

AFA INSIGHTS NEWS & STORIES



Fun in the Sun Safety Reminders!

Summer is a fun time of year to be outside in the amazing sunshine! But there are also several risks to be aware of when playing in the summer sun in Colorado.

Colorado Springs sits at just over 6,000 feet above sea level. While you may be able to be outside for quite some time in other areas without risk of sunburn, in Colorado Springs you can risk burning within 15 minutes of being outside depending on your skin and reaction to the sun. Even in the evening times between 5-7pm you can still burn from the intensity of the sun. Be sure when preparing to go outside for extended periods of time you use the appropriate sunblock measures for you and your family.

In addition to burning, sun exposure can create many other risks such as heat exhaustion, heat stroke, and dehydration. If you are going to be out in the heat, even in the shade, please be sure to bring enough water to keep you and your family hydrated throughout the day.

Over the weekend some areas of Colorado Springs saw 100+ temperatures. If you do need to have activities that are outside, be sure to do them in the early morning or in the evening times when the heat is not as intense.

Keep an eye out for these symptoms that are warning signals to get into a cooler space and get hydrated:

- Increased thirst
- Dry mouth
- Tired/sleepy
- Headache
- Dry skin
- Dizziness
- Rapid heartbeat
- Confusion
- Fainting

Summer Sun Fun Reminders

Our President's Message



July 2019

The month of June was a very busy month for Hunt Military Communities. As most of you saw in the recent letter we sent to each of you, we've heard loud and clear that we need to be more responsive to the needs and concerns of each of you, which means giving you a stronger voice and making sure that you are heard within our communities. To that end, we've undertaken a top-down review of our processes, policies, training programs, and the tools at our residents' disposal to ensure we fulfill our responsibilities. All of those changes are outlined in the letter you should have received. If you have not, please let your Community Director know as soon as possible.

Also in June, HMC's non-profit organization, the Hunt Heroes Foundation (HHF) had a very productive meeting with Stop Soldier Suicide (SSS). SSS and HHF have a very strong relationship, and this strategic meeting outlined ways that we can help support their mission in ending suicide among active duty military members, veterans and retirees. Stay tuned for more information on how this partnership will evolve and what you can do to support it. As always, if you are interested in learning more about the Hunt Heroes Foundation, or supporting its cause, please log onto huntheroesfoundation.org

Best,

John Ehle
President
Hunt Military Communities

Watch out for your furry

Don't forget our furry family as well! Animals can become dehydrated quickly as well. Here are some symptoms to watch out for:

- Loss of appetite
- Vomiting/diarrhea
- Reduced energy
- Dry nose
- Dry-looking eyes
- Heavy panting

If you suspect your pet is dehydrated, be sure to get them plenty of cool water and move them to a cool space. If you suspect that they are dehydrated, you can also give them an electrolyte-enhanced fluid such as Pedialyte. However, be sure to check with your vet before hand!

SAVE THE DATES

July 4

Offices Closed

July 4

Symphony & Fireworks at Memorial Park

check email and Facebook for details