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Have you ever had questions about in home care, assisted living communities, finding the right doctor, or just need information about services that are available to you? We bet you

have!

We're glad you found our website. If you need information call our office. We have been in the Coachella Valley for over 20 years! We understand the needs of our community and know where to refer you if you need help.

Let's start with in home care. Most people don't know much about it until it becomes a necessity. But knowing what questions to ask and what to expect with in home care service will save you a lot

of time and could save you a lot of money.

Always using an in home care company with an HCO number is a good place to start. It means that they are a company that is insuring, bonding, background checking, registering and fingerprinting their caregivers with the State of California.

You can go through our website and get all the information you need to help clear up any questions, but remember, we are always available to answer any questions that may arise, just call.

Even if you have questions about assisted living, we know where to direct you. If you have questions about getting more care while you are in a community, Custom Care Solutions can help you with that, too.

We are only a phone call away and are always happy to help!

The Summer is Upon Us...

**Here are some desert living tips
for enduring the summer heat..**



1. Do you have to run some errands? Get an early start. Most mornings are fairly cool, comparatively. Get a jump on your day and get inside as quickly as possible. Most businesses are open early enough to accommodate you, so don't fight the afternoon sun. Oh yeah, If you haven't been out here for a summer, remember at 5pm it's still the hottest part of the day! Stay inside and be cool

2 Going shopping? Here is a good tip for getting your cold groceries home. Keep an ice chest in your vehicle. Pack your frozen foods and perishables together and put them in the cooler. You'd be surprised how fast food thaws just getting it home from the store.

3 Hydrate! Did you know that with the dry heat, the sweat can evaporate before you even know it. You need to keep drinking water, even before you are thirsty. By the time you get thirsty, you may already be dehydrated!

4 Park your car for shade, not for distance. Cars can get so hot in the summer that you could cook food on the dash-



board during the summer months! Remember your keys, steering wheel, door handles, trunk lid, literally every part of the car will be hot to touch. Keep oven mitts or wear gloves if you don't have time to wait for the steering wheel to cool. It will burn your hands!

5 Make sure you have your car in good shape for summer. The battery should be checked for water if necessary and tested for potential problems. It's hard on a battery in the hot summer months.

6 Remember to put your hat on, cover your arms, find shady spots to rest, wear your sunglasses and of course, put on your sunscreen. This is the 5 ways to protect yourself from skin cancer



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

7 Wear light clothes and lose fitting as well. Remember the dark colors are going to absorb the heat and make you very uncomfortable. Most of the time when you get indoors it feels very cold after being outside, like going to a movie for example. So bring something light to put on when you are indoors if you are inclined to getting chilled.

8 Meal preparation. In the summer, try eating salads and foods that don't need to be prepared in the oven. Meats can be barbecued outdoors so you don't heat up the house. The oven can really add heat to your indoor space. Foil-wrapped cooking helps you spend more time inside and not having to constantly watch meats and veggies cook.



9 Get a summer pass to the Palm Springs Aerial Tramway! Did you know on a hot summer's day the mountains will be 30 degrees cooler? You can hike up there and still be cool and get your exercise, too!

10 Here's an idea...Go to your local library and check out some of the programs going on that will not cost you anything and keep yourself and family busy when there is nothing to do, not to mention... it's cool in there!

11 No pool, no problem the Aquatic Center in Palm Desert features a water slide, diving boards and a big pool at an economical price. There are exercise classes available, too.

