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VILLAGE TIMES

Dry Eye and Seniors



Dry eye syndrome

Dry eye is a condition experienced by many elderly people as their eyes change due to age. Although dry eye can be uncomfortable and painful, it is not a dangerous health condition and is fairly easy to treat

in many cases. Dry eye can be addressed at a routine [eye examination](#), which all seniors should have regularly.

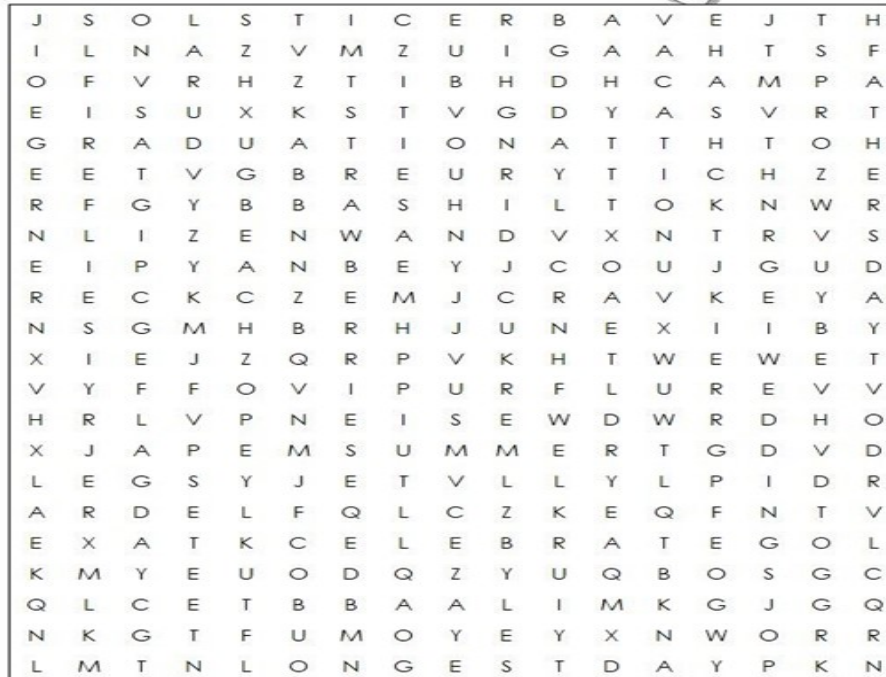
Causes of Dry Eye: There are two main causes of [dry eye](#). Often, older eyes produce fewer tears because of certain medical conditions, side effects of medications they take, or just because of age. Seniors who live in windy or dry climates can suffer from dry eye due to the increased evaporation of their tears in these conditions. The other cause of dry eye is an inadequate amount of water in the tears, which are made of an oily layer, mucus layer and water layer. This condition is called keratoconjunctivitis sicca (KCS) and is known as dry eye syndrome.

Symptoms of Dry Eye: Pain, burning and irritation are the typical symptoms of dry eye. Other symptoms include a gritty or scratchy feeling, a feeling that something is in the eye, and blurry or damaged vision. Severe cases of dry eye may lead to damage on the front surface of the eye, which can impair vision. By age 65, the majority of people have [some symptoms](#) of dry eyes. Optometrists can look at a patient's medical history for health conditions or medications that can lead to dry eyes, examine the eyes closely, and use light and special dyes to check for abnormalities, amount of tears produced, and flow patterns of tears.

Treatment of Dry Eyes: There are various treatments for dry eyes that may help sufferers be more comfortable and sometimes even see better. The most common treatment is over-the-counter artificial tears. There are many different brands to try, and they can be used as often as needed to relieve the irritation caused by dry eyes. For some people, artificial tears alone don't provide relief of dry eye symptoms. Optometrists can also block the tear ducts where tears normally drain with tiny plugs so that natural tears stay in the eye longer, or even permanently close the tear ducts. In addition, prescription drugs are available that can help increase the body's production of tears. For some, omega-3 fatty acid supplements can help as well. If eyes are inflamed, prescription ointments or eyelid cleaners can help decrease the inflammation. Being sure to drink enough water is also important, as dehydration can exacerbate dry eyes.

Cont. pg.2

June Word Search



JUNE

FATHERS DAY

CELEBRATE

FIREFLIES

GRADUATION

STRAWBERRIES

SUMMER

VACATION

FLAG DAY

CAMP

SOLSTICE

WEDDINGS

LONGEST DAY

BEACH

D DAY



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spring {quick} CLEANING...

