

## To Help Seniors Stay Hydrated:



1. Have a set water schedule
2. Check lips and skin elasticity at meal times
3. Offer sufficient fluids at every meal
4. Keep bottled water within reach near beds and chairs
5. Check urine frequently (it should be light)
6. Ask preference of fluids
7. Offer a full glass of fluids with medications

Adults over 60 are one of the most likely groups to suffer from dehydration. And for this growing demographic, that raises some serious health concerns. Dehydrated seniors are at a higher risk for developing infectious disease, stroke, kidney stones, chronic constipation and impaired cognitive function.

Fortunately, dehydration is a manageable disease, and adults who know the warning signs and preventative measures are in a better position to win the battle to stay hydrated.

Make sure to offer water regularly, keep water within reach at all times even at bedtime.



### Caregiver

### Appreciation

Taking time to appreciate the people who work hard for your organization is a goal of Visiting Angels. We have the best caregivers in the industry. They are truly the backbone of our company. Thank you for everything you do for our wonderful clients



Many caregivers take off for a vacation during the summer months. If you are available for extra hours to help cover those shifts, please let David know. Those caregivers may cover for you when you need time off



- July Birthdays**
- Marbella July 4<sup>th</sup>
  - Emma July 8<sup>th</sup>
  - Jennifer July 9<sup>th</sup>
  - Beatrice July 11<sup>th</sup>
  - Jamie July 19<sup>th</sup>
  - Rosario July 19<sup>th</sup>
  - Marilyn July 26<sup>th</sup>
  - Margie July 26<sup>th</sup>
  - Joyce July 28<sup>th</sup>
  - Josephine July 28<sup>th</sup>
  - Rashida July 30<sup>th</sup>



**CORONAVIRUS: FACTS NOT FEAR** Don't be afraid of homecare. One on one care continues to be the safest way to protect an elderly loved one, it's in the privacy of their own home. Call 543.4220 for more detailed information

Lisa from the office will be going "Over the Edge" for CASA of Pueblo. She will rappel down the Thatcher Building on July 25th  
Read about CASA at

<https://www.casaofpueblo.org/>

Visiting Angels is out helping our community

### Upcoming Events



We will have a New office opening once everything is completed



**719.543.4220**

There are many farms in Pueblo that grow great produce. Visit one of the farms and enjoy some healthy fresh produce. There are more than listed here.

- Farms in Pueblo
- DiTomaso Farms
  - Milberger Farms
  - Di Santi Farms
  - Musso Farms
  - Mauro Farms
  - Dionisio Farms



Call to ask our office about our services, complimentary consultation (719) 543-4220.

2628 N Elizabeth Street, Pueblo, Co 81003