



Summer is heating up for seniors.

In the midst of the summer, heat and humidity have risen. You know what a blazing Florida summer feels like. But for seniors here in Southwest Florida it can be especially hard.



Living on fixed incomes, they struggle to keep the electricity and air conditioning on. And the heat will zap all your strength, energy, and ability to sleep...making it hard to cope with the most basic daily tasks. Preparing a meal becomes difficult – and heats up the house even more.

Sometimes the electric bills are so high that seniors are forced to choose between paying that or the rent. Or choosing between groceries and medication. It's a predicament no one should have to face...especially not our elders.

But the summertime heat is about more than just temperature. It has a ripple effect. Older adults struggle with isolation because they don't leave their home. Sometimes because they are homebound and cannot get out. During the pandemic, many are choosing the safety of staying home. And sometimes they simply can't get out and endure the heat.

Summertime hunger is very real too. It's not just at the holidays that our seniors need help with getting a nutritious meal. Hunger is year-round, but it's an issue often overlooked this time of year. Senior hunger is completely off the radar for many, going silently unnoticed.

But there's something else about summer that you might not know...

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