

SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



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Downloadable information about S.A.G.E.S. and the GATHERING is available at www.mnsdistrict.org under 'News and Events', S.A.G.E.S.' Email address: minnesotasouthsages@gmail.com

SAGACITY, n. [OF, fro, Latin *sapiens*, fr, *sapere* to be wise]

Quality of being sagacious; keenness of discernment or judgment.

SAGE, n. [OF, fr. *sage*, fr. L *sapers* to be wise]

A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

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A message from our 2019

GATHERING XXXI presenter

MARK SCHOEPP

ALOA EXECUTIVE DIRECTOR
(ADULT LUTHERANS ORGANIZED
FOR ACTION)

Greetings!

It was a pleasure to be with you at the recent S.A.G.E.S. event! You are a lively, Spirit-

filled bunch of saints!

I hope the message I brought on "Transitions" was helpful. I encourage you to check out the resources available on our web site in that specific area, and over all as well. Here are a few links to consider:

1. Our main ALOA web site: aloaserves.org (if you click on the "Blueprint for Older Adult Ministry" link in the middle of that page it will take you to a short video that gives an overview of the various resources on the web site).
2. Sign up for a consultation on older adult ministry. (this will be by Zoom video conference for most, but once per month we pick a name and their church receives a one day, on-site consultation from me, with an evening outreach event.)
3. Watch for our regular **webinars**. They will break over the Summer but start up in the Fall with up to two Webinars per month on topics of interest for Older Adult Ministry.
4. Identify the five "Five Key Ministry" areas we are focusing on under 'Key Resources' and check out the resources available in each of the five key areas; and
5. To access "Seniors in Transition and Being Mortal," enter this link in your browser - aloaserves.org/key-resources/independence-to-interdependence

I'd love to hear from you about your thoughts on older adult ministry. mark@aloaserves.org

Blessings, Mark

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**GATHERING XXXI Recap****Navigating Life's Changes**

Breakout sessions reflecting the theme of the GATHERING gave attendees choices of topics - medical tips for doctor appointments; various legalities of elder law, long term care insurance and nursing homes; senior fitness; healthy eating (with tasting); safe driving strategies for seniors; stories of "Famous and Not-So-Famous" figures (23) who made marks on Minnesota culture and history; activities of senior groups by a panel of 3; and from the MN Dept of Human Services, three Ombudsmen who provided an explanation of the variety of services intended to help people live as independently as possible. You can view the biographies of the presenters in the January issue of SAGACITY, or go online to mnsdistrict.org and look for publications under S.A.G.E.S. link.

A short business meeting was the first item on the Tuesday morning agenda with election of two officers. Following the last session on Tuesday, S.A.G.E.S. Chaplain, Rev. David Preuss, installed two officers, Rev. Don Taylor, Vice President, and Jeanine Roth, Secretary. Rev. Vance Becker, Good Shepherd Lutheran, North Mankato, gave the closing devotion.

Also at the business meeting, an explanation of the distribution of the April/May/June issue of SAGACITY was given as follows: for several years, SAGACITY had been printed by a volunteer using a copy machine at the MN South District office. In April, that copy machine was no longer available and no print copies were produced. The April issue was added to the MN South District website, as is the usual custom, and it was then emailed to all congregations in MN South, as well as to individuals who submitted email addresses at the 2018 GATHERING. The S.A.G.E.S. Board would be interested to know if your church office made the digital copy of the April SAGACITY available to congregation members. A response to this question can sent (1) through postal mail to **SAGES Publication Editor, 869 7th St SE, Rochester MN 55906**, or (2) by email to minnesotasouthsages@gmail.com. Also, if you would like to receive SAGACITY in your own email, just email a request to the above email address. NOTE: If you did not have access to the April issue, check with your church office. If the digital copy is no longer available there, ask the church secretary to access the MN South District website and download/print a copy for you.

UPDATE: At the June 2019 S.A.G.E.S. Board meeting, a motion was made, seconded and approved to outsource the printing of SAGACITY for one year. Individuals on the current postal mailing list and each MN South District congregation will receive one print copy. It is hoped that your church office will make copies available.

