



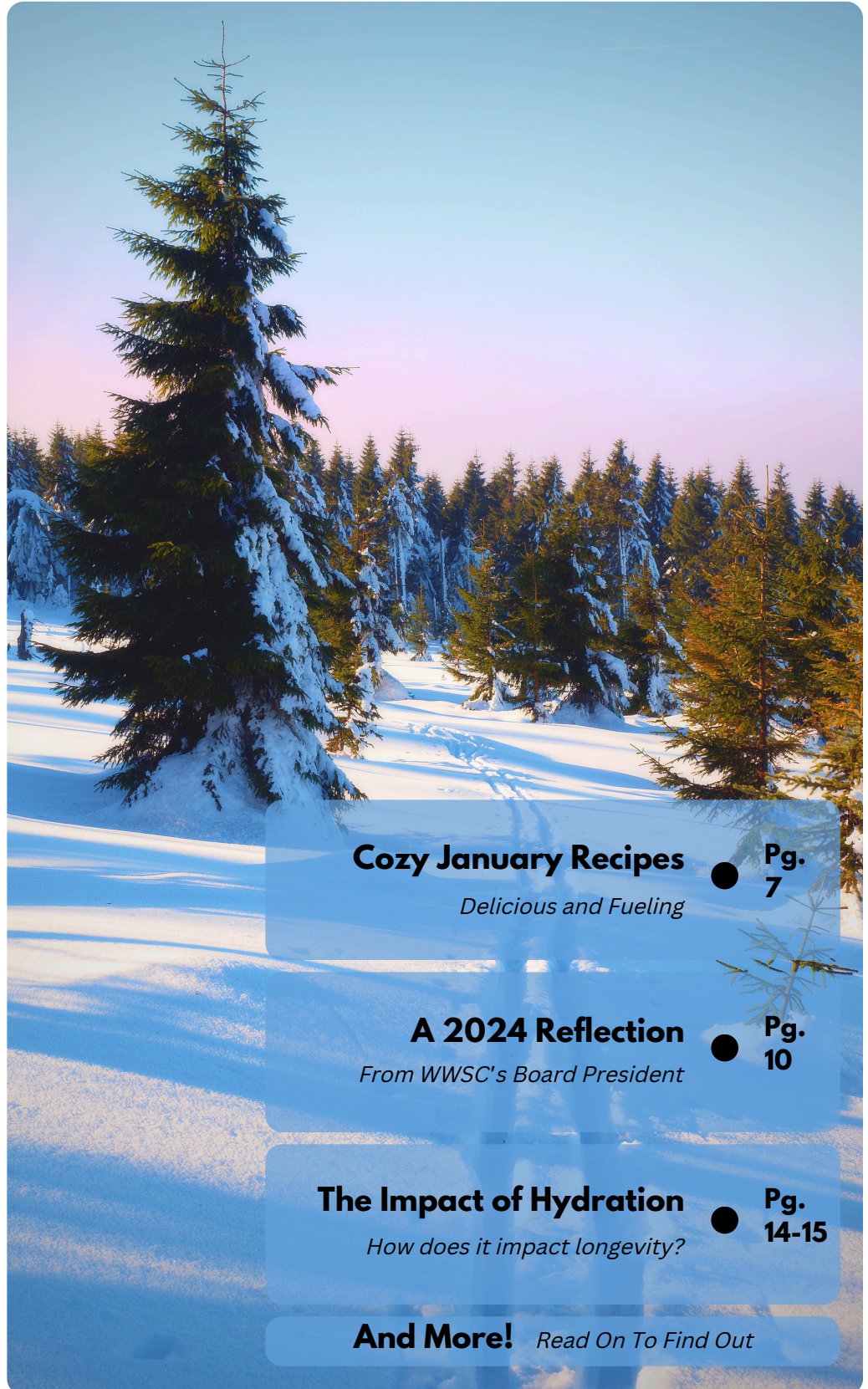
The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for
further updates at
wallawallaseniorcenter.org



- **CENTER OPENING HOURS**
8am-3pm
Monday through Thursday.
- **CONGREGATE DINING**
11am - 1pm
See menu for serving days
(pg. 8).
- **MEALS ON WHEELS**
(509) 527-3775 ext 1.
- **VOICECARE EMERGENCY
RESPONSE BUTTONS**
By appt, call (509) 527-3775
ext 2. See ad on last page.
- **ADULT DAY CENTER -
RESPITE CARE**
(509) 527-3775 ext 3. See
page 11 for more info.



