August is the Hottest Month — Stay Hydrated

It can be easy to take water for granted. Virtually every building we set foot in has available drinking water. Because of its widespread availability, you may feel no great sense of urgency to hydrate. After all, there will always be a chance to have a drink later, right?

Wrong! It is especially important not to procrastinate when it comes to staying hydrated, especially in the summer time.

On average, men need six to eight 8-ounce glasses a day, and women tend to need around five 8-ounce glasses a day. Everyone has different needs depending on your age and state of health. As we age, dehydration becomes more likely and more of a hazard.

Older adults are more vulnerable

As muscles and tissues atrophy with age, the balance of water in our bodies decreases. At the same time, aging kidneys lose their precision when it comes to regulating the body’s internal balance of fluids, causing us to lose more water than we ought to. Older adults often can’t tell when they’re dehydrated. The sense of thirst, one of our built-in protections against dehydration, becomes less pronounced, making dehydration more likely to occur.

Risk factors

• Heat—hot weather causes us to lose water more quickly through perspiration.

• Age—the older you are, the easier it is to become dehydrated.

• Certain medications have a diuretic effect. Ask your doctor about medication that may lead to dehydration.

• Worries about incontinence can lead to inadequate hydration. People who drink less to “correct” a bladder control problem put themselves at higher risk of dehydration.

If unaddressed, dehydration can lead to serious problems. Dizziness, a common symptom, increases the risk of falling.

Food Around the World with Dan MacRae

Friday, August 30 at 2:00 PM

Join Dan MacRae, Director of Dining Services, for his next live cooking demonstration! This month he will discuss Indian cuisine and prepare a delicious curry-based dish.
Golden Age of Musicals with Jack Craig
Thursday, August 8 at 1:30 PM
If you love musicals, you won't want to miss this chance to sing along to hits from 1950s Broadway. Jack Craig performs each selection on piano, providing lyric books as well as fascinating historical details behind each song. This program will harken back to the newcomers of the 1950s such as Jerome Robbins, Meredith Willson and Gower Champion; as well as landmark musicals composed during this decade: “West Side Story,” “The Sound of Music” and “Camelot.”

Happy Birthday!
Sr. Ella C.  August 7
Happy Birthday! August 30 at 12:00 PM.
in the Private Dining Room to celebrate on Friday, Residents born in August are invited to lunch
Philomena C.  August 27

Shopping Trips
Lexington Center / Walgreen’s
Thursday, August 15 & 29
Time: 1:00 PM  Return: 2:30 PM
Burlington Market Basket
Friday, August 9 & 23
Time: 9:30 AM  Return: 11:00 AM
Bedford Stop & Shop
Friday, August 16
Time: 9:30 AM  Return: 11:00 AM
Lexington Stop & Shop
Friday, August 30
Time: 9:30 AM  Return: 11:00 AM

“Hydrate” continued from page 1
Ultimately, being dehydrated could result in a fracture, a broken bone or other serious fall-related injuries. Long-term or chronic dehydration has been linked to coronary artery disease and some forms of cancer, including bladder cancer for men. It can also cause cognitive problems similar to dementia, including problems concentrating and severe short-term memory loss.

This summer it’s important to be especially aware of the risk factors for dehydration, the tell-tale symptoms, and (most importantly) ways to stay hydrated. During hot weather, we lose fluids more rapidly through perspiration. The single most important way to prevent dehydration is to replenish those fluids by drinking water, even if you’re not perspiring or don’t feel thirsty. Simply staying indoors is not enough. You could be sitting in a cool, air-conditioned room all day long and still become dehydrated. There’s simply no substitute for drinking water.

Beware of these common signs of dehydration:
•  Dry mouth, thick saliva
•  Urinating only in small amounts or not at all
Deeply colored urine (the clearer, the better!)
•  Headaches
•  Cramps
•  Weakness, general feeling of being unwell
•  Sleepiness or irritability
If you drink alcohol and/or caffeine, you will need to drink even more water to offset the diuretic effects. Diuretics cause the body to lose water. So for every caffeinated or alcoholic beverage you drink, be sure to add another glass of water to your daily quota.

