

# Village Without Walls



## Seniors and the Heat

This summer is starting to be one of the hottest on record. Health and senior organizations are warning senior citizens to be aware and preventive actions to avoid heat stroke or worse. Here are some things to be aware of or to do.

1. Drink plenty of fluids. Avoiding dehydration is critical during periods of prolonged heat. In addition to water, popsicles and high-water-content fruits like water melon can provide additional liquid. And remember that caffeinated drinks and alcohol can contribute to dehydrations.
2. Wear light-colored, light weight, loose-fitting clothes. And don't forget a wide-brimmed hat.
3. Try to run all your errands in the early morning or late evenings, staying indoors, in air conditioning during the middle of day and

heat-filled afternoons. If your home isn't air conditioned, hang out at the local library or the mall.

4. Avoid exercising or any strenuous activity in the heat.

It is important to be aware of symptoms that can accompany heat related illness. Seek help immediately if you experience nausea, chest pains, dizziness or fainting, or breathing problems.

Check out the links below to learn more about heat-associated risks.



[Aging Care](#)

[AARP](#)

[A Place for Mom](#)

And don't forget our furry friends. Pets should NEVER be left in a parked car. And you want to limit any exercise during the heat.

Just like people, our pets need ample shade and plenty of water. You may even want to add ice to help keep them cool.



The [Humane Society](#) has a good article on how to keep pets safe in the heat.

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## It's a Party

The Village Without Walls annual meeting is happening on Saturday, August 25th from 2:00 PM to 4:00 PM, and this year it's a party for members and volunteers. Watch your email (or snail mail if you don't get email) for the details on this exciting event.

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## Meet Gail Green (and Frolic)

Gail Green lives in a small apartment in Forest Grove with her devoted service dog and constant companion, Frolic. Frolic is a content and attentive little Chihuahua happy to have been adopted by such a loving human.



Gail has many stories about her huge childhood home in Berkeley, California (the house had 7 bedrooms!) and fondly remembers her father instilling a desire to serve the community by volunteering.

Although Gail has mobility issues, she doesn't let that stop her. She is a Certified Professional Dog Trainer and loves to "teach" dogs (and some cats too) and to educate pet-owners about what to do during a

catastrophe. In late 2005, after Hurricane Katrina, Gail traveled to Mississippi to assist in the effort to give aid and comfort to the massive number of pets that were separated from their owners.

Gail has published a book titled *Dog Parking It*. It lists and rates all the dog parks in California. She is proud to have been a co-founder of the first dog park in the country in 2008.

Gail likes art and drawing and is now working on a third book. It will contain all of the writing she has done since she was a young girl.



Gail was introduced to Village Without Walls, which provides her with transportation and light household help, by friends at the Unitarian Universalist Church in Orenco. She would like to be more engaged with folks and likes to meet for coffee or lunch—with Frolic happily sitting by her side!

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## Villagers Last Month

Several Villagers shared their life experiences in a multiple-session story-telling class held at Jackson Bottom Wetlands. And there were several informal game-playing evenings to draw attention away from the heat.

But the highlight of July Activities was the watercolor class. It filled quickly and was so popular that it will be repeated again in the fall.



Teacher Laura Wilson demonstrated a variety of watercolor techniques.



Members completed watercolor pictures suitable for framing during the class.

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## Upcoming Village Events

See our calendar for more details.

- Villages at the Hops: August 1st and Ron Tonkin Field
- Village Brunch on August 15 at La Provence at Orenco Station
- BJ's Coffee Hour
- Village Annual Meeting: August 25

### August Calendar

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### Volunteer Opportunities

Are you good fixing things around the house—know the difference between a pipe wrench and a socket wrench? Village Without Walls is looking for a few good handy people to help our members with those little tasks that can confound those of us who are all thumbs. If you can spare a few hours a month and have mastered that tool belt, contact us at 503.207.8729, and one of our friendly volunteers will call you to discuss this volunteer opportunity.

We also need a volunteer from our current Members and Volunteers, someone to work with the Membership Team to help

new members become part of the Village community. If this is a job you would enjoy, leave your name and contact information at 503-207-8729 and say that you want to help integrate new members.

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