



BANDERA COUNTY



THE SCOOP AT SILVER SAGE

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590

Store hours (Temp. hours): Tues-Thurs 10:00am-3:00pm



Senior Living/Small House Community Project See pg. 7 silversage.org/the-cottages Donate now: silversage.org/donate

MONTHLY MENU PAGE 13



Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help. Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

Cowboy Opry

The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels. Performers this month are: Terri Busic and Lanette Pennel

Let us all welcome Lisa Beck Crawford to our Silver Sage staff as Activities Director! Her first real addition to our daily programs are the Stretch and Strengthen class to be led by exercise Physiologist Ida Hardy held in the Silver Sage Great Room on Tuesday mornings at 10:30am--and will begin the first Tuesday in August. Other fun activities in the making are HEB trips, dinner outings, museum outings, Music Monday's, and so, so much more! See pages 16-18 for more info!



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Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're **Elevating Health**.

Peterson Medical Associates
3540 SH 16 S
Suite 1-D
Bandera, Texas

To schedule your appointment at our new
Bandera location, call 830.522.2002



Managing Publisher/Designer:

Karyn Utterback
Executive Assistant

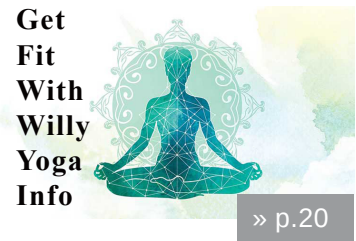
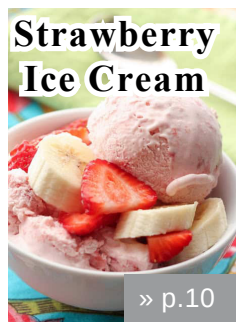
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



Check out
our Monthly
Menu!



HOURS:

SILVER SAGE HOURS:

MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE

5. **Article Sponosred by Alamo Hospice and Written by Monica Zuniga:** “Many studies have shown that the hormones involved in a smile are beneficial to your overall health and happiness. Dopamine gives your brain energy, endorphins trigger a positive, euphoric feeling in the body, and serotonin stabilizes our moods, read more...

6. **Mary Allyce:** Would you like to know about the History of the US flag, National Anthem and Pledge of Allegiance? Mary gives us the scoop about all, read more...

Quilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

Our Mission:

Enriching Life For Seniors

EMERGENCY 911

Bandera County Sheriff (830) 796-3771

City Marshall (830) 460-7172

Bandera Fire Department (830) 796-3777

Poison Emergency 1-800-222-1222

Silver Sage/MEALS ON WHEELS (830) 796-4969

Art Crawford (Chief Executive Officer) (830) 456-4083

John Cressey-Neely (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

Bandera Pharmacy (830) 796-3111

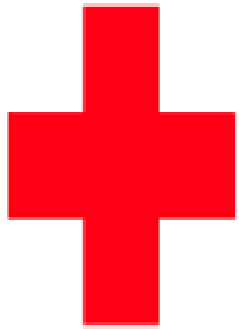
ART Bus 1-866-889-7433

Silver Sage Thrift Store (830) 796-3590

Texas Abuse Hotline 1-800-252-5400

Texas Health and Human Services (830) 796-3739

South Texas Alzheimer's Assoc. (210) 822-6449



American Red Cross

redcross.org

Together, we can save a life

We'd love to see you in our seats!

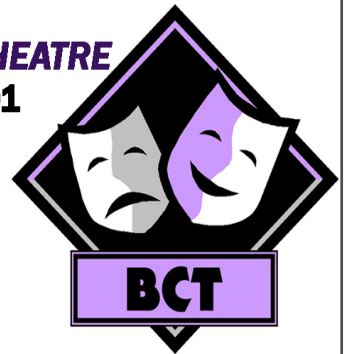
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The Power of a Smile

By Monica Zuniga, Alamo Hospice

A smile is one of the signs of happiness and joy. When we're happy, a smile is a natural gesture that we don't need to think about or force for it to appear. It can also be powerful even when we are trying to encourage someone or lift their spirits. It may sound strange, but being in hospice, I smile a lot. A smile can let someone know you care. That you are there and will take care of them or their loved one.



A smile occurs when certain hormones are released in your brain, and your brain, in turn, sends signals to specific muscles in your face. The hormones responsible for these signals are endorphins, serotonin, and dopamine which are known to be natural pain and stress relievers, as well as antidepressants. Essentially, when we experience happiness, these feel-good hormones stimulate nerves in your brain, then activate muscles that cause your cheeks to rise and the edges of your mouth to curve up into a smile.