And now, it’s time to reward yourself for making it through this article! How about a nice, cold glass of water? Enjoy!

Monthly Highlights...
Ballroom Dancing with Michael Winward
Tuesday, August 6 at 2:00 PM
With instructor Michael Winward leading, dancers of all abilities are able to get moving in a supportive and joyful environment. Inspired by the idea that people of all ages and abilities should have opportunities to dance, Mr. Winward has led social Ballroom and Latin dance workshops throughout Greater Boston, witnessing firsthand the many benefits that dancing provides for the “Over-55” community. Dance encourages good posture, offers low-impact, cardiovascular exercise and connects people through the skills of leading and following.

Broadway Seated Dance with Phyllis Ritter
Wednesday, August 14, 21 & 28 at 9:30 AM
Broadway Seated Dance is a music and dance program for older adults who love the upbeat tunes from movie musicals, Broadway and the popular performers dazzling audiences between the 1930s and 1960s. This program includes a gentle warm up, easy-to-follow body movements and a relaxing cool down. The exercises are designed to improve cardiovascular function, range of motion, muscle tone, posture, circulation and flexibility. Be sure to join us on Wednesday mornings!

Conflict & Compromise:
A Lecture Series with Gary Hylander
Constitutional Convention
Saturday, August 10 at 2:00 PM
In the summer of 1787, fifty-five delegates gathered in Philadelphia to amend the Articles of Confederation. At the urging of James Madison and others, the delegates discarded the Articles and established a new Constitution. A vigorous debate swept the nation over whether or not to accept the Constitution, which established a more powerful federal government. Although John Adams was not present at Philadelphia, he applauded the work of the delegates as “the result of good heads prompted by good hearts.”

ArtMatters Presents . . .
Art Keeps us Human
Tuesday, August 13 at 2:00 PM
This mini-history of western civilization will examine how art and humanity depend on each other. From the caves to the space shuttle, art has remained inseparable from human society. Be sure to bring your sense of humor and your “sense of human.”

Stories of the Spirit from Around The World
A Discussion Series with Rabbi Natan Margalit
Wednesday, August 14 at 2:00 PM
The world has many spiritual traditions that have imparted a treasure trove of delightful and enlightening stories. Rabbi Margalit will present stories from a wide variety of faith traditions including Christianity, Judaism, Sufism, Hinduism, Buddhism and Native American traditions. The course will explore themes such as spiritual quest, growth and challenge.

Laughter Yoga with Juliet
Friday, August 23 at 2:00 PM
Spontaneous laughter is known to promote cardiovascular health, social bonding and stress reduction. Laughter yoga involves a combination of physical movements and coordinated, voluntary laughter. Studies have shown that laughter yoga produces the same positive results that spontaneous laughter provides.

Drumming Circle with SoulWorks Rhythm
Wednesday, August 28 at 2:00 PM
Experience the exhilaration of communal drumming! For centuries, many cultures have made drumming a central part of communal life. Recently, drumming has been associated with therapeutic benefits like lower blood pressure and stress relief. SoulWorks Rhythm will provide an array of drums and guide participants through traditional drumming techniques.
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Sunscreen and Skin Aging
In midsummer, with the sun at its hottest, sunscreen is a must if you’re planning to spend any time outdoors. We all know that sunscreen provides protection against skin-damaging UV rays. Now, research suggests that sunscreen also contributes to younger looking skin. Skin develops wrinkles, liver spots and other signs of aging in a process called “photaging.” It turns out that the sun’s UV rays are a primary cause of this process. A study published this summer in the Annals of Internal Medicine found that protecting yourself from UV rays via sunscreen can significantly reduce wrinkling and other signs of skin aging. Researchers tracked over 900 healthy adults over a four year period. Participants were divided into groups. One group was told to apply sunscreen daily, and given instructions to reapply sunscreen after sweating or prolonged sun exposure. The other group was simply told to apply sunscreen at their discretion. Those who were told to apply sunscreen daily showed 24% less skin aging than the group that only used sunscreen when they felt like it. Researchers had long suspected that sunscreen prevented skin aging. Photographs of elderly truck drivers have been published supporting this theory. One photograph shows a truck driver with heavy wrinkles on the left side of his face, and smooth skin on the right side. Can you guess why? Long hours on the road had exposed the left side of his face to the sun’s rays, over a period of 28 years. The study in Australia is the first scientific proof that skin aging can be prevented by sunscreen. So before you step outside, be sure to lather up.

