

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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87 WORDS, 30 SECONDS

## KEEP COOL IN HOT WEATHER

WHILE HIGH TEMPERATURES CAN POSE A PARTICULAR THREAT FOR OLDER ADULTS, FOLLOWING A FEW TIPS CAN HELP YOU KEEP YOUR COOL: FIRST, DECREASE ACTIVITY DURING THE HOTTEST PART OF THE DAY. NEXT, STAY HYDRATED: DRINK PLENTY OF WATER OR JUICE. TAKE ADVANTAGE OF AIR-CONDITIONED LOCATIONS SUCH AS LIBRARIES, MALLS OR OTHER COOLING CENTERS. FIND OUT ABOUT HELP WITH YOUR COOLING BILLS. TO LEARN MORE, CALL THE ELDER-CARE LOCATOR—A FREE, PUBLIC SERVICE OF THE U-S ADMINISTRATION ON AGING—AT (800) 6-7-7--1-1-1-6 OR VISIT ELDER-CARE--DOT--GOV.