(Mark your calendar - May 4 & 5, 2020)

Sage Advice for Sages Bible Study

Ecclesiastes 11:1~12:8



Libraries and bookstores are filled with volumes which tell us how to age gracefully. The schedulers of television programming dedicate entire shows to this topic. Both Christians and non-Christians are concerned about growing old. Even the Bible repeatedly reminds us of the temporality of earthly life.

We know that the Word of God gives us the ultimate answer to the ‘problem’ of advancing years and its consequence—and that is the gift of eternal life. But it also offers us some “sage advice” as to how to deal with the eventuality of aging. For example, the sage Preacher who penned Ecclesiastes, identified as King Solomon, writes extensively about it.

Before reading Ecclesiastes 11:1~12:8, preferably with another person or with a group, consider the following questions:

1. Why do people (also you personally) want to know the future?
2. What opportunities have you failed to take advantage of? Why?
3. What kind of risks are you afraid of taking?
4. What is the worst thing about getting old?

Next read and discuss the reading from Ecclesiastes, using these questions:

5. What conclusions did Solomon draw about life? (11:1~12:8)
6. What reality do we need to keep in mind? Why? (11:8)
7. What advice did Solomon offer to the young? (11:9)
8. How did Solomon describe old age? (12:2-5)
[Note the imagery here: ‘grinders’=teeth, ‘windows’=eyes, ‘doors...shut’=lameness]
9. With what images did Solomon portray death? (12:6-7)
10. What did Solomon conclude is meaningless (or vanity)? (12:8)

Next, think about what these words from Scripture mean to you, using these questions:

11. How do the uncertainties of the future make you feel?
12. How should we live in spite of the uncertainties of the future?
13. Why is it important to establish a relationship with God when we are young?
14. In what way is it easy to forget our Creator?
15. Why does it seem easier to enjoy life when we are young than when we become old?
16. How does the reality of aging affect you?
17. How should we live our life in light of the eventuality of death?
18. In what sense can life seem meaningless?
19. How should we respond to the seemingly meaningless aspects of life?

Facing the future, as sage person, answer daily questions like these:

20. What is something you can do today to remind yourself of your relationship with God?
21. What is something you will do today to enjoy the life that God has given you?

Prayer Almighty God and gracious Father, we ask You to look with favor and mercy on those who are advancing in years, many of whom are experiencing illness, weakness, anxiety, or loneliness. Grant that they may know care and respect, concern and understanding. Grant them the willingness to accept the changes that accompany aging and to thankfully receive the help and assistance offered to them by others. Increase their faith in Your constant assurance of love and strengthen their hope for a future life in Your presence. Until that day, may they rejoice in the many years You have granted them. We ask this in the Name of Jesus. Amen

UNDER OBSERVATION



Entry one: We finally got the library put back mostly in place, and the end result in a delightful room with color and space uncovered! Patrons were hovering at the door waiting to get helped. Good times.

Entry two: My brother survived his 97th birthday in Denver, but he had a few complaints about the weather this “spring.” According to him it’s been more like February in Minnesota, and he didn’t like to be reminded. However, it’s nice to be able to wish him well!

Entry three: My so-called golf game is all over the place and the score is not good either. Visiting the byways of the course provided meetings with hundreds, yea, thousands of mosquito nesting places. It certainly speeds up the game. And then they were gone and so were the excuses.

Entry four: Our weather has been hit and miss: the rain hits and the sun is missing. Gardening is more of a challenge, and my heart isn’t quite in it the way it should be. However, the potatoes and onions and calla lilies are up and flourishing in spite of it all. My early spring flowers were wonderful so at least there’s a memory of that.

Entry five: Another list of foods that “slow aging.” I’m happy to share this list with friends, but they beg me to quit because they’ve already decided what they want to eat and would I please go away. (Just in case: fish, cabbage, berries, walnuts.)

Entry six: There are 18 African violets in bloom in the living room corner. They greet me every day and please me--my disposition improves immediately.

