

Friends Place Newsletter

August 2021



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Understanding & Avoiding Dehydration

Recognizing the signs and symptoms of dehydration is important. Many seniors, especially those with Alzheimer's, often have either a reduced or virtually no sense of thirst. Signs of dehydration are often thought to be a worsening of Alzheimer's since they mimic many of the same symptoms.

Dehydration is one of the most frequent causes of hospitalization for those aged 65 and older. It will cause even more serious health problems if not treated promptly, some severe enough to cause death.

Common Signs and Symptoms

- Persistent fatigue, lethargy and/or muscle weakness
- Headaches
- Dizziness
- Nausea, poor intake of fluids – can't keep anything down
- Forgetfulness, confusion
- Deep rapid breathing, increased heart rate
- Loss of normal skin elasticity – slow to return to position when pinched
- Decreased or no urine output
- Sunken eyes – dark circles

Ways to Avoid Dehydration

- Offer & encourage water and/or juice at scheduled times throughout the day – 6 to 10 times – depending on “successful” amounts
- Encourage lots of fresh fruits and vegetables
- Serve salad or juice – either fruit or vegetable - before the meal
- Include foods in meal planning that are made with water or milk – puddings, jello, soups
- Offer healthy snacks between meals – carrot/celery sticks, melon balls
- Remember other favorite or special treats that can be offered to help with hydration
 - Popsicles, frozen fruit bars, sherbet, or ice cream
 - Root beer floats, sherbet with lemon lime carbonated beverages
 - Flavored water or water with citrus or cucumber slices
 - Chocolate or strawberry flavored milk
 - Smoothies or milkshakes made with fresh strawberries, blueberries, or bananas
 - Applesauce cups
 - Yogurt cups or frozen yogurt

Make sure you and your loved ones stay hydrated and healthy, not only during these months of our hot Texas summer, but throughout the entire year!

Caregiver's Support Groups

Open to the public. Care usually available at no charge with reservation. 972-437-2940

**Alzheimer's Association's
.....Caregiver's Support Group**
Discussion Group the 2nd Thursday/month
August 12 2:00-3:30 pm

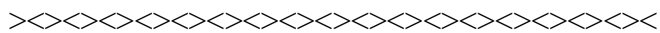
Men as Caregivers

For more information
Please contact George Davis
By Email: gldxtx@me.com

24/7 Alzheimer's Association's Helpline

1-800-272-3900

Caregivers face unique challenges every day and the timing of these instances is often unpredictable. One tool we have found beneficial is the Alzheimer's Association 24/7 Helpline. Caregivers can call any day, any time and reach qualified professionals. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf if they are feeling overwhelmed and in need of support.



Dog Days of Summer

Friends Place has a fun month of August planned to get us through the "Dog Days of Summer." We are so excited to have the Heart of Texas Therapy Dogs back again on August 11th. To cool us down during these hot summer days, we will have Root Beer Float Day on the 6th and Shaved Ice Truck at Friends Place on the 9th. Don't miss it!



It's a groovy August at Friends Place!

Th	5	Texas Winds Performs	11:00 am
F	6	National Root Beer Float Day National Water Balloon Day	3:15 pm
M	9	National Book Lover's Day Shaved Ice Truck	All Day 2:00 pm
W	11	Heart of Texas Therapy Dogs	10:30 am
W	18	Woodstock Wednesday Wear Hippy-dippy duds to celebrate 1969!	All day 
Th	19	Thirsty Thursday Happy Hour	3:15 pm
F	20	Staycation Hawaii! 	All day
T	24	August Birthday Party with performer Marty Ruiz	2:00 pm

We will be closed on Monday, September 6, for Labor Day.

A very warm welcome to our new members

Milton Farmer, Carl "Pudge" Boyd, Doris Scruggs,

Bill Ramsey, Don Friedman, Bonnie Wilson,

Chuck Bopp, Norman Ingle, Mark S, Peggy B,

Leon Levin, Jeff Kogutt, Jane Bookout, Joe Beith,

Barbara Coyne



1	Carl Neel, Peggy B.
4	Glen Shaffer
6	Mark S.
8	Michael Pactor
14	Joe Beith
20	Barbara Coyne