Nutritious Bites

Staying Hydrated in the Heat of Summer
By Whitney Bignell, PhD, RDN, LD

Summer is on its way – along with the heat! This time of year, it’s even more important to be sure you’re drinking enough fluids. But it’s not always easy to get enough water each day. The following tips will help you make sure you’re drinking enough.

At Risk for Dehydration

As we age, we’re more likely to become dehydrated for many reasons.

• The amount of water in our bodies decreases by up to 50%
• We don’t feel thirst as strongly as we did when we were young – so we have to remind ourselves to drink
• Certain medications, such as diuretics, can cause dehydration
• We may not drink as much because we don’t want to go to the bathroom so often (especially at night)
• We may not want to get up to get something to drink

How do you know if you may not be drinking enough? Mild dehydration can cause headaches, fatigue, and dry mouth. Moderate to severe dehydration may cause confusion, weakness, increased heart rate, and changes in blood pressure. If you are experiencing these symptoms, seek medical attention.

5 Tips to Drink More Water

• Keep a glass or bottle of water near you throughout the day
• Buy small bottles of water – they’re easier to carry
• Tea and coffee count towards your daily fluids – they’re best without added sugar
• Eat fruits and vegetables with a high water content (i.e., honeydew, celery, strawberries)
• Add low- or no-calorie flavor enhancers to water

Recipe of the Month
Naturally Delicious Coolers
Serves 1

Plain water can be boring, and so we may not be tempted to drink enough during the day. Natural flavor enhancers, such as fruits and herbs, can make water seem like a spa treat!

Cooler Variations

For all coolers, add ingredients to a tall glass and fill with water (or sparkling water for an added zip).

- 2-3 cucumber slices and 2-3 sprigs of fresh mint
- 2-3 strawberries, mashed, and 2-3 basil leaves
- 4-5 blackberries, mashed, and 2-3 lemon slices
- 2-3 lime slices and 2-3 sprigs of fresh mint
- 3-4 slices of kiwi fruit


Keep on Moving
Staying On Balance

Do you feel like you’re not as “balanced” as you used to be? Many older adults are concerned about falling because they feel that they lose their balance more easily. However, you can improve your balance with simple balance-training exercises that help you control your body’s position whether moving and standing still.

- Stand on one foot for 5 to 10 seconds; repeat with the other foot (be sure that you have a stable chair or counter in front of you in case you lose your balance)
- Walk heel to toe (one foot directly in front of the other – like on a tightrope)
- Balance walk, taking a moment before stepping to your next foot
- Back leg raises (see video)
- Side leg raises (see video)

Videos of Exercises
http://nihseniorhealth.gov/exerciseandphysicalactivity/exercisetotry/balanceexercise/01.htm

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Monthly Chair Exercise
Knee Extensions

Strong knees are important for balance, too. Knee extensions help strengthen both knees and quadriceps.

Sitting toward the edge of a chair with good posture and bent knees, hold on to the sides of the chair with your hands. Extend the right knee out so that the toes come up toward the ceiling, being sure to keep the knee slightly bent without locking it through the entire movement. Lower the leg back to a bent position and repeat this movement 8 to 10 times, using about 2 seconds each to lift and lower the leg.

Switch to the opposite leg and perform 8 to 10 repetitions. Rest briefly. Do another set of 8 to 10 repetitions for each leg.

For more exercises, visit the following link:
http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf
Living Better
What Fall Hazards Are in Your Home?

Did you know that 6 out of 10 falls happen at home? The good news is that we can take simple steps to “fall-proof” our homes, making them safer for everyone. Use the following check-list to see if you need to make changes to any of your rooms:

- **Decorative rugs.** While beautiful, throw rugs without slip-resistant backing can easily slide out from under foot or cause you to trip. Consider taking them up or place rubber matting under them.
- **Cords.** Lamp, television, telephone, and computer cords should be as close to the wall as possible. If a cord has to extend across the floor, use a floor cord cover (although this can be a tripping hazard, too).
- **Lighting.** All rooms and hallways should have good lighting available. If a light switch is not convenient by the door, consider getting a touch-light for the wall.
- **Clear the clutter.** Keep items, such as toys, remote controls, and other items off the floor.
- **Handrails for stairs.** Make sure that handrails near stairs are secure, and preferably have handrails installed on both sides of stairs (even going to the basement).
- **Keep kitchen items within reach.** Move frequently used items to lower shelves to avoid standing on a chair, step-ladder, or counter.
- **Grab bars in the bathroom.** Make sure grab bars are firmly attached to the wall. Avoid using a towel rack as a grab bar.
- **Slip-resistant bathrooms.** Make sure that tubs or showers have nonskid mats, abrasive strips, or surfaces that are not slippery.
- **Phone within easy reach.** If you have a cell phone, take it with you everywhere (bathroom included).

For more fall prevention strategies, consider taking a *Matter of Balance* class. Ask your local senior center or call Whitney Bignell (706-542-4507) to find out when a workshop will be offered in your area.

Medication Manager
Follow Your Prescription

Are you taking your medications correctly? It’s important to talk to your doctor or pharmacist about your medications to make sure that you take them at the right time and in the right way. Here are six questions you can ask when you have a new prescription:

1. What time of day should I take this medication? (especially if it is a once-per-day medication)
2. Should I take this medication with or without food? (i.e., Synthroid, must be taken without food)
3. Should I take this medication at the same time as my other medications (if you have other medications)?
4. Can I cut the pills in half or crush them if I have trouble swallowing them?
5. Are there any foods that I should avoid or limit because of this medication?
6. Is there anything else I should know about taking this medication?

Matter of Balance Classes

Oconee County Senior Center
Wednesday’s
10:30 a.m. – 12:30 p.m.
June 22 – August 10, 2016

Living Better Workshops
Cornerstone Church
Athens, Georgia
Saturday’s
9:30 a.m. – 12:00 p.m.
August 27 – October 1, 2016

Have an event you’d like to include? Want to offer one of our workshops in your community?
E-mail Whitney (web1975@uga.edu)
Test Yourself
Examining Your Habits

How am I doing?

1. I currently eat ______ servings of fruits most days of the week (circle one)
   a. Less than 1 serving  b. 1-2 servings  c. 3 or more servings

2. I currently eat ______ servings of vegetables most days of the week (circle one)
   a. Less than 1 serving  b. 1-2 servings  c. 3 or more servings

3. I currently eat ____ servings of whole grain products most days of the week (circle one)
   a. Less than 1 serving  b. 1-2 servings  c. 3 or more servings

4. I currently have _____ servings of milk or other dairy products most days of the week (circle one)
   a. Less than 1 serving  b. 1-2 servings  c. 3 or more servings

5. I include balance-training exercises in my weekly routine (circle one)  Yes  No

6. I tend to eat too much sodium or salt (circle one)  Yes  No

7. I drink enough water or other fluids each day (circle one)  Yes  No

8. I make sure I take my prescriptions correctly (circle one)  Yes  No

9. I am sure my home is “fall-proof” (circle one)  Yes  No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1  2  3  4  5  6  7  8  9  10

Questions or Comments? Contact us!

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