



## Are you getting enough water?

I bet you have noticed that weather patterns have changed over the years. The cool, foggy summers that we could count on have given way to intermittent hot days that we just aren't used to. Are you prepared to deal with those hot, hot days?

According to the National Council on Aging, we seniors are especially vulnerable to dehydration because as we age our appetites diminish (supposedly!) for both food and water. If that is not enough, our bodies change, diminishing the amount of water retained; and we are possibly taking medications that increase our risk of dehydration.

There is also another complication. Older adults' bodies don't regulate temperature as effectively as we once did. Meaning that when exercising, seniors are more likely to become dehydrated.

Even mild dehydration can cause a wide array of debilitating and uncomfortable symptoms including:

- Fatigue or feeling weak
- Dizziness
- Irritability
- Headaches
- Dark-colored urine or urinating less frequently
- Confusion
- Dry Mouth
- Lack of Coordination
- Muscle Cramps

**So how much water do you need every day?** Talk to your doctor but the general rule of thumb is based upon your body weight. To calculate the amount of water you need to drink, take your body weight (no cheating!) and divide by three; that is the number of ounces you need to be drinking each day. For example: 180 pounds  $\div$  3 = 60 ounces/day OR 7 ½ 8 oz glasses.  
→



## And Remember Sun Screen....

Have you noticed that your skin is drier and a bit more fragile? Take care of it by applying sun screen before spending time in the sun and every two hours while you are out-of-doors, more often if you are swimming.



What steps can you take to ensure you are getting enough liquids in your diet?

- Begin each morning with a glass of water. In addition to replacing fluids lost during the night, it can kick-start your metabolism.
- Eat foods rich with a high-water content, including cucumbers, watermelon, lettuce, strawberries, tomatoes, celery. Soups, stews and broths are also good.
- Always keep water with you. Carry a refillable water bottle.
- Reduce or avoid caffeine and alcohol intake. Both are diuretics.
- Not loving water; add lemon, lime or cucumber slices.

And remember, ice water is the best way to regulate your internal temperature during the hot summer-fall months.

*Adapted from the National Council on Aging*

## You Don't Want to Miss These Upcoming Programs

**July 8, 10AM**

St. Ignatius Church

Join us as Father Paul celebrates mass, including the Anointing of the Sick. At 11 AM, we'll continue with the Annual OWLS Picnic on the grass outside the church. Bring a bag lunch. Desserts and water will be provided.

**August 4, 12:45PM**

Take me out to the ballgame! Join the OWLS as the Giants beat the Dodgers. Contact Barbara St. Marie ([bstmarie2000@yahoo.com](mailto:bstmarie2000@yahoo.com)) for more information.

### Happy Birthday to YOU!



Melinda Gould July 3

Rebecca Hogenhuis July 25

John Terry July 29

Emmanuel Anylam Aug 10

Robyn Torres Aug 15

Charles Walker Aug 15

Vladimir Hogenhuis Aug 18



Are we acknowledging your birthday? If not, please send us the date; we want to include you.

## Memories of Peggy Kang

Peggy was a character. You just never knew what she was up to next. Peggy was a fun-loving runner, singer, and all-around athlete. She participated in city marathons, played tennis with a happy heart, and hiked in the mountains. Talent shows, OWLS events, the St Ignatius choir and a chorus at the Castro Street senior center provided her opportunities to share her gift of song. She will be missed.

One friend who accompanied her on a mission trip to El Salvador learned that Peggy was very eager for the adventure and for any potential fun along the way. And she wanted to bring joy to others. If you ever had an ice cream treat with her, you know what her favorite food was.

Peggy Kang entered God's home on June 17, 2022. She had a peaceful death and was well cared for at Coming Home Hospice. May she rest in peace.