Cozy January Recipes

Delicious and Fueling

**Pg.
7**

A 2024 Reflection

From WWSC's Board President

**Pg.
10**

The Impact of Hydration

How does it impact longevity?

**Pg.
14-15**

And More! *Read On To Find Out*

ANNOUNCEMENTS

WALLA WALLA VALLEY CRAB FEAST

Tickets for the 2025 Walla Walla Valley Crab Feast are now available for purchase at the Walla Walla Senior Center! You won't want to miss this awesome community event coming Saturday, February 15th. Not only is the food great, but it raises funds for local nonprofits. Join us for some delicious crab and community fun!



Let's
Feast



A SUCCESSFUL VALLEY GIVING GUIDE!

Thank you so much to everyone who supported the Walla Walla Senior Center during this year's Valley Giving Guide. We are BLOWN AWAY with our community for greatly surpassing our Valley Giving Guide goal. All of your dollars are going directly to the Nutrition Program to start off 2025 strong! Our organization relies on the support of the community to take care of the needs of older adults. It warms our hearts to see everyone come together to provide meals for our aging neighbors.



THANK YOU!

We would not be able to do what we do without the support of individual donors like you! Thank you to every single one of you!

WALLA WALLA SENIOR CENTER, INC.

720 Sprague St.
Walla Walla, WA 99362
(509) 527-3775
wallawallaseniorcenter.org

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Tina Baumann

WALLA WALLA SENIOR CENTER MISSION STATEMENT

Our mission is to empower our community members, specifically older adults, to live healthy and happy lives by fostering intergenerational connections, building community, and combating social isolation and hunger.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law.

Board Meetings are on the 4th Thursday of each month at 1pm



Music



Education



Fitness



Community



Art



COFFEE SOCIAL (FREE) WITH VETERANS HOME RESIDENTS

JANUARY 14TH, 9:30AM IN THE DINING ROOM

Join us for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. Open to the community! Coffee and treats will be provided.



OLD TIME MUSIC MUSICIANS (FREE)

JANUARY 7TH AND 21ST, 6:30-8:30PM IN THE DINING ROOM

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love.

AARP TAX AIDE IS BACK!

If you need assistance preparing your taxes this year, sign up for AARP's Tax Aide services. You can start to book appointments January 15, 2025, by going to this link on your smartphone or computer: <https://tinyurl.com/wwta23>. Or call 509-593-8257.



Or, scan this code with your smartphone's camera to make your appointment.

AARP Foundation
TAX-AIDE
Free tax assistance for those who need it most



HOLIDAY BAZAAR 2024 WAS A SUCCESS!



Every week

At the Walla Walla Senior Center...

BRIDGE

TUESDAYS AND THURSDAYS AT 1PM



PINOCHLE

MONDAYS AT 1PM

GAME AREA

At the East end of the dining room. Choose from games supplied by the Center, or bring your own!

- Puzzles
- Dominoes
- and more!

MONDAY-THURSDAY, 8AM-3PM



ALZHEIMER'S ASSOCIATION®

Free Education Presentations Available

Do you have a group or club you need a presenter at?

We can provide free education and awareness presentations for your next event or meeting! We have several programs to choose from. General topics and specialized topics about Alzheimer's and Dementia are available. For more information or to schedule a presentation:

Julie Hooley at (509)412-2371 or jmhooley@alz.org

Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open! At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental. The Memory Café will meet the 2nd Monday of the month 10am – 12pm



Hot Mama's Espresso
1447 W Pine St, Walla Walla, WA 99362
Facilitator Kay Lehmann (509)520 -1046
Or Julie Hooley (509)412-2371

Alzheimer's Association - 24/7 Helpline
800.272.3900

Walla Walla Senior Center - SALON

Haircut

- Women - \$30 / Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

Perm

- Starts at \$75

Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

*Prices are for ages 60 and over.