Dopamine is commonly referred to as “the reward molecule” because this hormone is released when you achieve a goal. Dopamine is responsible for feelings of accomplishment. Similarly, endorphins are also known as “the pain-killing molecule,” and serotonin is referred to as “the confidence molecule”. All of these hormones together send messages to your muscles and cause a smile.

**USE YOUR
SMILE TO CHANGE
THE WORLD,
DON'T LET THE
WORLD CHANGE
YOUR SMILE.**



Many studies have shown that the hormones involved in a smile are beneficial to your overall health and happiness. Dopamine gives your brain energy, endorphins trigger a positive, euphoric feeling in the body, and serotonin stabilizes our moods. Our smiles are outward expressions of a happy mind and healthy body, and they are meant to be shared with others! Keep on smiling!

“Let us always meet each other with smile, for the smile is the beginning of love.” -

Mother Teresa

Bergland, Christopher (2012). *The Neurochemicals of Happiness*
Retrieved from: <https://www.psychologytoday.com/us/blog/the-athletes-way/201211/the-neurochemicals-happiness>

Widrich, Leo (2016). *The Science of Smiling: A Guide to The World's Most Powerful Gesture*
Retrieved from: <https://blog.bufferapp.com/the-science-of-smiling-a-guide-to-humans-most-powerful-gesture>

THROUGH THE EYES OF A DRIVER

By Mary Alyce

July begins with a bang – literally. Four days into the month we celebrate the birth of the United States, usually with big fireworks displays, the appearance of American flags and flag symbols everywhere, the colors red, white, and blue on everything from clothing to pets to dessert.

The U.S. flag has undergone many changes since the first flag of 1777. The red, white, and blue colors had no stated meaning when the flag was adopted, but Secretary of Congress Charles Thomson defined them in 1782 when the Great Seal of the United States was endorsed:

“The colours of the pales are those used in the flag of the United States of America; White signifies purity and innocence, Red, hardiness & valour, and Blue, the colour of the Chief signifies vigilance, perseverance & justice.”

The history of our National Anthem, The Star Spangled Banner, and Pledge of Allegiance to that flag and “the Republic for which it stands”, are as colorful as the flag itself. (For those of you whose eyes are glazing over at the word “history”, relax. This is going to be painless and paraphrasing the teachers and professors of our youth, there will be NO quiz next Tuesday!)

Francis Scott Key wrote a poem he titled “The Defence of Fort McHenry,” on September 14, 1814, after watching the Maryland fort under British attack during the War of 1812. On September 20, the *Baltimore Patriot* published “The Defence of Fort McHenry” and Key’s brother-in-law set the poem to music. The anthem was published under the name “The Star-Spangled Banner.”

President Woodrow Wilson adopted the unofficial “national anthem” in 1916 but it was 1931 before Congress named “The Star-Spangled Banner” the official USA anthem. Strong objections followed. It seems the tune came from “To Anacreon In Heaven”, theme song of the Society of Anacreon, a mid-1700’s gentleman’s “social” club, celebrating alcohol, risqué music and questionable shenanigans. The first stanza ends, “I’ll instruct you like me to entwine the myrtle of Venus with Bacchus’s wine.” Shocking!

In addition, there were legitimate protests over the music’s vocal challenges. We’ve all heard singers struggle with the full octave and a half range. Furthermore, early objections insisted it was not suitable for dancing or marching and votes were cast for “My Country ‘Tis of Thee” and “America The Beautiful”. “The Star Spangled Banner” prevailed and we continue to warble through it the best we can and with great pride!

Then there’s our Pledge of Allegiance. Written by Francis Bellamy, a Baptist minister and Christian Socialist, in 1892 for a school program celebrating Columbus Day, the words originally read: “I pledge allegiance to my Flag and to the Republic for which it stands: one Nation indivisible with Liberty and Justice for all.” The words “under God” were added in 1954 under the Eisenhower administration. Bellamy’s omission owes to his steadfast belief in separation of Church and State and yes, you read correctly. The author of our Pledge was a Socialist.

For most of us, July 4th kicks off the heart of summer and gives us a great reason to party and revel in our “land of the free and the home of the brave”. Here in Banderera, we celebrate with the annual Pet Parade in City Park. If you’ve never seen this Noah’s Ark parade of costumed Banderera pets, you need to treat yourself. My dog, Red (pictured), indulged me two years ago - even wearing a hat made out of a plastic shot glass!



