



Summer is a great time to get active, spend time with friends and family, and enjoy the outdoors. The hot weather can also pose health challenges, especially for folks in our age group. One of the main health issues is dehydration.

The Centers for Disease Control recommends adults consume 48–64 ounces of fluid each day. If you are outdoors in the heat, you should consume even more.



Fluid can come in the form of fruit and vegetable juices, soup, water, and milk. While sodas and coffee are liquids, many health professionals say they shouldn't be counted in your daily total. If they contain caffeine, which is a diuretic, they can increase the risk for dehydration.

Here are a few tips to help you stay hydrated:

- *Drink a few glasses of water or juice with every meal.*
- *Instead of taking a few sips of water with medication, drink a full glass.*
- *Invest in several stainless steel water bottles or small thermoses to refill and reuse throughout the day.*
- *Keep handy a list of water-rich fruits and vegetables to incorporate into meals and snacks. Melon, berries, cucumber, celery, bell peppers, oranges, spinach, and romaine all pump up hydration.*
- *Drink a bottle or glass of water before and while you exercise.*
- *Wear a hat that shields the face to keep your body temperature lower, reducing the risk for dehydration.*

A final tip: limit alcohol consumption on hot days or when spending time outdoors. Like

A final tip - limit alcohol consumption on hot days or when spending time outdoors. Like caffeine, it can cause fluid loss that increases the chance for dehydration.

Have a safe, healthy, and fun summer!

Here's what's happening for the rest of June

June 22 at 2:00PM - 3:00PM

Unfolding Developments in Washington:

The Infrastructure Bill and its Effect on Taxation

IAH's panel of expertise in Government, Politics and Law will discuss the Infrastructure Bill and how do we pay for it.



Yanniss Tsavalas



Brady Anderson



Bill Sage



Tom Martin



Do you feel safe crossing decades-old bridges? Is our national power grid dependable? Should universal internet access and the social safety net be considered a critical part of our infrastructure? How do we pay for the trillion-dollar-plus spending bill? What are the political implications and challenges for President Biden and the Congress in getting this done?

These and other questions will be considered by a panel of IAH members with experience in government affairs, legal and regulatory issues, communications and policy development. The panel will include Bill Sage, Brady Anderson and Yanniss Tsavalas and will be moderated by Tom Martin.

There will be opportunity for questions from participants during this Zoom broadcast. As in the past, we are anticipating a thought-provoking and insightful discussion of the issues from a non-partisan perspective.

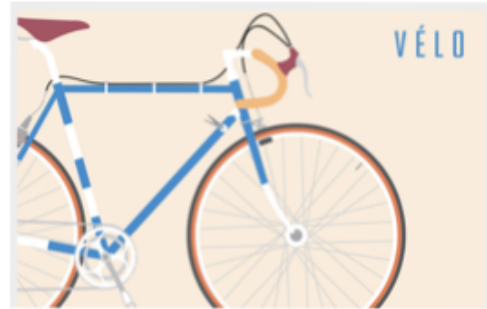
June 24 at 8:00AM - 9:00AM

IAH Billings Chapter

IAH BIKING Group

Beautiful weather and wonderful surroundings... that's Charleston! A great way to enjoy all of this is to hop on your bike and join our IAH biking group. Meet us at the l'On Club parking lot every Thursday morning for an hour ride.

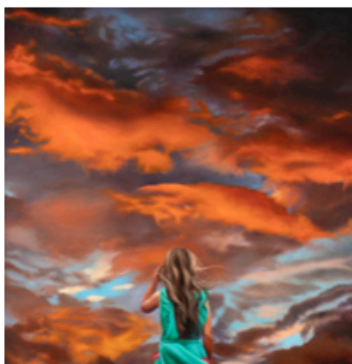
All levels are welcome.



June 24 11:00AM - 1:00PM French Quarter Gallery Tour



Cynthia Webb has organized a tour of three galleries of local artists. This is a unique opportunity to meet the artists themselves as they will be present to discuss their own works as well as those of the other artists in their galleries with IAH members. Feel free to stroll from gallery to gallery at your leisure.



**Robert Lange Gallery
2 Queen Street**



**Anglin Smith Fine Art
9 Queen Street**



**Horton Hayes Gallery
30 State Street**

The galleries are located near East Bay Street if you would like to join friends for lunch after visiting the galleries.

Note: Masks are required in the galleries.



June 25 at 5:00PM - 6:30PM

Cocktails and Conversations is a great way for members, especially if you are new to IAH to meet others in the IAH community.



Groups of no more than six people meet for cocktails outdoors on a member's porch or patio. Everyone brings their own drinks and snacks. Seating is arranged to allow for social distancing. It's a safe but enjoyable way to meet new people and enjoy lively conversation. Please go to the IAH Website and register by Thurs 5pm, the evening before the event to allow for logistical organization.

June 27th 3:00PM to 4:30PM
Bocci & Booze



Come play the ancient game of Bocce. There's a reason the game has endured for centuries. It's easy and fun. We'll meet on the Bocci court in Avant Garden on the corner of Westlake and Latitude.

Bring your beverage of choice. No skill is required but a sense of humor helps!

To sign up for these IAH events & activities, as well as future ones, go to your I'On At Home Website to see all the latest details.

Click [HERE](#) to enter the IAH Website

We're always searching for new subjects and activities that interest you. Please email your ideas to Joe and Peggy, your IAH Programs co-chairs.

We look forward to seeing you soon!

Joe Fanelli: j_fanelli@yahoo.com

Peggy Watt: peggy.watt@comcast.net



A community of friends enjoying enriched, vibrant and independent lives together.

This email was sent to maryh@ionathome.org

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

I'On At Home · P.O. Box 1225 · Mount Pleasant, South Carolina 29465 · USA