Cash or check only.

Schedule your appointment
by calling (509) 240-6034



YOUR TRUSTED PARTNER FOR IN-HOME CARE



Elevating Your Quality of Life

Are you or a loved one in need of personalized, compassionate care? Look no further! Serengeti Care's dedicated caregivers are here to provide top-notch in-home care tailored to your unique needs.

Compassionate Caregivers

Comfort of Home

Independence

One-on-One Attention

Skilled Professionals

Your comfort and happiness are our priorities. Contact us today to learn more about how we can make a difference in your life.



509-730-0644

serengeticare.com

racheld@serengeticare.com

Top Books in 2024 by Genre

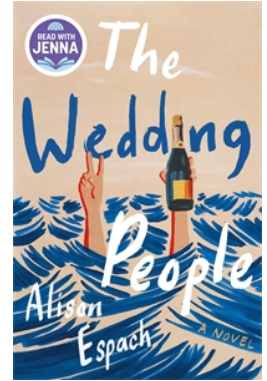
Whether you're an avid reader or looking for inspiration to pick up a new book, these books won Goodread's annual Readers' Choice Awards. Read the short summaries below and head to the library to stock up for this cold January! Visit [Goodreads.com](https://www.goodreads.com) for more genres and more inspiration.

Fiction

The Wedding People

by Alison Espach

The year's surprise sensation, Alison Espach's improbably fun novel follows the adventures of a severely bummed out young woman who finds herself accidentally crashing a lavish wedding at a posh Rhode Island inn. Readers love Espach's twisty tonal shifts—from high drama to screwball comedy of manners—and the ultimate moral of her story: Go with the flow; who knows what might happen?

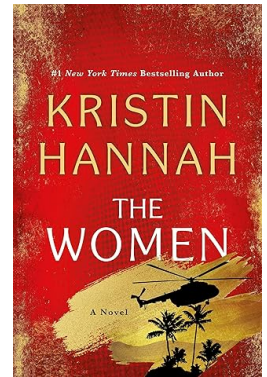


Historical Fiction

The Women

by Kristin Hannah

An insightful meditation on courage, character, and women gone to war, Kristin Hannah's novel introduces idealistic Army nurse Frances "Frankie" McGrath as she volunteers in Vietnam, circa 1965. Incredibly, her life gets even more complicated when she returns to a dangerously divided America.

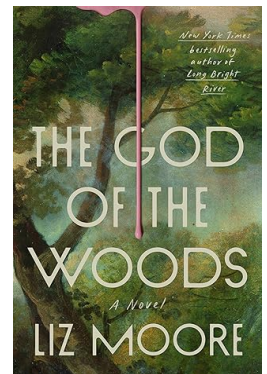


Mystery & Thriller

The God of the Woods

by Liz Moore

In 1975, troubled teenager Barbara Van Laar vanished from her bunk at the summer camp owned by her wealthy family. Making things so much worse: Her older brother disappeared much the same way, 16 years ago. Author Liz Moore expands this intriguing premise into an emotionally engaging mystery that blends elements of crime fiction, psychological suspense, and complex family drama.

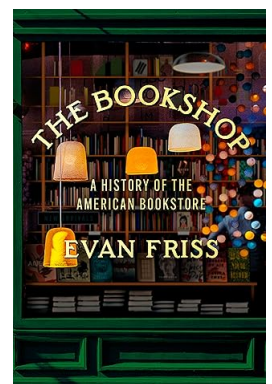


History & Biography

The Bookshop: A History of the American Bookstore

by Evan Friss

Author Evan Friss' loving chronicle of the American bookstore digs deep into history to illuminate the soft power of these irreplaceable literary institutions. He makes a persuasive case that bookstores nurture and create local communities, each of which branches out into our culture, discourse, and public policy. Also, cats love bookstores—and they're always right about everything.



