



Senior Comfort Services

Assisting older adults...at home.

Senior Comfort Services *presents:*

Drink up! The Power of Hydration. Promoting Hydration in Older Adults

Presenters: Patti Toupin, RN and Claudia Dexter, Community Liaison

June 12, 2015 11:30 a.m.

Uxbridge Senior Center 36 S. Main St. Uxbridge, MA



With the summer months upon us and the weather getting hotter, the ability to dehydrate increases. Join us for an educational presentation or some “Fluid for Thought”, as we learn about the underestimated power of proper hydration, especially in older adults.

You are not just what you eat, but what you drink. Literally, water composes more than half of our total body weight. Learn about the affect proper hydration has on our health, digestion, organ function, nutrient absorption, metabolism and brain power as well as the dangers of dehydration and why the elderly are more at risk. Failing to diagnose dehydration can be life threatening. Dehydration can also result in a chain of adverse events, patient suffering, and escalating healthcare costs caused by avoidable admissions and prolonged hospital stays.

Learn About:

Warning signs and risk factors of Dehydration

Meds that interfere with fluid balance and affect kidney function and digestion

Tips for drinking more water and how to distinguish beneficial drink choices from not so healthy ones.

Rethink your Drink! - Learn about alternative ways to hydrate and how to prepare your own natural flavored waters for enjoyment anytime throughout the year.

Cure for mid-day fatigue

Sample our lemon, cucumber, mint water and take home some helpful reminders and recipes!

Raffle prizes too!