

August 2017

How to Join: You must have 60 years of lifetime experience or 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.

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

Prevent Dehydration

t c e e e a i t y m n g n f e o k m d o g
 i z n h t c r o t c o d o s d l r w r n c
 x t c o r o e e s r n o u r i n a t i o n
 d d c k p o w e r a d e y m s t s h n i f
 o j l o w l t r i d o s g k e i t f k t o
 d i u l f o s a h i k d a r g a u g o a g
 m r o i s f l w t i r e d n e s s h f p o
 r g i g c f e a n e r h s r i m t r t i s
 t e s n e e e e h b a y b o y s e i e t k
 d z e i k r p b e r p d n i r m t f n s d
 j o y t i l i b a t i r r i n e o k n n t
 o o r a o d n f d p d a h c b o h u i o p
 e s s e n d e d a e h t h g i l i t t c e
 f y s w t a s r c o e i t i i y e d a h s
 d m n s f a s e h m a o t o e i d e o e t
 h p o p s i c l e a r n s d e a l d s s w
 s t m o k n i r d s t r o p s l n d t i s
 s o m t t i t t i i b d l i 9 a e i h a r
 l m o s n x t n s s e n i z z i d m g i i
 d s c h e c k u p l a c k o f f l u i d d
 t t k e k d d i g a t o r a d e i h e s e

eight water popsicle drymouth headache sportsdrink fluid
 sleepiness drink rest dehydration tea shade cooloff
 breaks weather hot dizziness constipation dryskin humid
 coffee tiredness confusion emergency thirst milk irritability
 juice common milk checkup powerade lackoffluid symptoms

~~Drinkoften stopsweating rapidheartbeat~~

Get **IMMEDIATE MEDICAL CARE** if you develop severe signs and symptoms such as extreme thirst, a lack of urination, shriveled skin, dizziness and confusion.

Reminders

Nutrition Council Meeting at Sand Springs Senior Center 2:00, August 8, 2017