Top books via [Goodreads.com](https://www.goodreads.com)

Recipes for a Cozy January

Both recipes via themodernproper.com

Chicken Provençal

INGREDIENTS

- 8 bone-in skin-on chicken thighs
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 tablespoons extra-virgin olive oil
- 3 to 4 sprigs fresh thyme or 1 tablespoon dried thyme
- 12 cloves garlic, peeled
- 6 medium shallots, peeled and halved
- 2 pints cherry tomatoes
- ½ cup halved and pitted dates
- 1 cup green olives, pitted
- 1 cup dry white wine, (such as Sauvignon Blanc)
- 4 cups cooked rice, for serving (optional)
- 4 cups cooked polenta, for serving (optional)
- 4 cups mashed potatoes, for serving (optional)
- Crusty bread, for serving (optional)



METHOD

1. Preheat the oven to 400°F with a rack in the lower third of the oven.
2. Season the chicken all over with salt and pepper.
3. Heat the oil in a large oven proof-pan over medium high heat. Once the oil is glistening, add the chicken, skin sides down, and cook undisturbed for 4-5 minutes, or until golden brown.
4. Flip chicken and arrange the thyme, garlic, shallots, tomatoes, dates, and olives around the chicken.
5. Pour in the wine and bring to a simmer. Cover and transfer to the oven. Cook until the chicken registers 165°F on an instant read thermometer, for about 60 minutes.
6. Serve over rice, polenta or mashed potatoes with crusty bread alongside, if using.



Banana Bread

INGREDIENTS

- ½ cup (1 stick) butter, room temperature, plus more for greasing pan
- 2 cups all-purpose flour, plus more for dusting
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- ¾ cup brown sugar
- 2 eggs beaten
- 2 ⅓ cups mashed overripe bananas, (about 4-5 bananas)
- Thinly sliced ripe banana, (optional)
- ¼ cup granulated sugar 8 ounces mascarpone, (optional)
- 2 tablespoons maple syrup, plus more for serving (optional)

METHOD

1. Preheat the oven to 350°F with a rack in the center position. Grease a 9x5-inch loaf pan with butter and dust with flour
2. In a medium mixing bowl, combine the flour, baking soda, and salt.
3. Place the butter and brown sugar in the bowl of a stand mixer and cream together until fluy, about 2-3 minutes. Mix in the eggs and mashed bananas until incorporated. Pour in the flour mixture, and mix until just moistened.
4. Transfer the batter to the prepared loaf pan. Top with thinly sliced banana pieces, if using and sprinkle evenly with the granulated sugar.
5. Bake until a toothpick inserted into the center of the loaf comes out clean, about 60-65 minutes. Let the bread cool in the pan for 10 minutes, then turn out onto a wire rack.
6. In a small bowl, combine the mascarpone and maple syrup.
7. To serve, cut the bread into slices. Spread each slice with 2 tablespoons maple-mascarpone and drizzle with extra maple syrup.



