

TWIN OAKS AT STONE RIDGE

June 2022 Newsletter

Twin Oaks at Stone Ridge Resident 4th of July Celebration!

We are bringing back the 4th of July festivities this year- BUT it will look a little different than in year past. Each facility will be celebrating at their respective facilities. Unfortunately we will not be including family, friends, or guests.

Festivities will start at 5pm with a Hot Dog Dinner. We would love residents to assist us by bringing side dishes and/or desserts. Following dinner will be Big Money Bingo! Fireworks will start at approx. 8:30pm.



Louise Eagleson	06 01
Adolph Westrich	06 02
Carol Rabbitt	06 14
Betty Marlett	06 20
Tina Slattery	06 20
Oneida Haguewood	06 21
Sharon Purl	06 22
Claudia Knudsen	06 30

WHY DRINK WATER?

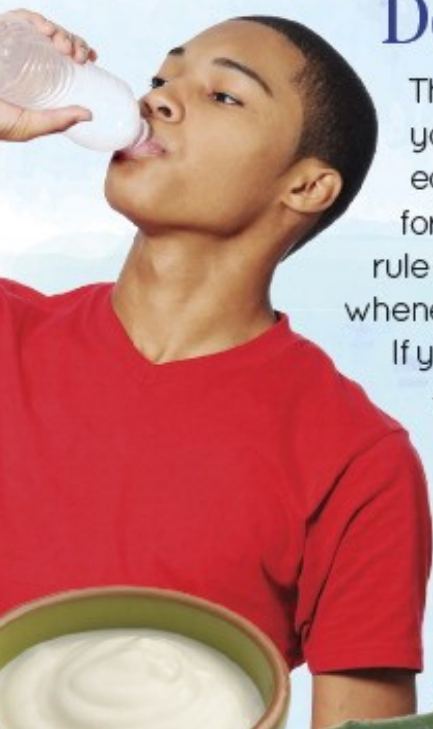
Water is a great way to satisfy thirst because it is calorie-free, inexpensive, and found just about everywhere.

Because the human body is made up of 60% water, it is important to replace the fluids you lose each day. Water plays a significant role in many body functions.

Drinking water helps maintain a balance of the body's fluids. These fluids help digest food, move nutrients around the body, and help regulate body temperature.

Choosing water instead of sugary drinks can help in weight control because water makes you feel full and helps you consume fewer calories.

How Much Water Do I Need?



The amount of water you need to drink each day is different for everyone. A good rule of thumb is to drink whenever you feel thirsty. If your urine is clear or light yellow, it is a good indicator you're drinking enough water.

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WATER Tips:



1 Get in the habit of hydration.

DRINK WATER:

- ☉ when you wake up
- ☉ at each meal
- ☉ in between meals

2 Carry a water bottle.

Take a water bottle with you when you are on the go, in the car, or at your desk. Find a reusable water bottle to refill with tap water, which will save you money and care for the environment.

3 Choose hydrating snacks.

Try watermelon, cucumbers, oranges, tomatoes, grapes, applesauce, oatmeal, beans, or low-fat yogurt. These foods contain a high percentage of water which helps keep your body hydrated.