

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.

NATIONAL SENIOR CITIZENS DAY

AUGUST 21

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone – he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days. According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.



Village at Laurelbrooke



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.