JANUARY 2025

Senior Round Table Menu

Walla Walla Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOW = MEALS ON WHEELS IN HOUSE = CONGREGATE DINING ROOM</p>	<p>Happy New Year</p>	<p>1 CLOSED</p>	<p>2 3 BEAN CHILI FRUIT, ROLL COOKIE MOW: VEGETABLE CORN SALAD IN HOUSE: SALAD BAR</p>	<p>3 CLOSED</p>
<p>6 MEAT LOAF & GRAVY MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE</p>	<p>7 CHICKEN FRIED BEEF STEAK POTATOES BREAD, CAKE MOW: VEGETABLE CARROT SALAD IN HOUSE: SALAD BAR</p>	<p>8 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE POTATOES CAKE IN HOUSE: ICE CREAM</p>	<p>9 MOW: HAM & SPLIT PEA SOUP, VEGETABLE, COLESLAW, FRUIT, ROLL IN HOUSE: SUPER SALAD BAR COOKIE</p>	<p>10 CLOSED</p>
<p>13 CHICKEN STIR FRY UDON NOODLES VEGETABLE PEAS FRUIT COOKIE</p>	<p>14 SLOPPY JOE FRUIT MOW: VEGETABLE CORN SALAD IN HOUSE: SALAD BAR</p>	<p>15 SALISBURY STEAK MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE</p>	<p>16 ITALIAN MEATBALL SOUP FRUIT ROLL, COOKIE MOW: VEGETABLE, SALAD IN HOUSE: SALAD BAR</p>	<p>17 CLOSED</p>
<p>20 CLOSED</p>	<p>21 SPAGHETTI & MEAT SAUCE GARLIC BREAD FRUIT MOW: VEGETABLE, COLESLAW IN HOUSE: SALAD BAR</p>	<p>22 TURKEY & STUFFING MASHED POTATOES GREEN BEANS ROLL PUMPKIN BAR</p>	<p>23 MOW: BEEF & BARLEY SOUP, VEGETABLE, FRUIT ROLL SALAD IN HOUSE: SUPER SALAD BAR COOKIE</p>	<p>24 CLOSED</p>
<p>27 PINEAPPLE HAM SCALLOPED POTATOES VEGETABLE BREAD COOKIE</p>	<p>28 ROAST BEEF POTATOES COOKIE MOW: VEGETABLE, FRUIT BREAD IN HOUSE: SALAD BAR</p>	<p>29 MOW: BAKED FISH VEGETABLE, CORN BREAD SALAD IN HOUSE: TACO BAR FRUIT, COOKIE</p>	<p>30 CHICKEN & DUMPLINGS FRUIT, BREAD MOW: VEGETABLE PEA SALAD IN HOUSE: SALAD BAR</p>	<p>31 CLOSED</p>

Free for persons 60+ years. Donations appreciated. Under 60 years \$8 charge. **Hours: Mon-Thur 11:00-1:00.** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. *Be advised that our food may have come into contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



**NUTRITION PROGRAM
MEALS-ON-WHEELS
MEALS IN CONGREGATE
SETTINGS**

Serving Home Delivered, Meals-on-Wheels and meals in Congregate settings to Seniors in Walla Walla, Columbia, Garfield, and Asotin Counties of SE Washington State for 50+ years.



**Jane Kaminsky
Nutrition Director**

720 Sprague St
Walla Walla, WA 99362
(509) 527-3775 ext. 1
(509) 527-3776 Fax
srt@wallawallaseniorcenter.org



**US Army Corps
of Engineers®**
Walla Walla District

**Thank you so much to the Walla Walla US
Army Corps of Engineers for providing
holiday gifts for ALL of our Meals on
Wheels and Adult Day Center clients!**

Our favorite time of the year is when our friends at the US Army Corps of Engineers provide gifts for all of our Meals on Wheels and Adult Day Center clients! For us, it's like Christmas morning going to pick them up from their office and getting them tagged and ready to go out.

We are also so grateful for our volunteers who loaded up the gifts and meal bags to take to clients' homes. We couldn't get out all of this food and gifts on our own! We know that it's such a special thing for homebound adults to receive something and feel cared for. Thank you again to everyone who collaborated on this project and great work on another successful year of gifts!



Dear Senior Center Community,

Thank you for another wonderful year serving our community and working to accomplish our mission of empowering older adults to live healthy and happy lives! As we celebrate the New Year, I would also like to look back at 2024 and all the amazing things that have happened in our organization.

If we were to quantify those things it would look like this:

- **157,948* meals served in 4 different counties.**
- **36 clients served in the Adult Day Center.**
- **89 clients served in Voice Care.**
- **314* new funding sources.** These are new individual donors and new foundation partnerships.

**projected. We are still recording official numbers and will share these when they are available.*

While these numbers are truly amazing, where I can see and feel the accomplishments the most starts with pulling into the parking lot during lunch and seeing it full. The pride only grows from there when walking in the front doors and being greeted with smiles from staff, volunteers and participants. Then smelling the tasty food and hearing the chatter in the dining room makes the day even brighter. There was a point in time when I wasn't sure we would see the dining room full again but it is happening almost every day with not only dining but also games and classes.