Community Outings

Isaac’s Restaurant in Plymouth
Wednesday, August 14
Depart: 11:05 AM
Return: 3:00 PM  Cost: $ for lunch
Located on the historic Plymouth waterfront, Isaac’s Restaurant is a favorite among locals, tourists and neighboring communities. Enjoy spectacular views of Plymouth harbor and the Mayflower while enjoying first-rate seafood, steaks, salads and pasta in a classy yet casual environment.

Bedford Farm Ice Cream
Wednesday, August 21
Depart: 12:30 PM
Return: 2:00 PM  Cost: $ for ice cream
Studies have shown that eating ice cream promotes wisdom, beauty, wit and longevity. These studies may be fictitious, but that’s no reason to miss our trip to Bedford Farm for delicious ice cream! Located in the historic New England town of Bedford, Massachusetts, Bedford Farms Ice Cream has been serving award winning homemade ice cream since 1880.

Great Wall Restaurant
Wednesday, August 28
Depart: 11:30 AM
Return: 2:00 PM  Cost: $ for lunch
The Great Wall Restaurant in Bedford offers authentically Chinese cuisine in an elegant setting. Professional chefs use only the highest quality ingredients, making The Great Wall a local favorite.

Grow as a Person Opportunities

Profiles of Women in History with Professor Richard Brabander
Benazhir Bhutto & Indira Ghandi
Monday, August 5 at 2:00 PM
Benazhir Bhutto and Indira Ghandi were among the most prominent South Asian women in recent history. Bhutto was the first woman to serve as the prime minister of a Muslim nation, the first woman to lead a major political party and Pakistan’s only female prime minister. Ghandi was the first and only female prime minister of India, serving four terms between 1966 and 1984 before she was assassinated by her Sikh bodyguards.

Shared Stories: The Afterlife of Heroes and Heroines in the Old Testament and Qur’an with Rabbi Leonard Gordon
Monday, August 12 at 2:00 PM
From Abraham, Sarah and Hagar to Joseph, Moses, Miriam, King David and the Queen of Sheba, biblical figures loom large in the classic stories of Christians and Muslims. Do these shared traditions connect us, divide us, or both? This lecture series will focus on the three Abrahamic traditions - Judaism, Christianity and Islam - and their respective core scriptures - The Hebrew Bible, the New Testament and The Qur’an. This course will also examine texts from later traditions including rabbinic midrash and Islamic traditions.

An Afternoon with Classical Pianist Tae Kim
Saturday, August 31 at 2:00 PM
Hailed by the New York Times for his skilled improvisations, Tae Kim brings rigorous execution and whimsical styling to his piano performances. His adventurous taste and willingness to push boundaries have led to a diverse repertoire ranging from Lou Reed’s “Walk on the Wild Side” to Schumann, from packed concert halls to the street piano in Harvard Square. At Youville he will perform a mix of original compositions and classical works including selections from Schumann and Hindesmith.

Get Your Hearing Screening This Month
A lifetime of noises can take its toll on the ears. The longer we’ve lived in a world full of loud sounds—especially those of us living in crowded cities or with noisy jobs—the greater our risk of damaging our inner ear.

One in five Americans will lose their hearing to some extent, and the risk of developing hearing loss doubles every ten years. Hearing loss can have unpleasant ramifications, including increased isolation, difficulty engaging in conversations, depression and an increased risk of falling.

