

Staying Cool This Summer

Summertime marks the start of outdoor adventures, pool parties and BBQs, but it can also bring scorching temperatures to Sacramento that can be dangerous if one is not careful.

Here are a few tips to help you stay safe and comfortable during the sizzling summer days:

- 1. Hydrate, hydrate, hydrate!** Drink plenty of water throughout the day, even if you don't feel thirsty. Dehydration can sneak up on you, especially when you're having fun in the sun.
- 2. Dress for the heat.** Wear lightweight, light-colored clothing to reflect the sun's rays and keep you cool. Don't forget a hat and sunglasses to protect your face and eyes from the sun.
- 3. Plan your outdoor activities wisely.** If possible, schedule your outdoor activities for the cooler parts of the day, such as early morning or late evening. If you must be outside during the hottest hours, take frequent breaks in the shade or air-conditioned spaces.
- 4. Keep your living space cool.** Use fans and air conditioning to lower the indoor temperature, and keep curtains or blinds closed during the hottest part of the day. If you don't have air conditioning at home, consider visiting a public place like a shopping mall or public library to cool off.



- 5. Look out for each other.** Keep an eye on family, friends, pets and neighbors, especially those who are more vulnerable to heat-related illnesses, such as the elderly, young children and those with chronic health conditions.
- 6. Beware of hot cars!** Never leave a person or pet in a parked vehicle, even for a short time. On a mild 80-degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.

By following these simple tips, you can make sure you and your loved ones stay safe and comfortable while enjoying the summer heat. **For more information, visit the Sacramento Ready website.**



Parks and Water Safety Reminders (*Life Looks Good On You*)

The summer recreation season is here, and the Sacramento County Department of Regional Parks would like to remind visitors about ways to stay safe while enjoying local parks and rivers.

Although the temperature outside can be very hot, temperatures in the American River can be surprisingly cold. Regional Parks wants to make it explicitly clear that cold water can quickly become dangerous water – so don't underestimate it.

Be Safe On the Water:

Life Looks Good On You—and so does a life vest! Before you dive in, put on a life vest. There are borrowing stations along Sacramento's waterways. Remember, even the strongest swimmer can be pulled under by the strong river currents.

Kids Don't Float—but life vests do. Make sure your child wears a life vest. Sacramento County ordinance requires any child under 13 to wear a life vest before accessing any public waters (Sacramento County Ordinance 13.08.301). Bring a life vest to the river for each of your children. If you forget a life vest, you can borrow one from one of the many borrowing stations along the American River.

Sacramento County recommends that people of all ages and abilities use caution when swimming or boating. Visit the Department of Regional Parks [water safety webpage](#) for more tips.



Prevent Wildfires:

Open-flame fires are not allowed, and barbecuing is only permitted in designated picnic areas. All fireworks are prohibited in Regional

Parks. Smoking is only allowed in developed picnic areas, asphalt surfaces, golf courses and on levee tops in the American River Parkway. In preparation for this fire season, rangers are making it a high priority to continue their fire prevention efforts through education and enforcement. If you see smoke or a smoldering fire, call 9-1-1.

Keep Our Parks Clean

Helping out is easy! Some easy ways you

can help keep our parks clean and beautiful include:

- » Please do not litter.
- » Minimizing your own trash. Reduce the amount of waste you bring into our parks by using re-usable containers that you can bring home afterward.
- » Use the garbage cans located throughout our parks.
- » Practice pack it in, pack it out. If you bring something with you, take it with you when you leave. That includes food scraps and beverage containers!

Visit the [Regional Parks website for more information](#)

. Call 3-1-1 to report non-emergency or maintenance issues.





Alzheimer's and Brain Health Awareness

According to the **Alzheimer's Association**, more than 55 million people globally are affected by Alzheimer's or another dementia. The **California Department of Public Health** reported in 2019 that **24,885 Sacramento County residents were living with Alzheimer's disease** or a related dementia and that is expected to increase to 32,244 by 2025. Understanding how to support those affected and exploring ways to promote brain health are crucial steps in addressing this growing public health challenge.

While not all risk factors for developing dementia are modifiable, some are. By embracing simple and effective habits that promote brain health, we can lower our risk. Here are 10 healthy habits to incorporate into your daily lifestyle:



