



GLASSES RAISED TO GOOD HEALTH

It's About Balance

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Most of us know the old saying "you are what you eat", but have you heard "you are what you drink?"

Our bodies are made of about 70% water. Not like the water we drink, but water that makes up fluids like blood and urine. Because we are largely made up of water and our body can't produce it on its own, it's very important to get enough. We lose about 1 liter of water everyday through sweating, breathing (as water vapor), and going to the bathroom. Drinking enough water helps you stay healthy, and helps keep your body balanced. Water is one of the most important nutrients in your body. It's always working to keep your body's systems up and running. Every cell, tissue and organ in your body needs water to function. Without enough water, you can become dehydrated, which is



your body's way of saying it's out of balance. As you age, getting enough water (six-to-eight 8-ounce glasses of

fluids each day) is especially important. The older you are the more easily you become dehydrated. As you age your ability to sense thirst declines. Without this sensation, many older adults become dehydrated and don't even realize it. One way to prevent this is by drinking water and fluids whether you are thirsty or not. With hot summer months here, water and fluids are very important to drink to help prevent dehydration. Remember, you have to replace the water you lose in order to keep your body balanced. So go ahead, raise your glasses to good health. **For those on fluid restrictions, or fluid limitations, please speak with your doctor about a fluid amount that is right for you. **



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Tips to Add Water:

- Drink a full glass of water with your medications
- Take a water bottle with you every where you go
- Always take a sip when passing by a drinking fountain
- Take water breaks



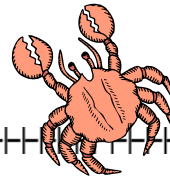
Water Word Search


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




Find the below words in the above word search.

- | | |
|----------------|----------|
| Bottled Water | Popsicle |
| Coffee | Lemonade |
| Ice | Milk |
| Juice | Soup |
| Water Fountain | Tea |









Bring a Friend to Lunch Coupon

Volunteers of America would like to invite you to bring a friend to lunch.
 Fill out this coupon and place it in the contribution box when you join us for
 lunch. *New guests will have some paperwork to fill out.* Call the VOA office at
 303-297-0408 to find out the dining center nearest you.

_____ I brought a friend to lunch today. _____ (Name of Friend)
 _____ This is my first time joining you for lunch today.

Coupon valid 7/1/06 until 7/31/06





Answers to last month's crossword puzzle. **Across** 4. Osteoporosis
 5. Out 6. Three **Down** 1. Never 2. Diet 3. Bone

Quick Fix Recipe of the Month

Summer Thirst Quencher

Yield: 4 servings

Serving Size: 3/4 Cup, 6 ounces

Ingredients:

- 1– 6 ounce can of cranberry juice concentrate
- 2– 12 ounce cans of chilled club soda or sparkling water
- Few fresh mint sprigs

Method:

1. Combine cranberry juice and club soda.
2. Add fresh mint.
3. Serve chilled or over ice.



Lou's

Food Safety Tip of the Month: Know the Dates

Understanding the meaning of the dates used on foods will help you to make safe and wise food purchases. Read about each of them below.

“Best- if-used-by” or “freshness date” – is found on cereals and bakery goods. It is the date after which the product is no longer at its peak.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 0g

Vitamin A 0% • Vitamin C 30%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

“Sell by” – is used on milk, cheese, fresh juice and packaged meats. It is the last date these products can be sold – also referred to as the “pull date”

“Expiration date” or “Use-by” – is found on refrigerated dough and yeast. It is the last date these items should be used.



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The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging.

Dehydration— A bigger problem than you think

Dehydration is one of the most frequent causes for hospitalization in people over the age of 65. As we age we are prone to decreased kidney function, a reduced sense of thirst, and lower amounts of total body water. All of these contribute to an increased risk for dehydration. Luckily, there are some ways we can reduce our risk for dehydration; read about them below.



- **Medications.** Certain prescriptions cause water loss, something called a *diuretic effect*. Ask your physician if any of your medica-

tions cause this. If they do, plan on drinking extra glasses of water each day.

- **Alcohol** can lead to increased water loss and dehydration. Drink two extra glasses of water for each alcoholic beverage.
- **Caffeinated** beverages cause some fluid loss. Drink one extra glass of water for each cup of coffee, tea, or soda pop.

Always ask your doctor about the ways to prevent dehydration that are right for you.

Watch for these

Signs of Dehydration:

- Thirst and dry mouth
- Headache
- Tiredness, weakness, dizziness
- Fast heart rate and difficulty breathing
- Forgetfulness
- Dark colored urine



Avoid dehydration

Focus on these

Foods with High Water Content:

- Broths, soups
- Sugar-free Jell-O
- Ice creams, puddings
- Fruits
- Smoothies

Best Fluid Choices:

- Water
- Milk, Buttermilk, Soy Milk
- Tea, coffee
- 100% Fruit Juice

How much is enough?

Aim to get six-to-eight, 8 ounce glasses of water each day.