Then when I hear the kind and thankful comments that are made by our clients, their families, staff, volunteers, donors and the community, the pride overflows. **I am proud of our Center and all the people who help make it an impactful part of our community.**

Thank you to our staff and 164 volunteers who believe in our mission, strive every day for success, foster a positive community atmosphere and care for those we serve. Thank you to those that join us for meals, both in person and home delivered, for allowing us to serve you and show our appreciation of your contributions to our world. Thank you to those who participate in our other services and activities for being involved and trusting us to help you in the best way we can. And last but certainly not least, thank you to our community of donors and funders for seeing the importance in what we do, believing in our mission and trusting us with your funds to better serve our community. We are so blessed to have these connections and commitments from you all and couldn't serve like we do without you.

I look forward to 2025 and the bright future of our organization with you all by our side!

*Sarah Zessin
Board President*

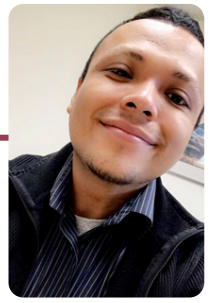




Adult Day Center & Family Support

(509) 527-3775 ext 3
adc@wallawallaseniorcenter.org
wwadc.org

Alex Sanchez,
Program Manager



As we start a new year and we reflect on all the moments we had in the past year, we can't help but smile at all the memories we've shared. 2024 brought in many new faces into our adult day center program. From new program participants, volunteer entertainers (both music and craft extraordinaires), new hired staff, new program volunteers and program involvement within our community.

2024 saw our scholarship program come to fruition for those under the age of 60 (18-59) to be able to access and be part of our adult day center. It was an exceptional year. 2024 was a foundational year for the center and left us with many building blocks to keep the growth of the ADC program rolling. The support from the Senior Center and the community have been unparalleled.



How are differences made at the adult day center you may ask? When individuals are more actively attendant, meaningful differences are easier to tell. But attending as little as an hour a month can support the mental health and social needs of an individual. Attending an Adult Day Center program makes a difference in behaviors, perspectives, and experiences of the folks attending as well as providing peace of mind for families to attend monthly support groups and or their own doctors appointments. For those that are in attendance more regularly the difference made is directly attached to the individual, for those that come in more seldom the difference made is directed towards family support. We hope to reach many more families and make a greater difference in our community in 2025. We understand the difficulties of aging; how important it is to have the awareness of all services and resources available for the later stages of life, not only for the short but for the long run as well.

We happily invite you to come over and see for yourself. Don't take our word for it, come experience the program first hand. Our goal for 2025 is to continue being a breath of fresh air for those navigating the aging and disabilities stages of life. Let us be a helping hand.

The Adult Day Center is located at the Center at the Park in Walla Walla. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call or email us!

IMPACTFUL FOUNDATION SUPPORT



We are excited to announce recent grants that the Walla Walla Senior Center was awarded by a handful of foundations. All of these grants will provide significant support in the Nutrition Program, providing hundreds of meals to older adults in our community.

GREATER HEALTH NOW

Greater Health Now works with community based organizations to support and advance population health, including access to care, nutrition, social connection, and workforce development. Greater Health Now's Connect2Everyone awards grants to organizations across Eastern Washington. **We are so grateful to share that funds from Greater Health Now will provide over 10,800 meals to older adults in our four county service area: Walla Walla, Asotin, Columbia, and Garfield Counties!** Thank you so much to Greater Health Now for helping us assist a greater number of our aging community members.



