



# In Care of You

A newsletter for Caregivers from Greene County Council on Aging

June 2022

## Beat the Summer Heat and Stay Hydrated!



As the weather gets warmer, drinking enough water is more important than ever.

Even if you're just mildly dehydrated, it can lead to fatigue and changes in mood. Dehydration has been associated with many health issues, including confusion, impaired cognition, falling, and constipation. Dehydration can also increase the risk of hospital stays.

Here are helpful ways to stay hydrated especially during the hot weather:

- Drink at least 8 ounces of fluid every time you take medication.
- Keep water bottles in handy locations such as by the bedside, at the kitchen table, and by the TV. And, coffee, tea, juices, and sports drinks count, too. (Coffee is no longer thought to be dehydrating.)

Did you know that 20 percent of your water intake comes from the food you eat? So select plenty of fruits and vegetables at your meals and through the day as snacks:

**Apples:** This fruit is 84 percent water. And, eating a white-fleshed fruit, such as an apple or pear daily may cut your stroke risk in half, a 2011 study published in the journal *Stroke* found.

**Berries:** Blueberries and blackberries are more than 85 percent water and strawberries are 92 percent water. Grapes are also actually berries and are 81 percent water and high in Vitamins K and C.

**Broccoli:** This veggie is actually 91 percent water and there are compounds in broccoli have been shown to

help reduce cancer risk and more.

**Carrots:** Carotenoid-rich carrots really do help maintain your vision and they're also 87 percent water.

**Celery:** A cup of chopped celery has only 16 calories and is a whopping 95 percent water.

**Cherries:** These tiny stone fruits are 80 percent water. If you eat a full cup of cherries you will consume almost half a cup of fluid.

**Citrus Fruits:** Grapefruits are about 91 percent water, with the ruby red variety containing the most. Juicy oranges are 87 percent water.

**Cucumber:** One of summer's favorite water-packed veggies, cucumbers contain 96 percent water.

**Pineapple:** Juicy pineapple delivers the compound bromelain, a powerful anti-inflammatory agent. These tropical plants are about 87 percent water.

**Spinach:** This leafy green is 92 percent water and has only 23 calories per cup and plenty of nonheme iron.

**Cantaloupe:** These melons are 90 percent water, high in vitamins A and C and have a compound called adenosine, which has heart-health benefits.

**Tomatoes:** Red tomatoes are 94 percent water and the green varieties are about 93 percent water. Tomatoes are also high in the antioxidant lycopene, known as a potent cancer preventer.

**Watermelon:** At 92 percent water, this juicy summer treat is one of the most hydrating fruits.



# *In Care of You*

*Providing support for those who support others*

## How to end a visit with a loved one who has dementia

When ending the visit it is important to say things that will make the person living with dementia (PLWD) feel assured, loved and valued, and that the visitor will return. The tone of the departure will help the PLWD retain some of the positive feelings they had while the visitor was with them, and this helps them to feel good throughout the rest of the day even if they have forgotten who visited or that they even had a visitor.

According to Jolene Bracky in her book *Creating Moments of Joy: Along the Alzheimer's Journey*, some of the things one can say include:

"Can I visit you again?" This lets them know you want to return.

"I really enjoyed talking with you. This was such a wonderful visit." or "I enjoy your company so much. This has been lovely." These statements tell them that you like them.

"I haven't laughed this hard in a long time. Thank you." This tells them you had a good time with them.

"Let's pray together before I go." If appropriate for the person, this is a good connection statement and a way to help them tap into their own spiritual resources.

"Your smile always makes my day." This tells them that they light up your life and that they have a beautiful smile.

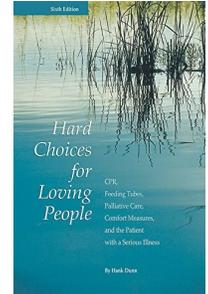
When leaving, give them hugs, reassuring touches, and your smile. You can even tell them that you'll be back to see them next week and that you look forward to that future visit. Your positive attitude will help them feel better about you leaving.



## Recommended Reading

A guide for helping patients and families with end-of-life decisions.

*Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness* By Hank Dunn



Note: This book is not available at GCPL but we have several copies. Contact us if you would like to borrow a copy.

**Some days there won't be a song in your heart. Sing anyway.** — Emory Austin



## GCCOA Resources for You

### Support Groups

- 1st Tuesday of month at 11:30 pm, GCCOA main office
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton-Xenia Rd, Beavercreek
- Online support group on hiatus for summer. It will return in September

### Weekly Radio Segment

*Partners in Caregiving* every Thursday soon after 6pm  
WBZI—FM 100.3 AM 1500

We hope you enjoy this publication, and welcome your comments and ideas for future issues.  
Let us know if you no longer wish to receive this newsletter.