There are patriotic dogs, horses, chickens, fairytale princess and cowboy pets for your amazement and amusement. Pure fun!

And if one day isn’t enough merriment for you, the actual vote for Independence was on July 2nd, 1776. That means you can officially start partying this year on Friday and finish with the proverbial bang on Sunday. Happy Independence Day, y’all and see you in August.

Coming Soon

the 
Cottages
of
Silver Sage

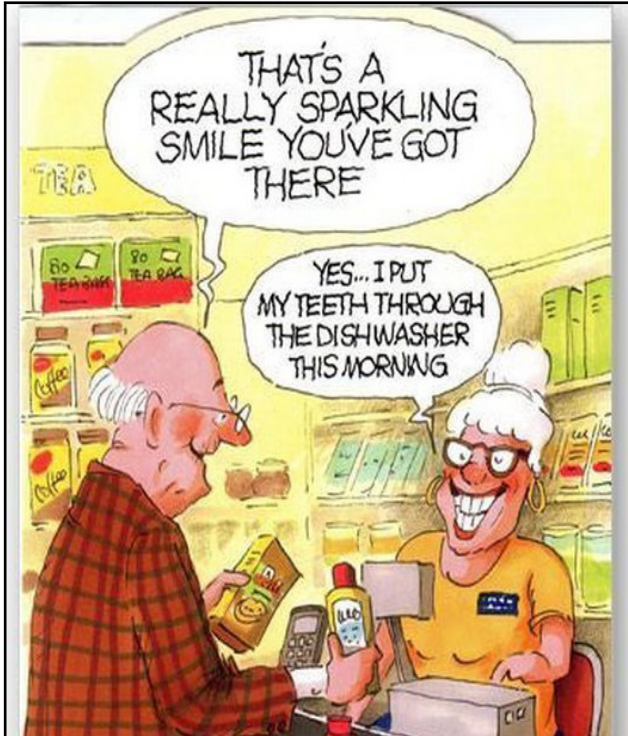
A Community For Active Seniors

What are the Cottages of Silver Sage?

- A Community for Active Seniors
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- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

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Funny Bone



The Retirement Village People



SENIOR PERSONAL ADS

Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Not in running condition but walks well.

Recent widow who has just buried fourth husband looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob, and caramel candy.

I usually remember Monday through Thursday. If you can remember Friday, Saturday, and Sunday, let's put our two heads together.



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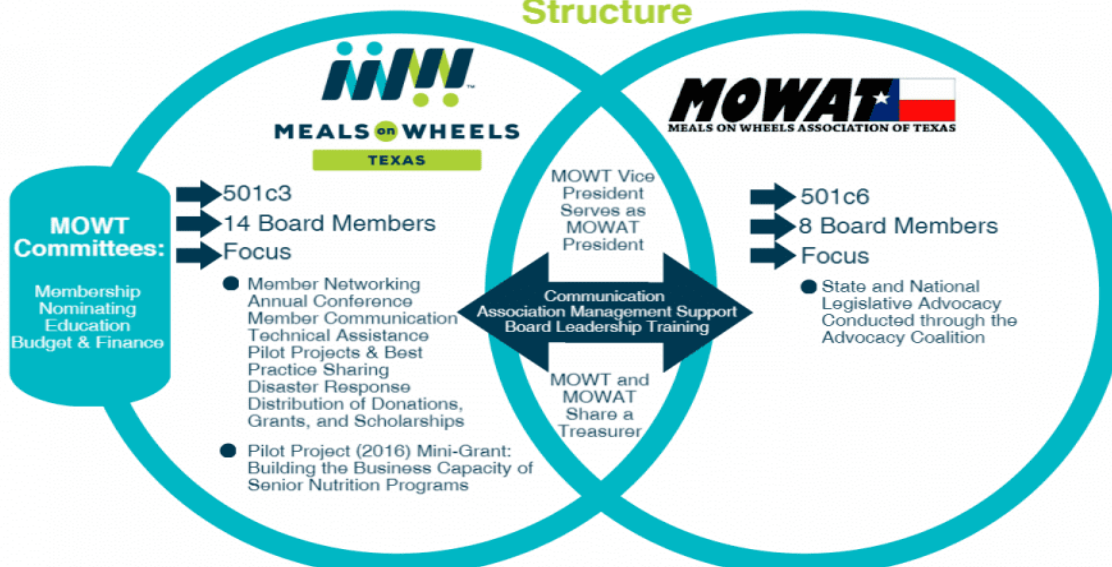
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Meals on Wheels Texas & Meals on Wheels Association of Texas Structure



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Strawberry Banana Ice Cream

Make your own pint of ice cream!