*Submitted by Barbara St. Marie*



### **Book Corner:** *Fascism: A Warning* by Madeline Albright

The late Madeline Albright is as much an historian as a statesperson. As the Secretary of State from 1997 – 2001, Madeline Albright was on the front lines of international diplomacy, but writing in *Fascism: A Warning*, she uses not only her professional experience but her personal circumstances as an immigrant to examine the rise of autocratic governments throughout the world in the 20<sup>th</sup> and 21<sup>st</sup> centuries.

In the book she writes, (A Fascist) “is someone who claims to speak for a whole nation or group, is utterly unconcerned with the rights of others, and is willing to use violence and whatever other means are necessary to achieve the goals he or she might have.”

When the Cold War ended, Albright said that she naively believed democracy had triumphed. Since then contemporary events have demonstrated that trouble exists throughout the world, even here in the United States. In this compelling book, she calls on us to think and speak and act to find remedies for our own shortcomings.

**We are always looking for book reviews. Contact Marsha Holm ([marsha.callholm@gmail.com](mailto:marsha.callholm@gmail.com)).**

### **And something to think about....**

4,153,237 people got married last year. Shouldn't that be an even number?

Red, white and blue stand for liberty and freedom until they are flashing behind you.

## Let Us Pray

### From the OWLS

Kevin Boden (healing)  
Maria Boden (healing)  
Peggy Kang (repose)  
Sylvia Walker (healing)  
Len Kuplinski (healing)  
Rose Mangini (healing)  
Father Paul (celebrating his Golden Jubilee)  
All of the OWLS

### From the Parish

For the sick and infirm of SI Parish  
For the intentions of the Pastor

### From Pope Francis

For the elderly, that their experience and wisdom help young people to look towards the future for hope and responsibility.  
For small- and medium-sized businesses, in the midst of economic and social crisis, may they find ways to continue to operate.

**Do YOU know of someone who needs our prayers?  
Please let us know by contacting  
[marsha.callholm@gmail.com](mailto:marsha.callholm@gmail.com).**

## Announcements

Do you have something to add to the newsletter. Just let Marsha know at [marsha.callholm@gmail.com](mailto:marsha.callholm@gmail.com).

We want to thank Barbara St. Marie, Wyla Nunes and Joan Minninger for contributing to this issue of the newsletter.

The OWLS Newsletter needs someone to review movies. They can be on Amazon Prime, Netflix, HBO or even in the theatre. Anyone interested? Contact Marsha (see above for email address)

**Look for Barbara's email on the Wednesday before our regular Friday program. That will give you the latest information and the Zoom link (when applicable).**

### Meet the OWLS Steering Committee

It takes a lot of folks to make the OWLS happen. Let's give a hoot to all of them!

Chair: Barbara St. Marie

Newsletter: Marsha Holm, Maddy and Jay Davies, Carola Shepard, Diane del Chiaro

Hospitality: Teri Stanul, Judith Mahnke, Kevin Hanley

Telephone Tree: Carola Shepard, Joan Huff

Field Trips: Rose Casserly



### A Look Inside St. Ignatius: Boosalis Family Icon Prayer Chapel

Looking at this tender representation of the Madonna and Child, it just makes me smile: the gesture as Mary presents the Christ Child to us, the magnificent gold background, the star on Mary's shoulder and mantle. But they all are part of a much deeper story.

This and several other icons within the Boosatis Family Prayer Chapel were gifts of this Greek Orthodox family to the church in acknowledgement of the support offered to their children while attending St. Ignatius Prep.

In many ways, this image is similar to representations of the Virgin Mary with which we are more familiar. That gold background was used in the Western Church during the Renaissance to suggest heavenly light, the stars (shoulder and mantle) remind us of Mary's title "Star of the Sea", a reference to her being our port in a storm, our intermediary in seeking intercession with Christ.

