



P. (618) 651-5020

Making Life Better

www.kickapoovillage.com

Bethmor Mobile Home & RV Community News

August 2019

EVENTS CALENDAR

Wednesdays in August: Alton Farmer's & Artisans' Market, 4:00 p.m.

Thursdays in August: Wood River Farmer's Market, 4:00 p.m.

Maryville Farmer's Market, 4:00-6:30 p.m.

August 2, The Wizard of Oz, Alton Little Theater, Alton 7:30 p.m.

August 2, Comedy Improv, Jacoby Arts Center 8:00-10:00 p.m.

August 3, John Mayall, Wildey Theater, Edwardsville, Ill 8:00 p.m.

August 10, Movie in the Park, A Dog's Way Home, Schiber Court Parking Lot, 7:00 p.m.

August 16, Brooklyn Charmers, The Music of Steely Dan, Wildey Theater, Edwardsville, 8:00 p.m.

August 23, A Night of the Blues with Popa Chubby, Wildey Theater, Edwardsville, 8:00 p.m.



EASY SECURE PAYMENTS

We are very excited to offer all residents a new and convenient way to pay their rent and utilities online through Rent Manager, which is the most innovative and leading electronic rent collection provider in the industry!

**** BONUS ****

Bethmor will provide a one-time credit of \$20.00 to be applied towards September's rent for all residents who set up their Rent Manager account before August 31st.

Please call our office if you have questions about registering or if you do not have internet access.

BEAT THE HEAT

How to tell if you are DEHYDRATED

MILD

- Feeling thirsty
- Moodiness
- Headache
- More sweating
- Dry mouth
- Difficulty concentrating

Get some water; drink up.

MODERATE

- Headache worsens
- Lightheadedness
- Darker urine color
- Increased heart rate
- Rapid breathing
- Blood pressure dips

Move to a cool area and contact doctor for care.

SEVERE

- High fever (over 101°F)
- Confusion/delirium
- Seizures
- Fainting/Loss of consciousness

CALL 911. Apply cool compress, loosen clothing.

TIPS TO STAY HYDRATED

- Hydrate well by drinking lots of water. Always have some with you.
- If you're exercising or sweating hard for more than an hour, drink a sport drink with added electrolytes.
- Avoid caffeine or alcohol if you are becoming dehydrated.
- If working or exercising outdoors, avoid doing so during peak sun hours (10 a.m.-3 p.m.). Stay in the shade when possible.
- Eat foods with high amounts of water: celery, tomatoes, iceberg lettuce, melons, berries, oranges and grapefruit.
- For severe dehydration, medical management may require IV hydration and rapid cooling.

 **Marshfield Clinic**
Don't just live. Shine.

Source: Marshfield Clinic

Visit shine365.marshfieldclinic.org for more healthy living ideas.

WE WANT YOUR FEEDBACK

What would you like to see in this newsletter?
We want your feedback.

Let's save paper and prevent clutter! Send your email address to:

jeegarner@gmail.com