

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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93 WORDS, 30 SECONDS

## COOL WAYS FOR OLDER ADULTS TO BEAT THE HEAT

HOT WEATHER CAN BE DANGEROUS FOR OLDER ADULTS. FORTUNATELY, WHILE YOU CAN'T CONTROL MOTHER NATURE, THERE ARE WAYS TO STAY COOL. TRY NOT TO BE TOO ACTIVE DURING THE HOTTEST PART OF THE DAY. DRINK PLENTY OF JUICE OR WATER. IF YOU DON'T HAVE AIR-CONDITIONING, GO TO A MALL, LIBRARY OR SENIOR CENTER. ALSO, SEE IF YOU'RE ELIGIBLE FOR ASSISTANCE WITH YOUR COOLING BILLS BY CALLING THE ELDERCARE LOCATOR AT 800--6-7-7--1-1-1-6 OR VISIT AT ELDER-CARE--DOT--GOV. THE ELDERCARE LOCATOR IS A FREE PUBLIC SERVICE OF THE U-S ADMINISTRATION ON AGING.