

Aging Healthfully Newsletter

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Melanie Kluzek, MS, RDN, LDN
Registered Dietitian Nutritionist

July is National Picnic Month



Here are some simple tips to get you on your way towards planning & packing for the perfect picnic:

- **Start with clean hands and clean surfaces** - Click [here](#) for more information about picnic food safety.
- **Keep the menu simple** – if the food is too complicated, it most likely will not travel well. Plan for the [menu to be simple](#) and think of foods that you would not mind eating on your lap or at a picnic table.
 - Examples: Finger sandwiches, salsa and chips, veggies and dip, [sweet cherries](#), and watermelon slices can all be handheld, eliminating the need for other utensils to be packed.
- **Organize beforehand** – make a list, then prep things early and keep them in the fridge. Pack foods in hard containers to avoid damage during travel.
 - Label foods if making variations of more than one item such as tuna salad sandwiches and egg salad sandwiches.

- **Pack essential items ahead of time** – blankets, tablecloths, coolers, plates, cups, serving and eating utensils, a bag for trash, insect repellent, a lighter or matches, a corkscrew (if bringing wine), extra ice, any condiments you might need, napkins or paper towels, knives for slicing bread, and antibacterial hand gel are some commonly used items.
- **Do not char-grill** – always be sure to cook your meat to the proper temperature, but do not overdo it!
 - Avoid cooking to the point of charring meat. Flames from the grill that can char meat, alter the proteins in that food, which can lead to an undesirable final product and is not good for your health.
 - Try cooking meat wrapped in foil for less chance of this happening.
- **Consider cooking other foods on the grill** – we all know that meat turns out great on the grill, but consider grilling fruits and vegetables, or even bread this way.
 - When fruits and vegetables are grilled it adds a unique flavor to them such as a caramelized or even sweeter flavor.
 - Try grilling stone fruit, like peaches, plums, and apricots for a tasty dessert alone or served with ice cream.
 - Asparagus, bell peppers, onions, mushrooms, summer squash, and corn on the cob work especially well as a grilled side dish.

Looking for a few quick and easy picnic-friendly recipes?

Click [here](#) for a tasty dilly potato salad recipe.

Click [here](#) for a yummy grilled stone fruit recipe.





Staying Safe When the Temperatures Soar

Now that our state has opened up and is returning to a new “normal,” many of us are taking advantage of outdoor social gatherings to enjoy these warmer summer months with our friends and family!

When temperatures soar, it is important for older adults to stay hydrated and recognize the signs and symptoms of dehydration.

Heat Stroke – occurs when large amounts of water and salt is lost from the body through sweat and the body is unable to control its temperature.

If not treated, it can lead to disability or even death.

Signs and symptoms of heat stroke may include:

- A very high body temperature (above 103 degrees Fahrenheit)
- Rapid pulse
- Unconsciousness
- Nausea
- Dizziness
- Hot, red, dry skin (no longer sweating)
- Throbbing headache

Check out this [video](#) to see what happens when you get heat stroke.

Heat Exhaustion – occurs when a person spends too much time exposed to high temperatures, often in high humidity levels, and/or doing moderate to high physical activity in high temperatures.

Without proper treatment it can lead to a heat stroke, which is the most severe.

Signs and symptoms of heat exhaustion may include:

- Heavy sweating
- Rapid pulse
- Muscle cramps
- Confusion
- Nausea or vomiting
- Dark-colored urine
- Abdominal cramps

- Tiredness
- Headache

For more information about heat exhaustion – Click [here](#).

Heat Cramps – occur when there is a loss of water and electrolytes from the body. This is the least severe form of heat-related illnesses.

Symptoms of heat cramps are painful, involuntary muscle spasms that often happen with heavy exercise outdoors when the temperature is high.

Water that is lost from the body must be replaced. Most of the water we lose is through urination.

Heat illnesses and dehydration can quickly become a serious health problem when the amount of water lost in the body (i.e. through sweat, evaporation, exhalation, and urination) is greater than the amount of water taken in through foods, beverages, and metabolic reactions within the body.

Dehydration can happen long before your thirst mechanism kicks in – so how can you tell if you are well hydrated?

Click [here](#) to refer to the urine color chart to gauge your hydration status.

Tips to avoid heat-related illnesses:

- Never sit in a parked car that is not running with air conditioning on when the temperatures are high.
- Drink plenty of fluids. Don't wait until you are thirsty to drink something.
- Dress in lightweight, loose-fitting clothing. Use a hat and sunscreen as needed.
- Drink fruit juice or a sports beverage to replace salts and minerals lost during heavy sweating.
- During the hottest parts of the day, keep physical activities to a minimum and stay indoors in air-conditioning and out of the sun.
- Eat frozen treats like popsicles, frozen yogurt, and frozen grapes to stay cool.
- Use cool compresses, misting, showers, and baths.
- Avoid hot foods and heavy meals—they add heat to the body.

For more information on how heat affects older adults click here for [English](#) and here for [Spanish](#).

BEAT the HEAT

Heat waves are a leading cause of extreme weather-related deaths in the U.S.

Who's at RISK in EXTREME HEAT?



Adults over 65, children under 4, people with existing medical conditions, and those without access to air conditioning

What can you DO?

Stay Cool

- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Keep home cool by turning on air conditioning or running fans
- Take cool showers or baths



Stay Hydrated

- Drink more water than usual
- Don't wait until you're thirsty to hydrate
- Avoid alcohol or liquids containing large amounts of sugar
- Remind others to drink enough water throughout the day



Stay Informed



Visit Cal OES's Heat Resources page to learn more about how you can protect yourself and your loved ones in extreme heat at caloes.ca.gov



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What Are the

Best Foods and Beverages to Consume to Stay Hydrated?



Hydrating Foods:

- Iceberg Lettuce: ~ 96% water content
- Raw Cucumbers: ~ 95% water content
- Watermelon: ~ 90%-99% water content
- Fresh Peaches: ~ 89% water content
- Fresh Pineapple: ~ 86% water content
- Apples, Oranges, Grapes, Carrots, Cooked Broccoli: ~ 80%-89% water content
- Canned Ripe Olives: ~ 80% water content
- Baked Sweet Potato: ~ 76% water content
- Bananas, Avocado, Cottage Cheese, Corn, Shrimp: ~ 70%-79% water content
- Pasta, Legumes, Salmon, Ice Cream, Chicken Breast: ~ 60%-69% water content

Hydrating Beverages:

- Water, including sparkling water, is the most hydrating choice when it comes to beverages!
- Low-Fat Milk: ~ 90%-99% water content
- 100% Fruit Juice: ~ 80-89% water content
- Unsweetened/Decaffeinated Tea: ~ 90%-100% water content
- Plain Decaffeinated Coffee: ~ 90%-100% water content
- Vegetable Juice: ~ 90%-100% water content

For previous editions of the Aging Healthfully Newsletter or to find the newsletter offered in a different **language* [click here](#).

**Translated versions of the newsletter may not be posted on the site right away.
Please check back often!*

Note: *The content of this newsletter is not intended to diagnose, cure, or treat any medical, health or other condition. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

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Illinois Department on Aging | One Natural Resources Way,, Suite 100, Springfield, IL 62702-1271

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