INGREDIENTS

- 3 Medium Bananas, peeled, 1/2" sliced and frozen
- 1.5 Cups Strawberries, frozen
- 1/2 Teaspoon Vanilla extract
- 1/4 Cup 2% Milk

KITCHEN GADGETS



Dry Measuring Cups



Measuring Spoons



Liquid Measuring Cup



Spatula



Food Processor

INSTRUCTIONS

1. Place the bananas and strawberries in the food processor. Pulse fruit until the mixture looks smooth. You may need to scrape the sides and add a little bit of milk, if fruit gets stuck to the sides of the container.
2. Add the vanilla and remaining milk to the food processor. Pulse until mixture looks smooth and well combined.
3. Serve right away or store in air tight container and place into the freezer.

Makes 4 (1/2 cup) servings

Nutrition Facts

4 servings per container
Serving size 1/2 cup (161g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 1mg 6%

Potassium 423mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Do you have
walkers, wheel chairs,
shower chairs, commode
chair, canes,
etc. that you don't
use/need?

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donating them to
the Silver Sage.

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JULY 2021 ACTIVITIES

Center Hours: Monday-Thursday 8am-3pm

Friday 8am-2pm




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Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>9am Bridge</u> <u>12:30pm</u> Dominoes	2 <u>8am Indoor</u> Exercise
5	6 <u>12:30-2:30</u> Mexican Train	7 <u>8am Indoor</u> Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	8 <u>9am Bridge</u> <u>12:30pm</u> Dominoes	9 <u>8am Indoor</u> Exercise
12 <u>8am Exercise</u> <u>10-11:15pm</u> Yoga w/Willy	13 <u>12:30-2:30</u> Mexican Train	14 <u>8am Indoor</u> Exercise <u>9:30am</u> Quilting <u>12:30pm</u> LUNCH & LEARN w/Ida 1pm BINGO	15 <u>9am Bridge</u> <u>12:30pm</u> Dominoes	16 <u>8am Indoor</u> Exercise
19 <u>8am Exercise</u> <u>10-11:15pm</u> Yoga w/Willy <u>12:30-2:30</u> MUSIC MONDAY	20 <u>12:30-2:30</u> Mexican Train	21 <u>8am Indoor</u> Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	22 <u>9am Bridge</u> <u>12:30pm</u> Dominoes	23 <u>8am Indoor</u> Exercise
26 <u>8am Exercise</u> <u>10-11:15pm</u> Yoga w/Willy	27 <u>12:30-2:30</u> Mexican Train	28 <u>8am Indoor</u> Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	29 <u>9am Bridge</u> <u>12:30pm</u> Dominoes	30 <u>8am Indoor</u> Exercise <u>10am</u> Game Day
				12

Silver Sage ~ July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AACOG Alamo Area Council Of Governments	 Area Agency on Aging <small>Provided through the State Department of Aging and Disability Services Alamo Area Council of Governments</small>	 FOOD BANK SERVING SOUTHWEST TEXAS San Antonio	1	4
5	6	7	8	9
CLOSED	Bacon, Egg, and cheese Casserole Biscuit and Sausage Gravy Fresh Fruit Cup for Dessert	Meatloaf Twice baked potatoes Lightly toasted broccoli Spring mix salad with nuts and berries	Chicken Strips with Gravy Creamed Corn Baked beans	Texas sized Chili Cheese Hot Dogs Homemade Relish
12	13	14	15	16
Chicken Fried Steak Mashed potatoes and gravy Fresh green beans	Chicken Florentine on a bed of fresh spinach with shallots and cherry tomatoes Bowtie pasta Dessert	Garden Spaghetti Garlic Bread Caesar Salad	Chicken fajita casserole Tortillas Dessert	Pigs in a Blanket Chili Cheese Queso Cowboy Corn
19	20	21	22	23
Hamburger Steak and Gravy over white rice Toasted cauliflower Peas and carrots	Baked Ham Scalloped potatoes Brussel sprouts Dessert	Chicken Cacciatore Sautéed Summer Squash Broccoli salad	Beef Stroganoff Over Egg Noodles Buttery Carrots Turnip Greens	Shredded BBQ Chicken Texas Ranchero Beans Spiced Apples
26	27	28	29	30
Salisbury Steak Meatballs in mushroom gravy over rice Grilled Broccoli Golden Carrots	Chicken Cordon Bleu fettuccine Grilled Zucchini, red peppers, and garlic Dessert	Turkey, Dressing & Gravy Creamy Sweet Potatoes Green Bean Casserole Cranberry, pineapple, and pecan salad	Steak Fingers and Gravy Texas Corn	Gyro w/ Saffron Rice Fresh Vegetables with Tzatziki sauce Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969

**Menu subject to change
according to availability**



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WELCOME LISA BECK CRAWFORD!!

