

# June

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HAPPY  
BIRTHDAY  
TO ALL OUR VALUED  
PARTICIPANTS



## Contact us:

### Coordinator:

Rosa

### Meals on Wheels

### Staff:

Penny

### Meals on Wheels

(208) 232-1114 Opt. 3

[www.seicaa.org](http://www.seicaa.org)

Your feedback is important to us!  
Contact us to give feedback and help  
us continuously improve.



## Individual Nutrition Consult



Are you in need for an individual Nutrition Consult? If so, our nutritionist can do a free one on one consult with you. The nutritionist can consult on the following: **unintended weight loss, newly diabetic, poor appetite, new cancer diagnosis, renal patients, muscle loss, access to food, etc..** If you would like a consult please let your driver know, or please call our office.

## Delivery date changes due to office closures/holiday's:

**There are no office closers for the month of June**



***Please call the day before to cancel  
a meal.***



United Way  
of Southeastern Idaho

Hello June



The month of June welcomes the official start of summer in the Northern Hemisphere, bringing longer days, blooming roses, and sunshine. From major June holidays like Juneteenth and Father's Day to the summer solstice and the glowing Strawberry Moon, this vibrant month is full of meaningful events and seasonal beauty.



### Donation Reminder

We hope that you are all enjoying your meals and that receiving them is helping you stay in your home. We depend somewhat upon your donations to continue the program. If you cannot afford them please do not feel that you have to contribute, we appreciate any and all donations we receive.

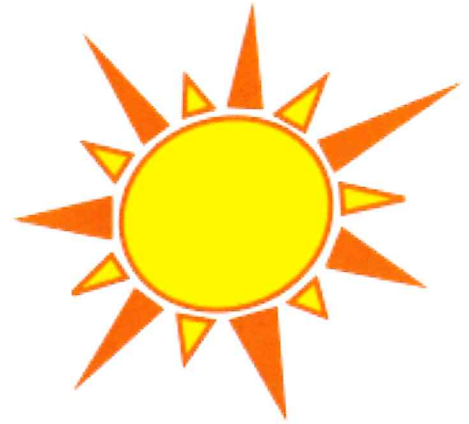


**Comments? Questions? Concerns?  
Call the office: 208-232-1114 Opt.3**

## June 2026 Nutrition Article

June weather is approaching, and with that comes extended sun exposure, potential sun burns, and dehydration

- Tips to safely enjoy the sun this summer:
  - Apply sun lotion, and REAPPLY often (every 2-3 hours if outside)
  - Wear protective eye coverings
    - Sun hats with a large brim
    - Sunglasses or goggles when swimming
  - Wear light layers
    - Light weighted layers that are easily removable
- Stay hydrated with plenty of water!
  - 8 cups per day recommended (at least)
  - Flavor water with:
    - Cucumber slices
    - Berries
    - Lemon or lime

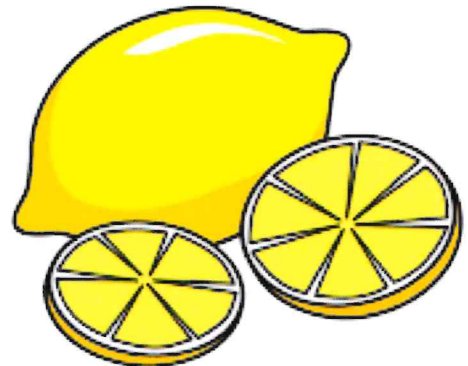


### Seasonal foods in June?

- Mangos
- Strawberries
- Watermelons
- Cucumbers

### Seafood Ceviche

- 2 cups shrimp; cleaned, cooked, and diced



- 1 cup imitation crab, diced (optional)
- ½ cup tomato, diced
- ½ cup cucumber, diced
- ½ cup red onion, diced
- ¼ cup jalapeno, seeded and diced
- ¼ cup of cilantro, minced
- ¼ cup lime or lemon juice
- Salt and pepper to taste

In a large bowl add in all listed ingredients, stir well. Refrigerate for at least 3 hours so flavors can settle. Serve with tortilla chips or crackers, enjoy! Optional toppings or mix-ins: V-8 vegetable juice, sliced avocados, pickled jalapenos, diced mango, etc.

