

E-Quicktips are a free informational resource for older adults, caregivers, people with disabilities, veterans and their families, delivered twice a month via e-mail.

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### **Example of an E-Quicktip**

As the temperature rises, so does the risk of heat-related illnesses in older adults. Their skin circulation is not as effective and they perspire less, leaving them more vulnerable in the heat and humidity. To learn more about the symptoms and preventative measures of illnesses caused by heat, read [Hot Weather Safety for Older Adults](#).

Dominion Energy and the Virginia Division for the Aging are working together to provide fans to assist elderly Virginians who need help cooling their homes this summer. Visit [Senior Cool Care Program](#) to find out how to take advantage of this assistance.

### **Suggestions?**

Please pass along any suggestions you may have to our team by emailing: [info@virginiannavigator.org](mailto:info@virginiannavigator.org)

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