Well it was bound to happen sooner or later. As the wife of Art Crawford the Silver Sage CEO I've dabbled in participation with small events, Holiday meal serving/prep, food distribution and meal deliveries and what not every now and then, but now I'm all in as the new activities director.

Now that Amy Hawley has her hands full with Meals On Wheels routing it would just be too much for her or any one person to also handle activities and she's doing such a great job with her present position so nobody wants to mess up a good thing there so....here I am.

It will be hard to fill Amy's shoes in this department but she's given me some great tips and everyone is being so helpful. I'm super excited and looking forward to getting to know everyone better and find out all the fun things you want to do and will do my best to make them happen when at all possible.



My first real addition to our daily programs is the Stretch and Strengthen class to be led by exercise physiologist Ida Hardy and held in the Silver Sage great room on Tuesday mornings at 10:30 am and will begin the first Tuesday in August. I'm personally very excited about this class and I'm already planning my days around it so I can attend. Ida will be doing a lunch and learn talk about her class and what to expect from it in the Silver Sage dining room on July 14th at 11:45 which is also our liver and onions day so sign up early! You don't have to eat lunch to attend the lunch and learn talk, but if you wish to have lunch you need to sign up by Friday, July 9th before as our liver and onions day is quite a hit and usually packed so we need to know how many to prepare for.

There will be more Lunch and Learn events in the future. Our first one since re-opening was with Dr. Jerry Hollingsworth from Bandera ISD and was a huge success and well attended. If you have suggestions for someone you'd like to hear from for our Lunch and Learn program please let me know and I will try to make that happen.

I'm also planning some outings to have dinner or go to museums or events for those seniors who'd like to attend such things but don't feel comfortable driving themselves. Everyone will be responsible for buying their own dinner or event tickets. Please keep in mind the bus ride events will be structured for our seniors and seating is limited. Sign up sheets will be out in the Silver Sage entry a week in advance of the event and seating will be first come first serve.

Every other Monday I bring my guitar and lead a Music Mondays sing along in the dining room from 12:30 to 2:30. Check the calendar to see when it's on and come sing along and join the fun.

Be sure to keep your eyes on the Scoop calendar for new programs and events or check online at www.silversage.org .

Oh the places we will go! Oh the things we will see! Oh the things we will do!

**Lisa Beck Crawford
Activities Director**

Stretch & Strengthen *with Ida Hardy*

LUNCH AND LEARN with Exercise Physiologist Ida Hardy will be on
WEDNESDAY JULY 14TH @12:30pm in our Dining Room!

(You do not have to eat lunch with us to attend but If you plan to-

1. If you want liver and onions, please call (830) 796-4969 by Friday July 9th and reserve.
2. If you want garden spaghetti call the morning of July 14th by 9:30am to reserve).

Ida Hardy will discuss the health benefits of daily stretching and the upcoming class she will be offering in the Silver Sage Great Room

**EVERY TUESDAY MORNING AT 10:30AM
STARTING THE FIRST TUESDAY IN AUGUST.**

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be \$8 per person each week
(\$5 going to Ida Hardy and \$3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.



THE SILVER SAGE BUS PROGRAM (STARTING IN AUGUST)

is intended *to enrich the lives of senior citizens* in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You **MUST** sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling That information will be given to medical personnel in case of an emergency concerning you. This information won't be shared with anyone other than medical personnel and only in an emergency situation that concerns you.

***For liability reasons all guests riding the bus MUST be physically able to load and unload from the bus without any assistance.**

***We will not make unscheduled stops unless it's an emergency.**

***Your ideas for outings are always welcome and I will do my best to make them happen when possible. Please keep in mind the physical limitations of many of our seniors when making suggestions.**

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Get Fit at The Silver Sage!



YOGA WITH WILLY EVERY MONDAY

- Location: Great Room - Time: 10:00am

Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages; participants are encouraged to do what they can. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Class meets at 10:00 AM on Monday mornings in the Great Room with the entrance on Buck Creek Drive. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. Willie's eclectic style of Yoga and his warm, caring creativity endear him to his students. \$8 per class.

