Dehydration

It is wonderful to such warm weather now with us all summer! However, I have been talking to many seniors lately who report that they are not always drinking enough during these hot summer days! Just a reminder that with the warm temperatures the risk of dehydration increases and this can be a serious medical issue! Water makes up a whopping sixty to seventy percent of the body. Dehydration occurs when your body does not get adequate fluids to maintain normal daily functions. The body continually needs fluids for all the organs to work at their optimum level. Seniors are at increased risk for dehydration since they frequently do not drink enough fluids. The last thing anyone wants now with the presence of the COVID VIRUS is an admission to the hospital and that can happen if inadequate fluids are consumed. Some symptoms of dehydration are dry mouth, fatigue, decreased urge to urinate, headaches, constipation, dark urine not straw or neutral colored and frequent dizziness or light headedness. If you experience these symptoms, drink extra fluids promptly and if the symptoms persist consult your doctor. Dehydration can't be taken lightly!! One good way to get fluids into your body on the hot summer days and into the early fall is through the consumption of fruits and watermelon is a perfect choice!!! Watermelon is 90 percent or more water and is very low calorie. It can be found locally too often through the warm temperatures the risk of dehydration increases. Some fluids. The last thing anyone wants now with the presence of the COVID VIRUS is an admission to the hospital and that can happen if inadequate fluids are consumed. 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Watermelon

Watermelon originated in Africa many thousands of years ago and now is a favorite of many Americans during the hot summer months. It is in the same family as pumpkins, squash, cucumbers and cantaloupe. The flesh of watermelon can be found in a variety of colors: red, yellow, pink and orange. All watermelon no matter what the color can be very sweet!! It has a bountiful supply of vitamins, minerals and plant compounds and is a good supply of fiber tool. One compound that is very concentrated in watermelon is lycopene. Lycopene is associated with cancer prevention and is very beneficial for the liver, the eyes, the skin and has anti-inflammatory benefits too. On this delicious way to enjoy watermelon is to blend it into juice after you remove the seeds if it is not seedless if you have a blender otherwise chop it up into a container in small pieces to snack on thru out the day.

Be well, hydrate and enjoy!!

1) Bridgi’s Kitchen, St. Michael’s Church, 47 Walnut Street, Brattleboro 802-254-6800 or 802-558-6072. Grab-and-go lunches and fruit/nuts on Mon, Weds, Thurs, and Sat, 11:30 am-12:20 pm.

2) Loaves and Fishes, Centre Congregational Church 193 Main Street, Brattleboro (802) 254-4730, Tues Grab-and-go lunches on Tuesdays and Fridays at noon.

3) Foodworks, the food shelf program of the Groundworks Collaborative https://groundworksvt.org (802) 490-2412, ccolascione@GroundworksVT.org Households in need of food are asked to call or email to coordinate delivery. There is an urgent need for volunteers, and Foodworks has set up protocols to keep staff, volunteers, and clients as safe as possible. Please email us at volunteer@GroundworksVT.org if you are able to help.

4) Vermont Department of Children and Families / Economic Services https://dcf.vermont.gov/COVID-19 (800) 479-6151. DCF Economic Services Division is conducting as much business as possible via phone and technology. You can apply for benefits or call to have your questions answered by calling the Benefits Service Center.

5) Senior Solutions, 1-802-885-2669 or 1-866-673-8376. https://www.seniorsolutionsvt.com/  

6) Vermont Center for Independent Living (VCIL) 1-800-639-1522 or 1-802-254-6851. https://www.vcil.org/  

7) Medicare Minute. For any questions or concerns with Medicare please feel free to contact Laura Bill from Community of Vermont Elders (COVE) and Senior Medicare Patrol (SMP) at 802-595-6077 or by email at lauraB@vermontelders.org.
COVID Protocol

1) Staff, visitors and those using the facility will only be able to enter and exit through the back door of the Senior Center. (This is the door that connects to the parking lot.) This will help ensure that our sign sheets are complete and that everyone is having their temperatures taken.

2) Either Sarah or Kathryn will be at a table near the back door to welcome people, take their temperature and sign them in.

