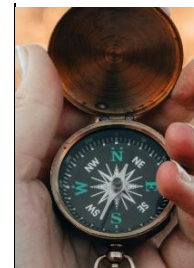


July
through
September
2025

DHLC Compass

Next Steps in Your Faith Journey



DHeatLC

Heat-Related Illnesses

As temperatures rise, it's crucial to recognize heat-related illnesses like heat cramps, exhaustion, and stroke.

Heat cramps are brief, painful muscle spasms often occurring during exercise or in a hot environment.

Heat exhaustion happens when your body becomes too hot and struggles to cool down, typically due to excessive sweating. Symptoms include:

1. Body temperature over 100° F (normal temperature possible)
2. Dizziness or fainting
3. Cool, moist skin with goosebumps
4. Blurred vision
5. Fatigue
6. Headache
7. Nausea and vomiting
8. Heavy sweating
9. Rapid heartbeat
10. Rapid shallow breathing
11. Swollen ankles, feet, or hands
12. Low blood pressure upon standing

If untreated, heat exhaustion can lead to **heatstroke**, also known as sunstroke, where body temperature exceeds 106° F within 10 - 15 minutes, posing serious risks like brain damage or death. Symptoms include:

1. Body temperatures over 103° F
2. Red, hot, dry skin
3. Rapid, pounding pulse
4. Throbbing headache
5. Nausea
6. Confusion
7. Unconsciousness

If someone faints or becomes confused:

- Call 911 immediately.
- Move them to a shaded or cool area.
- Cool them down with water or wet cloths.
- If vomiting occurs, turn them on their side.



Summer Safety Tips

Planning ahead and being prepared

If you search for "summer safety articles" online, you'll find a plethora of summer safety tips from various sources. While each article offers unique information, much of the advice tends to be repeated. This summer, make it a priority to stay safe.

Heat-Related Illnesses

According to the National Safety Council, our bodies are remarkable at regulating temperature through sweating, but extreme heat can overwhelm this system. In Arizona, the risks of heat exhaustion and heat stroke can escalate quickly, potentially leading to confusion, organ damage, or even death. Individuals most at risk include those who work or exercise in the heat, people over 65, those with certain medical conditions or medications, and individuals who are overweight. Even if you don't feel thirsty, drink water to stay hydrated.

Water Safety

Every day, an average of 11 people in the U.S. die from unintentional drowning, according to the CDC. While we often think of children in relation to drowning statistics, it's important to recognize that this can happen to anyone. Drowning can occur quickly and silently. To help prevent drownings, it's crucial to prevent unsupervised access to water, ensure constant adult supervision, and promote swimming skills.

Summer Skin and Eye Safety

According to the American Cancer Society, about 3.5 million cases of skin cancer are diagnosed in the U.S. each year. To reduce

your risk, apply broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher consistently. Additionally, it's advisable to avoid direct sunlight between the peak hours of 10 am and 2 pm.

Johns Hopkins Medicine advises wearing UV protection sunglasses to shield your eyes from harmful ultraviolet light. Ensure your sunglasses provide 95-100% UV protection.

Pet Safety

The summer heat can be dangerous for family pets. Like us, animals can suffer from heat-related illnesses. Never leave your pets in a hot car, even for a few minutes, as temperatures can exceed 120° F. Watch for signs of overheating, and if you cannot cool them down, take your pet to a veterinarian immediately.

Additionally, summer in the desert means being aware of wildlife. Watch for scorpions, snakes, javelinas, and other wild animals. While they may appear harmless, keep your distance to avoid injury or illness.

Grilling Safety

While Green Valley may have some charming young firefighters, a grilling mishap is not the way to meet them. When grilling this summer, always supervise your grill while in use, never grill indoors or near any structure, and use long-handled tools to prevent injuries.

This summer, take precautions, stay wise, and prioritize your safety.

Exercise Indoors

Desert Hills offers a variety of free exercise classes to help you stay in shape while keeping cool.