Entry seven: The backyard rental areas are emptying as the young ones fledge and go their way. But it’s been busy: 2 pair of goldfinches, 1 pair of cardinals, 3 pair of robins, a multitude of all other finches. The sunflower seeds and the grapes are gone by the end of each day. The free entertainment is worth it. A chunky little woodcock even joined us.

Entry eight: My friends tell me the bugs are winning. Apparently the gnats have become numerous and bold in the wet atmosphere we developed in June. The answer, of course, is to stay indoors and clean the house or read. Of course, I chose read, including a thousand page tome by George Will. I get a lot of rest that way.

Entry nine: A columnist claims that trust in our government is pretty high, but we mistrust each other. He cites groups in the political parties who are more partisan than ever before (read early American history, buddy) but in spite of it all we trust the government. Now those are things for young people to figure out because we’re not doing a very good job of it.

Entry ten: My congregation is calling a pastor again. It’s an amazing process, and I’m delighted by the thoughtfulness that’s shown. One refusal and another call to prepare and send. The Lord’s work is evident in our world and always in our lives, but it takes these moments to remind what a blessing we have!

Entry eleven: Well, it was this way: I sat down to finish the crossword puzzle and it got very dark and hail struck the window and the wind and the rain came and the power went out and trucks were driving through high water on the highway as I watched out the windows and almost 4 inches of rain fell in an hour. It wasn’t till it had all passed that we learned a tornado had passed over with a couple of short touchdowns with minor damage to buildings and none to people. No warning but great thanks for survival.

NO ONE HAS DONE HIS BEST UNTIL HE HAS
TRAINED SOMEONE ELSE TO TAKE HIS
PLACE

One cabbie says to another, “Why is one side of your cab painted blue and the other painted green?”

“Well,” the other cabbie said, “when I get in an accident, the police always believe my version of what happened. All the witnesses contradict each other.”

An invisible man marries an invisible woman.

The kids were nothing to look at either.

WELCOME TO THE “Respected” and “Impressive” month of AUGUST!

Yes, the word AUGUST means “Respected” and “Impressive”. So, we ask, what can we all do to make this month, well, “respected and impressive”?

Here are some starters:

A – Anticipate – Anticipate ways the Lord provides you for serving others and for celebrating your faith in the Lord while doing so!

U – Unique – Share your Unique gifts in unique ways! Remember, you are unique – just like everyone else!

G – Go for it – Are there things you’ve been putting off doing? August is the time to “do it”! Are there people you need to call, visit, forgive – Go for it – now!

U – Unexpected – Watch for the “surprises” and unexpected events that are happening around you. Put the best construction on them. Learn from them. Do something “unexpected” for someone – and feel good about it!

S – Savor – Savor with pleasure the joys and love of those surrounding you! Taste the love and encourAGEMENT of others. Let others savor your gifts as well, and especially, “Savor the Savior”.

T – Thanks – “Think Thanks” in all you do, and make August a month to “Thank the Lord and sing His praise, tell everyone what He has done”!

A lonely bachelor wants some company, so he buys a centipede and a small box for it to live in. That evening, he decides to go out.

“Want to grab a drink?” he asks the centipede.

But there’s no answer from the box. A few minutes later, he asks again. There is still no reply. Finally, he hollers, “Hey, do you want to get a drink?”

“I heard you the first time!” says a small, irritated voice. “I’m putting on my shoes!”

Water Saving Tips -



1. Fix leaks (Hint - put food coloring in the toilet tank. If it seeps into the bowl without flushing, there’s a leak.)
2. Keep a pitcher of drinking water in the refrigerator instead of running the tap. (This way every drop goes down you and not the drain.)
3. When washing dishes by hand, don’t let the water run. Fill one basin with wash water and the other with rinse water.
4. Turn off the water while you brush your teeth and save up to 4 gallons a minute. (Use a cup instead of turning on the tap.)
5. Take shorter showers.
6. Only use dishwashers and clothes washers when they are full.
7. Wash fruits and vegetables in a pan of water instead of running water from the tap.
8. Group plants with the same watering needs together to avoid overwatering some while underwatering others.
9. For hanging baskets, planters and pots, put ice cubes on top of the soil to give your plants a cool drink of water without overflow.
10. Use a broom rather than a hose to clean driveways and walkways.

