



Greetings from the Occoquan District!

I hope that all is well for you and your family as this warm summer weather continues. As you may be aware, the Prince William Board of County Supervisors is on our annual "August Recess," so we will not meet again until early September. However, my staff and I are still available throughout the summer if you have any questions, comments, concerns, or if you need help with a county related matter. Please feel free to contact us anytime.

In the meantime, I wanted to take a moment to update you on a few things going on around our district this month.

In this Occoquan District E-Update:

1. Old Bridge S-Curve Project Update
2. Cell Phone Collection Program Expands
3. Lake Ridge Lions Club Collects Used Eyeglasses
4. Tips for Older Adults to Combat Heat-Related Illnesses

Old Bridge S-Curve Project Update(Textured Latex Slurry to Decrease Skidding)

We recently received an email update from Helen Cuervo, Prince William County VDOT Liaison with respect to the above project. It is pasted below for your information:

"To All, I wanted to update you regarding our actions on Old Bridge Road between the intersection of Colby Drive and Forest Hill Rd. We have completed a project west of Colby on Westbound Old Bridge Rd .to enhance safety. This included providing better road banking in the curve and a widened shoulder for a more generous recovery area for errant vehicles. In addition, we have completed placement of guardrail to prevent cars from traversing the median into the oncoming traffic. These efforts should improve the safety of the area.

In addition, we had skid tests done on Old Bridge Road from Colby Drive to Forest Hill Road. The average skid test results on this section of Old Bridge averaged mid 30's skid numbers (SN). For reference, new pavement skid resistance is in the high 30' to low 40's. With any average below 20 SN the Departments policy under the Wet Accident Program recommends providing some type of safety improvement, whether signage or re-surface.

Although the average skid results do not meet our normal protocol for taking action we reviewed the accident history, road geometrics in combination with individual reference point skid number results and have decided to place amore textured latex slurry surface for the first quarter mile section of westbound Old Bridge from Colby Drive to where it meets the new pavement from the recent project. In addition, the latex slurry will be placed on eastbound Old Bridge from Oakwood Drive to Colby Drive for pavement preservation at the same time.

This work on Old Bridge will begin next week. Starting Tuesday night (August 11) the Contractor during overnight hours will begin crack sealing and removing paint lines to ready the road for the application. The work will be done overnights during the week after 9PM to avoid creating congestion. If the weather is good they should be ready to place Latex Slurry down beginning Sunday night."

Cell Phone Collection Program Expands

In addition to collecting phones for "Cell Phones for Soldiers", a program that provides calling cards to soldiers serving overseas, our office is now collecting cell phones for the "Secure the Call" cell phone program. This new program refurbishes donated phones for distribution to elderly in the community. The phones are programmed to provide 911 emergency service at no cost to the elderly. We continue to welcome your donations. If you have a preference of where your phone is donated, please notify us at the time of delivery. And thank you for your continued support!

Lake Ridge Lions Club Collects Used Eyeglasses

The Lake Ridge Lions Club is collecting used eyeglasses around the community and our office is a collection location. Used eyeglasses are refurbished and distributed to needy in the community. Your donation is welcome, so please feel free to drop off any old, unused glasses at our office.

Tips for Older Adults to Combat Heat-Related Illnesses *from Bernie Storck, Occoquan Representative for the Commission on Aging*

As we age, our ability to adequately respond to summer heat can become a serious problem. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia, during the summer months.

Hyperthermia can include heatstroke, heat fatigue, heat syncope (sudden dizziness after exercising in the heat), heat cramps and heat exhaustion. The risk for hyperthermia is combination of the outside temperature along with the general health and lifestyle of the individual. Health-related factors that may increase risk include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet. For example, people on salt-restricted diets may increase their risk. However, salt pills should not be used without first consulting a doctor.
- The inability to perspire, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs
- Taking several drugs for various conditions. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. People without fans or air conditioners should go to places such as shopping malls, movie theaters, libraries or cooling centers which are often provided by government agencies, religious groups, and social service organizations in many communities.

Heat stroke is an advanced form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees is likely suffering from heat stroke and may have symptoms of confusion, combativeness, strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, possible delirium or coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Get the person out of the sun and into an air-conditioned or other cool place.
- Offer fluids such as water, fruit and vegetable juices, but avoid alcohol and caffeine.
- Encourage the individual to shower, bathe or sponge off with cool water.
- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin, places where blood passes close to the surface and the cold cloths can help cool the blood.
- Urge the person to lie down and rest, preferably in a cool place.

Thanks for reading our August E-Update and please enjoy the rest of your summer!

[Back to E-Updates Main Page](#)