** Try keeping a pitcher of water with lemon and lime in it slices for a nutrient boost in your refrigerator.
- **Sun exposure for 15 minutes a day is essential** for keeping our Vitamin D levels sufficient. Sunscreen is a must after those 15 minutes, though, especially between 10 am and 4 pm.
- Wear a **hat and sunglasses** as well as **lightweight, light colored clothing**. Stay in the shade. Keep a second layer available for air conditioned facilities that can be cold!
- Enjoy eating **more fruits and vegetables** during our growing season.

Older Wiser Life Services, LLC provides families with secure, reliable, trustworthy companion care. OWLS companions are available across Northeast Ohio.

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