

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 3rd

DON'T GET LEFT HIGH AND DRY – GET ENOUGH WATER

Summer is in full swing now, but it doesn't always follow that people are doing what seems obvious – getting enough water.

They may be consuming liquids, but often in forms that can do more harm than good, especially during hot weather. OFA Nutrition Services Coordinator Nimesh Bhargava recommends most of your fluid intake should come from water and low-calorie beverages like flavored water and unsweet tea – drinks with ingredients that are most helpful. Caffeinated beverages do not contribute to dehydration as widely believed, but they do have a mild diuretic effect in that they cause your kidneys to flush sodium and water. You'll still take in as much water as you expel, so one morning cup of coffee won't be a problem as far as dehydration is concerned. Still, water is the superior choice for many reasons,

especially since you can get it straight from the tap at home. Additionally, two cups of water won't leave you with the jitters or sleep disruption, the way two cups of coffee might.

Good nutrition can help with good hydration. "Eat your water" is the saying you may have heard. Many of the most nutritious fruits and vegetables are over 90% water by volume, including (but not limited to) tomatoes, cucumbers, melons, strawberries, spinach, green peppers, broccoli, radishes, celery and lettuce. Apples are about to come into season in Dutchess County; they feature an average water content of 84%.

Good hydration combined with good nutrition contribute to the health of your skin, too. Foods such as berries, walnuts, spinach, broccoli, avocado, and salmon are rich in minerals and antioxidants, which can help prevent inflammation in the body and lead to healthier skin from the inside out.

SIMPLE SUMMER SENIOR SKIN CARE TIPS

Having covered the role of hydration in skin care from the inside, the surface of your skin will need the same care. Regardless of skin color, we all have some

susceptibility to potential sun damage – so don't skimp on the sunscreen.

University of Cincinnati researchers report that the natural sun protection factor (SPF) of human skin ranges from 3 for those with the palest skin, to 13 for those with the darkest – not enough for full protection. The American Academy of Dermatology recommends a minimum sunscreen SPF of 30, and to reapply every two hours if you plan on being outside for an extended time.

Do your homework before purchasing sunscreen; there are even sunscreens tailored to particular skin tones. When you apply sunscreen, don't forget the easily-overlooked but easily-sunburnt surfaces like tops of feet, the ears, and areas of thinning hair on the scalp. A wide-brimmed hat can take care of protecting the ears and head.

***Golden Living is prepared by the Dutchess County Office for the Aging, 114
Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email:
ofa@dutchessny.gov website: www.dutchessny.gov/aging***

OFA MEDICARE SESSIONS RESUME THIS FALL, WITH SOCIAL DISTANCING

The Office for the Aging's regular series of Medicare classes and workshops was suspended when the COVID-19 pandemic broke out, but with Dutchess County gradually reopening we've been working with Adriance Memorial Library in the City of Poughkeepsie and Boardman Road Library in the Town of Poughkeepsie to hold a series of socially distanced Medicare website workshops.

A total of six classes are scheduled so far. The first four are on these dates:

- Wednesday, September 23rd
- Wednesday, October 28th
- Wednesday, November 25th
- Wednesday, December 23rd

Each of the above classes begins at 9:30 a.m. at Adriance Library, 93 Market St. in the City of Poughkeepsie. The library parking lot is around the corner on Noxon St.

There are two evening classes on the schedule:

- Tuesday, October 27th at Boardman Road library, 141 Boardman Rd. in the

Town of Poughkeepsie

- Wednesday, November 18th at Adriance Library

Both classes take place from 6:30 to 8:30 p.m.

There is a limit of 6 people in each class due to the need for safe social distancing. It is also mandatory to wear a mask and to use hand sanitizer both before and after using the computer in the class.

All class times and venues are subject to change due to the COVID situation at that time.

Reservations are required and can be made by contacting the Office for the Aging at (845) 486-2555.

This week in senior birthdays:

8/1: Former U.S. senator Al D'Amato (83)

8/2: Musician/songwriter/Hudson Valley resident Garth Hudson (The Band) (83)

8/3: Singer/actor Tony Bennett (94)

8/4: Mets outfielder Cleon Jones (78)

8/5: Actress Loni Anderson (75)

8/6: Science fiction author Piers Anthony (86)

8/7: Singer B.J. Thomas (78)

And the Bad Joke to round things out!

If I had a dime for every time somebody told me I was no good at math, I'd have \$13.46.