- 1. Challenge your mind:** Activate your brain by trying something new or unfamiliar. Engage in games and activities that help you think strategically.
- 2. Get moving:** Participate in consistent physical activity. This means doing activities that get your heart pumping and improve blood flow to the body and the brain. Look for more ways to add movement to your daily routine such as walking, gardening, or dancing.
- 3. Protect your head:** Prioritize safety during sports and other activities. Take precautions to prevent head injuries such as wearing a helmet and using a seatbelt. Take steps to prevent falls, especially among older adults.
- 4. Be smoke-free:** Quitting smoking can decrease the risk of cognitive decline to levels comparable to those who have never smoked. It is never too late to quit.
- 5. Eat healthy:** Choosing a diet with healthier options, such as vegetables and lean protein, can decrease the likelihood of cognitive decline. It is essential to pick meals and snacks that are nutritious and appealing.
- 6. Sleep well:** Getting enough sleep is essential for a healthy brain. Avoid screens before bedtime and make your sleeping space as comfortable as possible.
- 7. Keep learning:** Stay curious! Keeping your mind active can reduce the likelihood of cognitive decline and dementia. Consider ways to expand your knowledge such as taking continuing education courses, reading or engaging in other brain-stimulating activities.
- 8. Keep your heart healthy:** Obesity, high blood pressure, and diabetes are risk factors for cardiovascular disease and can also negatively affect your cognitive health. Eating a balanced diet, exercising regularly and taking medications, if needed, can help you manage or prevent symptoms. A healthcare provider can help you make a plan for yourself.
- 9. Take care of your mental health:** Some studies link depression to an increased risk of cognitive decline. Prioritize your mental well-being and seek treatment when you are experiencing signs of depression, anxiety or other mental health concerns.
- 10. Stay social:** Interacting with family, friends and community helps keep your mind active and engaged. Seek activities to stay social and independent such as volunteering or joining a community group.

To learn more about Sacramento County's Alzheimer and Dementia resources visit the **County's Healthy Brain Initiative**.



Sac County 311 Connect is Your Link to County Services

Sac County **311 Connect** is Your Link to County Services Where do you report an abandoned vehicle or broken street light? Or get information about County services? Get the information you need by submitting a request on the web at **311.saccounty.gov** through our mobile app or by calling **311**. (916-875-4311 if calling from out of the area.) Friendly and knowledgeable customer service representatives are available 24/7, 365 days a year to answer questions, route calls, and resolve issues.

SUN Bucks: A New Summer Food Program for Kids

The California Department of Social Services is rolling out a new food program to provide children with more access to nutritious food options.

Starting this summer, you can buy more food for your child with California SUN Bucks, also called Summer-EBT. SUN Bucks work just like CalFresh, but for the summer.



Children who qualify for free or reduced-price school meals through a school meal application or an Alternative Income Form, or get CalFresh, CalWORKs, or Medi-Cal, are automatically enrolled. You don't need to do anything to sign up. SUN Bucks provides \$40 per month for food for June, July, and August 2024 (\$120 total).

Will my child get SUN Bucks?

Your child will automatically get SUN Bucks if:

- » They are age 6 - 18 years and get CalFresh, CalWORKs, or Medi-Cal; OR
- » They are age 0 - 22 years, attending schools that are part of National School Lunch and/or School Breakfast Programs, AND are approved for free or reduced-price meals.

Children who are attending Head Start, experiencing homelessness, living in foster care or part of a migrant family are also automatically eligible.

How do SUN Bucks work?

If your family is eligible, a SUN Bucks S-EBT card will be mailed to your home. You will get one new SUN Bucks card for each eligible child. You can use SUN Bucks just like a debit card to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept CalFresh EBT benefits.

To learn more about SUN Bucks, other food resources, and whether your child is eligible, visit the [Sacramento County Department of Human Assistance website](#).

Give a Shelter Dog a Day Out with Barks & Rec

Sacramento County's Bradshaw Animal Shelter recently launched a new program called Barks and Recreation (Barks & Rec) – an exciting new initiative that gives shelter dogs a much-needed break from their kennels. This program allows the public to take a shelter pup out for a fun-filled day in the community.



Before finding an adopter through the program, shelter dog Lady went on several trips to local coffee shops for pup cups, shopped local stores, played along the river and at local parks, hung out on couches, and sunbathed in backyards with lots of chew toys and stuffies. Here are some of the things Lady's Barks & Rec pals said about her:

"We took Lady out for a doggy day out. We started the day off by going to McKinley Park and saw all the beautiful roses and birds," said Barks & Rec participant Reina May. "Followed by throwing a tennis ball, belly scratches and ending the day with a delicious doggy cone! Lady is the sweetest dog I've ever met. She loves human interaction, playtime and walkies. She deserves the most loving home and family!"

"I had a wonderful time taking Lady out for Barks and Rec," said Ashely Dickson, who told Bradshaw Lady stole her heart. "She is a young lady with a sweet zest for life. She was my shadow for the day and would undoubtedly be your best friend. Whether it's going to the park, hiking or taking a nap on the couch, Lady is your gal!"

The **Barks and Recreation Program** is not just about giving dogs a break from the shelter—it's about enriching their lives and preparing them for a forever home. Plus, it's a delightful way for the public to enjoy the company of a loving dog without a long-term commitment.

To learn more about the Barks and Recreation Program, visit [our website](#). To learn more about Lady or other [adoptable pets](#), stop by the Bradshaw Animal Shelter at 3839 Bradshaw Road in Sacramento, CA Tuesday-Sunday noon to 5:00 p.m. and Wednesday noon to 6:00 p.m.