When a man went to get his driver’s license renewed at the Department of Motor Vehicles, the building was packed. The line inched along for an hour until he finally got his photo taken.

The man commented to the clerk, “I was standing in line so long, I ended up looking rather grouchy in this picture.”

The clerk looked over at the photo, “It’s ok, “ he reassured the man. “That’s how you’re going to look when the cops pull you over anyway.”

*Knowledge is knowing a tomato is a fruit.
Wisdom is not putting it in a fruit salad.*

BRAIN TEASERS

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English Language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the president's name in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in 1 field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

IMPOSSIBILITIES IN THE WORLD

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe through your nose when your tongue is out.

(Put your tongue back in your mouth, you silly person.)

TEN THINGS I KNOW ABOUT YOU

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it.
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person & everyone does it too.
- 10) You are probably going to send this to see who else falls for it.

TO ALL MY "INTELLIGENT" FRIENDS

Keep that brain working; try to figure this one out...

See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

No, it is not that they all have at least 2 double letters. Give it another try.

Look at each word carefully. You'll kick yourself when you discover the Answer. This is so cool.

If you are not a **senior** you cannot look at these pictures because you will not understand!



Relax, Reflect, Connect, and Grow in Faith at Ironwood Springs Lutherhostel hosted by ALOA (*Adult Lutherans Organized for Action*), September 23-27, 2019, at Ironwood Springs Ranch located near Stewartville MN. Accommodations are available at the Lodge (sleeping rooms equipped with microwave, refrigerator, and private bathroom) or campsites (electricity, shared water and sewage stations.). Commuters are also welcome. For more information about this event, go to the website at aloaserves.org, click on "Events" on the left side of the screen.

IDLE THOUGHTS

- Do twins ever realize that one of them is unplanned?
- What if my dog only brings back my ball because he thinks I like throwing it?
- If poison expires, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word "Scent." the S or the C?
- Why is the letter W, in English, called double U? Shouldn't it be called double V?
- Maybe oxygen is slowly killing you and it take just takes 75-100 years to fully work.
- Every time you clean something, you just make something else dirty.
- The word "swims" upside-down is still "swims."
- Intentionally losing a game of rock, paper, and scissors is just as hard as trying to win.
- One hundred years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- Your future self is watching you right now through memories.
- Many animals probably need glasses, but nobody knows it.
- If you rip a hole in a net, there are actually fewer holes in it than there were before.
- If 2/2/22 falls on a Tuesday, we'll just call it "2's Day." (It does fall on a Tuesday.)
- One hundred years ago a twenty dollar bill and a twenty dollar gold piece were interchangeable. Either one would buy a new suit, new shoes and a night on the town. The twenty dollar gold piece will still do that.

If Facebook has taught us anything, it's that a lot of people are not quite ready for a spelling bee.

EATING .. THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating. Fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin: we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested boiling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

SHARE if you remember!

LABOR DAY QUOTES:

A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.

~ Albert Einstein

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

~ Indira Gandhi

Before the reward there must be labor. You plant before you harvest. You sow in tears before you reap joy.

~ Ralph Ransom

Work hard, but not just to please your masters when they are watching. As slaves of Christ, do the will of God with all your heart. Work with enthusiasm, as though you were working for the Lord rather than for people.

~ Ephesians 6:6-7

Lutherans for Life Quotes:

“Let us consider how we can encourage one another, how we can help one another in these times in which we are overcome, how we can spur one another on to love and to good works, how we can gather together, not neglecting one another in meeting together but instead gathering in the presence of God, encouraging one another as we wait for that Day to finally appear.” *Rev. Dr. Tony Cook, Lutheran Hour Ministries – A Life Quote from Lutherans For Life • www.lutheransforlife.org*

Senior LinkAge Line

1-800-333-2433

Free information and assistance service of the Minnesota Board on Aging – a State Agency

Helpful Telephone Numbers

Social Security Administration

1-800-772-1213

Service available from 7 a.m. to 7 p.m. on business days. Call to provide notification of death or to inquire about survivor benefits.

