



A Day
on the
Water



Spa Day!!



Cruising Lake Sunapee



Inseparable!



Nature in
Bloom



Happy Birthday!



A Day in July

The Woodcrest Villager

A NEWSLETTER FOR WOODCREST VILLAGE
RESIDENTS AND THEIR FAMILIES

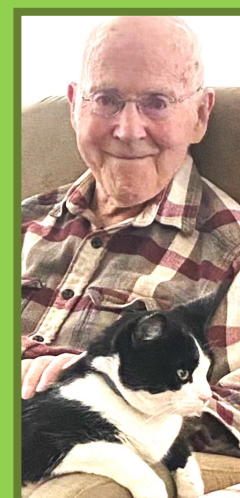
AUGUST 2022

A Very
Happy
Birthday!

George
Green

8/29

We look
forward to
celebrating with
you!



WOODCREST
VILLAGE
ASSISTED LIVING



The Dog Days of Summer!

From the Old Farmer's
Almanac, June 27, 2022

The “Dog Days” of summer last from July 3 to August 11. What are the Dog Days of summer, exactly? What do they have to do with dogs? The ancient origins of this common phrase might surprise you. Enjoy this article about the meaning behind the Dog Days of summer!

What Are the Dog Days of Summer?

The term “Dog Days” traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn’t conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer’s peak temperatures and humidity.

Why Are They Called the “Dog Days” of Summer?

This period of sweltering weather coincides with the year’s heliacal (meaning “at sunrise”) rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the “Greater Dog”—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky. *Continued on page 2*

Stay Hydrated

For Better Health

From the National Council on Aging (August 23, 2021).

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart, and is key to maintaining good health. Being hydrated simply means that your body has enough fluids to function properly.

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness. As you get older, it's even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically underhydrated.

Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.

Stay Hydrated continued on page 3

Early symptoms of dehydration:

- Dark-colored urine,
- Urinating less frequently
- Fatigue, or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion
- Decreased cognitive function

Dog Days from page 1:

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid- to late summer contributed to the extreme weather of the season. In other words, the “combined heat” of super-bright Sirius and our Sun was thought to be the cause of summer’s sweltering temperatures. The name “Sirius” even stems from Ancient Greek seírios, meaning “scorching.”

For the ancient Egyptians, the dawn rising of Sirius (known to them as Sothis) also coincided with the Nile River’s flood season. They used the star as a “watchdog” for that event.

Of course, the appearance of Sirius does not actually affect seasonal weather here on Earth, but its appearance during the hottest part of summer ensures that the lore surrounding the star lives on today!

Activities & Events

Summer is in full swing. Keep your eye out for these events and more.

- ♦ Morning Exercises Weekdays at 10:00am
- ♦ Men’s Group Wednesdays at 9:00am
- ♦ Knitting Group Thursdays at 1:30pm
- ♦ Flower Arranging Fridays at 10:00am

8/4- Piano Music with Will Ogmundson

8/6- Hospital Days Parade

8/11- Trip to the Ice House Museum

8/15- Joe Doyle presents Scenic Italy

8/17- Music with Jamie Gregory

8/18- Music with Kathy Lowe

8/25- Music with Frank Kelecyc

Stay Hydrated from page 2:

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking. Certain medications cause the body to flush out more water.

How to stay hydrated every day

There are simple steps you can take to get the water your body craves. Below are some ideas to get you started:

Choose foods with high water content. If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions. **Keep water with you, always.** Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home. **Avoid or reduce your alcohol intake.** Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive. **Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H2O by adding slices of fresh lemon, apple, cucumber or berries. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake. **Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.