The pose, with the Christ Child supported in the left arm while the right hand gestures toward him, is based upon a representation in the Hodegon Monastery (Constantinople/Istanbul) and has become known as a Virgin Hodegetria. The gesture is intended to suggest that it is Christ who will act our savior. And the inscription MP Oy? Simply an abbreviation for the term "Μήτηρ (τοῦ) Θεοῦ" reminding us that Mary is the Mother of God.

### Are you a Seenager (Senior Teenager)?

I am a seenager. I have everything that I wanted as a teenager, only 60 years later. I don't have to go school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I do have a driver's license and my own car. I have ID that gets me into bars and the liquor store. And I don't have acne. Life is great. I have more friends who might like to read this, but I can't remember their names

*Submitted by Joan Minninger*

## Blood clots are dangerous; are you at risk?

Do you know if you are at risk or better yet what symptoms to be on the lookout for?

Blood clots in the **leg/arm** present as:

- Swelling
- Pain or tenderness not caused by injury
- Skin that is warm to the touch
- Redness or discoloration of the skin

If you have these symptoms, immediately contact your physician.

For more information, you can visit [www.stoptheclot.org](http://www.stoptheclot.org)

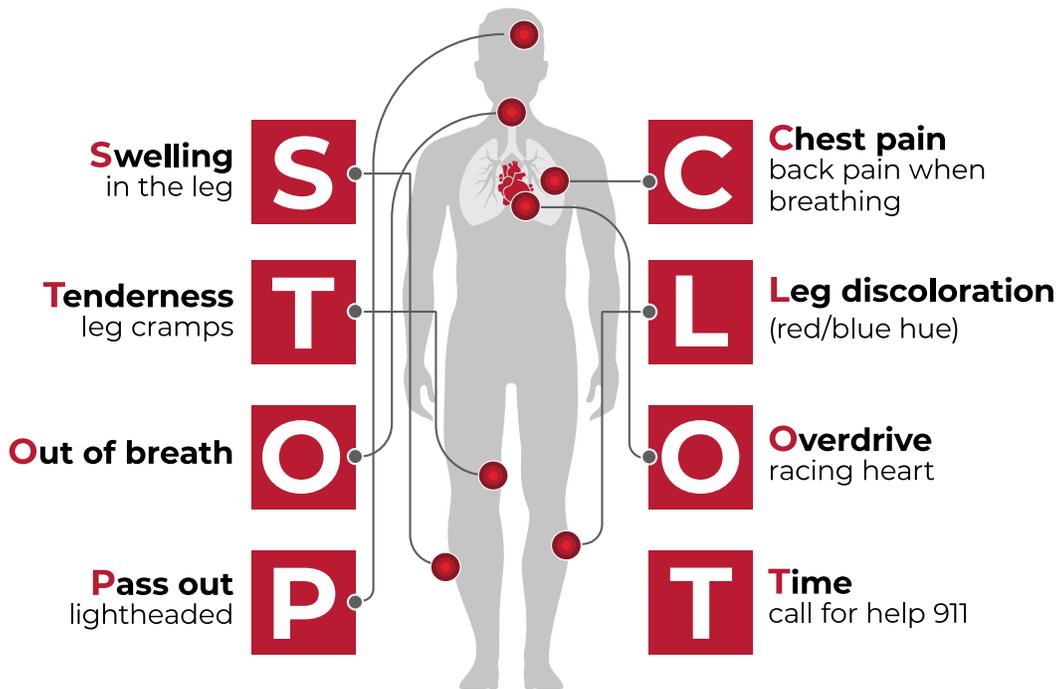
And in the **lung**:

- Difficulty breathing
- Chest pain that worsens with a deep breath or lying down
- Coughing, or coughing up blood
- Faster than normal or irregular heartbeat

Immediately seek out emergency assistance.

# STOP THE CLOT®

BLOOD CLOT AWARENESS: KNOW THE SIGNS & SYMPTOMS



   @stoptheclot  
[stoptheclot.org](http://stoptheclot.org)



Learn more about blood clots here

*Submitted by Wyla Nunes*