WINDERMERE FOUNDATION

The Windermere Foundation has been dedicated to helping low-income and homeless families since 1989. **Their support will provide 73 meals in our nutrition program.**



COMMUNITY BANK

Community bank is a proud supporter of local events and non-profits. They understand the economic and social impact that these groups have on our communities. **Their Community Giving Days support will provide 220 meals to our participants.**



WINTER FRUIT PARFAITS

Recipe via Casadecrews.com

Ingredients

- 2 cups plain Greek yogurt
- 1/4 cup honey, and comb honey chopped
- 1 cup granola
- 1 cup pecans, chopped
- 2 cups fresh winter fruit - suggested: red apples, green apples, pomegranate arils
- 4 tablespoons cacao nibs, for garnish - optional

Directions

1. To layer each parfait Spoon 2-3 tablespoons of yogurt into each glass and smooth surface. Add 1 tablespoon of honey.
2. Spoon 1 tablespoon of granola and 1 tbsp of pecans ovetop and smooth surface. Spoon 2 tablespoons of fruit ovetop and smooth surface.
3. Repeat the process, adding honey here and there, to taste for natural sweetness.



POTTERY PAINTING STUDIO POP - UP HOURS



**POP-UP
WEDNESDAY**

10AM - 2PM

the
pottery
painting
studio

**JANUARY 8TH
&
JANUARY 22ND**



Or, join the Pottery Painting Studio during their regular hours:

**Thursday & Friday
4:00 PM - 7:00 PM**

**Saturday & Sunday
11:00 AM - 3:00 PM**

The Pottery Painting Studio is open to the community. No reservation required. Many items to paint available at various price points.

Sour Cream Rhubarb Squares

FROM OUR SENIOR CENTER COOKBOOK... (P. 81)

By Libby McCaw

Topping:

- 1/2 c. sugar
- 1/2 c. chopped nuts
- 1 T. melted butter
- 1 tsp. cinnamon

Combine and set aside.

Rhubarb Squares:

- 1 1/2 c. brown sugar
- 1/2 c. butter
- 1 egg
- 2 c. flour
- 1 tsp. baking soda
- 1/2 T. salt
- 1 c. sour cream
- 1 1/2 c. cut rhubarb

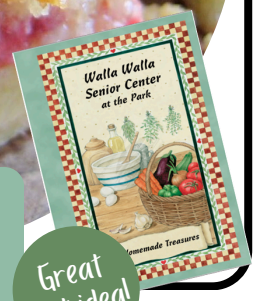
Directions:

1. Cream brown sugar, butter, and eggs. Mix dry ingredients together.
2. Add alternately with sour cream to creamed mixture.
3. Stir in Rhubarb. Turn into greased and floured 9x13 pan.
4. Sprinkle with topping mixture. Bake at 350 for 45-50 minutes.



**Walla Walla Senior Center Cookbook
PICK UP YOUR COPY TODAY!**

Purchase your copy (\$10/each) at the Center or give us a call at (509) 527-3775



Great gift idea!

The Surprising Impact of Hydration on Longevity



Longevity is a top health priority for many Americans – regardless of their age. Not only do we want to live longer, but we want to do so gracefully, gently, and with as much independence and functionality as possible. And while this may seem like a tall order, encouraging research on the topic continues to pour in, proving that this outcome is possible if we make smart lifestyle choices. These choices include eating healthfully, staying active, prioritizing close relationships, and maintaining proper hydration.

In fact, while not always posed as a meaningful choice for graceful aging, evidence points to hydration as being one of the most critical factors of the aging process. Here we'll dive into everything you need to know regarding the close link between hydration and longevity.

How Are Hydration and Longevity Linked?

Between the known benefits of hydration, detriments of dehydration, and evidence pointing to the links between hydration and longevity, there are plenty of reasons to embrace hydration as an easy, yet effective, way to promote healthy aging.

The Role of Hydration

When it comes to the areas of the body that water (or hydration) positively influences, few stones are left unturned—especially given that our bodies are largely made up of the life-giving substance. “The human body is 60 percent water,” says Kristen Carli, MS, RD.

This lends proper hydration, or consuming more fluids than your body is losing through actions like respiration, perspiration, and urination, to playing an integral role in a variety of vital mechanisms throughout the body. “Hydration plays an important role in cognitive function, energy levels, and physical performance,” Carli explains.