Most recently, research presented at the 2019 Alzheimer’s Association International Conference, in Los Angeles, demonstrated a link between hearing loss and dementia. Researchers from the University of Exeter and Kings College London tracked the cognitive health of thousands of older adults who were hard of hearing. One group wore hearing aides, and the other did not. After two years, the group with hearing aids performed significantly better on tests that assessed memory and cognition. The researchers claimed that the group who did not wear hearing aids had aged 8 years more rapidly in terms of their ability to concentrate.

People who receive treatment for hearing loss report significant benefits, including improved morale, increased self-confidence, and a renewed sense of connection with family and friends. Treatment for hearing loss varies according to the problem. In some cases, wax build-up is found to be the culprit; the procedure for clearing out wax is simple and effective. In the event of damage to the cochlea, hearing aids can amplify sound as it passes through the middle ear. Another option is cochlear implants, which perform the work of signal transmission that the damaged cochlea can no longer perform.

Youville offers monthly, in-house hearing appointments through Onsite Hearing. This month, Onsite hearing will visit Youville on Friday, August 9. To schedule an appointment or learn more about their services, call them at 800-632-0306.
Save the Dates...

Programs Planning Meeting
w/ Lead Programs Assistant, Simona Granfone
Thursday, August 1 at 10:30 AM

Nurse’s Chat
w/ Director of Wellness, Kathryn Carlino
Thursday, August 8 at 10:30 AM

Resident Management Meeting
w/ Youville Directors
This meeting will resume in September

Let’s Talk Food
w/ Director of Dining Services, Dan MacRae
Tuesday, August 27 at 10:30 AM

Country Store

Store Hours
Monday 10:00 AM - 11:30 AM
Wednesday 10:00 AM - 11:30 AM
Friday 10:00 AM - 11:30 AM

Store Volunteers:
Sr. Theresa R., Sr. Dolores B. & Brigid S.

Transportation Services

Transportation Hours
Monday through Friday
8:00 AM - 2:00 PM
The fee for transportation is $10.00 for Lexington and $20.00 for surrounding communities. Please see the Programs Department with any questions. We will make every effort to accommodate your wishes, but please understand that no transportation can be guaranteed with less than 48 hours notice.

Programs / Menu Hotline...
Have you ever wondered whether your favorite program is on the schedule for the day? Would you like to know in advance what the daily menu choices are? Now you can hear a recorded list of the daily programs as well as the menu for lunch and dinner at Youville Place. Simply call (781) 761-1334 directly, or call the Reception Desk and the receptionist will connect you.

Youville Place Management Team

Nicole Breslin
CEO & President

Joanne Scianna
COO

Tom Landry
Director of Human Resources

Kathleen Kelleher
Director of Mission & Spiritual Care

Paula Desmond-Wallace
Regional Controller

Katie Blanchard
Director of Programs

Susan Snow
Director of Marketing

Kathryn Carlino, RN
Director of Wellness

Dan MacRae
Director of Dining Services

Bob Salamanca
Director of Environmental Services

Virginia Ellis
Director of Community Life

Yanira Burgos
Director of Community Relations

Melissa McGee
Director of the Courtyard

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Youville Place • 10 Pelham Road • Lexington, MA 02421 • 781.861.3535

www.youvilleassistedliving.org

Mission
We are a Catholic health ministry, providing healing and care for the whole person, in service to all in our communities.

Our Heritage
Youville Assisted Living Residences are communities grounded in the spirit of St. Marguerite d’Youville, foundress of the Sisters of Charity of Montreal, “Grey Nuns.” Trusting in God’s love, each community serves all those in need with compassion and respect.
Summer Superfoods

The summer harvest provides an abundance of delicious, healthy foods. From leafy greens to juicy fruits and vegetables, these all-natural treats invite us to nourish our bodies, minds and taste buds to the fullest.

Here are just a few refreshing, in-season fruits to prioritize during the final stretch of summer. Put them on your shopping list and keep them on hand for a daytime snack - or look out for their appearance on the lunch and dinner menus!

