

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Fan Care Program for Seniors Begins 21st Year: *Cooling Equipment and Information Available*

RICHMOND, VA June 8, 2011 Senior Connections, The Capital Area Agency on Aging is helping older adults combat summer heat by sponsoring the Fan Care Program. Through Fan Care, older adults age 60 and over can receive a fan or other cooling assistance. They also must meet income eligibility requirements. Fan Care is made possible by cooperative efforts of Dominion Virginia Power, the Virginia Department for the Aging and Senior Connections. The program will start on June 13 and end on September 30, 2011. **To apply, please call the Fan Care Hotline at (804) 343-3005 and leave your name, address and phone number.** A Fan Care representative will return your call.

In conjunction with the Fan Care Program, the Agency is issuing a hot weather advisory for seniors. Prolonged exposure to hot temperatures, low fluid intake, certain medications and some chronic illnesses may increase the risks of dehydration and heat exhaustion especially among older adults. Senior Connections is advising family, friends and neighbors to take time to check on the well-being of older family members and friends, especially those living alone, to insure their comfort and safety during hot weather. The Agency offers the following safety tips to help older adults cope with the hot and/or humid temperatures:

- 1. Drink plenty of water to control body temperature and prevent dehydration. Do not wait until you are thirsty.**
- 2. Limit outdoor activities. If you must go outdoors, wear lightweight and loose fitting clothing that allows your skin to keep cool.**
- 3. If you become overheated, increase the ventilation in your home by placing a fan in a window or installing an air conditioner.**

Senior Connections, The Capital Area Agency on Aging is a private, nonprofit 501(c)(3) organization governed by a Board of Directors. The Agency, established in 1973 as part of a nationwide network of Area Agencies on Aging, provides direct services, information and referral, education and advocacy for seniors and caregivers residing in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

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