

April 2023

Hydration and Your Health – How Much is Enough?

April showers doesn't just mean water for the plants, ground and flowers. This month, make it a goal to see how much water you drink on a daily basis and if it matches up to what is recommended. The U.S. National Academies of Sciences, Engineering, and Medicine suggest daily fluid intake a little over **three and a half liters** for men and just over **two and a half liters** for women. This includes fluids not only from a bottle of water, but food as well. The average person gets 20% or 1/5 of their water from food. Certain foods have high water content, which may make it easier to reach the goal of complete and healthy hydration. Starting off, drinking **8** glasses of water a day, even if you don't always feel thirsty, is a solid step in the right direction.

Why Stay Hydrated?

Not only can drinking enough water help get rid of wastes through urinating, sweating, and bowel movements, but it can help regulate your temperature, decrease headaches, lubricate and cushion joints, help keep your skin in clear condition, increase energy throughout the day, and keep your heart, brain, and other vital organs in the best shape possible.

Foods High in Water Content

- Cucumber
- Zucchini
- Lettuce
- Watermelon
- Strawberries
- Grapefruit
- Peaches
- Apples
- Blueberries
- Honeydew
- Cantaloupe
- Bell peppers
- Broccoli
- Celery

SIGNS OF DEHYDRATION

- | | |
|-------------------------|-------------------------|
| Extreme thirst | Less frequent urination |
| Dark-colored urine | Fatigue |
| Dizziness and headaches | Confusion |
| Dry mouth | Sunken eyes or checks |

Waggoner Chocolates and Papyrus Easter Cards are Available



First person to return a correct and completed word search will receive a free Waggoner Chocolates Easter Basket.

Ortho Molecular Liquid Vitamin D3 with K2

Want a healthy heart and strong bones, but don't like taking pills? From our line of Ortho Molecular Products, we have a liquid that can be dropped directly on the tongue or even mixed with your favorite beverage.

- Liquid Vitamin D3 with K2 helps support healthy blood circulation, promote bone health and proper calcium storage, and improve immune function.
- Just one or more drops per day or as recommended by your health care professional



Easter Crossword Puzzle

C E L E B R A T I O N V R A E E Y G
 N Q W X A N E S P D Y D B B V B F W
 O G Q O N S G F E F V I A A Z A S L
 E S N W M U G O R C Y K X N J S I Z
 W A P Y H N H B P A R A D E F K Z L
 Z V S N L D U D U R U D X A U E F P
 R B F T B A N H J N A P P U R T Q F
 F I F B E Y T E S B N B H M Q M T K
 U K Z A J R R V D P B Y B H R H Z K
 H C H O C O L A T E R I E I W O R U
 O H C F E S T I V I T I E S T Z B R
 O C A N D Y L F D T D X F S V F A V

Find the following words in the puzzle.
 Words are hidden → ↓ and ↘ .

BASKET
 BUNNY
 CANDY
 CELEBRATION

CHOCOLATE
 EASTER
 EGGHUNT
 FESTIVITIES

PARADE
 RABBIT
 SUNDAY

A Few Examples of Our Durable Medical Equipment

Come visit us at the **WAKR Senior Lunch Series** on Wednesday May, 10th at St. George Fellowship Hall. For more information call **330-869-9800**.

Going Home After the Hospital?

Getting around can be a struggle after a recent surgery or ailment. We provide a variety of durable medical equipment to keep you safe and mobile, including safety in the bath-shower area.



- ❖ Wheelchairs
- ❖ Walkers
- ❖ Crutches
- ❖ Canes
- ❖ Elevated Toilet Seats
- ❖ Bath benches
- ❖ Tub Rails
- ❖ Ask about special orders!