Video-Led Exercise Location: Great Room

Time: 8:00 AM Monday, Wednesday, Friday mornings.

Participate in one hour of video-led indoor exercise. This class is offered every Monday, Wednesday, and Friday mornings at 8:00 a.m.

Appropriate for those who don't want to participate in more strenuous exercises. This exercise time is perfect for stretching and limbering up aging joints and muscles. The pace of the video-led exercise group is slow and steady. Some of the participants sit on chairs to do their exercises.

What a difference a day makes...

By Mikie Baker

Years ago, I had a coworker who came in first thing every morning with stories to tell about all the wild adventures she supposedly had between 5 p.m. and 8 a.m. the next day. Before too long, I decided that no human could have that many tall tales happen in less than 24 hours. But after the day I've just had, maybe I was wrong.

My day started out normal enough. I headed to work and got plenty done before lunch. Then I headed out to pick up a to-go order. As I walked up to my car, I heard the cry of a tiny baby kitten. I dropped my purse and



keys and went searching and found a small black kitten who was all alone and scared. I scooped him up, ran back into the office and proceeded to get him some food and water. I closed him up in my office and headed back out to get my lunch.

The day progressed with everyone in the office coming by to check on the tiny kitten with a meow the size of Manhattan. He ate and cuddled up for a nap while I pondered needing another cat in my life. The problem was that he was black and since I was born on Halloween, black cats have always been lucky for me. I'm pretty sure it took me about 10 seconds to determine that he had chosen me. I sent a quick text to My Future Husband asking if it was alright to bring one

more critter home to the menagerie because I didn't want him to divorce me before we'd even gotten married. Luckily, he's a big softie.

A coworker came to my rescue with a cat carrier so I could take Rod (yes, named after Stewart because of that meow) with me to pick up the Teenage Eating Machine who is now called the Adult Eating Machine and his four-and-a-half-year-old daughter whom I shall call the Talking Texas Twister because, frankly, she never shuts up. Not even for a nanosecond. And most of her talking is very dramatic, kind of like Rainbow Randy. I had not seen my family in over a year, so I was really looking forward to the visit. We got home and had a nice evening playing with the new kitten, though both the dogs didn't quite know what to make of him. Sammy the Siamese Terrorist knew, though. He slunk off to the patio couch never to be heard of again until this morning. Terrorists are always such spoil sports.

Everybody went to bed early just so we wouldn't have to listen to another word from the Talking Texas Twister, but at 3 a.m., Rod decided it was time to wake up and cry. Being the good mother, I took him to the kitchen to feed him while trying not to trip over the dogs who wanted to know who needed protecting.



When I came back into the bedroom, My Future Husband, was up in the bathroom, mumbling. I came around the corner to see what his problem was only to be encountered by the Elephant Man. The left side of his face was all swollen up as were his lips. Unfortunately, I've already moved all my furniture to his ranch, so I decided I was just going to have to live with the Elephant Man. I gave him a Benadryl and we all went back to bed. Today, I'm hiding in my office writing, hoping I can finish before TTT wakes up and starts in again. At least I'm beginning to understand a four-year old's lingo. Looks like I'm going to spend the day with a Talker, A Crier and a Big Baby. And yes, all that can happen in less than 24 hours!

CARING FOR YOUR DOG DURING WARM WEATHER






Dogs lose heat through panting, can only sweat through their paws, and are at high risk of getting heatstroke. Follow our top tips to keep your dog cool in the heat.

PROVIDE SHADE AND WATER

-  Provide constant access to shaded areas inside and out.
-  Ensure there is always cold, clean, fresh water available.





WALKIES

-  Head out in the early morning or late evening when it's cooler.
-  Don't run or cycle with your dog when it's hot.
-  Avoid pavements. If the ground is too hot to touch with your hand for a few seconds, it's too hot for paws!



KEEPING COOL

-  Prevent sunburn by using pet-safe sunscreen on ear tips and nose.
-  Brush your dog regularly to keep their coat thin and free from matts or knots.
-  Use frozen toys, paddling pools or water sprinklers to entertain and cool your dog down.



REMEMBER:

Dogs can die in hot environments.

See: rspca.org.uk/dogsinhotcars

Never leave pets in vehicles, caravans, conservatories or outbuildings in warm weather.



HEATSTROKE CAN KILL.

Know the signs of heatstroke and contact a vet immediately if you spot them: heavy panting, excessive drooling, lethargy, drowsiness, uncoordinated movements, a state of collapse and vomiting.

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