



BEATING THE HEAT!

Adults 65 years and older are especially vulnerable to heat-related illness, accounting for nearly 60% of heat-related deaths in the U.S. each year. Aging can make it harder for the body to cool down and recognize thirst, while some health conditions and medications may increase heat risk. July is often the peak month for heat-related illness due to high temperatures, longer days, and more outdoor activity. Staying hydrated and avoiding the hottest part of the day can help older adults stay safe in the summer heat.

Staying Safe in Hot Weather NIH National Institute on Aging

Watch for these signs of hyperthermia:

- Dizziness
- Muscle cramps
- Swelling in your ankles and feet
- Nausea and weakness
- Rapid pulse

Tips to prevent hot-weather illness:

- Drink liquids
- Limit caffeine and alcohol
- Wear light-colored, loose fitting clothes
- If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

STAYING HYDRATED!

Hydration doesn't only come from water.

Eat fruits and vegetables with high water content, like watermelon, cucumbers, citrus fruits, tomatoes, bell peppers, lettuce, and even canned fruit.

Drinks such as milk, 100% juice, decaf tea or coffee, or low-sugar electrolyte drinks also count toward daily fluid intake.

Foods like gelatin, popsicles, or pudding can provide extra fluids and help the body stay cool and hydrated.

Peach Cranberry Smoothie

Prep: 5 minutes Chill Time: 1 hour Servings: 2

Ingredients:

1 can peaches, in 100% juice
1 cup applesauce, unsweetened
1/2 cup cranberry-apple juice
1/2 cup milk
Dash of cinnamon, optional

Directions:

Blend everything until smooth.
Chill for at least 1 hour.
Serve cold.

Dietitian Note: Add 1/2 cup plain Greek yogurt or cottage cheese for a protein boost.

Creamy Cold Chicken Pasta Salad

Adapted from: <https://whyitalians.com/creamy-chicken-pasta-salad/>

Prep: 15 min | Chill: 1 hour | Servings: 6

Ingredients:

8 oz. macaroni noodles or other short pasta
1 can chicken, drained
1 celery stalk, finely chopped
1/2 bell pepper, finely diced
1 medium carrot, shredded
1 cup shredded cheese

Dressing:

1/2 cup mayo
1/2 cup sour cream or plain Greek yogurt
1 1/2 Tbsp apple cider vinegar
1/2 Tbsp Dijon mustard
1 tsp sugar
1 tsp garlic powder
1/2 tsp black pepper

Directions:

Cook pasta according to package directions; drain and cool with cold water. Whisk dressing ingredients together in a medium bowl until smooth. Open canned chicken; drain. Add pasta, chicken, vegetables, and cheese to dressing and stir to coat evenly. Cover and refrigerate for at least 1 hour.