Drink Up: Dehydration is an Often Overlooked Health Risk

As we age, the sense of thirst diminishes. Even when your body needs to be replenished with water, you might not realize it. Older adults are also at greater risk for dehydration because of how body composition changes with age. Older adults have less water in their bodies to start with than younger adults or children.

Water is necessary for nearly every bodily function. Water helps lubricate joints, regulate body temperature and pump blood to the muscles. Not getting enough of it can be serious. Adding to the problem is that symptoms of dehydration in seniors often go unrecognized. Many of the earliest signs, like dry mouth, fatigue, dizziness and muscle cramps, are nonspecific and could be easily attributed to other medical conditions or medications. Persistent dehydration that causes difficulty walking, confusion, rapid heart rate or other more severe symptoms can land seniors in the hospital.

We have helpful hydrating tips from Cleveland Clinic.

- Water is best, but we all know that drinking water all day every day can get boring. So try some fruit or flavoring to put in it, or switching it up with some milk or juice. With juice, a 50/50 or more diluted mixture with water would reduce the high sugar content of juice.
- Caffeinated beverages like tea and coffee will have a slight diuretic effect. It’s okay to have them in moderation, but shouldn’t be counted toward a daily fluid intake goal.
- Many foods are also very hydrating, so eating fruits and vegetables with high water content can help, too.

Qualifying BART Riders Get Discount

The new regional Clipper START Program is offering a 20% fare discount per trip to adult riders age 19-64 whose household incomes are no more than twice the federal poverty level. The Clipper START program also offers discounts of 50% off fares for Muni, Caltrain and select Golden Gate Transit and Ferry routes.

Clipper START is an 18-month pilot program initiated by Bay Area transit agencies and the Metropolitan Transportation Commission (MTC) that uses the Clipper transit fare payment system to reduce the cost of transportation for adults whose household incomes are no more than twice the federal poverty level (for example, $52,400 for a family of four). This can be an important benefit, as transportation costs are a significant burden on many households, particularly during the current economic climate.

“The MTC has a long history of serving low-income residents through community-based planning and other programs,” said MTC Chair Scott Haggerty. “Clipper START is really expanding that commitment to make transit more affordable to a wider group of people. We’re excited to see how many will take advantage of this pilot program.”

Applicants to the pilot program can provide a copy of an Electronic Benefits Transfer (EBT) card or Medi-Cal card, a county benefits eligibility letter, their Muni Lifeline card number or a copy of their last federal tax return to demonstrate their eligibility. Once approved, they will receive a personalized Clipper card that must be loaded with cash value before use.

The Clipper START discounts are automatically applied whenever the card is used on participating transit agencies. Clipper START is not a transit pass—it is a program that offers discounts for single rides on Muni, BART, Caltrain, and Golden Gate Transit and Ferry.

Anyone interested in Clipper START can learn more about the program and apply online at clipperstartcard.com. The website walks you through the application process, tells you what documents you need to upload, and allows you to save your progress and return later to complete your application.

Seniors age 65 and over will continue to receive the 62.5% off with a Senior Clipper card. Senior Clipper cards can be obtained by mail or there are multiple locations across the Bay Area where you can apply and immediately receive a Youth or Senior card.

To learn more about Clipper START and apply online, visit clipperstartcard.com.

For BART’s 15 Step program to welcome back riders, visit bart.gov/news/articles/2020/news20200526.

News from FOAS

By Judy Cohen

Hello From FOAS. And so we enter August 2020 in a year such as we have never before experienced. One hundred years after the decade of the Roaring Twenties; will we create our own “Twenties” with innovations to compensate for current restrictions? In the spirit of “bathtub gin” we brew our own for distant yard gatherings, replete with Tiki bar, neighborhood musicals and kids’ trampolines.

I am grateful for family; my own and those at our Senior Center. Thanks to our staff for creating virtual meetings and celebrations to keep us connected. I am grateful for dogs and forest trails; I am grateful for sunrises and sets; ours are ours.

I am grateful for the library’s online programs and new No Contact Pickup Service that all happens safely and without setting foot in the library.

Albany Library Programs at Home

We want to thank Rachel Sher, Albany Library Branch Manager, for her presentation on the library’s online programs and new No Contact Pickup Service that all happens safely and without setting foot in the library.

