

Cordell Christian Home's Resident's Digest

By Nicole Allen

It was only a month ago when temperatures were in the 80s or 90s. Now the summer has officially begun and it looks like our average temperatures have been replaced by the dry heat, scorching sun, and triple digits! Our staff and residents have both noticed this change and feel the effect it had on their bodies. So, we have been putting Summer tips in the Journals to help everyone get through.

This weather is great for the children since they get to play in the sprinklers and soak in the nice and refreshing pool all day but when you become an adult the “enjoyable” summer weather can become retched and miserable. It can often wear a person down and make them feel groggy and sick. So, what can we do to make the summer weather more tolerable for ourselves?

The first answer is water. Drink lots and lots of cold water. This will not only keep you hydrated but will also keep your body from overheating.

Secondly, be cautious when going outside. Prolonged exposure to the sun can make you sick. When the weather meets triple digits heat strokes become more likely. So, when you are planning to go out in the hot sun for a good period of time, wear sunscreen and when you feel the need to get out of the sun...do so.

Although these seem like common sense steps for the summer, many people don't take the time to actually do them. Our residents and staff are very cautious when it comes to being in the sun for long periods of time and we hope you take the same safety measures. So, this summer, be cautious, drink lots of water, and make summer fun and enjoyable for yourself!

And remember...our doors are always open, the coffee is always fresh, and the tea is always cold! Hope to see you soon!