

Sunny Days



Summer Heat



And Staying Hydrated

After a long, drawn-out and cold northern Minnesota winter, what's the last thing this mom wanted to hear from her 7-yr old boy on the first sunny, 50-above day? ...“It's too hot!” Ohhh, son.

No, I didn't remind him of the panic he feels in that moment of stripping down out of his snow-pants because he “REALLY has to go!” And I didn't spray him in the face with the hose to, being the loving mother that I am, kindly cool him off and quickly relieve him from overheating. I didn't even ground him or take away his precious screen time where he could spend hours playing games that I can't even pronounce, nor do I have any desire to learn. That's Dad's area. I DID, however, take a breath as I closed my eyes and gratefully lifted my face to feel the warmth from that somewhat-foreign, big, bright ball in the sky.

What IS it about the sunshine and that magical Vitamin D that our bodies desire? Not only is Vitamin D essential for young growing boys (whether they like it or not) and uplifting for somewhat frustrated moms (who KNOW they need it), it is a must-have for Seniors. According to a study published in the Journal of Clinical Endocrinology & Metabolism, Seniors with Vitamin D deficiency are nearly twice as likely to have a physical limitation compared to Seniors with the highest levels of Vitamin D, and are likely to develop more over time. More research also suggests that the recommended amount of Vitamin D can help lower risks for bone disorders, decrease cardiovascular problems and help prevent falls, fractures and early nursing home admission.

Swimsuit season is upon us (talk about PANIC!), so get out there and soak up some sunny days – smartly, of course! Senior dehydration is also a common health issue that can lead to more serious problems, such as urinary tract infections and low blood pressure. Be sure to drink plenty of fluids during the day and come up with some refreshing “mocktails” to help prevent dehydration and get your summer swagger on! Just blend some fresh or frozen strawberries in with some ice, water and a little sweetener. Or fill a pitcher with water and add watermelon and mint – steep in the fridge overnight. Combine several orange wedges and a handful of blueberries into some ice water and drink up! Just try and stay away from any alcoholic beverages. We're going for SUNshine here, people...not MOONshine.

From our office, to your home....we wish you all a safe and sunny summer! (Because I know it won't be long before my Little Blessing will be telling me, “It's too cold!”)

Missy Thomas
Director of Care Services