August Library Online Program Highlights:

- Kind, Connected Conversations — Schedule a 1-on-1 appointment
- Creative Writing Group – Tuesdays, August 4 and 18 from 7-9pm
- Game with a Librarian – Wednesdays, August 5-26 from 12pm-1pm
- Me Time: Let’s Go on a Mindful Walk – Monday, August 10 from 12-12:30pm
- Big Library Read Book Club – Thursday, August 13 from 6-7:30pm
- Me Time: Sleep Hygiene – Monday, August 24 from 12-12:30pm
- Family Dance Party – Thursday, August 27 from 3-3:30pm

Visit guides.aclibrary.org to see everything that the Library has to offer in the month of August.
Healthy Corner
A Mini-Guide to Garden Flowers for Your Socially-Distanced Neighborhood Walks
Guide and pictures contributed by Patricia St. John, Berkeley Garden Club

- Lavender—Lavandula x intermedia ‘Provence’
- Blanket Flower—Gaillardia x grandiflora ‘Arizona Sun’
- Naked Lady—Amaryllis belladonna
- Varieties of annual Zinnas in one garden: Zinnia elegans
- Sometimes called Gloriosa Daisys: Rudbeckia fulgida
- Cosmos bipinnatus—an annual, great cut flower, cheerful!

Celebratory Recipe for August
Every August, F.O.A.S. would host the annual Hawaiian Luau as a fundraiser for Albany Senior Center activities. We are disappointed that we are unable to spend this event with you in-person. However, we found a great way for everyone to celebrate at home, with a Hawaiian Wedding Cake. The Hawaiian Wedding Cake competition has been an event staple and now you can recreate the fun at home with this delicious recipe. Enjoy!

Hawaiian Wedding Cake
Prep and Cook Time: 60 minutes
Ingredients:
- 1 ½ cups granulated sugar
- 1 tsp baking soda
- 2 cups all-purpose flour
- 2 eggs
- 1 20oz can crushed pineapple
- 1 cup walnuts
- Optional: maraschino cherries
- Optional: dried coconut flakes

Directions:
Step 1: Preheat oven to 350 degrees F (175 degrees C). Grease one 9 x 13 inch pan.
Step 2: In a large bowl, mix sugar, soda, and flour by hand. Mix in eggs, pineapple with juice. Stir in nuts, and coconut. Pour into prepared pan.
Step 3: Bake for 35 to 40 minutes. Cool on wire rack. Top with frosting and fruits of your choice.

Celebratory Recipe for August
Every August, F.O.A.S. would host the annual Hawaiian Luau as a fundraiser for Albany Senior Center activities. We are disappointed that we are unable to spend this event with you in-person. However, we found a great way for everyone to celebrate at home, with a Hawaiian Wedding Cake. The Hawaiian Wedding Cake competition has been an event staple and now you can recreate the fun at home with this delicious recipe. Enjoy!

Hawaiian Wedding Cake
Prep and Cook Time: 60 minutes
Ingredients:
- 1 ½ cups granulated sugar
- 1 tsp baking soda
- 2 cups all-purpose flour
- 2 eggs
- 1 20oz can crushed pineapple
- 1 cup walnuts
- Optional: maraschino cherries
- Optional: dried coconut flakes

Directions:
Step 1: Preheat oven to 350 degrees F (175 degrees C). Grease one 9 x 13 inch pan.
Step 2: In a large bowl, mix sugar, soda, and flour by hand. Mix in eggs, pineapple with juice. Stir in nuts, and coconut. Pour into prepared pan.
Step 3: Bake for 35 to 40 minutes. Cool on wire rack. Top with frosting and fruits of your choice.

Mark Your Calendar
Refrigerated and Frozen Meals Delivered (11am-1pm)

| Aug 3 | Aug 5 | Aug 7 |
| Aug 10 | Aug 12 | Aug 14 |
| Aug 17 | Aug 19 | Aug 21 |
| Aug 24 | Aug 26 | Aug 28 |

Meal delivery schedule is subject to change

Mercy Brown Bags (Groceries) Delivered (10am-12pm)

| Aug 7 | Aug 21 |

Call (510) 524-9122 to register for this meal delivery program. Deliveries are made to Albany Residents in need.