Older Adults are at Increased Risk for Dehydration

When thinking about nutrition, food is what comes to mind for most people. However, water is more critical to life than food.

Water makes up about 60 percent of an adult’s body weight. All chemical processes that occur in the body require water, including digestion, absorption, circulation, excretion, nutrient transportation, metabolic reactions, maintaining blood volume and maintaining body temperature. When the body needs water, it sends a message to the brain and the brain triggers the thirst sensation. When the body has too much water, the brain sends a message to the kidneys to get rid of excess water.

It is important to keep in mind that thirst naturally lags behind water need. However, the thirst mechanism in older adults is not as effective as in younger adults. As a result, older adults usually underestimate how much water they need.

In addition to a less acute thirst mechanism, older adults are at an increased risk for dehydration for other reasons, including body water decreases with age, many medications used by older adults increase water loss, they may self limit fluid intake due to incontinence and decreased mobility to reach fluids.

Older adults who are dehydrated are more susceptible to urinary tract infections, pneumonia, pressure ulcers, confusion and disorientation. Older adults must realize that dehydration can be life threatening. While the body can withstand losing much of its fat and carbohydrate stores, a loss of 5 percent body water can result in heat exhaustion. A 10% loss of body water can lead to heat stroke and circulatory collapse.

Physical symptoms vary with the level of fluid loss. A person will feel thirst, fatigue, weakness, vague discomfort and loss of appetite with a 1% to 2% fluid loss. A 3% to 4% fluid loss will result in impaired physical performance, dry mouth, reduced urine, flushed skin, impatience and apathy.

Difficulty concentrating, headache, irritability, sleepiness, impaired temperature regulation and increased respiratory rate are signs of a 5% to 6% body fluid loss. A 7% to 10% loss of body water can produce dizziness, spastic muscles, loss of balance, delirium, exhaustion and collapse.

Water is lost through the kidneys in the form of urine, through the skin in the form of sweat, through the lungs as moisture in the breath and the gastrointestinal tract for elimination.

Water is replaced in several ways, including body production; foods such as meats, fruits and vegetables; and through beverages such as milk, juice, coffee, tea, soft drinks and other beverages.

A general guideline for water intake is 8 to 12 cups total fluid with a 2,000 calories/day diet. This includes not only the beverages you consume, but also the water in the various food that you eat as well. It is recommended that older adults need a minimum of 6 to 8 cups of fluids per day. Additional fluid intake is needed to replace fluid lost through excessive perspiration in warm, humid conditions.

Plain cool water is best for replacing water that is lost during hot weather or physical activity that lasts less than an hour.
The Versatile Cheesecake

Cheesecakes are versatile. They consist of three basic parts: The crust, the filling and the topping. Here are some principles to help you make perfect cheesecakes.

► A cheesecake is a custard, not a cake. It should be thick, rich and creamy. The proteins in the eggs give it structure. These proteins coagulate as the temperature approaches 160 degrees. If over baked, the cheesecake becomes dry. The cheesecake is done when it is still jiggly, but not soupy. A toothpick in the center is not a reliable test! An over baked cheesecake tends to crack.

► A long, slow bake allows for more uniform internal temperatures. Dark pans uniformly absorb heat better than reflective pans.

► Take the cream cheese from the refrigerator at least an hour before mixing. Before mixing, soften the cream cheese by beating in the mixer.

► Mix the ingredients into the cream cheese, rather than whipping. If too much air is incorporated into the filling, the cheesecake will puff when baked and sink as it cools.

► Cheesecakes are easier to remove from a pan after they have cooled slightly. Let it cool for ten minutes, then run a spatula or thin-bladed knife between the cake and the pan. A non-stick pan helps make the release easier and may help keep the cheesecake from cracking.

► Placed in an airtight container, cheesecakes can be stored in the refrigerator for up to five days. The entire cheesecake can be frozen and will last four to six weeks; individually wrapped slices will last for three weeks.