3) Only a portion of our capacity will be allowed in the facility at a time. Currently the ratio is 1 person per 200 square feet. There for we will only allow 20 participants in the facility at once. Only 5 people will be allowed in a side room at a time.

4) EVERYONE must have their temperatures taken before entering the facility as well as answer the Pre-Screening Survey for Employees and Visitors:
   A) In the past 14 days have you had close contact with a person confirmed to have COVID-19?
   B) Today or in the past 24 hours have you had any of the following symptoms?
      1. Cough
      2. Shortness of Breath or Difficulty Breathing
      3. Fever over 100.4 or felt feverish
      4. Chills
      5. Muscle Pain
      6. Sore Throat
      7. New Loss of Taste or Smell
   Prepare to fill out the screening. If there is a YES answer to ONE of the above questions or a forehead temperature is equal to or exceeds 100.4 degrees Fahrenheit, the employee or visitor will be required to leave the facility. Employees that have had a COVID-19 positive will not be allowed on site and anyone who has had contact with any person who is diagnosed with COVID-19 must quarantine for 14 days.

5) Anyone who is symptomatic, or COVID-19 positive will not be allowed on site and anyone who has had contact with any person who is diagnosed with COVID-19 must quarantine for 14 days.

6) Anyone who is tested for COVID-19 should not come to the center until they have received a confirmed negative result.

7) If an answer to ONE of the above questions is YES, or a forehead temperature is equal to or exceeds 100.4 degrees Fahrenheit, the employee or visitor will be required to leave the facility. Employees that do not pass the screening protocol are required to contact their supervisors for additional guidance.

8) Anyone who refuses to comply with the screening, this includes the temperature check, will not be allowed entrance into the facility.

9) We will ensure participants observe strict social distancing of 6 feet as much as possible while at the center. Masks are required at all times, unless the participant is doing a program that is strenuous in which case it would be dangerous to wear a mask.

10) There will be no large group activities. Physical distancing practices should be in place and because of youth programs running upstairs no programs will be allowed to run on other floors at this time.

11) Reservations for ALL programs is required. Patrons will not be allowed to come into the facility with out pre-registering. To pre-register you must call 802-257-7570 and provide your name as well as the date and time you would like to attend.

12) Please call Sarah at 802-257-7570 if you have any questions. Please note that at this time Chris will not be serving a congregate meal, but she will be continuing to offer the To-Go Meals.

Art & Craft

Mixed Fiber Arts (Fee is by Donation)
Join us Tuesdays & Thursdays from 9:30 a.m. to 11:30 a.m. at the Senior Center and bring in a fiber art project that you are working on. Crochet, knitting, Swedish weaving, hand sewing and more are all welcome. **Reservations required: Please call 802-257-7570 to reserve your spot.** There will be no class on September 15th or 17th.

The Watercolor & Water Based Media Group (Fee is by Donation)
The Brush and Palette Painters meet every Wednesday from 10:00 a.m. to Noon at the Kiwanis Shelter at Living Memorial Park.

Oil & Sequencing Class (Set fee)
Please contact Marilyn Allen, of the River Gallery School, for more information at 802-451-9223.

Writing Group (Fee is by Donation)
At this time the writing group will not be meeting. We hope you all continue to write and express yourselves during these difficult times.

Quilting Group (Fee is by Donation)
At this time the quilting group will not be meeting.

Leisure

T.E.L.L., Talk, Experience, Listen & Learn (Fee is by Donation)
Join Sarah or a volunteer on Wednesdays at the Brattleboro Common from 1:00 p.m. to 2:00 p.m. as we discuss various life and older adult related issues and topics. Their will be no TELL group on September 16th. Bring things to talk about that you are struggling with, or help someone by coming in with a personal success story. Everyone is welcome! Please note that weather permitting we will be outside at the Brattleboro Common. Questionable weather and we will be inside. Please bring a lawn chair of your own to use. **Reservations required: Please call 802-257-7570 to reserve your spot.**