U. S. Dept. of Veterans Affairs (VA)

1-800-827-1000

Call for survivor benefits, burial benefits or to provide notification of death

Recommendations from Senior LinkAge Line:

Protect yourself from Medicare errors, fraud, and abuse

- ✓ Never give Social Security, Medicare or Medicaid Assistance information to a stranger.
- ✓ Remember, Medicare doesn't call or visit to sell you anything.
- ✓ Don't carry your Medicare or Medicaid card unless you will need it. Only take it to doctor's appointments, visits to your hospital or clinic, or trips to the pharmacy.
- ✓ Record doctor visits, tests and procedures in your personal calendar or health care journal. (A free Personal Healthcare Journal is available from the Senior LinkAge Line.)
- ✓ Save Medicare Summary Notices and Part D Explanation of Benefits. Shred the documents when they are no longer useful.



The Great Minnesota Get Together

(MN State Fair, August 22-Sept 2) has announced that there will be seven new food vendors and 31 new foods available this year. Which one(s) will you try? Blueberry Key Lime Pie? Shrimp and Grits Fritter? Find out more at www.mnstatefair.org, and click on **Food** tab. The website features lists of exhibitions, free entertainment, grandstand attractions, art and gardens and also the history. Admission tickets are available online, at the State Fair ticket office, or at some local outlets, such as Cub Foods.

It's all about the hair!

Jack's mother ran into the bedroom when she heard the boy scream. She found Jack's two-year-old sister pulling the boy's hair. She gently relaxed the little girl's grip and said comfortingly to Jack, "There, there. She didn't mean it. She doesn't know that hurts."

She was barely out of the room when the little girl screamed. Rushing back in, she asked, "What happened?"

"She knows now," Jack replied.

A little girl got into a fight with her friend at Sunday School. The teacher reprimanded her, and said, "It was Satan who suggested to you that you pull her friend's hair."

"Maybe," the girl replied. "But kicking her in the shins was entirely my idea."

Two barbershops, located across the street from each other, were constantly competing for customers. One day, a sign went up in the window of one of the shops: "Haircuts now \$4."

An hour later, the other shop put up a larger sign: "We repair \$4 haircuts."

Wife: "I wonder what would go best with that violet-striped tie my mother gave you for your birthday."

Husband: "A long beard."

There are three ways a man wears his hair - parted- unparted - or departed

Answers to the Brain Teasers: (No peeking!)

1. Answer: Johnny, of course.
2. Answer: Meat.
3. Answer: Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]
4. Answer: There is no dirt in a hole.
5. Answer: Incorrectly
6. Answer: Billy lives in the Southern Hemisphere.
7. Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.
8. Answer: Same as is it now: Donald Trump [Oh, come on ...]
9. Answer: You would be in 2nd. Well, you passed the person in second place, not in first.
10. Answer: Neither, the yolk of the egg is yellow. [Duh]
11. Answer: One. If he combines all of his haystacks, they all become one big one.

Answer to "Seven Words":

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

Answers from the Name Game in the April issue:

- | | |
|-----------------------|--------------------|
| 1. Campbell Soup | 8. Pork |
| 2. Rice Krispies | 9. C&H Sugar |
| 3. Oscar Meyer weiner | 10. Folgers Coffee |
| 4. M&Ms | 11. Morton salt |
| 5. an apple a day | 12. Parkay |
| 6. 7-Up | 13. Grey Poupon |
| 7. Doublemint Gum | 14. Alka Seltzer |



Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.

SUN SAFETY

Summer is here! Keep your skin healthy by protecting it from the sun's rays. Here are some easy-to-follow sun safety tips from the U.S. Food & Drug Administration (FDA):