Suggestions for Fewer Calories in Your Cheesecake

⇒ Use the 1/3 less fat cream cheese. The cheesecake may be a little lighter and less dense, but most people will not be able to tell the difference.

⇒ If the recipe calls for whipped cream, use half and half in its place.

⇒ If the recipe calls for sour cream, use reduced fat sour cream. The fat-free sour cream does not bake well.

⇒ Reduce the amount of butter in the crust to as little as two tablespoons.

⇒ Use only a crust for the bottom of the cheesecake, not the sides.

⇒ Replace half the sugar with Splenda® Granulated or use the Splenda® Blend for baking.

Fruit-Filled and Fruit-Topped Cheesecake

Cheesecake information and recipe from The Prepared Pantry.

For the crust
2 cups crushed graham crackers
1/2 teaspoon cinnamon
2 tablespoons sugar
5 tablespoons butter, melted

For the filling
3 (8-oz.) packages of cream cheese, softened
3 large eggs
3/4 cup granulated sugar
1 tablespoon flour
1/4 teaspoon salt
1 teaspoon vanilla
1/4 cup whipping cream

For the topping
3 cups fresh or frozen strawberries, blueberries, peaches or other fruit
1 tablespoon lemon juice
1/4 cup sugar (omit if using sweetened, frozen fruit)
1 tablespoon cornstarch
2-3 drops of food coloring to enhance color of fruit
1 cup of fresh or frozen fruit (use whole or, if preferred, cut into smaller pieces)

(Directions on following page.)
Directions for Cheesecake

1. Crush the graham crackers. Mix the crumbs with the cinnamon, sugar and melted butter in a nine or ten-inch springform pan. Press the mixture into a crust across the bottom of the pan and up the sides. Put the crust in the refrigerator to set up while you prepare the filling and the topping.

2. Make the topping. Purée the fruit in a blender with the lemon juice. You should have about 1 1/2 cups of purée. Place the purée in a small saucepan. Add the sugar, food coloring and cornstarch. Cook over medium heat, stirring often, until thickened and bubbly. Set aside to cool.

3. Preheat the oven to 325 degrees.

4. Make the filling by mixing the cream cheese with the paddle attachment of your stand-type mixer set at medium speed until smooth and creamy, about five minutes. Add the eggs, granulated sugar, flour, salt, vanilla and whipping cream, and gently cream together until smooth. Do not over beat.

5. Pour one half of the cream cheese filling into the crust. Spoon about two-thirds of the fruit sauce onto the filling, then spoon the remaining cream cheese mixture over the sauce. Refrigerate the remaining sauce.

6. Bake for 40 to 45 minutes or until the top begins to turn golden and the center of the cake is barely jiggly.

7. Let the cake cool in the pan on a wire rack for ten minutes. Run a knife around the edge of the pan to loosen. Remove the ring and let the cheesecake cool completely. Refrigerate for several hours.

8. To serve, stir the rest of the fruit into the remaining sauce and spoon over the cheesecake.

Reverse Mortgages Require a Close Look

For many seniors, home equity is roughly 30-40% of their net worth. If you and your spouse are both at least 62 years of age and have significant equity in your home, a reverse mortgage can turn that equity into tax-free cash without forcing you to move or make a monthly payment. If it’s right for you, it’s a worthwhile financial tool. If not, you could make serious mistakes with your financial future.

A reverse mortgage gets its name because of the way it works. Instead of the borrower making payments to the lender, the lender releases equity to the borrower. When the owner dies or moves away, the house can be sold, the loan paid off and any leftover equity value can go to the living owner or the designated heirs.

Reverse mortgages have traditionally been chosen by older Americans who cannot cover everyday living expenses or who need cash for such things as long-term care premiums, home health care services or home improvements. Some use the proceeds to supplement monthly income, buy a car or fund travel.

One requirement is to consult with a financial planner before you’re granted this loan. Other things to consider:

Cost: Reverse mortgages are generally more expensive than traditional mortgages in terms of origination fees, closing costs and other charges.

