

PRESS RELEASE: June 12, 2017

CHARLTON REAS Foundation, Inc.  
Residential Energy Assistance for Seniors

## NOW TAKING COOLING SEASON APPLICATIONS

The Charlton REAS Foundation is a private, 501c3 non-profit organization that supplies energy assistance to qualifying Charlton senior citizens during the heating and cooling seasons.

As we know, people need heat in the winter time; but not so obvious, is that as we age, our bodies become less efficient at regulating temperature. *According to an article from Health Day online magazine*; “Several factors make senior citizens especially vulnerable to hot weather. Older bodies can be slow to sense and respond to changes in heat, so seniors often don't start sweating until their temperature has already soared. Even when the body's cooling devices kick in, they probably don't work as well as they used to. Sweat glands can grow less efficient with age, and other normal changes in the skin slow down the release of heat.” [Sweating from being too hot can lead to dehydration and a myriad of other problems before they even know that it is causing problems.] “In addition, many common conditions can hamper an older person's ability to regulate temperature, including diseases of the heart, lung, and kidneys; high blood pressure; diabetes; and other conditions that cause poor circulation. Finally, several medications commonly prescribed to seniors can affect the body's ability to cool down; these include antidepressants, motion sickness drugs, and blood pressure medications.” For these reasons, during the hot and humid summer months, the Charlton REAS Foundation will supply funding toward an air conditioner or a senior's electric bill.

In 2016, the Charlton REAS Foundation assisted 37 senior citizens totaling \$18,800 in energy awards. Funding comes from our annual Lottery Calendar fundraiser, annual Taste of the Towns event as well as generous donations from local businesses and individuals.

If you are in need of assistance, or know someone who may be in need, please contact the Charlton REAS Foundation at 508-868-5289 or download the application from our website at [www.reascharlton.org](http://www.reascharlton.org). If you'd like to donate, please send to: Charlton REAS Foundation, P.O. Box 793, Charlton, MA 01507. If you'd like to become a member or would like to be a volunteer, please call 508-868-5289 or email at [info@reascharlton.org](mailto:info@reascharlton.org).

The Charlton REAS Foundation will have a booth on Old Home Day, Monday, September 4, 2017. We will be selling our Lottery Calendars and cool, refreshing Lemonade – please stop by to see us – we'll be happy to meet you!