Additionally, water in the body also has a hand in cell communication, joint lubrication, detoxification and waste removal, saliva production, gut microbiome health, constipation prevention, digestive regularity, body temperature regulation, oxygen delivery, blood flow, nutrient metabolism and absorption, and liver and kidney health.

Dehydration and Aging

To age gracefully, all of these vital bodily functions need to be working in tip-top shape for as long as possible. So naturally, when we experience dehydration, or water losses greater than water intake, we feel not only immediate ramifications, but long-lasting impacts can occur if the issue is not promptly addressed.

“Dehydration can lead to fatigue, confusion, muscle cramps, and other health issues,” says Carli. Other common symptoms of dehydration include headache, migraine, insomnia, dizziness, mood swings, decreased immunity, constipation, gas, and bloating. Additionally, extreme dehydration can have even more concerning effects like low blood pressure levels, kidney failure, and even seizures.

These impacts can also decrease our ability, or even prevent us from engaging in the other healthy lifestyle choices necessary to promote longevity.

Proper Hydration and Longevity

And beyond the obvious longevity-related benefits of proper hydration (and opposing consequences of dehydration), evidence-based research also comes to a similar conclusion.

“Studies, like this 2023 cohort study published in *eBioMedicine*, have suggested that dehydration may contribute to inflammation, cellular aging, and oxidative stress, all of which can accelerate aging processes in the body,” Carli explains. Older studies, like this 2010 article in the *European Journal of Physiology*, echo this sentiment, stating that proper hydration promotes mitochondrial function and weight maintenance, reducing the risk for chronic illnesses like obesity, kidney disease, hypertension, cancer, and diabetes—diagnoses that typically reduce longevity.

“Staying hydrated, on the other hand, may support healthy blood pressure, kidney function, and heart health, all of which play roles in a longer, healthier life,” Carli agrees. This, again, is very likely related to all the health benefits water

and hydration offer, but maybe most notably its promotion of healthy blood flow, enabling the major organ systems to work at their optimal capacity without dehydration-related chronic stress.

How to Stay Hydrated

With this evidence, it's safe to say that staying hydrated is a major hack when it comes to promoting longevity. And unfortunately, many Americans (usually unknowingly) are dehydrated, especially older adults, with a 2023 study published in *Clinical Nutrition* citing that 25 percent of their 22,398 older adult study participants were dehydrated.

Thankfully, there are plenty of straightforward ways to prevent dehydration on a long-term basis. “Drinking water consistently throughout the day is one of the best ways to stay hydrated. Rather than waiting until you feel thirsty—a sign that mild dehydration may already be setting in—make it a habit to sip water regularly,” Carli offers.

And if water isn't your favorite beverage, there are many other delicious hydration options to choose from that will similarly promote longevity. While fluid needs are highly individualized based on age, activity, pre-existing medical conditions, and more, a good rule of thumb is to aim for at least eight to 12 cups (64 to 96 fluid ounces) of unsweetened, decaffeinated fluids per day.

“Alongside drinking water (and other hydrating beverages), including hydrating foods like cucumbers, oranges, melons, and soups in your diet can help meet daily hydration needs. These water-rich foods add both fluids and essential nutrients, supporting overall hydration and wellbeing,” Carli adds.

Through these easy (and delicious) hydration strategies, you can not only reap the everyday benefits of adequate fluid intake, but increase the odds that you'll live a long, healthy, functional life.

Article via realsimple.com

WALLA WALLA SENIOR CENTER

720 Sprague St
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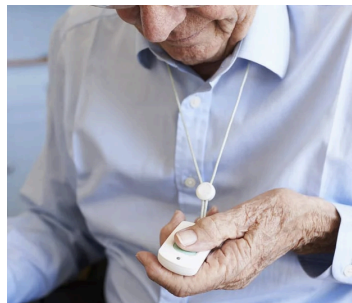
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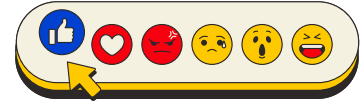
MONTHLY BRAIN TEASER

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

See the bottom of this page for the answer.
Riddles via parade.com

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Brain teaser answer: The number 8