Make sure you're not endangering federal retirement benefits: The basic FHA reverse mortgage is tax-free income to the senior receiving Social Security income, but, if your total liquid assets exceed allowable limits under federal guidelines, your benefits could be endangered.

Rates: Rates are typically higher than those charged on conventional mortgages. Check total annual loan cost.

Your mortgage can be called: The homeowner or estate always retains title to the home, but if you fail to pay your property taxes, adequately maintain your home, pay your insurance premiums or change your primary residence, the lender can declare the mortgage due.

Talk to your kids: If your house is your major asset, getting involved in a reverse mortgage may not leave much to the next generation. In addition to talking to a financial advisor, seniors need to talk with their family.

Each member should have received the Summer, 2008, edition of the state OHCE newsletter, *Oklahoma Outreach*. This issue is dedicated to information about the state meeting July 13-15 at the Clarion Hotel & Convention Center on south Meridian in Oklahoma City.

As usual, it promises to be an exciting conference. The Sunday night event includes touring the Oklahoma Art Museum and dinner at the Petroleum Club. Monday activities involve members in two learning sessions, a luncheon and luncheon speaker, business meeting and concludes with the annual Friendship Banquet. The Tuesday schedule takes in the awards ceremony, luncheon and an afternoon learning session.

The registration form is on page 7 of the state newsletter. Please send it to the address given on the form by June 30, 2008.

If you did not receive the most recent edition of *Oklahoma Outreach*, please contact the Extension Office at 527-2174. We will send you a copy.

Senior Conference—July 22, 2008—Registration Fee $7.00

I hope everyone has marked their calendars for July 22—the day of our Senior Adult Conference. Included with this newsletter is a conference flyer and registration form. The conference, to be held at the First Baptist Church in Newcastle, is sponsored by McClain County OHCE, McClain County OSU Extension Service and First Baptist Church of Newcastle.

Please note that the registration fee has been lowered from $10.00 to $7.00. Those of you who have already registered will receive a $3.00 refund. The registration fee reduction is due to an award we received from OSU—the Lucille Clark Professional Development Award—in the amount of $1000.

This conference is for all senior adults, so invite your spouses, family members and friends. The workshops and speakers will provide information for everyone. Let’s take advantage of this opportunity to show everyone the kind of quality programs OHCE helps provide.

All McClain County OHCE clubs are asked to bring three baked items for morning snacks and provide a door prize. Bring the door prize to the June Leaders’ Training on June 19.

Senior Conference can be used in lieu of your July meeting for perfect attendance purposes. Clubs can also opt to use Senior Conference for their July meeting.

Green Cookbooks

The reprinted state green cookbook is available for purchase at the Extension Office. These books make great wedding, birthday or Christmas gifts. Cost is $10.00.
County Fair Updates

County Fair will be here soon—September 3-6, 2008. There are several updates I would like to pass on to you:

1) The awards have changed for the Ball® Fresh Preserving winners. Adult awards are as follows:
   - The entries designated first place from each category will receive:
     * Two (2) five dollar ($5.00) coupons for Ball® or Kerr® Fresh Preserving™ Products, and
     * one (1) three-dollar ($3.00) coupon for Ball® Simple Creations® Products.
   - The entries designated second place from each category will receive:
     * One (1) five dollar ($5.00) coupon for Ball® or Kerr® Fresh Preserving™ Products and one
     * three-dollar ($3.00) coupon for Ball® Pectin Products.

2) The Youth Award will only go the 1st place in each category, rather than the top two, as in the past. The youth award is:
   - One (1) five-dollar ($5.00) coupon for Ball® or Kerr® Fresh Preserving™ Products and one
   * three-dollar ($3.00) coupon for Ball® Pectin Products.

3) Salsa Contest entries will be taken on Wednesday, September 3, from 2:00 p.m. to 7:00 p.m. and on Thursday, September 4, from 10:00 a.m. to 12:00 p.m. Remember that you need to bring two jars—one for the judging and one to be donated to the 4-H Scholarship Auction.