### **FREE NUTRITION COUNSELING**

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. ***Ask your center staff for details today!*** ○ Please reach out to our site for help with the following:
  - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
  - Food resources - Food banks, pantries, programs, etc.
  - Menu planning, budgeting, and recipe ideas

# 10 Essential Health Tips

From baby boomers to senior boomers: 10 tips to keep you healthy and fit

In the last census baby boomers, those 65+, accounted for 13% of the population. This age group grew at a faster rate than the population under age 45, and it's clear that the US is an aging population. Happily, aging is different now than it was for our parents and grandparents. Today, there are more people living longer than at any other time in history. In fact, boomers will number 78 million by 2030. "This generation, associated with social change including the civil rights and anti-war movements in the 1960s, has another important cause "staying healthy," says soon-to-be 65-year-old Arthur Hayward, MD, a geriatrician and clinical lead physician for Kaiser Permanente. "We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives."

How to do it? Dr. Hayward recommends these 10 easy health tips for seniors to help baby boomers live longer and thrive:

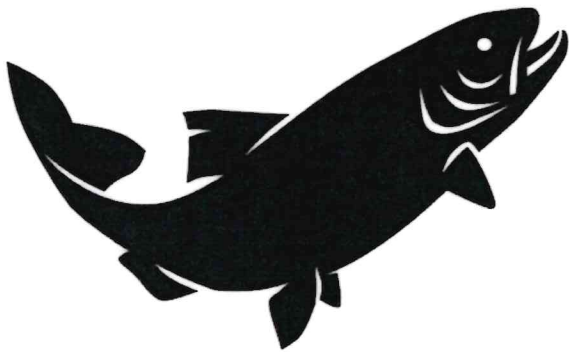
- 1. Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.
- 2. Keep active.** Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.
- 3. Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.
- 4. Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water. Water is calorie free!
- 5. Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.
- 6. Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.
- 7. Prevent skin cancer.** As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.
- 8. Get regular dental, vision and hearing checkups.** Your teeth and gums will last a lifetime if you care for them properly that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.
- 9. Manage stress.** Try exercise or relaxation techniques perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.
- 10. Fan the flame.** When it comes to intimacy and aging, age is no reason to limit your intimate enjoyment. Learn about physical changes that come with aging and get suggestions to help you adjust to them, if necessary.

# *FUELING A HEALTHY BRAIN*

Do you ever find yourself in the middle of a thought and suddenly it's gone? Or maybe in the middle of the afternoon your mind begins to wander? Your brain may be trying to tell you something.



Your brain needs fuel just like the rest of your body. Since the brain cannot store glucose, it needs a continuous source of fuel from foods. Start with a nutritious breakfast and continue with healthy meals and snacks through out the day.



Foods like blueberries, strawberries, prunes and fatty fish show a positive benefit to short-term memory.

Try to consume more of these foods by mixing fruit in cereal, yogurt or pancake batter and by consuming fatty fish two times a week.



Brought to you by:  
SICOG/Area Agency on  
Aging

# THE IMPORTANCE OF KEEPING HYDRATED

## By Beth Garolfallou, Alzheimer's Family Organization

Staying hydrated, especially in hotter climates, can be challenging, and it is often something easily overlooked. Seniors are even more at risk for becoming dehydrated. Dehydration is one of the most common reasons seniors are hospitalized. Illness, declining thirst, embarrassment and inconvenience of incontinence can accelerate it.

The impact on health can range from mild to life-threatening. Fortunately, however, dehydration is avoidable—even for seniors. In fact, proper hydration is a simple, effective, and natural way to slow the aging process and increase vitality.

It is important to recognize the symptoms of dehydration. Thirst is not necessarily an indicator. The following are the most common symptoms:

- ◆ Persistent fatigue
- ◆ Headaches
- ◆ Dizziness
- ◆ Deep rapid breathing
- ◆ Increased heart rate
- ◆ Sunken Eyes
- ◆ Dry or sticky mucous membranes in the mouth

- ◆ Muscle weakness or cramps
- ◆ Nausea
- ◆ Forgetfulness or confusion
- ◆ Skin that lacks its normal elasticity and sags back into position slowly when pinched up into a fold
- ◆ Decreased or absent urine output
- ◆ Decreased tears

Hydrating is simple: drink pure water. Beverages commonly used to quench thirst, such as soft drinks, juices, coffee, tea, alcohol, and sport's drinks, not only contribute to health problems—such as diabetes, obesity, osteoporosis, and tooth decay, but they also have solutes that inhibit the movement of water from the digestive system into the blood. Some drinks like alcohol, actually dehydrate the body; the best way to hydrate is to drink pure water. The daily intake of pure water should be the number of fluid ounces equal to one-half the body weight. For example, a 150 pound person should drink 75 fluid ounces (about ten 8-ounce glasses) throughout the day. It's important to spread it out to ensure continuous hydration and increase the amount if there is any physical activity. It is also important to drink at least 8 ounces of water when taking medications.

