

August 2011

Arlington Free Clinic Patient Newsletter

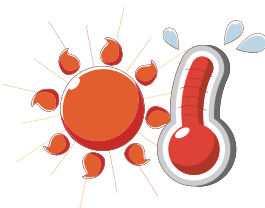


Heatstroke and Heat Exhaustion

Staying hydrated (drinking plenty of fluids) is one of the most important things you can do when it is very hot. Drinks such as Gatorade are ideal, but water works, too.

Some other recommendations for dealing with heat:

- * Stay indoors or in the shade if at all possible.
- * Avoid strenuous exercise in hot weather.
- * Be careful of hot cars in the summer - allow the car to cool off before getting in, and never leave children alone in the car.
- * Wear light-colored, loose-fitting clothes and a hat.
- * Use air conditioning or cooling fans. If you don't have air conditioning at home, consider visiting a shopping mall or other public facility that is air-conditioned.
- * Take a cool shower or bath, jump in the pool, run through the sprinklers or spray water on yourself.



FRONT DESK HOURS

1 -4 p.m. ONLY

Monday through Friday



Unless you have an appointment, please do not come to the Clinic at other times—we will not be able to help you. AFC is open *by appointment only* during all other times. If you have a medical emergency, please go to the Emergency Room, do not come to the clinic.

Funny stuff

Q: *What do frogs like to drink on a hot summer day?*

A: *Croak-a-cola.*



A man rushed into a busy doctor's surgery and shouted, "Doctor! I think I'm shrinking!"

The doctor calmly responded,

Now, settle down..You'll just have to be a little "patient".

Introducing Marlee

Marlee Jo is one of the wonderful nurses at Arlington Free Clinic. Marlee was a volunteer at the Clinic before being hired in December of 2006. Her special interest in health care is gerontology (caring for the elderly).



Marlee is married and has three children and six grandchildren. She enjoys spoiling her grandkids and playing with her very large dog, Ruby, who is a Bernese Mountain dog!

Thank you, Marlee, for all you do for AFC patients!