

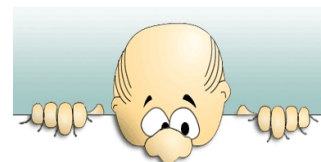


NUTRITION NEWS

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Dog Days of Summer

The lazy hazy days of summer are here! According to the Farmers' Almanac, the dog days of summer are the oppressive period of summer from July 3rd to August 11th. The almanac also provides some tips for some natural methods of keeping cool during these days.

Eat the following

foods: mushrooms, citrus fruits, and mint can actually help you regulate your body temperature. Although it seems counterintuitive, eating spicy foods may also help! Spicy foods may cause you to sweat more, and as this sweat evaporates, it leaves you feeling cooler. Try snacking on a popsicle or frozen berries! This will cool you from the inside out!



Drink! Staying hydrated, which will be discussed in more detail on the following page, can also help you regulate your body temperatures as the mercury starts to rise.

Get Wet: Swimming is, of course, a great way to beat the heat. Even just soaking your feet or running cold water over your wrists can help you feel refreshed. Getting your head wet, even if it's in the

shower, can also help you cool down.

Cool Your Neck: Your body's main temperature sensor is located on the back of your neck. If you have long hair, wearing it up will allow breezes to reach this area. If you sit by a fan, position it so that it blows on the back of your neck. And adding a cool compress to the back of the neck will offer some welcome relief on the most sultry summer days.



Be Minty Fresh: Rub on some lotion with peppermint in it. The menthol will stimulate your nerves and your body will think that you're cooler than you are!

Do Nothing! Sitting very still, without trying to do housework or run errands, will allow your body to cool down. Even small activities can raise your body temperature. Save these jobs until evening when it is generally cooler outside.

*Courtesy of the Farmers' Almanac

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Monthly Exercise

Single Leg Stance

1. Stand directly behind a table or chair & place your feet slightly apart.
2. Lift one leg six inches out to the side.
3. Hold this position for 10 seconds.
4. Repeat with the opposite leg.

You can perform on each leg 5 to 10 times. For more of a challenge do the exercise with your eyes closed. The lack of visual input will challenge your muscle a bit more.

As we mentioned on the previous page, it is especially important to stay hydrated on very hot and humid days. It is also important to remember that thirst is not a reliable indication of whether or not you need fluids. In general, you must be consuming enough fluids to make up for the fluids that you are losing. And you lose more fluid by sweating on hot, humid days.



So how much fluid is enough for an average, healthy senior citizen? There are a few different ways your fluid needs can be calculated. The easiest way is to figure on 1 milliliter of fluid for every calorie consumed. Therefore, if you are consuming an average of 2,000 calories daily, you would also need 2,000 milliliters. 2,000 milliliters of fluid translates to about 66 fluid ounces, which is roughly 8 cups.

There are other ways to meet your fluid needs, especially during the summer. Popsicles, jell-o, fresh fruits and vegetables—these all count toward your daily fluid intake! Even ice cream counts—a good rule of thumb to keep in mind is that anything that becomes liquid at room temperature counts as a liquid!



With all of the fresh fruits and vegetables that are available this time of year, it's a perfect time to try some new fruity drinks to increase your fluid intake. Seltzer is a very popular drink right now. It generally contains no added sweeteners—just carbonation. You can then add to the flavor by adding some different fruits or vegetables to your plain (or already lightly flavored) seltzer. You can also

add fresh fruits and vegetables to plain water for a light, fruity summer drink.

Infusers are also popular—they are a special canister that has a special cup for fresh fruit that will be gradually leaked into the water. The longer the fruit or vegetable soaks, the stronger the flavor. The possibilities are endless.



Even if you don't like flavored water, you can increase your fluid intake simply by increasing your intake of fresh fruits and vegetables. Cucumbers and watermelon are almost 90% water. Eating a well balanced diet rich in fruits and vegetables can actually add almost a cup and half of fluid to your diet!

Although summer illnesses are rare, remember that your risk of dehydration increases when you have a fever. Having uncontrolled diabetes or kidney disease can also increase your risk of dehydration.

Lastly, fluid needs increase with an increased fiber intake. Many people attempt to incorporate fiber into their diets to promote bowel regularity. But increasing your fiber intake won't help at all if you don't also increase your fluid intake!

