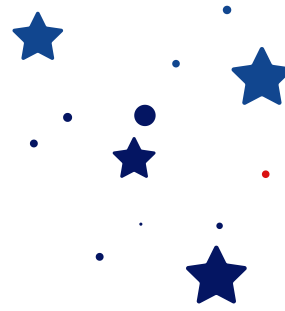




Senior Nutrition News



Hydration & Why it's So Important!

Staying hydrated as we age is critical in maintaining good health. Research shows that at least 75% of Americans are *dehydrated*. Older adults are at a greater risk of dehydration because of lack of thirst, body composition changes, and medications that can cause fluid loss. If you struggle to have at least 8 glasses of water a day, here are some reasons why you should focus on hydration this Summer.

1. Reduced thirst sensation: As people age, the natural sense of thirst diminishes, making it easy to forget to drink water.
2. Supports vital body functions: Water helps to regulate body temperature, lubricate joints, aid in digestions, and helps transport nutrients throughout the body.
3. Prevents cognitive decline: proper hydration helps maintain mental clarity and reduce risk of confusion and cognitive impairment.
4. Reduced risk of infection: Dehydration weakens the immune system. This makes you more vulnerable to urinary tract infections and other illnesses.
5. Supports heart health: water is essential in pumping blood throughout the body. It can also help improve energy levels.
6. Reduced risk of hospitalization: Severe dehydration in seniors can lead to hospitalization due to complications like confusion, falls, or infections.

TIPS:

- Drink small amounts of water regularly, even without feeling thirsty.
- Include hydrating foods like fruits and vegetables.
- Limit caffeine and alcohol which can dehydrate your body.
- Keep a water bottle with you as a reminder to hydrate!

Flavored Water Ideas:

- Lemon, lime, or orange slices
- Add in mint or other herbs
- If using any powders, limit added sugar and make sure the sodium levels aren't too high.



Meals on Wheels

July

Trivia ???

What is July's Birthstone?

- A. Emerald
- B. Ruby
- C. Amethyst
- D. Diamond

UV Safety Month

UV Safety Month is an important reminder for adults 60 and older to protect their skin from harmful ultraviolet (UV) rays. As we age, skin becomes thinner and more sensitive, increasing the risk of sunburn and skin cancer. Apply a broad-spectrum sunscreen with SPF 30 or higher daily, even on cloudy days. Wear long sleeves, a wide-brimmed hat, and UV-blocking sunglasses when outdoors. Try to stay in the shade between 10 a.m. and 4 p.m., when the sun is strongest. Avoid tanning beds, and check your skin regularly for changes. These simple steps help maintain healthy skin and overall well-being.



SUMMER WORD SEARCH

W	U	D	C	E	U	O	Q	L	C	W	H	P	F	T	D	S	M	J	U
B	T	J	C	K	Z	Q	H	P	V	L	E	Y	R	N	P	R	A	Z	T
T	E	J	R	E	M	M	U	S	I	T	V	D	P	O	Z	E	J	I	M
L	B	A	K	H	M	E	D	M	P	R	V	H	L	K	Q	L	N	I	S
T	E	V	C	B	V	O	N	O	G	P	T	F	K	D	S	K	A	C	S
M	W	F	H	H	Q	K	S	O	V	N	P	D	J	N	V	N	G	E	L
H	Y	G	N	I	P	M	A	C	L	I	I	K	A	I	G	I	Q	C	B
X	R	U	X	W	S	R	N	Y	L	E	U	M	C	O	L	R	B	R	N
S	G	A	F	F	B	H	D	F	R	L	M	R	M	Q	R	P	M	E	W
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R	R	M	W	U	N	X	X	W	Q	V	A	E	E	D	K	L	I	I	B



4th of July

Fun July Dates

- July 30th is National Cheesecake Day and National Friendship Day
- July is National Ice Cream Month and National Grilling Month
- July 12th - National Simplicity Day
- July 4th Independence Day

Barbecue
Baseball
Beach
Camping
Fishing



Flip Flops
Ice Cream
Lemonade
Ocean
Park



Pool
Popsicle
Road Trip
Sandcastle
Sprinklers



Summer
Swimming
Swimsuit
Vacation
Watermelon

