

July 2018

Reheat in oven to 165 degrees for 15 seconds or place in microwave safe container and re-

How to Join

You must have 60 years of lifetime experience or be the spouse of someone attending. Completing a participant information packet makes you an official member.

Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility. Please call the Tulsa Office 918-835-4160.

This program is funded by: Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations

It's Hot and Getting Hotter

Be Sure to Get Enough Fluids to Prevent Dehydration

Q: How can I tell if I'm dehydrated?

A: Thirst can be a good indicator, unfortunately, it isn't always a reliable gauge of the body's need for water, especially in older adults. A better indicator is the color of your urine: Clear or light-colored urine means you're well hydrated, a dark yellow or amber color usually signals dehydration.

Q: What about caffeine and alcohol in beverages? Do they contribute to dehydration?

A: Very little. Both have a slight, temporary diuretic effect, but overall, the water in these beverages compensates for any increased urine output they cause.

Symptoms of Dehydration

Mild to moderate dehydration is likely to cause:

Dry, sticky mouth Sleepiness or tiredness Thirst Dry Skin
Headache Constipation Dizziness or lightheadedness
Decreased urine output — eight hours or more without urination

Severe dehydration, a medical emergency, can cause:

Extreme thirst Irritability/confusion Rapid heartbeat
Rapid breathing Lack of sweating Very dry mouth, skin and mucous membranes
Shriveled, dry skin that lacks elasticity and doesn't "bounce back" when pinched into a fold
Little or no urination — any urine that is produced will be dark yellow or amber

Reminders:

Sites will be closed July 4, 2018