

# Happenings at the HUB

## August 2025

### Wednesday Community Lunch

#### August 6

Grilled Teriyaki Chicken over  
Ancient Grains,  
Capri Veggies, Pineapple,  
Happy Birthday Jello Cake

#### August 13

Popcorn Chicken with  
Mashed Potatoes & Gravy,  
Seasoned Corn, Broccoli,  
Mixed Berry Crisp

#### August 20

Meatloaf with **VT Beef**,  
Mashed Potatoes and Gravy,  
Tuscan Blend Vegetables,  
Seasoned Peas, WG Dinner Roll, Ice  
Cream with Maple Syrup

#### August 27

Sweet & Sour Meatballs  
over WG Rice Pilaf,  
Stir Fry Vegetables, Seasoned  
Cauliflower,  
Apple Crisp

Serving 11:00 AM to Noon  
\$5.00 age 60 and older \$8.00 under age 60  
**To Reserve your Meal or Order take-out**  
Call 802-888-5011

### Summer Salad Social

#### Friday August 8

Pasta Salad Plate with ham & cheese, Coleslaw,  
Fresh Watermelon Chunks, S'mores Campfire Bar

Serving 11am to Noon

\$5.00 age 60 and older \$8.00 under age 60

**To Reserve your Meal or Order Take-out**  
Call 802-888-5011

### Did You Know?!

Meals on Wheels has Fresh Baked Goods available upon request:

Bread, Cookies, Dinner Rolls, & Danish

If you would like to place an order,

Please call Lynette at 802-888-5011 ext 0



## Potential dangers of not drinking enough water or becoming dehydrated

- **Optimal function.** Your body needs to be hydrated to function at its best. If there isn't enough liquid in your body, essential functions like circulation don't perform as smoothly and your organs won't get necessary nutrients, resulting in less efficient performance.
- **Mood.** Dehydration can affect your mood. If you haven't been drinking enough water, you can feel tired, cranky or irritable. You might even imagine that you're hungry, when what your body is really craving is water.
- **Productivity.** Hydration is also important for thinking clearly. If you're dehydrated, your productivity may suffer. It's important to remember that your body loses water all day and you should replace water continually throughout the day.

## Ten tips for increasing fluid intake

1. Drink a glass of water or juice first thing in the morning.
2. To meet your body's needs, and prevent frequent urination problems, drink regularly throughout the day, rather than several big gulps at once.
3. Constipation problems may be due to not drinking enough water – our bodies need water to balance fiber intake.
4. Fluids are more easily absorbed when they are cooler, about 40-60 degrees. Keep a 1-2-quart bottle of water in your refrigerator and make sure you drink and refill it daily.
5. When you pass a drinking fountain, stop for a refreshing drink.
6. Use the color of your urine as a guide for how well you are hydrated. If you urinate regularly and your urine is light yellow, you are drinking enough. If it is dark yellow, increase your fluid intake.
7. Carry a water bottle with you and drink regularly between meals.
8. Allergy sufferers and people taking medications should try to meet the fluid goals outlined above. Our kidneys and liver need extra water to process medicines.
9. Drink 1-2 cups of fluid 30 minutes before exercising and ½ cup-1 cup fluid every 25 minutes while you exercise. Within two hours after exercising, drink enough water to replace fluid lost during workout (for example, 2 cups for each pound lost).
10. Drink before you get thirsty. Thirst is a sign that your body is already dehydrated. Keep drinking regularly throughout the day even after your thirst is quenched.

Sources: Hall Health Center-UW Medicine, Fine Living Essentials, McKinley Health Center.

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