- *wipe down all baseboards, doors, outlet covers, and light switch plates
- *wash all bedding and rotate mattresses
 - *wash windows and vacuum out windowsills and ledges
- *dust all surfaces, including ceiling fans and vents
- *vacuum out couches and chairs, plus all carpet
 - *clean kitchen: counters, appliances, drawers, cabinets and floors
- *rotate clothes: switch over fall/winter to spring/summer

Desk of Service Coordinator: Mrs. Beverly Jefferson-

How to Sign Up for the Affordable Connectivity Program (INTERNET)

Step 1: Claim Your Affordable Connectivity Program Benefit.

For FREE INTERNET go to [Getinternet.gov](https://www.getinternet.gov) and apply now!

**Active Shooter Workshop here
July 13 @ 11:00 a.m. Wednesday
Active Shooter Advice
RUN HIDE FIGHT
Call 911 when it is safe to do so**

If you are interested in self-defense classes, please sign up in the Service coordinator's office. They are being taught by the Leon County Police Department. Employees welcome.

Please prep for this Hurricane Season
June 1 through November 30, 2022
REMEMBER be READY, SET and GO



No Meals on Wheels July 4, 2022

Exercise every Wednesday, 1:00 p.m.

Meal on Wheels Lunch 9:30 - 10:30a.m.
Meals on Wheels Workshop (anyone can come) July 11, @10:00 a.m. Monday

Anyone interested in getting a booster shot for COVID, please come to my office and let me know. We must have at least 20 tenants/employees to get a minute clinic here. Sponsored by Bonds Community Health Care Center from Gadsden Street.

Sun Safety Tips for Seniors

Always wear sunscreen. Even if you are someone with a darker skin tone that doesn't burn easily—it is important to wear sunscreen...at all times. Even when it is isn't hot out. Senior skin is thinner and more susceptible to burn and seniors are more susceptible to skin cancer as well especially if exposed to sunburns in their younger years.

Protect the eyes. Seniors already have fragile eyes and need to be taking steps to maintain proper eye health. This not only means going in for regular appointments and screenings but also means protecting the eyes from sun damage. Prolonged sun exposure can also cause the eyes to deteriorate at a faster rate. The best way to stay protected is with a pair of quality, polarized sunglasses.

Stay hydrated. Even if you aren't feeling particularly hot, sitting out in the sun can cause you to become dehydrated. This means drinking water (not sugary drinks) and avoiding alcohol and caffeine. Seniors are more susceptible to dehydration than younger adults and medications can also have an impact on a senior's hydration as well.

Avoid peak hours- Being safe in the sun doesn't mean staying indoors at all times. In addition to seeking shade as often as possible—seniors should also make sure that they are seeking shade or taking a break during the peak hours of sun. The sun tends to be at its hottest and brightest (and at its highest risk for causing damage) between the times of 10:00 AM to 2:00 PM.

Know when your skin is about to burn. Even if you don't feel hot, if your skin is starting to feel warm or looks pink or feels itchy or sensitive—then it is time to go inside and get out of the sun. While paying attention to heat is important for hot weather safety—knowing the early signs of sunburn is equally important.

Remember, even if it isn't hot, sun exposure can actually do some damage, and seniors are even more susceptible to the sun than younger adults. Keep these tips in mind if you are looking for the best way to enjoy the sun—without being *damaged* by the sun.

**NON - MAINTENANCE RELATED - PLEASE CALL
(850) 933-6009 (Ms. Davis - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES - PLEASE CALL
(850) 933-3019**

**FACE MASKS ARE TO BE WORN PROPERLY
ANYTIME
OUTSIDE OF YOUR APARTMENT**



REMEMBER TO LOCK YOUR CAR DOORS

**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSSES DAILY AT 4:00 PM
(850) 222-0561**

**SERVICE COORDINATOR HOURS
MONDAY-TUESDAY-WEDNESDAY
9:00 AM - 3:00 PM**

STAFF AND MANAGEMENT

**Ms. Katrina Harvey, Residential Manager (850) 933-2483
Mrs. Patrece Broadnax, Asst. Residential Manager
Maintenance Mechanic
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277
Ms. Patricia Davis, On-Site Monitor
Management Agent, Mrs. Agatha Muse-Lamb (850) 933-4156**

Key to Independent Living

