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BRUNSWICK COVE  
LIVING CENTER

COMPASSIONATE CARE WITH PASSION

## Happy National Left Handers Day 2022!



National Left Handers Day is held on Saturday, August 13th 2022. It was first celebrated back in 1976, and has been an annual event ever since

All too often lefties are overlooked by designers and developers, making up 12% of the population.

You can take part in national left-handed day on social media using the **#LeftHandersDay** hashtag

## Meet the Team "Let Us bring you Home"

### Contact Information:

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**Administrator: Alice Dale**

**Director of Nursing: Veronica Miller**

**Director of Rehab: Jackie Hunter**

**Social Services: Tony Bryan**

**Activity Director: Brittany Cromartie**

**Business Office : Sharon Brown**

**Director of Marketing: Melinda Mays**

**Dietitian: Melody Kyzer**

**Wound Care Nurse: Rose Hood**



August is National Immunization Month, a time to highlight the importance of vaccination for people of all ages. With school quickly approaching, it's time to check immunizations records to see if your kids are up to date.

## H<sub>2</sub>...OH REALLY?

### THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.

### MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and short-term memory.

### SKIN

Dehydration results in dry skin and wrinkles.

### DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.

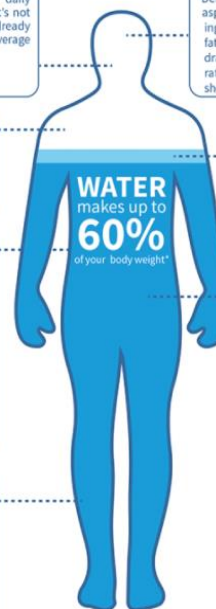
### KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.<sup>3</sup>

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.

### PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.



### WEIGHT LOSS

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey, just drinking 500 ml (17 oz) of water increases energy expenditure by 100k. Findings in the same study indicate that an absolute increase in drinking water to to  $\geq 11$  (34 oz)/day was associated with  $\sim 2$  kg or 5 lbs weight loss over 12 months.

### \*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.