Our body is constantly losing fluids, even simply by breathing! Don't forget to compensate for these losses by making sure that you are replacing what is lost.



Did you know that August 21st is National Senior Citizen's Day? Do you have a special senior in your life that you can treat that day? Maybe take them out for a nice lunch and a drive. Even a small gesture of recognition can go a long way toward making someone feel appreciated.



There are certain activities that people of all ages can enjoy, including as we age. In fact, some of these activities can help you maintain your mental and physical agility. There are many more than listed here— the possibilities are endless!

1. Take advantage of your landscape— whether it's a trip down to the beach or a day at the lake, make the most of what your area has to offer.
2. Check the newspaper for special events— festivals, markets, sales, etc. can all be found listed in the local paper.
3. Visit local farmers' markets— support and connect with your local community. And of course you get the added benefits that fresh fruits and vegetables have to offer.
4. Perform chair exercises— chair exercises are easy on the joints and still get your blood flowing.
5. Track your steps— you can purchase an activity wristband such as a Fitbit at most local department stores. They track your steps, heart rate, and even sleep activity.
6. Participate in local charity walks— pick a cause that you're passionate about and check out their website.
7. Swim at your local YMCA or community pool— swimming is low impact, gentle on your joints, and great for your heart. Indoor

pool mean that it can be a year round activity.

8. Get a massage— massages are a relaxing way to recover from sore or fatigued muscles. They can also relieve stress, headaches, and even certain digestive problems.
9. Grow an herb garden— this can be small enough to keep inside and may be lower maintenance than a large outdoor garden. Mint, parsley, chives, lemongrass, oregano, basil, and thyme all grow well inside.
10. Start quilting— it helps to decrease stress and increases cognitive and creative thinking. Quilting clubs or communities offer a good place to socialize as well.
11. Make a scrapbook— it's a creative outlet that can relieve stress and help you re-live your memories.
12. Adopt a pet— the shelters are overcrowded with animals that need a new home.
13. Learn an instrument— did you know that it is easier to learn an instrument as an adult than it is as a child? You can even teach yourself from the internet.
14. Fishing— get some fresh air while you relax. You might even catch dinner!
15. Antiquing— visit your favorite antique shops and search for a hidden treasure.
16. D.I.Y. projects— save money and learn a new skill by completing a project on your own. Check out the website Pinterest for some great starter ideas. Popular searches include refurbishing furniture, storage, home décor, costumes, and crafts.
17. Enjoy birdwatching— it provides exercise, fresh air, and natural beauty!



August is also National Peach Month! New York has some of the most wonderful peaches found anywhere! Here's a few recipes that you might enjoy.

Peach and Tomato Caprese Salad

2 tbs extra virgin olive oil

1 tbs balsamic vinegar

1 tsp flaked salt, divided

2 large heirloom tomatoes, thinly sliced

2 ripe peaches— halved, pitted, and sliced into half moons

6 leaves fresh basil

1 (8 ounce) ball fresh mozzarella, thinly sliced

Whisk oil, vinegar, and 1 pinch flaked salt together in a bowl until dressing is smooth. Alternate tomato slices, peach slices, basil leaves, and mozzarella slices in layers on a platter. Drizzle dressing over salad and sprinkle remaining flaked salt on top.



Peach Pound Cake

1 cup butter, softened

2 cups white sugar

4 eggs

1 tsp vanilla extract

3 cups flour

1 tsp baking powder

1/2 tsp salt

2 cups fresh peaches, pitted and chopped

Preheat oven to 325 degrees. Butter a 10 inch cube pan and coat with white sugar.

In a large bowl, cream together the butter and sugar until light and fluffy. Add the eggs one at a time, beating well with each addition, then stir in the vanilla. Reserve 1/4 cup flour for later and sift together the remaining flour, baking powder, and salt. Gradually stir into the creamed mixture. Use the reserved flour to coat the chopped peaches, then fold the floured peaches into the batter. Spread evenly in the prepared pan. Bake for 60 to 70 minutes in the preheated oven or until a toothpick comes out clean. Allow the cake to cool in the pan for 10 minutes, before inverting onto a wire rack to cool completely.



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