



Volume 2020, Issue 6

November/December

**LET'S TALK ABOUT IT:
DEHYDRATION IN THE ELDERLY**



Your body needs water for a variety of biological processes, including regulating your temperature, getting rid of wastes, and lubricating your joints.

Staying hydrated is particularly important as you get older. An older adult who's

(Continued on page 2)

TABLE OF CONTENTS

Let's Talk About It: Dehydration	1
New VSMC Office Location	4
Mary and Mollie	5
Learning and Growing	6
To Get Ready for Disaster	7
Testimonials	8
Did You Know?	8

Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org
Sequoia Village and Mid Peninsula Village are two local villages under the umbrella
501(c)(3) nonprofit called Villages of San Mateo County (VSMC)

dehydrated may be at a higher risk for complications like:

- constipation
- electrolyte imbalances
- kidney problems
- loss of balance

Nevertheless, about a third to a half of the elderly are susceptible to dehydration.

What can cause dehydration?

Dehydration can have a variety of causes. Misconception or misunderstanding can cause dehydration in the elderly. There are some misconceptions about hydration that cause the elderly to be reluctant to drink enough water. One is the common belief that thirst is a good indicator that we have to drink, when in fact we could already be dehydrated when we feel thirsty. Feeling thirsty is your body's way of letting you know you need water. However, because the thirst response becomes weaker with age, older adults may not know they need to drink. Some of the most common causes of dehydration in older adults are:

- **A decline in total body fluid.**

As we age, the amount of fluid in our bodies begins to decrease. This means there are fewer water reserves available for your body to use as you get older.

- **Incontinence.**

The occurrence of incontinence or bedwetting, which leads to drinking restrictions.

- **Decreased kidney function.**

The function of the kidneys can decline with age, meaning that more water may be lost through urination.

- **Health conditions and medications.**

Some older adults have underlying health conditions or are taking any number of medications. Some of these conditions or meds can have a diuretic effect and lead to an increase in water loss through urination, while others can cause the body to sweat more than usual.

Symptoms

Some of the symptoms of dehydration can be similar to the symptoms of senile dementia and Alzheimer's dementia, among others are confusion (disorientation) and decreased memory and concentration. For dehydration, however, these symptoms will return to normal after treatment, whereas in dementia this is not the case. Common symptoms can include:

- Dry mouth or skin
- Sunken eyes
- Dizziness and confusion
- Low blood pressure
- Dark and cloudy urine



The Bottom Line

Older adults are more susceptible to dehydration. Treating dehydration involves replacing lost fluids. You can work to prevent dehydration by making sure you regularly take in fluids throughout the day. This can include water, juices, broths, or foods with high water content.

Try to provide fluids as needed every day. If you're unsure of your hydration needs, talk to your doctor to find out how much water you should be drinking each day. If the elderly is suffering from diarrhea or vomiting, try to immediately replace the fluid loss to prevent dehydration. Educate the elderly to drink enough water each day, not only when they feel thirsty.

Photos from: www.creatingnewhope.org and <https://www.healthline.com/health/symptoms-of-dehydration-in-elderly>.

Medically reviewed by [Shilpa Amin, M.D., CAQ, FAAFP](#); written by [Jill Seladi-Schulman, Ph.D.](#) on April 23, 2020.

Other sources: <https://www.aplaceformom.com/caregiver-resources/articles/elderly-dehydration> **Dehydration in the Elderly: Signs and Prevention** by Angelike Gaunt, June 13, 2020.

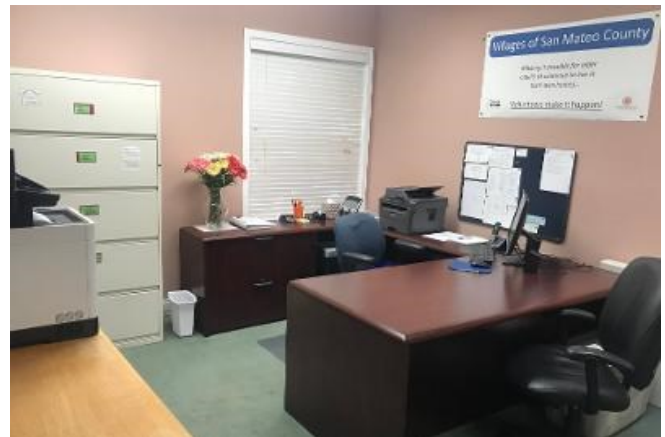


OFFICE WORK IN THE TIME OF COVID

We are immensely grateful to the Redwood City Parks & Recreation Department for providing an office space for VSMC for the past 5 years. Bruce Utecht, director of the Veterans Memorial Senior Center, has been a wonderful partner and supporter of the Village. The Center will go through demolition and reconstruction for the next few years, so we have accepted a very generous offer from McGovern Insurance to occupy an office in their building in Belmont. We have moved our equipment and files to the new office, shown in the photo. We do some photocopying and preparation of mailings at the new office, but most of our office volunteers continue to work at home due to the pandemic. The new office location is 1625 El Camino Real, Belmont.