- ◆ If possible, limit the length of time that you are in the direct sunshine, especially in the heat of the afternoon ((10 a.m. - 2 P.m.).
- ◆ Cover any exposed skin with clothing, sunglasses, or a hat.
- ◆ Purchase a broad spectrum sunscreen, which protects your skin from both of the sun's harmful rays - UVA and UVB.
- ◆ Choose a sunscreen which has an SPF factor of at least 15. If you have fair skin, you may choose to use a higher SPF. According to the FDA's website, a higher SPF means more protection from UV rays, but only up to 50 SPF.
- ◆ Apply sunscreen any time you will be outside and be sure to follow the directions on the bottle! Sunscreen should generally be reapplied every 2 hours, and more often if you are sweating or in the water.
- ◆ The FDA reminds everyone to remember these commonly overlooked areas when you apply your sunscreen:
 - Ears
 - Nose
 - Lips
 - Back of neck
 - Hands
 - Tops of feet
 - Along the hairline
 - Balding or thinning areas of the head

Information gathered from the FDA's website. Visit <https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun> for more complete information.

Extreme Heat Tip Sheet

*During periods of extreme heat, people should take precautions to prevent heat-related illnesses.
Stay cool, hydrated, and informed.*



Stay hydrated

- Drink plenty of fluids, especially water, throughout the day
- Do not wait until you are thirsty before you drink fluids (except if advised to reduce fluid intake by your doctor)
- Avoid drinking alcohol
- Avoid drinks that are high in sugar and caffeine
- Avoid very cold drinks — they can cause stomach cramps



Stay cool

- Visit air-conditioned places (e.g., malls, libraries) if your home is hot
- Do not use electric fans to cool yourself when the temperature reaches the high 90's and above — blowing air onto your body that is higher than your body temperature can actually increase heat stress
- Wear light-colored, loose-fitting clothing
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Take a cool shower or bath



Stay informed

- Listen daily to the local news for the weather forecast and adjust activities as necessary to stay safe in the heat
- Know the symptoms of heat-related illnesses; be prepared to carry out safety measures and first aid
- Get health and safety information from your local public health department

SIGNS OF HEAT EXHAUSTION

Mild headache, lightheadedness

Cool, pale skin (heavy sweating)

Nausea, vomiting

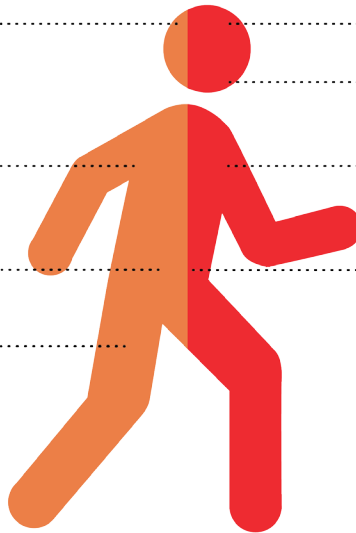
Muscle cramps, fatigue, weakness

SIGNS OF HEAT STROKE

Throbbing headache, confusion, seizure, irritability, or altered/loss of consciousness
Oral body temperature of 104°F and above; dry mouth

Hot skin

Nausea, vomiting



Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1.

WHAT TO DO

MOVE to a cooler place
COOL with ice/cold water and lay down
DRINK cool water or sports drinks
CALL 9-1-1 if symptoms last longer than 1 hour

CALL 9-1-1 IMMEDIATELY

MOVE the affected person to the shade or cooler place
COOL the affected person with immersion in cool water or by placing ice packs on the neck and groin areas

If you must be outside in the heat:

- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Avoid strenuous exercise
- If you must exercise, pace yourself
- Drink plenty of fluids
- Rest often in the shade or in an air-conditioned building

Help others stay safe in extreme heat:

- Do not leave children or pets in a car, even if the windows are cracked open and the vehicle is parked in the shade!
- Check on infants, children, and the elderly frequently for signs or symptoms of heat-related illnesses.
- Encourage friends and relatives to check on family and neighbors who might be more at risk, especially those who live alone to ensure they're staying cool and hydrated.
- Monitor people with medical conditions that may make them more at-risk to the negative impacts of extreme heat. Some chronic health conditions, like diabetes or kidney disorders, can be made worse by heat exposure.

Need more information?

Visit our websites: Planning for extreme heat events - www.health.mn.gov/heatplanning
Minnesota extreme heat data - www.health.mn.gov/heatdata
Contact us directly: E-mail - health.climatechange@state.mn.us
Phone - 651-201-4991

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