



August 2020

Issue 83

Seniors Scene

Enrich your life with us!

HEADINGLEY COMMUNITY CENTRE

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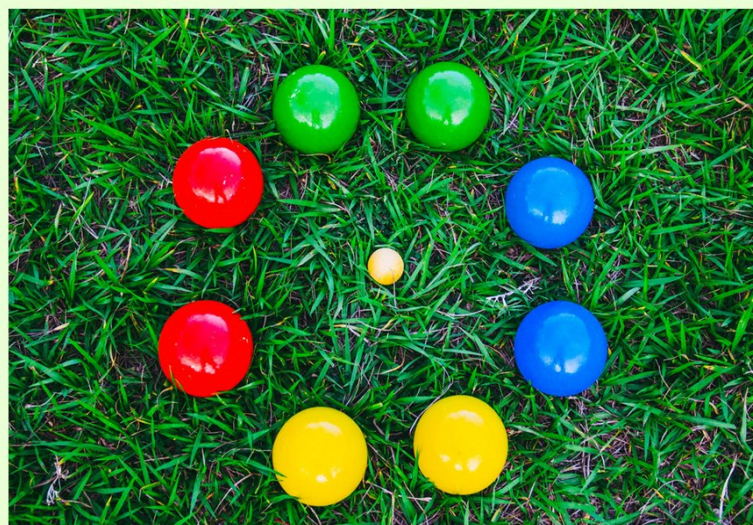
www.headingleyseniorservices.ca

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BOCCCE

TOURNAMENT



Monday, August 17th

Headingley Community Centre Field

10 am until noon

Registration required, closes August 10th

Contact Kristie at (204) 889-3132 ext. 3

or hdlyseniorservices@mymts.net

TIPS TO PREVENT DEHYDRATION

If you're an older adult, the following tips may help you stay well hydrated:

- Try to drink water throughout the day. Other beverages that may also help with hydration include milk, flavored sparkling water, and fruit juices with low sugar. Drink coffee and tea sparingly, as they can have diuretic effects.
 - If it's hard to drink too much liquid all at once, take small sips.
 - Try to include foods in your diet that have higher water content. Some examples include watermelon, cucumber, celery, strawberries, and low sodium broths or soups.
 - If you don't find water very appealing, try adding a slice or squeeze of lemon or lime to add flavor.
 - Plan to drink more water if you're going to be out in hot or humid conditions for a prolonged period of time, or if you're going to be exercising.
 - If you're ill with symptoms like fever, vomiting, or diarrhea, make sure to drink more fluids than normal.
 - If you have an underlying health condition, speak with your doctor about your specific fluid and hydration needs.
- If you're a caregiver for an older adult, you can do the following to help prevent dehydration:
- Remind them to hydrate throughout the day, especially during mealtimes and after exercise or exertion.
 - Keep water in places where it's accessible and easy to reach.
 - Implement easier access to the bathroom

The bottom line

Older adults are more susceptible to dehydration. There are many reasons for this, including lower fluid content in the body, decreased thirst response, and medications or underlying health conditions.

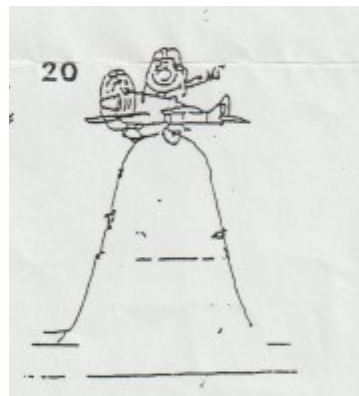
Recognizing the symptoms of dehydration is important so you can work to replace lost fluids. Look out for symptoms like dry mouth, fatigue, dark-colored urine, and lightheadedness. Treating dehydration involves replacing lost fluids. You can work to prevent dehydration by making sure you regularly take in fluids throughout the day. This can include water, juices, broths, or foods with high water content.

If you're unsure of your hydration needs, talk to your doctor to find out how much water you should be drinking each day.

Taken from <https://www.healthline.com/>

BRAIN TEASERS

Can you name these Manitoba Towns?
(Answers on next page)



NOON LAZY

XQQQME



GESG



Random Facts from rd.com

Baby elephants suck on their trunks. It's no different than human babies sucking on their thumbs!



Norway knighted a penguin. His name is Sir Nils Olav III, and lives in an Edinburgh zoo. Three other members of his family were also honorary members of the elite guard.

Riddle . . .



What falls but never gets hurt?

Answer on page 4

Next Foot Clinic

Thursday, August 20th



Be sure to register with Kristie
@ 889-3132 ext. 3

Wellness Kits

Through the Emergency Community Support Fund and the Headingley Community Foundation, HSSI was able to secure a grant to create and distribute Wellness kits. These kits contain a number of items to promote good mental and physical health. To enter your name into the draw, please contact Kristie at; (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

Riddle . . .

Answer from Page 3

1. *Rain!*



What do you call a parade of rabbits hopping backwards?

A receding hare-line.

Virtual Learns

With so many uncertainties the decision was made to move to an online format for presentations that were usually part of the Lunch & Learn series. Here is a sampling of some of the topics you can expect for the Fall;

- Wills & Estates
- Italy Travels
- Advance Care Planning
- Online Grocery Shopping

If you would like any assistance with setting up Zoom or would like to do a practice meeting, please contact Kristie at (204) 889-3132 ext. 3 or hdlyseniorservices@mymts.net

Please also note that in an effort to provide up to date information MacDonald Headingley Recreation District's (MHRD) Fall Guide will not be in print form but available on their website.

Puzzle Answers

Manitoba Towns:

- 20) *Pilot Mound*
- 21) *Selkirk*
- 22) *Churchill*

Brainteasers:

- Lazy Afternoon*
- Excuse Me*
- Scrambled Eggs*

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <i>Terry Fox Day</i>	4	5	6	7	1 8
9	10	11	12	13	14	15
16	17 BOCCE TOURNAMENT 	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

