

# Monitor **HYDRATION** for impaired loved ones

By Lara Williams



Now that warmer weather has settled in, families caring for people with Alzheimer's Disease will seek more opportunities to take their loved one outdoors, where the warm breezes, blooming flowers and outdoor activities will stimulate their senses and bring back memories of younger days.

As Alzheimer's progresses, a person's senses – smell, taste, hearing – heighten, while the remote memory stays intact. The warm breezes and spring flowers blooming will help recall long-term memories. Give your loved one this opportunity to share these memories and themselves with you by reminiscing about childhood memories in the springtime.

Mid-morning is best, before it gets too warm, especially if the person has challenges of sundowner's behaviors.

Other fun springtime activities include feeding ducks at a nearby pond, a stroll through a garden, or perhaps watching others playing games in a park.

Just think back to when you were a child and recall the simple pleasures you found: lying under the stars, running out in the rain, licking a lollipop, eating ice cream, walking through tall grass, finding a new flower. We all need to relive these simple pleasures again.

Once the weather gets warmer, concern should be given to the



amount of time people with Alzheimer's spend outside and their hydration. People with Alzheimer's have impaired judgment ability and cannot realize how long they have been out, so they tend to stay out too long if they are not supervised.

A danger is their lack of being able to communicate their own physical needs. This makes them at high risk for dehydration.

The signs and symptoms of dehydration, like those of many other treatable health conditions, can be virtually identical to senile dementia symptoms, age dementia symptoms and Alzheimer's symptoms.

Encourage the person to drink fluids by creating the thirst sensation with words like, "Wow, it sure is hot today," or "It will feel so good to wet your whistle." Visually show them by drinking liquids yourself.

If this doesn't work, place your hand over their hand and assist. Correcting dehydration can allow an older person to return to a healthier state and enjoy the outdoors more.

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Call for an appointment today!

## Local company donates hydration product to tornado victims

Cera Products, Inc. of Hilton Head Island has donated a supply of its CeraSport EX1 drink boxes to Direct Relief USA to help communities in Alabama and other areas throughout the South affected by the recent tornadoes.

The drinks will help prevent dehydration in areas being rebuilt. The initial shipment was sent to Etowah Free Community Clinic in Gadsden, Ala., where an estimated 3,000 people displaced by flooding are being supported. Alabama was declared a Category One disaster area, the same ranking given to Hurricane Katrina and the 9/11 terrorist attacks.

Thousands were without power and cannot access, cook or store food. Gluten-free CeraSport oral rehydration drinks do not require refrigeration or special storage.

"We are so glad to have the opportunity to help our neighbors in Alabama, who are recovering from one of the most terrible storms seen in many years in that part of the country," said Cera Products president Charlene Riikonen. "It is our mission to prevent and correct dehydration, so this is really important to all of us at Cera Products. We have been helping all over the world, so when such a disaster strikes our fellow Americans, we find it all the more important to help."

In 2010, Cera Products and Direct Relief collaborated to provide Oral Rehydration Solutions (ORS) to victims in Haiti affected by the earthquake and subsequent cholera outbreak. The company has also supported other disaster relief efforts, including Hurricane Katrina, the Myanmar Cyclone, flooding in Pakistan and the Southeast Asian Tsunami.

For more information, visit [www.ceraproductsinc.com](http://www.ceraproductsinc.com) or call 888-237-2598.