



University of Nevada
Cooperative Extension

June 2016

Community Connection

SUMMER SAFETY FOR OLDER ADULTS

For many people, summer is a time for warm, sunny days, outdoor activities like swimming, vacations and picnics with family and friends. However, summer can also bring extreme heat, increased risk of dehydration, foodborne illness and other health risks. Recognizing these risks and taking preventative steps will allow you to enjoy your summer without paying the price.

Heat-Related Illness

Every year thousands of people suffer from heat-related conditions (hyperthermia) like heat stress, heat exhaustion and heat stroke. The Centers for Disease Control and Prevention estimates that every year around 300 people in the U.S. die from excessive heat exposure. People suffer heat-related illness when their bodies are not able to compensate for the heat and properly cool itself. Older adults are more susceptible as their bodies return to normal temperatures more slowly and their bodies' cooling mechanism is not as efficient. Being overweight, having poor circulation, chronic medical conditions and high blood pressure or taking certain medications can also increase your risk. Very high body temperatures may damage the brain and vital organs. Read [more!](#)

TIME TO GROW WITH THE MASTER GARDENERS



If you're wondering what to plant during any season, the Master Gardeners of Southern Nevada can help you decide.

Master Gardeners are Cooperative Extension trained volunteers who assist the community by answering gardening-related questions and concerns, teaching classes, speaking at community events and working on various community projects.

Lonnie Baker, Master Gardener and chairperson for the home gardening help line, has been volunteering at Cooperative Extension for over four years.

"The help-desk is the first connection the community makes to find out about gardening and problems with their plants," stated Baker. Read [more!](#)

ON BACK

Master Gardener Fall 2016 class
Register for 4-H summer day camps

COOPERATIVE EXTENSION

Who we are: We are the outreach college of the University of Nevada, Reno. We design and deliver community programs to residents of Nevada with other agencies and volunteers.

What we do: We learn about the needs of our community and develop programs to meet them. We teach classes, hold workshops, sponsor seminars related to those needs and provide online information.

What we offer: Education, training and instruction in: Health & Nutrition; Children, Youth & Families; and Water, Horticulture, Economics & Environment.



**Cooperative Extension
Southern Area office locations
and phone numbers:**

Clark 702-222-3130

8050 Paradise Road
Las Vegas, 89123

Northeast Clark 702-397-2604

1897 N. Moapa Valley Blvd.
P.O. Box 126,
Logandale, 89021

Southern Clark 702-299-1333

55 Civic Way
Laughlin, 89029

Southern Nye 775-7274-5532

1651 E. Calvada Blvd
Pahrump, 89048

**Northern Nye/Esmeralda
775-482-6794**

P.O. Box 231
#1 Frankie St., Old Courthouse
Tonopah, 89049

Lincoln 775-726-3109

P.O. Box 728
360 Lincoln St.
Caliente, 89008

Eureka 775-237-5326

P.O. Box 613
701 S. Main St.
Eureka, 89316

White Pine 775-293-6599

950 Campton St.
Ely, 89301

Cooperative Extension's mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

JOIN THE MASTER GARDENER TRAINING CLASS



Become a Master Gardener of southern Nevada!

Cooperative Extension will hold two registration sessions for the fall 2016 Master Gardener training. Registration sessions will be held on Wednesday, June 8 and Wednesday, June 22 at 9 a.m. at Cooperative Extension's Lifelong Learning Center, 8050 Paradise Road, Las Vegas, Nev.

No gardening background is necessary to become a Master Gardener! The most important qualifications are your commitment to complete the training and to share your knowledge through volunteer service.

The Master Gardener program is open to adults who accept the stringent training and volunteer commitments.

The Master Gardener mission is to train community volunteers in appropriate desert gardening practices. Eighty hours of class training and 50 hours of volunteer work on approved projects are required in order to become a Master Gardener. Classes are scheduled on most Mondays, Wednesdays and Fridays from 8:30 – 12:30 beginning September 9 through October 26 (based on instructor availability). You must attend all 20 classes. Read [more!](#)

ORGANIC GARDENING WORKSHOP

There is a lot of talk about organic gardening, yet people have different ideas about what this means. Some think it means using no pesticides at all, while others think it means using non-GMO seeds. When in reality, organic gardening is so much more.



If you are interested in finding out what organic gardening really means to your home garden, this is the class for you. Angela O'Callaghan, social horticulturist, will teach you the principles of organic gardening and how they apply to the home gardener.

Homeowners and other interested parties are welcome to attend. Read [more!](#)

4-H SUMMER CAMPS SCHEDULED

Previous 4-H experience is not required!



It's time to register for one of Cooperative Extension's 4-H Science, Technology, Engineering, Arts and Math (S.T.E.A.M.) day camps this summer. The first day camp, open to youth ages 7-11, is scheduled from June 13-14 the second day camp, open to youth ages 10-14, is scheduled from June 27-28. Both camps will start at 9 a.m. and conclude at 4 p.m. and include activities in plant and animal sciences, health and nutrition, computer science, aerospace, arts and more!

Activities at each camp vary but every participant can expect to have fun doing a variety of hands-on activities such as cooking healthy snacks, viewing and handling some desert animals, launching paper rockets, exploring desert plant life, playing cooperative games and using computer programs. 4-H S.T.E.A.M. day camps remind youth that learning can be fun! 4-H is an organization that primarily focuses on youth development. Youth involved in 4-H learn leadership, citizenship, technical skills and life skills through active participation in events, projects and community service. Read [more!](#)