

# Senior Summer Guide

Stay Cool,  
Safe &  
Connected  
This Season



## HYDRATION IS KEY: FLORIDA HEAT CAN SNEAK UP ON YOU.

- Build hydration into your routine—don't wait until you're thirsty
- Use marked water bottles to stay consistent
- Watch for signs like fatigue, dizziness, or confusion

### Hydration is part of our daily wellness

**approach.** Residents enjoy easy access to water stations, chef-prepared meals that support fluid intake, and gentle reminders from our care team.



## SUN SAFETY IS SELF-CARE: PROTECT YOUR SKIN AND YOUR ENERGY.

- Limit direct sun during peak hours (10:00 AM – 4:00 PM)
- Wear breathable clothing, wide-brimmed hats, and UV-protective sunglasses
- Apply SPF 30+ sunscreen—and reapply often

### Our outdoor spaces are designed for comfort

with shaded paths and covered patios. We promote sun-safe habits through thoughtfully timed activities, so residents can enjoy fresh air without overexposure.



## STAY SOCIAL, STAY STRONG: BEAT THE HEAT—AND ISOLATION.

- Join indoor activities like art, music, and chair yoga
- Invite loved ones for a visit or a shared meal
- Stay connected with video calls and virtual chats

### Our life enrichment calendar is filled with

**opportunities.** From workshops to group discussions and entertainment, programs keep residents engaged, stimulated, and socially connected—no matter the weather.



## BE STORM-READY: FLORIDA WEATHER CAN CHANGE FAST.

- Keep medical info and emergency contacts current
- Have a plan for power outages and communication
- Know who to turn to when conditions change

### Safety is built into every aspect of our

**community.** We're prepared—with backup power, trained staff, and clear emergency protocols—so residents and families can feel confident, even when the forecast is uncertain.

## A SEASON TO SAVOR

With the right environment and a team that understands the season's demands, this time of year can be not only manageable—but truly enjoyable. Let Arya at DeBary be your trusted resource for support, wellness, and peace of mind this summer.



**Call Tracy Greer at 386-991-9020 today to schedule a tour or discuss how we can help this summer.**



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