



THE SENIOR SCOOP



Associate Liz (left) enjoys a happy Canada Day with Client Frances (right).

Life is
Better
 With Friends

August Happenings

Wow, it's already August! Our Associates have been busy assisting Clients with summer festivities, trips to the cottage, shopping at the garden centre, spending time outside, and even attending weddings together! Our Admin team has been busy settling into our new office space and welcoming new Clients and Associates to our fantastic team. We hope you are staying cool and comfortable in the summer heat. One of the biggest challenges in the summer is staying well-hydrated, which is crucial to overall health and well-being. Please read the article on page 2 and let your Associate know if you want to improve your fluid intake to feel your best. Have a happy August!



Meet Onyeché Onoja

Associate

Onyeché feels honoured to be a part of the AYSFS family. She loves meeting people and making a difference through care and kindness. As a mother of three children, caring for people comes naturally to Onyeché. With a little empathy,

patience and diligence, she feels we can make the world a better place. The quality care she provides for her Clients is valued and appreciated. We are glad she is part of our amazing team!



Golden Moments

Sweet Summer Breeze

Client Sue (left) enjoys the fresh air with Associate Janny (right). Longer days and warmer temperatures make summer the perfect time to enjoy time outside.

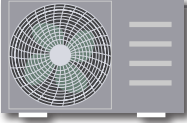
Connect with us on social media!



Save the Date! October 8th is the Age Friendly Conference at the London Hellenic Centre (133 Southdale Road West). Join AYSFS, older adults, caregivers and community members for an opportunity to engage with vendors and exhibitors showcasing a variety of services and resources designed specifically for older adults. Ticket information to come soon!



Did You Know?



Individuals receiving Ontario Works (OW) or Ontario Disability Support Program (ODSP) may be eligible for financial assistance to purchase cooling devices like air conditioners or portable fans, especially during extreme heat. This assistance is often provided as a discretionary benefit and may require a doctor's note confirming the medical necessity of a cooling device. If you know a senior on ODSP with a condition like cancer or chronic heart or lung conditions, he or she may be considered for cooling device assistance. For more information please visit: healthprovidersagainstpoverty.ca

Thank You!

The AYSFS Admin team would like to extend their thanks to Eric Soini for volunteering his time to build our new office furniture. Our space is coming together one step at a time. Next stop, a photo wall featuring Client and Associate photos!



Healthy Hydration

Staying well hydrated when it's hot is definitely a must; however, hydration is important to your health year round. Drinking liquids throughout the day is especially important for older adults. Dehydration can lead to dizziness, fainting and low blood pressure which may put older adults at risk for falls. Dehydration may also make constipation worse. Staying well-hydrated is crucial for overall health and well-being. **Adequate fluid intake helps maintain blood circulation, digestion, and joint lubrication, while also supporting kidney function.**



Man drinking water photo, air conditioner and beverage illustration courtesy of vecteezy.com

How to know if you are drinking enough:

- Check your thirst - If you are thirsty or have a dry mouth, it is likely that you are not drinking enough. Remember that once you are thirsty, you are already somewhat dehydrated.
- Check your urine - If your urine is a dark yellow colour and has a strong smell, you may not be getting enough fluids. Urine that is light yellow or clear in colour usually means that you are drinking enough fluids.
- Check your mood – If you feel light headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated.

Tips and specific concerns:

- **Continence issues:** If incontinence is a concern, track urination and use timed toileting to alleviate anxiety about needing to use the restroom frequently.
- **Medication side effects:** Be aware of medications that may cause dehydration or increase thirst. Drink a full glass of water when taking medications.
- **Cognitive impairment:** If memory is an issue, set reminders or create a visual schedule for drinking.
- **Associate with routines:** Link drinking water with existing habits, like brushing teeth, using the restroom, or eating a meal.

Make it enjoyable!

Fruit Infusions: Add slices of lemon, lime, orange, berries, or cucumber to your water.

Herb Infusions: Try mint, basil, or rosemary with your favorite fruits for a refreshing twist.

Veggie Infusions: Cucumber and mint or watermelon and basil are great options.

Fun with Ice:

Fruit Ice Cubes: Freeze pieces of fruit or herbs in ice cube trays for a visual and flavorful addition.

Hydrating Foods:

Watermelon, strawberries, cantaloupe, cucumbers, celery, lettuce, and bell peppers contribute to fluid intake and also provide essential vitamins, antioxidants, and electrolytes. Soups and broths are also a great cold-weather option.

Hydrating Treats: Try popsicles or jello for a fun summer treat!

Source: <https://www.unlockfood.ca/en/articles/water/facts-on-fluids-how-to-stay-hydrated.aspx>