

Friends Place Newsletter

August 2022



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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.

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Ladies' Support Group

Meets 1st Wednesday/month
August 3rd 2:00-3:30 pm

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Alzheimer's Association's Caregiver's Support Group

Discussion Group the 2nd Thursday/month
August 11th 2:00-3:30 pm

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Informational Session

Guest Speaker presentation on 4th Thursday/month
August 25th 2:00-3:30 pm

Amy T. Blaszczyk Parm. D., CGP
Assistant Professor of Geriatric Pharmacotherapy

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24/7 Alzheimer's Association's Helpline




1-800-272-3900

Caregivers face unique challenges every day and the timings 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 professional. This helpline is not just for our loved ones with cognitive challenges. Caregivers are encouraged to call on their own behalf.

REMINDER:

Reservation calendars are due by 25th of previous month. If a PARTICIPANT misses a reserved day, the center must be notified no later than 9:00 am of the day reserved or the fee for the day will be forfeited. This helps us to plan staffing, food, & activities. We appreciate your cooperation to help us provide exceptional service. Thank you!

It's a groovy August at Friends Place!

W	3	National Watermelon Day	3:15 pm
Th	11	Heart of Texas Therapy Dogs	11:00 am
T	16	Woodstock Anniversary <i>Wear Hippy-dippy duds to celebrate 1969!</i>	All Day 
W	17	<i>Staycation Hawaii!</i> 	All Day
T	23	<i>August Birthday Party</i> with performer Norris Perry	2:00 pm
W	24	Wind Down Wednesday 	3:15 pm
Th	25	National Banana Split Day	1:45 pm

We will be closed on Monday, September 5th for Labor Day.

A very warm welcome to our new members

Phil S. Rosemarie Mickish

Al Wheeler James D.

Jonnie Goodwin John Tauzy



1	Carl Neel
1	Peggy B.
8	Michael Pactor
13	Al Wheeler
14	Joe Beith
16	June Wilson
16	Terry Teitelbaum