Stretch and balance - 8 am on Mondays, Wednesdays, and Fridays
Classical Yoga - 10 am on Mondays
Chair Aerobics - 10 am on Fridays
Chair Yoga - 11 am on Fridays



Grief Share

If you are grieving the loss of a loved one, please know that you are not alone. We invite you to join our Grief Share sessions, which will be held on Tuesdays from 2 to 4 pm, starting September 2. For more information, contact Chaplain Mark at the church office.

Safety programs in our community

Safety never takes a holiday.

Safety should always be a priority, and summer is a perfect time to review your safety skills and ensure your home is secure. The Santa Rita Fire District and the Pima County Sheriff's Department offer valuable programs for residents.

The Santa Rita Fire District is committed to providing the best service possible. Most programs are run by their volunteers and are offered for a minimum fee or even free of charge.

Snake and other desert pest removals are just a phone call away. Don't try it yourself; leave it to a professional.

Smoke alarms save lives. If you need your smoke alarms or their batteries replaced, you can schedule an appointment for just this service. Additionally, residential lock boxes are designed to allow firefighters access to your home during emergencies without damaging doors. These boxes securely hold your keys, which can be accessed using a special key carried by fire department personnel.

Every year, one in three adults over 65 experiences falls. SHiM® is a fall prevention program offered by the fire department, where volunteers visit your home to identify hazards that could lead to falls.

Finally, CPR and first aid training are available through the fire department for those who want to learn or refresh their skills.

Like the fire department, the Pima County Sheriff's Department aims to protect its residents before an event happens. Utilizing volunteers, they offer crime prevention specialists who conduct free safety and security evaluations, providing advice on ways to strengthen any vulnerabilities identified.

Patrol-trained volunteers are responsible for patrolling over 300 Neighborhood Watch areas in Pima County. They will even check on your home while you are away for extended periods, free of charge.

Pima County Sheriff's volunteers also work with the community to empower individuals to combat fraud through awareness, education, and interaction.

Pima County TeleCare Service provides free daily phone calls to Green Valley residents who live alone, ensuring their safety by calling 365 days a year between 7:30 am and 9 am.

Summer is a perfect time for you to take advantage of these programs. If you would like more information, don't hesitate to reach out to the Santa Rita Fire District Fire Corps at 520-625-9438 or the Pima County Sheriff's Department SAV at 520-351-6744.



John and Karen Knoll are Fire Corp volunteers and new members of Desert Hills Lutheran Church.



Musicians at the 2024 Monsoon Concert at Desert Hills Lutheran Church

Monsoon Concert In Memory of Troy Justesen

Lights, Action, Music...the Monsoon Concert, a favorite of Desert Hills Lutheran Church and the Green Valley community, is scheduled for Wednesday, August 20, 2025, at 6:30 pm, with doors opening at 6 pm to the sanctuary. This fun-filled event is guaranteed to get your toes tapping, your hands clapping, and a great big smile on your face as you sing along to some classics. This year, some of our favorite musicians will perform a "Best of" concert in memory of Troy Justesen, who envisioned the Monsoon Concert over a decade ago as a gift to the community.

Tickets are \$25 if paid by cash or check

at the church office, or \$27.50 by credit card or online, and they go on sale on Monday, June 30.

This year's lineup will include:

- Amber Norgaard
- Sabra Faulk
- Joe Ferguson
- Jay Trapp
- Danny Krieger
- Casey Hadland
- Ralph Gilmore
- Alex Flores
- Carla Brownlee
- Nick Coventry
- Stuart Oliver

Back to School Prepared Notebooks, Paper, Pencils

Social Concerns will collect school supplies for families supported by Lutheran Social Services of the Southwest from July 12 to July 20.

This year's collection includes the following items:

- Notebooks
- Ruled paper
- Backpacks
- Pencils
- Pens
- Folders
- Other school supplies

Please drop off your donations to help these students thrive as they start a new school year!