**Strawberries**
*In Season - late April through August*
Arguably the world’s most popular fruit, strawberries are that rare food item that is sweet enough to be a dessert and healthy enough to eat in an unrestrained manner. Strawberries are high in antioxidants called polyphenals and contain large amounts of vitamin C. They are fat-free, sodium-free and cholesterol-free, and have a relatively high water-content. Adding strawberries to your diet may help lower blood pressure, prevent cancer and stay hydrated.

**Tomatoes**
*In Season - June through September*
Tomatoes are famous for their high concentration of healthy antioxidants. One such antioxidant, called lycopene, is associated with cancer prevention, as well as heart and bone health. Tomatoes contain significant amounts of Vitamins A, C, K and B6. They also have high amounts of potassium, a mineral that keeps nerves healthy. Tomatoes come in many different shapes, colors, sizes and taste profiles ranging from sweet to tart. Now is the time to start sampling them all!

**Cantaloupe**
*In Season - June through August*
Cantaloupe contains an enormous amount of water, providing a guaranteed source of hydration during hot summer afternoons. Its supply of vitamin C, potassium and fiber helps regulate blood pressure, prevent heart disease and maintain a healthy supply of electrolytes. Cantaloupe also serves as a rare source of choline, an important nutrient that supports brain health, memory and overall nervous system functioning. While egg yolk has been heralded by some as the best way to get choline, cantaloupe provides a cholesterol-free alternative for this important nutrient.

**Watermelon**
*In Season — July through August*
Most people who grew up in the United States have fond summer memories of watermelon.
A staple of outdoor picnics and backyard barbecues, watermelon has a 91% water content, making it one of the most refreshing ways to stay hydrated. Nutritionally, watermelon contains a high amount of vitamin C, heart-healthy antioxidants and the phytonutrient known as lycopene (which is also prevalent in tomatoes). Surprisingly all parts of the watermelon are edible and nutritious, not just the red juicy fruit. Want to be adventurous? Try pickled watermelon rind!

**Blueberries**  
*In Season — May through August*  
Blueberries are one of the most antioxidant rich foods you can eat, benefiting both body and brain. Research suggests that eating blueberries increases memory and concentration, and overall brain functioning thanks to compounds called flavonoids that boost our neuron signals. Antioxidants found in berries are also thought to help protect against heart disease and cancer. According to the Harvard School of Public Health, three or more servings per week of blueberries and strawberries may help prevent women from having heart attacks. This is because these berries contain the flavonoid anthocyanin, which increases circulation around the heart.

**Peaches**  
*In Season — May through August*  
Peaches are in season at different times of the year depending on where they are grown. Georgia, the peach capital of the world, enjoys the longest season for peaches, from May to August. Peaches contain many vitamins and nutrients in modest amounts, such as vitamins A, and C, potassium, fiber and many other nutrients. More importantly, the skin of a peach contains antioxidants that can help protect the body from free radicals. If you’re trying to lose weight, a peach is a good choice - the average peach contains just 68 calories, no fat, and provides a refreshing summer snack.

In fact, the month of August is National Peach month! The Programs Department will host a special National Peach Month Happy Hour on Thursday, August 15th, featuring a variety of peach-based snacks and beverages.

Get fit. Stay sharp. Age well. ©

- **Balance Challenge**  
- **Broadway Seated Dance**  
- **Forever Fit**  
- **Stretch & Flex**  
- **Ballroom Dancing**

- **Watermelon** is very high in lycopene, a nutrient that may help prevent cancer and diabetes. Watermelon also contains citrullene, an amino acid that can help lower blood pressure.

- **Catholic Mass**  
- **Shared Stories**  
  - w/ Rabbi Lenny Gordon  
  - Stories of the Spirit  
  - w/ Rabbi Natan Margalit

- **An Afternoon w/ Juliette Fay**  
  - Verdi Opera Lecture Series  
  - w/ Erika Reitshamer  
  - History Lecture Series: 1919 at 100  
  - w/ Gary Hylander

- **ArtMatters Presents . . .**  
  - Art Keeps us Human  
  - An Afternoon of Music w/ Nancy Day  
  - An Afternoon w/ Pianist Tae Kim