4) Premiums will again be paid on open class building entries. Be sure and check out the classes. Let’s double our entries from last year!

Spring Council a Success!

Thanks to all who attended and/or brought guests to Spring Council on May 6. Two new members recruited as a result of this OHCE Week event. Tracey Payton from the Cleveland County Extension Office did a great job on the program—“Plants and Trees for Oklahoma/Container Gardening”.

New Item for Your Recycled List

A new item to add to your “Recycled List” — Best Choice food labels. These labels can be turned in to Purcell Schools and used to help purchase equipment for the school.

Get $tarted TODAY

Fall Council

October 9, 2008, will be the date for Fall Council. It will be held at the Pioneer Telephone Community Room in Blanchard.
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<td>19 HCE Leaders' Training, 1:30 pm, Courthouse</td>
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<td>27 Co-Parenting Seminar, 9:00 am to 12:00 pm</td>
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**July, 2008**

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2008 “Enrich Your Life” Senior Conference

Tuesday, July 22, 2008

8:00 a.m. to 2:30 p.m.

Newcastle 1st Baptist Church

An exciting one-day event to celebrate life as an active senior and to learn new skills to make life even better.

The $7.00 registration fee includes lunch, snacks, and informational sessions.

Breakout sessions include:

- Identity Theft
- Understanding Alzheimer’s
- Where’s Your Treasure (Bring antique or other items you would like appraised in this mini “Antiques Road Show”
- Travel in Oklahoma
- Living with Diabetes
- Navigating Medicare
- Fitness for Seniors
- Wills & Estate Planning
- Long Term Care

Keynote Speaker: Dr. Robert McArthur, McBride Clinic, Norman, speaking on “Arthritis”

Luncheon Speaker: Kim Lopez, Cleveland County Sheriff’s Department on “Senior Safety”

◊ Visit with organizations and businesses about services for seniors.
◊ Health checks available: Blood Pressure and Bone Density.
◊ Lunchtime entertainment provided by: “Not Just Country” dancers

Registration due by July 11, 2008

For more information, call 527-2174

Mail registration form and check for $7.00 made payable to: McClain County Home & Community Education

Mail to: McClain County O.S.U. Cooperative Extension Service; P. O. Box 1505; Purcell, OK 73080.

First Name: _________________________________     Last Name: _________________________
E-Mail: ____________________________________
Address: ____________________________________
City: _____________________________ State: _____ Zip Code: ____________
Home Phone: ___________________________     Alternate Phone: ______________________
Register by July 11 for the

Enrich Your Life
Senior Conference
Tuesday, July 22, 2008

Presented by:
McClain County O.S.U. Cooperative Extension Service
McClain County Oklahoma Home & Community Education
First Baptist Church; Newcastle, OK

Gold Sponsors

Oklahoma Electric Cooperative
Senior Vitality/Norman Regional Hospital
1st American Bank
Lifecare Oklahoma
McClain Bank

Silver Sponsors

Rural Electric Cooperative
Purcell Municipal Hospital
1st National Bank & Trust of Chickasha
Pioneer Telephone
Wilson-Little Funeral Home
July Leader Lesson on June 19

*Clutter's Last Stand* is the title of July's lesson. Leaders' Training will be Thursday, June 19, at 1:30 p.m. in Room 111 of the Courthouse. The lesson will discuss suggestions for preventing the accumulation of clutter and give ideas for dealing with existing clutter.

No August Leader Lesson

There is no Leaders' Training scheduled for July. August meetings will be used for fair preparation.

Leaders' Lesson Ideas for 2009

It will soon be time to select lesson topics for 2009. Please collect ideas at June and July meetings and submit them to the Extension Office.

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Mickey Simpson
Extension Educator,
Family and Consumer Sciences/4-H

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Fall Council Meeting
October 9, 2008
Pioneer Telephone
Community Room
Blanchard, OK