



Seniors Outreach E-blast



Staying Safe in Extreme Heat: What Our Community Needs to Know

When temperatures rise, it affects more than comfort. Extreme heat can become dangerous quickly, especially for seniors, people living alone, and those with chronic health conditions.

As our summers continue to bring more frequent heat events, it's important to know what to watch for, how to stay safe, and how to support one another. Health Canada guidance highlights that extreme heat is a serious health risk, particularly for seniors.

As a member of the Heat Relief Network, we will be sharing updates and information throughout the summer to help keep our community informed during periods of extreme heat. During past heat events in BC, most heat-related deaths occurred indoors. Because of this, the **Health Canada guidance recommends an upper indoor temperature threshold of 26°C for older adults.**

Heat-related illness can escalate quickly, but early action makes a difference. Signs of heat exhaustion can include **heavy sweating, dizziness, nausea, muscle cramps, headache, and extreme thirst.** If these appear, move to a cool place, drink water, and cool the body with damp cloths or a cool shower.

Heat stroke is a medical emergency. **Call 911 immediately** if someone shows confusion, loss of consciousness, very hot or red skin, lack of coordination, or high body temperature.

Small, simple actions can save lives during extreme heat:

- Drink water regularly, even if you don't feel thirsty
- Keep indoor spaces as cool as possible
- Use cool cloths, sprays, or showers to lower body temperature
- Keep your windows open overnight to bring in cooler air, then close them during the day to block the heat
- Spend time in cooler public spaces like libraries, community centres, or shaded areas
- Check in on neighbours, especially seniors living alone

By staying informed, preparing ahead, and looking out for one another, we can help keep our community safe during extreme heat.

[Learn More](#)

Fun Bites & Brain Teasers

Did You Know?



Did you know that falls are the No. 1 reason for injury-related death, hospitalization and emergency department visits for older adults in Canada?

As people age, changes in strength, balance, and vision can increase fall risk, but many risks can be reduced through simple prevention steps and everyday safety awareness. Falls can have serious impacts on independence and quality of life, which is why prevention and awareness are so important.

This is one of the reasons Canadian Injury Prevention Day (July 6) exists, to highlight the importance of preventing injuries and improving safety across all ages.

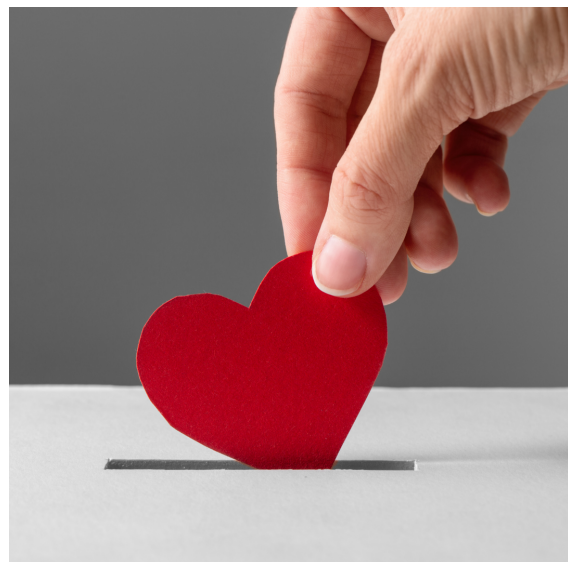
[Learn More](#)

News and Resources from Seniors Outreach



Digital Coaching for Seniors

Not feeling confident with your mobile phone, tablet, or laptop? You're not alone and help is here. Digital Coaching for Seniors



Donate Today

Many seniors in our community are quietly struggling in ways most people never see. After a lifetime of building homes, families, and

connects you with a friendly volunteer who will walk you through things step by step, at a pace that feels comfortable for you.

Each visit includes about 20–30 minutes of one-on-one support. Just bring the device you'd like help with, and your questions. We'll take care of the rest. Sessions run the 2nd and last Friday of each month, from 1:00 pm to 3:00 pm, at our office: 155 Asher Road, Kelowna, BC.

Click the link below to learn more.

[Learn More](#)

communities, some find themselves alone more often than they ever expected. The phone doesn't ring as much. Getting out of the house takes more effort. And simple things like groceries, appointments, or even a conversation can start to feel like a challenge.

A donation to Seniors Outreach helps change that. Our programs provide practical support to help seniors stay independent, reduce isolation through meaningful connection, and ensure they have someone to turn to when life feels overwhelming.

Click the link below to donate today.

[Learn More](#)



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HAPPY CANADA DAY



Happy Canada Day
July 1, 2026

Canada Day is a moment to reflect on the idea of community, what it means to belong, and how we care for one another across generations.

At Seniors Outreach, we see every day how strong communities are built through connection, support, and small acts of kindness that make a big difference in someone's life. For many seniors, that sense of connection is what helps them stay independent, confident, and part of something meaningful.

As we celebrate this day, we also honour the people who helped shape the communities we live in now, and the importance of continuing to look out for one another.

Wishing you a peaceful and meaningful Canada Day.

A friendly reminder that our office will be closed on Wednesday, July 1st and will resume regular hours on Thursday, July 2nd.

**ADDRESS: 155 Asher Road, Kelowna,
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