While locations change, the quality and energy of our amazing group of office volunteers is steadfast. Being at the center of Village operations, they handle the daily flow of emails and phone calls.



The office volunteers get great satisfaction from this central role as they interact with members, set up service requests, inform volunteers of opportunities, send contractor names to members, register attendees for our social events, and much more. Every single one of these well-organized and highly trained individuals is dedicated to serving the members and volunteers of VSMC. If you ever need information or assistance with something and don't know who to call, call the office and they will route your inquiry to the right person. Board Member Randi Kutnewsky trains and leads the office team that includes Leonie Batkin, Joan Bell, Patrick Brown, Laura Gorran, Sheryl Hinchman, Anne Horgan, Scott McMullin, Shirley Navarro, Karen Van Swearingen, and Elizabeth Whitehead. When you call the office, be sure to give them a warm hello and thank them for their service!

Note the mailing address, phone number and office hours for VSMC are unchanged:
P.O. Box 813, San Carlos, CA, 94070; 650-260-4569; M-F 9:00am – 1:00 pm.

~ article by Scott McMullin, President, VSMC.

**VILLAGES OF SAN
MATEO COUNTY
CHAIRS AND
COMMITTEES**

**VILLAGES OF SAN
MATEO COUNTY:**

PRESIDENT

Scott McMullin

**MID PENINSULA
VILLAGE CHAIR**

Eric Hanson

**SEQUOIA VILLAGE
CHAIR**

Linda Thomas

**SOCIAL EVENTS
CHAIR**

Devora Kothari

MEMBERSHIP

Deborah Flaherty

Cynthia Ford

Sandra Neff

OUTREACH

Patrick Brown

Victoria Kline

**NEWSLETTER
EDITOR**

Wani Wynne

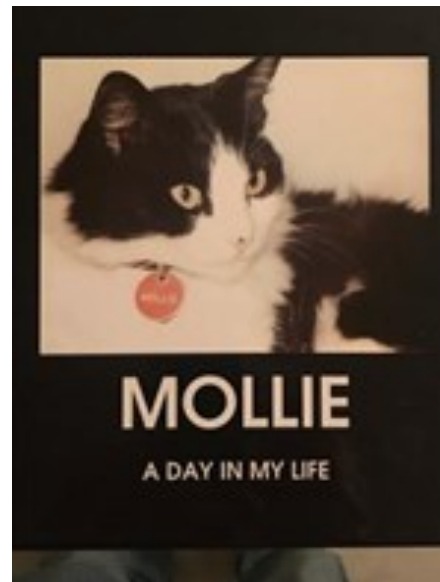
**VOLUNTEER/SERVICE
COMMITTEE**

Randi Kutnewsky

Irene Liana

THE STORY OF MARY AND MOLLIE

“My name is Molecule because I was so small as a kitten. But I like Mollie better.” Thus begins a delightful picture storybook called “*Mollie, A Day in My Life.*” Mollie was the beloved cat of one of our Village members, Mary Beech. Even though Mollie has been gone for many years, Mary decided that her many photos of her cat could make a nice children’s book. So, she compiled over 50 photos of Mollie lounging about as only a cat can do: in the sink, in the cupboard, on the piano, and on the jigsaw puzzle. Then Mary added some captions and created a beautiful little book that could possibly be the subject of a future Village Zoom meeting.



Mary Beech enjoyed a career in special education, including many years at Sequoia High School. She treasures the contacts she still has with many of her former students and their parents. She has been retired for many years, but has the inquisitive active mind of a teacher, and is a wonderful conversationalist. This October, Mary celebrates her 90th birthday.

Thank you, Mary, for reminding us that we all have a reservoir of stories and it’s never too late to start telling them. Happy Birthday to you!



~ article by Scott McMullin, President, VSMC.

LEARNING AND GROWING

One of the simple pleasures in my life is “puttering around” in my yard. I find it satisfying to watch plants mature from a seedling to bear fruit and, subsequently, reap the rewards of home grown produce. During my daily walks with my husband, I often stop to admire the vegetable gardens in our neighborhood.



I read an article in the Villages' July/August Newsletter about the partnership with *Each Green Corner (EGC)* and was fascinated. The idea of turning unused yard space into vegetable gardens to generate food for the homeowner and community sounded like a winner, especially during these tough times. Then, Scott McMullin emailed Village volunteers that he was looking for someone to “project manage” these gardens. When I read the email, I was interested, but hesitant because I didn't consider myself a Master Gardener. I decided to give it a try.

My role is to ensure that these gardens are a success by inspecting the gardens and reporting issues or problems. The gardens are maintained by several hard-working volunteer teams. I thoroughly enjoy my weekly garden visits, eyeing each plant. I make certain enough water is supplied for the plants and they are getting adequate support. Lastly, the most exciting part for me is when the produce is ready to harvest and I get the enjoyment of the socially distant visits with our members who have provided the open space for these gardens.

