

Shoreline Eldercare Alliance



 FRIEND ON FACEBOOK

 VISIT OUR PAGE



Share



Tweet



Forward

June 2021

Newsletter

Summer Safety – Beat the Heat

By: Mary Higgins

VNA Communities - Healthcare and Hospice

<https://connecticuthomecare.org/>

Summer is here and the heat is rising! With temperatures climbing higher, your body will begin to sweat in order to regulate its temperature, losing an increased amount of water that can lead to dehydration.

Dehydration is a frequent problem in the summer because oftentimes the body is losing more water than it consumes or holds. More than 70% of your body's weight is composed of water; 80% of your brain is water, and 90% of your blood is water. We need water to regulate our body's temperature, lubricate our joints, protect our tissue, and assist with our digestion.

Individual needs for water vary depending on physical activity, heat exposure, and age, however, it is generally recommended to get eight 8oz glasses of water per day unless your doctor has instructed you to limit your

fluid intake.

Seniors are more prone to dehydration than others due to their bodies having 10% reduced fluid content, a reduced sense of thirst, decreased appetite, chronic medical conditions, and some medication side effects.

Remember to drink even if you don't feel thirsty and plan ahead – once you recognize thirst, dehydration has already begun. Eat your fruits and vegetables – they have high water content. Juices and soda are high in calories and sugar and are not the best source for staying hydrated, and alcohol and caffeine can cause water loss.

If you are planning on exercising or being out in the heat, make sure that you remember to take frequent breaks to cool down. Seek out places that have air conditioning or shade or consider taking a cool shower.

Stay cool this summer and enjoy the warm weather safely!

OUR SPONSORS

SeniorBridge®

SHORELINE INSURANCE
SERVICES INC



Diet and Hypertension: A Rocky Relationship

BY: Senior Bridge

www.seniorbridge.com

Hypertension affects older people disproportionately due to age-related physical factors such as arterial stiffness, diabetes, and kidney and heart disease. When other conditions are present – such as dementia, cognitive impairment, and polypharmacy, – treating hypertension gets more complicated.

Diet control remains a proven method for effectively combatting high blood pressure. Because of this, home care can play an essential role in getting older people with hypertension to adhere to new diet parameters and maximize their ability to remain healthy at home. While the positive effects of a proper diet on high blood pressure have been known for some time, there can be a significant gap between knowing the right diet and sticking to it.

For example, the DASH diet (Dietary Approaches to Stop Hypertension), according to a 2016 study by the Journal of Clinical and Experimental Cardiology, “has been demonstrated to be effective in managing blood pressure.”

However, the study continues, there are “significant challenges in maintaining adherence to the protocol.” One study “showed that only 52% of obese adults...were advised by their physician on healthy eating, and those who received no counseling were less likely to adopt healthy eating practices.”

Yet when “lifestyle coaching by other professionals” was introduced, there was “improved adherence to the DASH diet.” In the area of dietary compliance for hypertension patients, it seems verbal reinforcement and encouragement plays a critical role.

Hypertension diet compliance with and without counseling support



For older people, dietary counseling matters even more

A 2018 literature review in *Current Opinion in Cardiology* recognized the key role of counseling to achieve dietary discipline among older adults with hypertension.

“Adopting a diet rich in plant-based foods, whole grains, low-fat dairy products, and sodium intake within normal limits can be effective in the prevention and management of [hypertension],” the report stated, adding that “these diets have been found to be more effective in older adults... particularly in studies that provided meals or frequent dietary counseling.”

At SeniorBridge, we believe that older people with high blood pressure are capable of controlling their health – as long as some support is present. Too many healthcare professionals who are experienced with older patients, this comes as no surprise; coaching is an important

EVENTS

SEA hosts educational events every few weeks.

Please check [our website](#) regularly for details on the upcoming events.

MEMBERS

- [Audiology Concierge](#)

Adult Day Services

- [Orchard House](#)

Assisted Living

Communities

- [Artis Senior Living](#)
- [The Towers](#)
- [The Village at Mariner's Point](#)

Dentistry

- [Dr. Karen Gallo, DMD](#)

Geriatric Care Manager

- [Elder Caring LLC](#)

Home Care Agencies, Non-Medical

- [Assisted Living Services, Inc](#)

Reverse Mortgage

- [Guilford Savings Bank](#)

- [VNA Community Healthcare](#)
- [Senior Bridge](#)

Hospice

- [Seasons Hospice](#)

Insurance

- [Shoreline Insurance Services Inc.](#)

Legal Services

- [Cartier & Bower, LLC](#)
- [RWC, LLC, Attorneys and Counselors at Law](#)

Nursing Home and Rehabilitation

- [Branford Hills Health Care Center](#)

Medical Equipment

- [Down Towne Medical Equipment](#)

OUR MISSION

Shoreline Eldercare Alliance, or SEA, is a group of ethical business owners and representatives of area organizations who provide senior adults and community members with information, resource referrals, education, and quality professional services. At SEA, our members strive to raise public awareness of issues important to older adults, families, and community members.

The Alliance is an advocacy group for elders and a compass to help people navigate both the stormy waters of aging and the healthcare services maze. SEA offers many services, including Home Sale and Improvement, Financial Planning, Daily Money Management, Long-term, and Hospice Care, Geriatric Care Management, and Home Care Services. For a full list of SEA's services, see our Services page.

Copyright © 2021 Shoreline Eldercare Alliance, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