Movie Matinee with Kathryn (Fee is by Donation)
Thursdays at 1:00 p.m. Come join us in the lounge area as we sit back and enjoy a weekly film!*
**Reservations required: Please call 802-257-7570 to reserve your spot.**
September 3rd- Watch on the Rhine
September 10th- Mildred Pierce
September 17th- Annie Oakley
September 24th- Date with Judy

BINGO with Sarah: We will be playing regular Bingo on Thursday, September 10th at the kiwanis shelter located at the top of Living Memorial Park from 12:30 p.m. to 1:30 p.m. Please note we will be using one time use cards, we will not be sharing any items, and all items will be sanitized in advance. Lots of space available for social distancing. **Reservations required: Please call 802-257-7570 to reserve your spot.**

Bridge/ Pitch/ Cribbage (Fee is by Donation)
At this time there will be no card playing or board games due to social distancing and high touched surfaces.

Brattleboro Recreation and Parks Senior Center
207 Main Street, Brattleboro VT
(802) 257-7570
**Exercise & Sports**

**Pickleball (Fee is by Donation)**
Come join the crew year round and learn a new game suitable for most ability levels!

**SUMMER OUTDOOR SCHEDULE:** Mondays: 9:00 a.m. to Noon; Wednesday: 9:00 a.m. - Noon; Thursdays: 2:00 p.m. - 4:00 p.m.; Fridays: 9:00 a.m. - Noon. Schedule subject to change based on school cancellations, early releases, holidays and weather. Please contact Michael Hertz mjhertz@sover.net or Sarah Clark sclark@brattleboro.org with questions and to be added to the program email list. Please note: Due to COVID-19 and Summer Camps, there will be NO indoor Pickleball time available this summer.

**Country Line Dance (Fee is by Donation)**
Richard & Margo instruct Country Line Dancing Lessons on Wednesdays from 10:30 a.m. to 11:30 a.m. on the Dance Floor in the Senior Center. It is great exercise and lots of fun. No experience needed! Pre-registration is required by calling 802-257-7570. **There will be no class on September 16th.**

**Tennis (Fee is by Donation)**
This group meets every Tuesday and Thursday from 9:00 a.m. to 11:00 a.m. at the Brattleboro Union High School tennis courts. All abilities are welcome and feel free to bring a friend!

**Tai Chi (Set fee)**
Tai Chi is a powerful tool in healing and strengthening the body, mind and spirit. Flowing movements improve balance, increase flexibility, joint mobility and reduce stress. Steve Greene is certified by the Arthritis Foundation in the instruction of Tai Chi for health and arthritis. Tai Chi will run on Wednesday mornings from 9:00 a.m. to 10:00 a.m. on the Gibson Aiken Center Senior Center Dance Floor. Participants must register in advance by calling 802-257-7570. The fee for a ten week session is $50.00 for Residents of Brattleboro and $75.00 for Non-Brattleboro Residents. Drop ins are welcome and cost $5.00 a class for Brattleboro Residents and & $7.00 a class for Non-Brattleboro Residents. Participants to register with Sarah in the Senior Center or in the Main Office of the Gibson Aiken Center. **There will be no class on September 16th.**

**Softball (Fee is by Donation)**
Bring your glove and join pick up softball practice and games on Tuesdays at 9:30 a.m. located at the West River Park on Route 30.

**Bowling (Set fee)**
A friendly group looking for beginners and experienced bowlers. Meet at Brattleboro Bowl, Putney Road at 9:00 a.m. on Thursdays for three games for $10.00. We are always looking for substitutes. For more information call Nancy Dalzell at 802-782-4020.

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**September Menu**

**Monday**: Chicken Sandwich on a roll, Cole Slaw, Fruit Yogurt, Watermelon.

**Tuesday**: Chicken Stir Fry, Caesars Salad With Chicken, Whole Wheat Bread, Mandarin Oranges.

**Wednesday**: Roast Pork, Squash Crumbles, Whole Wheat Bread, Apple Crisp.

**Thursday**: Beef Stew, Mashed Butternut Squash, Whole Wheat Bread, Raisin Stuffing.

**Friday**: Meatloaf, Whole Wheat Roll, Collards, and Peppers.

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**Brattleboro Recreation and Parks Senior Center**
207 Main Street, Brattleboro VT
(802) 257-7570
**Weekly Programs**

