

Health & Wellness



HAVE ANOTHER DRINK...OF WATER *Staying Hydrated Is Important To Staying Healthy*

There is no doubt about it. We need water to live. The clear fluid that comes from the tap is a key component in the make up of every human body. As a matter of fact, about 60%-70% of the weight of the typical adult comes from water. (For a baby it's about 75%.) However, water does much more than take up space and add weight to a person. It plays a critical role in many of the internal workings of the body. This involvement causes water quantity to deplete as it is used and excreted. It also makes it critical to take in water on a regular basis in order to maintain the proper fluid balance necessary for good health. This is especially true for seniors. They have smaller amounts of water in their bodies, with less than 50% of their body weight coming from this fluid. Yet, the body's demands are still there. And these demands can be escalated by illness. So seniors - drink up!

WHY WE NEED WATER

Water has many more purposes than just the quenching of our thirst. Just for starters, it helps maintain the health and integrity of every cell in the body. Here are some of its other functions.

- Helps regulate body temperature.
- Carries waste and toxins from the body.
- Involved in the process of lubricating and cushioning the joints. It also acts as a shock absorber for the eyes and the spinal cord.
- Plays a vital role in the chemical processes that allow the body to digest, absorb, transport and utilize nutrients.
- Prevents constipation.
- Maintains the volume of the blood so it will flow through the circulatory system.
- Keeps mucous membranes moist. Includes those in the mouth, nose and lungs.
- Provides moisture to the skin.

AUGUST RESIDENT SPOTLIGHT: RUTH WALTER

The spotlight for August shines on Ruth Walter. If you are an early riser, you will meet Ruth in our front patio or lobby. Ruth is our unofficial welcome wagon. Anyone visiting our facility for the first time is most likely to be greeted, warmly and guided in the right direction. It is her pleasure to know most all of the North Fork tenants and many of their family and friends.

Anytime there is a special need, Ruth finds a way to assist that member of our community. It may be just a few minutes to listen or, take a walk, or deliver messages or a package.

Ruth has lived in the Brookville area all her life. At one time, Ruth moved to Detroit, Michigan, "I am not a city person". Back to the country life style. Her childhood, teen years, and young adult life she lived in the Hazen area with her brothers and sister. Her father was employed at Nosker Saw Mill, her mother at Brockway Glass. She and her husband had 3 children, 2 girls and 1 boy. Today she is a very proud grandmother and great-grandmother.

Working at Arby's Restaurant, It's a Dollar, Mike's Comet, and various local Fund Raisers; Ruth honed her skills as a warm, compassionate, respectful advocate for others. She is a good conversationalist and social "butterfly".

One of her favorite pastime is watching reality television, such as, Home Stead Rescue, Ice Road Truckers, Home Improvement, The Last Alaskan, Dirty Jobs, or the Deadliest Catch. She is also an avid reader. A complete novel can be read in one day, whether it is an Amish theme, mystery, murder, history; name a book, Ruth has probably read it. A Book Sale nearby, she and her friends and family are there.

Please say a warm HELLO to Ruth today.



PURPLE HEART DAY August 7



Purple Heart Day is observed on August 7 each year and is a time for Americans to remember and honor the brave men and women who were either wounded on the battlefield, or paid the ultimate sacrifice with their lives. Purple Heart Day is also known as National Purple Heart Day, Purple Heart Recognition Day and Purple Heart Appreciation Day.

The Purple Heart has a long list of criteria for eligibility, but in general it may be awarded to members of the Armed Forces of the United States who have been wounded, killed in action, or have died or may die from wounds received in any action against the United States, action with an opposing armed force, the results of any hostile "foreign force" and many other situations where men and women in uniform may find themselves under attack.

In general, the Purple Heart is awarded for injuries sustained because of enemy attack. Injuries sustained for other reasons not related to things "not caused by enemy agents" are generally not acceptable as grounds for receiving the Purple Heart, though friendly fire injuries do qualify as long as the friendly fire was intended for the enemy. The Purple Heart is now given to persons who are injured, wounded or died while a prisoner of war (POW).

Purple Heart Recipients can join The Military Order of the Purple Heart (MOPH) which was formed in 1932. It is composed exclusively of men and women who have received the Purple Heart and is the only veterans service organization with only "combat" veterans as members. It's estimated that more than a million Purple Hearts have been awarded and there are about 45,000 MOPH members today.

Why is the Purple Heart Purple?

One contemporary interpretation of the color of the Purple Heart is that the color represents the blood of all those who have made sacrifices in war, but traditionally the color is thought to represent the courage of those who serve. The original color of the Badge of Military Merit was purple, so it is logical that when the Purple Heart was created to celebrate George Washington's bicentennial, the original color of the medal he created would be used to honor his memory.

