



Grandparents Corner

July 2018

Make Memories this Summer

As a child, do you remember traditions you did with your family? Maybe your family camped during the summer or attended an annual Fourth of July family reunion picnic. If you have fond memories of family traditions, you know how important they are.

As both grandparent and parent, you have the chance to continue traditions that the children enjoy. Or, you might want to start some new summer traditions with the grandkids. Maybe it's a summer vacation. Or, it could be a picnic in the park once a month or a trip to the library once a week. Or, maybe the last night of summer vacation is going out for ice cream night.

Traditions are special ways of doing things that we repeat over and over again. When you use a muscle in your body over and over again in a certain way, it makes the muscle stronger. Sharing experiences again and again in a certain way strengthens a family.

Traditions give families stability and a feeling of belonging. Values and beliefs are reinforced through our traditions. Through the passing of time, we learn the unspoken message of why traditions are created: because family is important.

As summer approaches, start talking about activities you can do together. And, they don't have to cost extra money. Simple activities can become fun and exciting ways to be together. Here are a few ideas:

- *Create a family memory book.*
- *Make homemade ice cream.*
- *Plan and prepare a special meal together.*
- *Watch the August meteor shower.*
- *Explore the outdoors and take a picnic lunch.*
- *Have pizza and movie night at home.*
- *Make and fly your own kites.*
- *Plant and care for a garden.*

Take some time to talk about your summer plans. Who knows, maybe some of these activities will become traditions in your family. Remember, summertime living with family traditions can be some of the best memories for years to come.

Source:
University of Wisconsin
www.uwex.edu

Basic Playdough Recipe

- 2 1/2 Cups Flour
- 1/2 Cup Salt
- 1 Tablespoon Alum
- 3 Tablespoons Cooking Oil
- 1 1/2 Cups HOT Water

- *Combine oil and water.*
- *Mix dry ingredients together, pour liquid into dry ingredients.*
- *Knead until soft. Stores well in a zipper bag or airtight container.*



An older adult or a person with disabilities may face some special challenges if an emergency strikes. Caregivers can help them learn about the challenges that they may face and help them prepare ahead of time. Then, they will be better able to cope with the disaster and recover from it more quickly. Answer True or False to the questions below.

1. *Heat stroke is the most serious heat-related illness. T F*
2. *In the summer heat, you can serve oysters, clams, or shellfish raw as long as they are cold. T F*
3. *Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. T F*
4. *People with dementia may not be able to tell when they are becoming overheated or may not be able to express their discomfort. T F*
5. *Always wash your own hands and the hands of the person in your care with warm soapy water before preparing or serving food. T F*
6. *The doctor will determine if the person in your care needs to be admitted to a hospital prior to the storm emergency. T F*
7. *In heat stroke, body temperature may rise to 106°F or higher within 10–15 minutes, which can cause death or permanent disability if emergency treatment is not provided. T F*
8. *Air conditioning is one of the best protections against heat-related illness and death. T F*
9. *Alcohol and some medications, such as tranquilizers, can dull an individual's awareness of discomfort, such as heat related illness. T F*
10. *Older people will not get sick easier from germs in food. T F*

KEY: 1. T 2. F 3. T 4. T 5. T 6. T 7. T 8. T 9. T 10. F