



STAYING STRONG

JESUS CHRIST IS THE BIG "C" IN OUR LIFE – relegate cancer to be the "little c"

June 2022

HONOR OUR "FATHERS"

This Month's Topics:

"Staying Hydrated All Through the Year "

Inspiring Quote

Self-Care Corner

Laughter is the Best Medicine

The Importance of Staying Connected

Inspirational Bible Verse:

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6

JUNE IS NATIONAL SURVIVORSHIP MONTH

STAY HEALTHY EVERYONE!

HAPPY FATHERS DAY!

Wishing all the fathers a happy and enjoyable day on Sunday, June 19th. Let us not forget the grandfathers, the stepfathers, adopted fathers, the uncles, special neighbors and friends who may have been surrogate "fathers" to those who needed some TLC. Give thanks to all those who might not have been biological fathers but lovingly cared for and treated you as one of their own.

STAYING HYDRATED ALL THROUGH THE YEAR

Now that summer has officially arrived, we need to be aware of the importance of proper hydration. It is important that we get enough water throughout each day, all year long. As we get older, we have a smaller reserve of fluids in our bodies, and therefore dehydration can sneak up on us quickly, especially in the warmer months of the year.

Potential Consequences of Dehydration

Not drinking enough water can be the catalyst for several life-threatening health issues, which makes hydration even more important. Here are a few of the most dangerous effects of dehydration.

- **Kidney issues** are common for those of us that don't drink enough water. Without enough water in their system, the blood won't be properly filtered – which can cause confusion, lethargy and, in some cases, kidney failure.
- Seniors who suffer from **diabetes** are especially susceptible to diabetic ketoacidosis, a condition that causes naturally occurring acids in the body to build up, potentially causing organ failure, coma or death.
- Dehydration can lead to **heart attacks** or **heart failure**. Lack of water in the body causes the blood to thicken making the victim's heart work much harder than usual to circulate blood throughout the body.
- Dehydration can cause damage to the **brain**. A deficit of water in the body can lead to seizures and headaches. In addition, if anyone who is seriously dehydrated drinks too much water too quickly, it can cause their brain to swell, potentially causing permanent damage by making brain cells rupture as they expand.

Also, proper hydration allows our medicines and prescriptions to work as they are designed to do.

How Much Water Should We Consume?

We should drink eight or more eight-ounce glasses of water a day, following the standard suggestions for water intake. Here are a few helpful tips about how to make sure you, and any loved one you may be caring for, is getting enough fluids and to help inspire them to stay hydrated:

- A good idea is to find a 64-ounce pitcher, fill it with water, and keep it iced on your kitchen table or in your refrigerator. Every time you walk past, stop to take a drink. When you've finished off the pitcher, you know you've had enough to drink – and you don't have to remember how many individual glasses you've had.
- Flavor enhancer concentrates help make drinking water more interesting or enjoyable for those who feel the taste of water is boring. Some folks like to drink water infused with fruit to make their daily water intake a little tastier. Anything that ensures you drink enough water can help.
- Fruit such as melons often have high water content and can help hydration, although water from fruit is difficult to measure and track.

Warning Signs that We Aren't Drinking Enough Water

Dehydration often gives early warning signs before it causes permanent damage. But we have to be alert for the symptoms and be prepared to act quickly if they start to appear.