### Mondays:
- 9:00 a.m.– Noon: Pickleball
- 10:00 a.m.– 1:00 p.m.: Social Time
- 1:00 p.m.– 2:00 p.m.: The Great Courses

### Tuesdays:
- 9:00 a.m.–11:00 a.m.: Tennis at BUHS
- 9:30 a.m.–1:30 a.m.: Mixed Fiber Arts
- 10:00 a.m.– 1:00 p.m.: Social Time
- 9:30 a.m.–11:30 a.m.: Watercolor Painting
- 10:00 a.m.– 1:00 p.m.: Social Time
- 1:00 p.m.–2:00 p.m.: The Great Courses

### Wednesdays:
- 9:00 a.m.– Noon: Pickleball
- 9:00 a.m.–10:00 a.m.: Tai Chi
- 10:00 a.m.–11:30 a.m.: Country Line Dance
- 11:00 a.m.– 1:00 p.m.: Social Time

### Thursdays:
- 9:00 a.m.–11:00 a.m.: Tennis at BUHS
- 9:00 a.m.: Bowling
- 9:30 a.m.– 11:30 a.m.: Mixed Fiber Arts
- 10:00 a.m.–1:00 p.m.: Social Time
- 10:30 a.m.–11:30 a.m.: Country Line Dance
- 1:00 p.m.–2:30 p.m.: Movie Matinee
- 2:00 p.m.–4:00 p.m.: Pickleball

### Fridays:
- 9:00 a.m.–Noon: Pickleball
- 10:00 a.m.–1:00 p.m.: Social Time

**Special Monthly Programs**

**Thursday 3rd**: Flu & Pneumonia Vaccination 9:00 a.m. to 1:00 p.m.

**Monday 7th**: Closed for Labor Day

**Thursday 10th**: Bingo at 12:30 p.m. at the Kiwanis Shelter

### Wednesday 16th:
- 9:00 a.m.–Noon: Pickleball
- 10:00 a.m.–11:30 a.m.: Mixed Fiber Arts
- 1:00 p.m.–2:00 p.m.: The Great Courses

**Please note there will be NO indoor programs the week of September 14th.**

**Medicare Minute**

At this time there will be no Medicare Minute. For any questions or concerns with Medicare please feel free to contact Laura Bill from Community of Vermont Elders (COVE) and Senior Medicare Patrol (SMP) at 802-595-6077 or by email at lauraB@vermontelders.org.

**Flu & Pneumonia Vaccination**

Don’t forget! The Flu/ Pneumonia Vaccination at the Brattleboro Senior Center is on Thursday, September 3rd. The flu vaccine is free to all seniors with the red, white and blue Medicare B card. Please note, we will only be able to accept the new Medicare card that does not show your Social Security number.

**2nd Drive-Thru Ice Cream Social With Sarah Noon – 12:30 p.m.**

Sarah will be hosting another free drive-thru ice cream social on September 16th at the Brattleboro Common from Noon to 12:30 p.m.

How this will work:
1. Call Sarah Clark at 802-257-7570 by 4:00 p.m. on September 11th to sign up to participate in this free program! Please note that in order to make sure we have enough supplies no reservation will be taken past 4:00 p.m. on September 11th.
2. On September 16th, you go the Common and park from Noon to 12:30 p.m. Sarah will either bring your ice cream to your car, or you can bring a lawn chair and come sit at park!
3. Once you have arrived, Sarah will come to your car and take your order, your options will be:
   - Vanilla Ice Cream or Chocolate Ice Cream
   - Chocolate Sprinkles or Rainbow Sprinkles
   - Caramel Sauce or Chocolate Sauce
   - Whipped Cream
   Please note all ice cream will be served in a dish so you don’t have to worry about ice cream dripping!
4. Once Sarah has your order, she will make your ice cream and then deliver it to your car.

We ask that when your order is being taken and your ice cream is delivered that you please wear a mask. We hope you enjoy this fun event and sweet treat! If you have any questions or want to register for this event please call 802-257-7570.