



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

Dear IAH Members:

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.

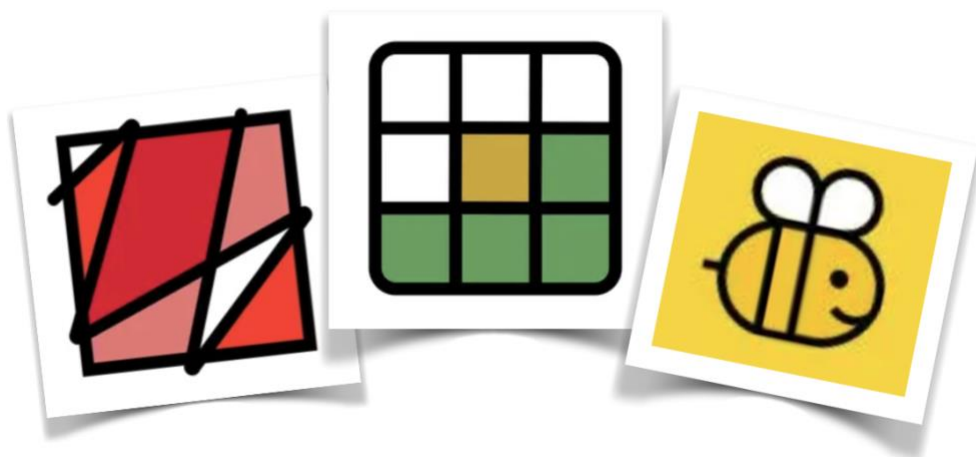
Fluid can come in the form of fruit and vegetable juices, soup, water, and milk. While sodas and coffee are liquids, many health professionals say they shouldn't be counted in your daily total. If they contain caffeine, which is a diuretic, they can increase the risk for dehydration.

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 caffeine, it can cause fluid loss that **increases the chance for dehydration.***

Have a safe, healthy, and fun summer!



Attention: Wordle, Spelling Bee and LetterBoxed Players!

We are trying a new activity this summer to help us stay connected even if we are away from I'On. Everyone tells us to keep our minds sharp and one way to do this is daily puzzles and games.

So if you play Wordle, Spelling Bee and/or LetterBox, and would like to share results, tips, tricks and recommendations, we invite you to join our group.

Just send Lori an email at lorifeehan@gmail.com and she will send you an invitation.

*Below find a sample of upcoming activities that are available to you.
Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.*

We look forward to seeing you.

JUNE 2023



BOARD MEETING
TUE 06 / 20 / 2023 AT 3:00 PM
Board or Committee Meeting
Members only (login required)
RSVP required

Tuesday
20



HAPPY HOUR AT COMMUNITY TABLE
TUE 06 / 20 / 2023 AT 4:00 PM
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
20



A CHOICES EVENT – STRENGTH AND RECOVERY
WED 06 / 21 / 2023 AT 10:30 AM
I'On At Home Event
Members only (login required)
RSVP required

Wednesday
21



MEN'S BOCCE
MON 06 / 26 / 2023 AT 3:00 PM
I'On At Home Event
Members only (login required)
RSVP required

Monday
26



ARE YOU GAME?
TUE 06 / 27 / 2023 AT 4:00 PM
I'On At Home Event
Members only (login required)
RSVP required

Tuesday
27



FREE

JUDY BLUME FOREVER

THU 06 / 29 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
29

JULY 2023



FREE

WEEKLY IAH BIKING GROUP THURSDAYS - JULY 6,13, 20 & 27

THU 07 / 06 / 2023 AT 8:00 AM

Interest Group

Members only (login required)

No RSVP required

Thursday
06



FREE

LET'S TALK BOOKS, TV SHOWS AND MOVIES

MON 07 / 10 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
10



FREE

HAPPY HOUR AT COMMUNITY TABLE

TUE 07 / 25 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday
25



FREE

DRIVEWAY, GARDEN DRINKS

THU 07 / 27 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
27