

Quarterly Companion

AROUND THE TABLE

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SUMMER 2022

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Staying Hydrated

Drinking plenty of fluids helps your body do all the amazing things it does each day. The amount of water you need can change each day, and hydration needs vary by age, size, and activity level. Often we need more water at high altitudes or in hot, humid, and dry environments.

Check hydration status by examining urine color. Clear or pale-yellow urine means you are drinking enough fluids. Darker yellow or amber urine means you should increase your fluid intake!

Ways to Hydrate

- **Glass of water:** Easy, classic way to hydrate!
- **Infused or flavored water:** Add slices of fruits, vegetables, and herbs to water to add flavor.
- **Coffee or tea:** Caffeine is a mild diuretic, so stick with decaffeinated products.
- **Milk:** At around 90% water, milk is another way to hydrate. Plant-based milks have similar amounts of water.
- **Fruits and Vegetables:** Grapes, melons, tomatoes, cucumbers, and bell peppers are examples of produce with high water content.



Save Money on Power Bills

Make small changes in your habits and surroundings to cut energy costs. Installing a programmable thermostat can save an estimated 10 percent each year on heating and cooling costs, and adding energy-efficient window treatments such as blinds, shades, and films can cut summer heat gain.

Unscramble the hints for more energy-saving tips (*answer key on back page*):

1. Use _____ in the summer to create a wind chill. (HINT: NFAS)
2. Purchase energy efficient light _____. (HINT: SLBBU)
3. _____ windows to keep out heat when temperatures rise. (HINT: DSEAH)
4. Turn off _____ when not needed. (HINT: TIHLSG)
5. _____ air leaks. (HINT: KUACL)

For more energy-saving ideas, read *10 Energy Saving Tips for Spring* from the U.S. Department of Energy: bit.ly/3Sz82Q5.

Positive Aging

Aging is often portrayed as a negative process, but it doesn't have to be – it's all how you look at it! Research shows that optimism improves well-being and that resilience and optimism are associated with greater longevity.

Q Y P P A H V V Y J G T L
 E S O P R U P W L Z G S A
 N S S S I B A E C D T V N
 X L I O O P C L C T A W R
 R M T Z A R R L N A O G U
 G N I R E E T N U L O V O
 P D V L E S I E B O L V J
 R B E A S O S S S P J I F
 T P T I B J X S L S N J P
 E A K C F Y M V K W R T D
 Q S N O I T A M R I F F A
 A Z O S F Y Z F A Z C I E
 T U F R I E N D S I D Y N

Fill in the blanks to complete the word search and discover positive aging tips:

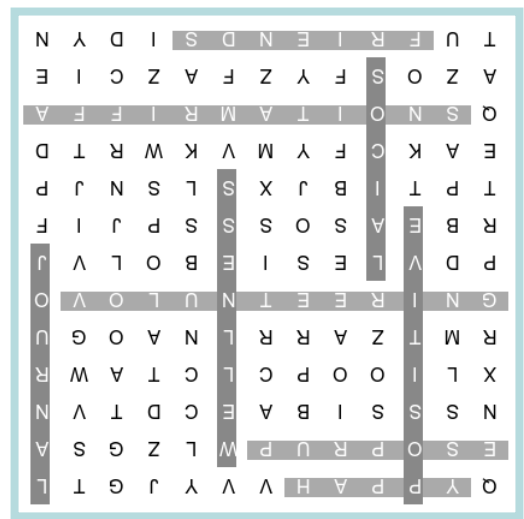
1. Keep a gratitude _____ to strengthen emotional _____ and reduce stress.
2. Staying _____ can reduce the risk of depression and slow health decline.
3. Start each day with something that makes you _____.
4. Finding _____ can combat feelings of loneliness and isolation; _____ is an example.
5. Spend time with _____ and family who are _____.
6. Positive _____ spoken daily can help combat negative thoughts. One example is "I can do this!"

Answer Keys

Confirm your answers to this issue's puzzles:

Save Money on Power
 1. fans 2. bulbs 3. shade 4. lights 5. caulk

Positive Aging
 1. Journal, wellness 2. positive 3. happy
 4. purpose, volunteering 5. friends, social
 6. affirmations



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