



## Healthy, Hydrating Drinks For Any Age

Hydration is important for people of any age, but with the changes that happen to our bodies as we age, seniors are often more susceptible to not drinking as much fluids as they should. Between incontinence worries and changing tastes, seniors are often more likely to skip an extra glass of water and become dehydrated. Unfortunately, dehydration in seniors often leads to a variety of serious ailments that can include infections and even confusion. Because our beautiful city of Denver boasts especially dry air and higher sun exposure than other cities throughout the country, our seniors must take extra care to fight dehydration and other complications that can arise from not getting enough fluids.

This summer, consider spending some extra time in the kitchen with your loved one, creating beverage concoctions together that will keep both of you drinking plenty of fluids. Remember to include your loved one in the process, even if it means moving a bit slower to accommodate stiff joints. Cheers to quality time together, and to delicious beverages that are more interesting than plain water.

### ***Spa Water***

In a pitcher, combine water with any combination of sliced citrus, berries, melon or cucumber. Serve with a straw in a glass or mason jar. Experiment with combinations (honeydew/cucumber or berry/lemon) and see which flavor is the favorite.



### ***Sun Tea***

Have the beautiful weather do all the hard work with this iced tea recipe. Simply fill a covered pitcher or large jar with water and unwrapped tea bags. Sit the jar outside in the sun to brew. In a few hours, return to find your tea all brewed, warmed by the sun. Pour over ice and enjoy. Remember that caffeine isn't always the best choice for hydration; decaf tea or herbal tea is a wonderful substitute that tastes just as heavenly.

### ***Spritzers***

While flat water is the ideal hydration beverage, sometimes adding a little sparkle can make drinking up a bit easier. Experiment with low sugar juices mixed with sparkling water. Garnish with a slice of fruit on the glass rim and enjoy!

### ***Tree Line Mocktail***

Did you know that Colorado has its own signature drink? It's true! While alcohol is certainly safe to drink in moderation, when you are aiming to stay hydrated on a daily basis, steer clear of alcoholic beverages. You can still enjoy a taste of Colorado's Tree Line cocktail without the added whiskey. Instead, muddle cherries in a cold glass before adding lemonade and garnishing with a lemon wedge.

### ***Smoothies***

When it comes to hydration and a punch of extra vitamins, smoothies are delicious and nutritious. Even better, they are relatively easy to make and you can vary your recipe based on what you like and what you happen to have on hand in your cabinets and refrigerator. Try a green smoothie made with spinach, water, strawberries, blueberries and a frozen banana. Blend until smooth and drink up your fruit and veggie servings for the day.

Here at [Visiting Angels Denver](#), we know the importance of senior hydration and socialization. If you are curious what companion care may look like for your aging loved one, give us a call to find out how our caregivers build a relationship of trust, kindness, and fun with our clients. We would love to add you to our extended family!

Visiting Angels of Denver, CO

303-232-9999

[gelliott@visitingangels.com](mailto:gelliott@visitingangels.com)

[www.visitingangels.com/Denver](http://www.visitingangels.com/Denver)

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