



Our summer session of swimming lessons is just around the corner! As in past summers, we will be offering group and private swim lessons to children age three years and older. Group lessons will be offered through-out the months of June & July. If you know of someone who might need lessons, or if you want lessons yourself, please talk to Monica or our front desk staff. We know this time of year is busy and a bit noisier than others, but we ask you to bear with us as we help the children of our community learn to swim.

We want your art...help us fill and brighten-up our hallway! If you have any art pieces you would like to share with us, we would be happy to display them for you. This is a great way to show off and share your talents and to put a smile on the faces of our staff and members. If you have any items for display, feel free to drop them at the front desk with info about yourself and the type of art.

ARTISTS WANTED



Our partnership with the Food Pantry @ Paul Breaux Middle School is an on-going effort to provide food to students in need. Anytime you have extra items and would like to donate, you can drop them at our front desk. And remember, this food pantry takes both perishable and non-perishable items (they have cold storage). So, if you have a bumper crop of fruits or vegetables, we can take those too!

In The Center

MAY / JUNE 2019

SPECIAL POINTS OF INTEREST:

- Heat Illness
- Recipe Revise
- Hydration
- This & That

Heat Related Illness

Heat, humidity and sunshine are in the air, and can bring about unwanted heat related problems in the human body. Heat illnesses range in severity and complexity, but all are a result of the body's inability to cool itself. Heat illness can strike anyone, so it is important to be aware of the signs, symptoms and treatment options.

Heat Cramps...the first stage of a heat emergency. Occurs when the body loses excess fluid & electrolytes causing muscle pain and tightness. Treatment includes moving the person to a cooler area, gently massaging or stretching the cramping muscle, and giving plenty of cool fluids every 15 minutes.

Heat Exhaustion...occurs when the body loses excessive fluid & electrolytes but goes untreated. Symptoms can include muscle cramps, dizziness, mild confusion, increased heart rate, headache, nausea/vomiting, pale skin, heavy sweating, and fainting. Treatment would be to move the person to a cooler area, loosen clothing, apply cool/wet towel to the face, neck, chest & limbs, and to slowly sip cool fluids.

Heat Stroke...the most serious of heat illnesses, occurring when the body is exposed to long-term, intense heat and loses its ability to cool itself. Symptoms might include all of those seen with heat exhaustion plus irrational behavior, rapid/weak pulse & shallow breathing, seizures, loss of consciousness, dry skin (signifies the body is no longer producing sweat, which is the body's cooling mechanism). If heat stroke is suspected, dial 911 as this is a life threatening emergency!

BEAT THE HEAT
Stay Cool, Stay Hydrated, Stay Alive!

INSIDE THIS ISSUE:

Recipe	2
Keep It Cool	3
Swim Lessons	4
Donations	4



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Fontana's Favorite Eats

In this issue of Favorite Eats we are offering a cool and refreshing use for shrimp! This can be used as a light lunch, topping for salads, or a great party dip...enjoy!

Party Shrimp

Ingredients

- 1.5 lbs medium shrimp (boiled & cleaned)
- 1 large juicing orange
- 1 each lemon / lime
- 1 small container sliced pineapple
- 1 small jicama
- 1 small red onion or shallot
- 1 fresh jalapeno pepper (seeded & chopped)
- 1 tablespoon olive oil
- Salt/Pepper and Cilantro to taste

Directions:

 (wash hands well)

1. Zest and juice the orange, lemon & lime
2. Dice shrimp and jicama into bite sized pieces & toss into juices
3. Add 1/2 cup of chopped pineapple & juices to the mixture
4. Add 1/4 cup of finely chopped onion/shallot to the mixture
5. Mix in one tablespoon of olive oil, diced jalapeno and to taste add salt, pepper & cilantro

Enjoy over salad, in a wrap, or as a dip with your favorite crackers or chips!

Nutritional Info:

Total Calories...360
 Total Fat.....7.7g
 Total Carbs.....25g
 Total Protein.....50g
 Sodium.....520mg

Keep Cool

Heat Illness & Hydration

The best way to avoid a heat illness is prevention! Stay in shaded or ventilated air-conditioned areas during the hottest parts of the day. If you cannot avoid being outdoors in the hottest times:

- rest as often as possible
- wear light colored, loose-fitted clothing
- drink plenty of fluids (water or sports drinks)
- avoid alcohol intake

Although anyone can fall victim to heat illness, the most likely targets are the elderly, young children, obese individual, those with compromised immune systems and chronic alcoholics. Also, individuals working in extreme heat conditions should be well educated on the symptoms of heat illnesses. If you know someone who fits into one of the categories, check on them frequently to assure they are not presenting with heat illness symptoms.

Hydration 101

- drink before you are thirsty (when you feel thirsty, your body has entered early stage dehydration)
- choose a sports/electrolyte drink if you will be in extreme heat for more than one hour, the drink should contain electrolytes and 6-8% carbohydrates
- fruit juices should be mixed with 50% water, this allows for quickest digestion
- drink plenty of fluids the day before your activity, it is important to start out fully hydrated
- munch on water packed snacks like melon, berries, bell pepper and grapes. An added bonus—these foods contain electrolytes too!
- pay attention to your urine flow. This may seem a bit unusual, but clear to light colored urine means you are most likely properly hydrated

How to stay safe in the heat

- Do not leave children or pets in the car**
In extreme temperatures rolling down the window is not enough
- Stay hydrated**
Drink plenty of water and avoid drinks with alcohol or caffeine
- Seniors, babies and young children are most at risk during a heat wave**
- Some medications can make you sensitive to the sun**
Ask your doctor if your medications could be putting you at risk
- Move strenuous exercise to the morning or afternoon**
- Check on family and friends who do not have air conditioning**
- Take frequent shade breaks if working outdoors**
- Wear light, loose fitting clothing and avoid dark clothes that will absorb heat**

By the time a worker is thirsty, he or she is already 2-3 percent dehydrated.