I live in San Mateo, which is relatively cool. This year, I have enjoyed the abundant harvest from my own garden that produced green beans, zucchini and tomatoes. I hope more members, especially Mid Peninsula Village members, decide to join in this effort.

This volunteer opportunity has led me to expand my own interests. I was inspired by the dripline systems installed at a few of the gardens. So, I installed a similar irrigation system in my own yard. Also, I have challenged myself to experiment with saving tomato seeds for next year. I would love to see green wastes generated in these gardens, composted and used onsite. I am relatively new to worm composting, but it is easy and the compost works wonders in my houseplants and my garden. I reached out to Sandie Nierenberg, CEO of *EGC*, to discuss her organization's practices with green wastes and found that she is also researching worm composting options for *EGC* gardens. Stay tuned as we explore composting for the next growing season!

~ article by Lorraine Lew, volunteer of VSMC.

VILLAGES OF SAN MATEO COUNTY DONORS

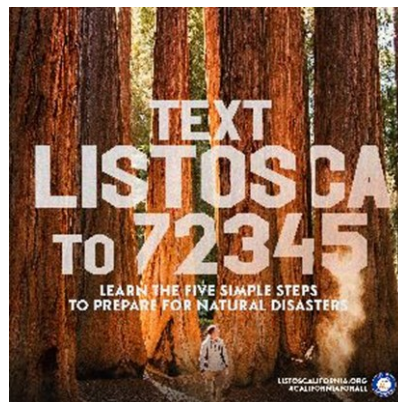
VSMC extends its sincere thanks for the generous financial support and in-kind gifts received from the following major donors:

- *Charis Foundation*
- *City of San Carlos*
- *D & D Fields*
- *Dignity Health Sequoia Hospital*
- *McGovern Insurance*
- *PAMF Community Health Care Endowment*
- *Paula Thompson Legacy*
- *Peninsula Healthcare District*
- *Redwood City Parks and Recreation*
- *Sequoia Healthcare District*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

TO GET READY FOR DISASTER

Listos California has launched a statewide, cutting-edge text message campaign that encourages people to complete five easy and free steps to train and educate the general public to help prepare for wildfires, earthquakes and floods. This tool also connects Californians to the [COVID19.CA.GOV](https://www.covid19.ca.gov) website for all information on the virus and resources on how to slow the spread. The text message campaign is available now in English, Spanish, Filipino Cantonese, Vietnamese, Korean and Hmong.

Californians can sign-up by texting “LISTOSCA” to 72345. Messages will prompt users to take steps like 1) signing up for [emergency alerts](#) from a participant’s county, 2) finding phone numbers that will be needed in an emergency and knowing evacuation routes, 3) packing a Go-Bag to be ready for evacuation, 4) creating stay boxes for sheltering in place, and 5) encouraging friends and neighbors to also prepare.



Being ready for disasters and emergencies like wildfires, earthquakes, floods and power shut offs can be as easy as signing up for our Listos CA courses through your phone! ➡️ Text LISTOSCA to 72345 to learn the 5 steps to prepare for natural disasters. #CaliforniaForAll

Bill Barrons, a volunteer member of the Villages Emergency Preparedness Team, delivers a starter emergency “Go Pack” to the home of Betty Warren, VSMC member.



TESTIMONIALS

Dear Board Members,

Just a note of appreciation for keeping the Villages functioning and uplifting everyone's spirit with weekly phone calls, zoom meetings and delivering a tasty bundt cake to all the members to celebrate the 5th anniversary of our existence.

Thank you very much!

~ Johanna Anderholm



To all the Villagers and their Volunteers,

My son Kenneth and I express our deepest gratitude to all the marvelous volunteers and are so grateful that we joined the villagers. We would like to thank all the volunteers who give of their time to make our lives easier. Kudos to Victoria, who first introduced me to the Villages; to Sandra, who calls every month to check on me; and to Scott, the president, who does so much and still makes time to deliver cupcakes and drive members to doctor appointments. A special thank you to all the volunteer drivers, Debbie, Scott, Ben, Michael, and Joe, who drive my son to his dialysis appointments. I hope I didn't leave anyone out.

What a wonderful organization!! It's so comforting to know that people are there for you and care. The emergency kit was a terrific idea. I hope we never have to use it. The kit along with a change of clothes and dog supplies are already in my car.

Stay well, and may God bless all of you.

~ Kenneth Wachter and Barbara Regello



DID YOU KNOW?

"Grab and Go" lunches are available from the following senior centers:

Veteran's Memorial - RWC (Free)
650-780-7259

Fair Oaks - RWC (Free)
650-780-7525

SCACC - San Carlos (Fee: \$5)
650-802-4384

SMACC - San Mateo (Fee: \$6)
650-522-7490



L to R: SCACC employees Anna Kertel and Linda Scannell (also in photo below) greet their customers in the spirit of October-Fest Time when they arrive to pickup their preordered meals!