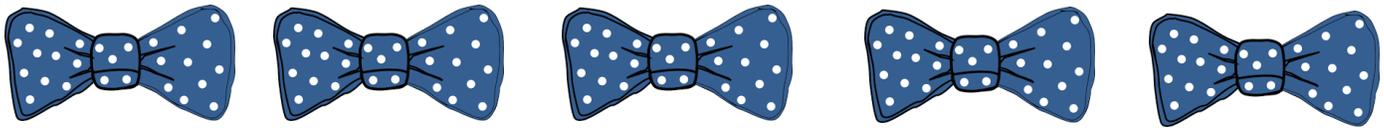
- Folks who are dehydrated have to relieve themselves less often. If you, or your loved one, isn't going to the bathroom at least once every two hours when awake during daytime hours, they might not be drinking enough.
- The darker a person's urine, the more highly concentrated the waste is, and that's a sign that there isn't enough water in their body. Whenever a person's urine is darker than usual, it's a good time to drink some water.
- When you don't have enough fluid in your body, your mouth is one of the first places symptoms start to show up. A dry, sticky mouth is a sign that there isn't enough fluid in your body.
- A severe, throbbing headache is often a sign of dehydration. Headaches caused by a lack of fluid can happen throughout the brain – the front, the top, the back – and are often aggravated by bending over, standing up or exerting yourself. If you have a headache that you suspect may be caused by dehydration, stop any activities you may be doing and gradually increase your water content, consuming about 8 oz. of water every 15 - 20 minutes until your symptoms are relieved.

Watch for the warning signs of dehydration and follow these hydration tips and guidelines to make sure you, a loved one, or someone you may be caring for, is properly hydrated all through the year.

INSPIRING QUOTE:

“The secret of life is to fall seven times and to get up eight times.” Paul Coelho

Paul Coelho is the author of the acclaimed book “The Alchemist,” which has sold more than 65 million copies in 80 different languages. But it was a long and winding road to that success. Coelho dropped out of law school and pursued failed careers in acting, theater directing, journalism, and songwriting before becoming a celebrated author. What’s more, “The Alchemist,” first published in 1998, originally sold fewer than 1,000 copies, and the publisher decided not to reprint the book. But Coelho didn’t give up. He kept trying and found another publisher willing to take a chance on him. His story shows that it’s not how many times you get knocked down that defines a life, but whether you have the strength and persistence to keep getting up and moving forward.



SELF-CARE CORNER

The goal of self-care is reducing stress and feeling recharged. You have to make that a priority so that you can be your best self. When you take care of yourself, you are more prepared to help others in your life and find joy doing it. St. Paul gives a great formula for reducing stress and recharging in Philippians 4:6-7. He writes: “Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Treat Yourself

Go get a pedicure, a massage, or a facial. Treat yourself to something you enjoy that makes you feel relaxed. Take that time to enjoy the experience and put yourself first. This is a sure fire way to help you feel more relaxed and refreshed.

“There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself.”

Brian Andreas

LAUGHTER IS THE BEST MEDICINE

“My brain has too many tabs open.”

Since March of 2020, we have experienced more time alone than ever thought possible. And we have survived. We have adjusted the way we do a lot of things and our social time with friends and family has radically changed – from being near social butterflies to becoming absolute hermits. Have you become friends with yourself yet? Have you discovered the “real you”? How do you like it?

Note on Mindfulness: Many of you may be thinking the term “mindfulness” is New Age. You might even be aware of seeing this term more frequently these days. However, giant corporations like Aetna Insurance and Google, among many, have major workplace programs for their employees to help them deal with the many possible stressors of modern life. We as Christians can still practice mindfulness through our focus on God.

EVERYONE: Many of you have concerns on a variety of matters. **Please feel free to contact us for prayer, help with questions, or just to say hello.** We are to stay strong and don't lose hope! There will be a time of reconnections with hugs all around!

Call Sheryl: 336-577-1935



THE IMPORTANCE OF STAYING CONNECTED

Isolation and loneliness are not just sad situations. They have been shown to increase the likelihood of dementia, depression, and heart disease in older adults. Even early death. Below are some ideas to boost connection. Some require technology. Others do not.

- **Video Calls.**
- **Old-fashioned snail mail.**
- **Telephone calls with an activity.**
- **Explore reminiscence activities.**
- **Consider a telephone check-in service.**
- **While at home, communicate with neighbors, friends and relatives. Don't wait for calls to come to you, pick up that phone and call someone! Our phones will become one of our best friends!**

OUR HEAVENLY FATHER *WILL* BRING US THROUGH THIS TRIAL!!!