

NEWSLETTER

Insignia of Newnan



THIS MONTH'S **BIRTHDAYS**

6: Christine Ellison
12: Joseph Todd
20: Larry Clark
23: Ethel Young

MEET OUR NEWEST **RESIDENTS**

Elaine Hicks
Christine Ellison
Larry Bassett
Annie Jo Berkowitz

JULY'S FEATURED **EVENTS**

3: Cook Out
4: Gospel Heirs
26: Beach Party



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Newnan, GA 30263, USA
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Dehydration in Seniors



With the Dog Days of Summer before us, it is very important to stay hydrated.

The human body is made up of approximately 70-percent water. So it makes sense that fluids are vital for the majority of our bodily functions—protecting our joints, maintaining organ function, transporting oxygen to cells, and sustaining body temperature. It also makes sense that the body can become dehydrated fairly quickly due to excess perspiration, hot weather, sun exposure, and lack of fluids throughout the day.

However, if you're active or if you sweat excessively, replenishing water levels regularly throughout the day is even more detrimental to prevent dehydration.

When the body suffers from chronic dehydration, blood flow and blood pressure drop due to a lack of water and oxygen in the blood. Basically, dehydration results when the body loses more water than it takes in. This naturally causes the muscles and nerve function to literally burn out due to profuse sweating after exertion.

RESIDENT OF THE MONTH: Yvonne Erath

Our July resident of the month is Ms. Yvonne Erath.

Ms. Yvonne came to live with us last November and has been nothing but joy. She is from New Orleans and she loves telling us stories about Mardi Gras and other New Orleans activities.

Ms. Erath spent many years as a homemaker a secretary and an executive assistant.

She has two wonderful sons who loves her dearly.

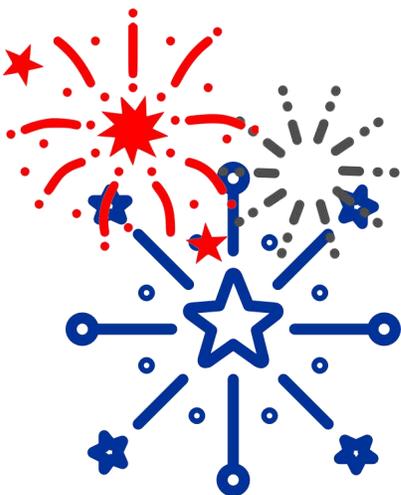
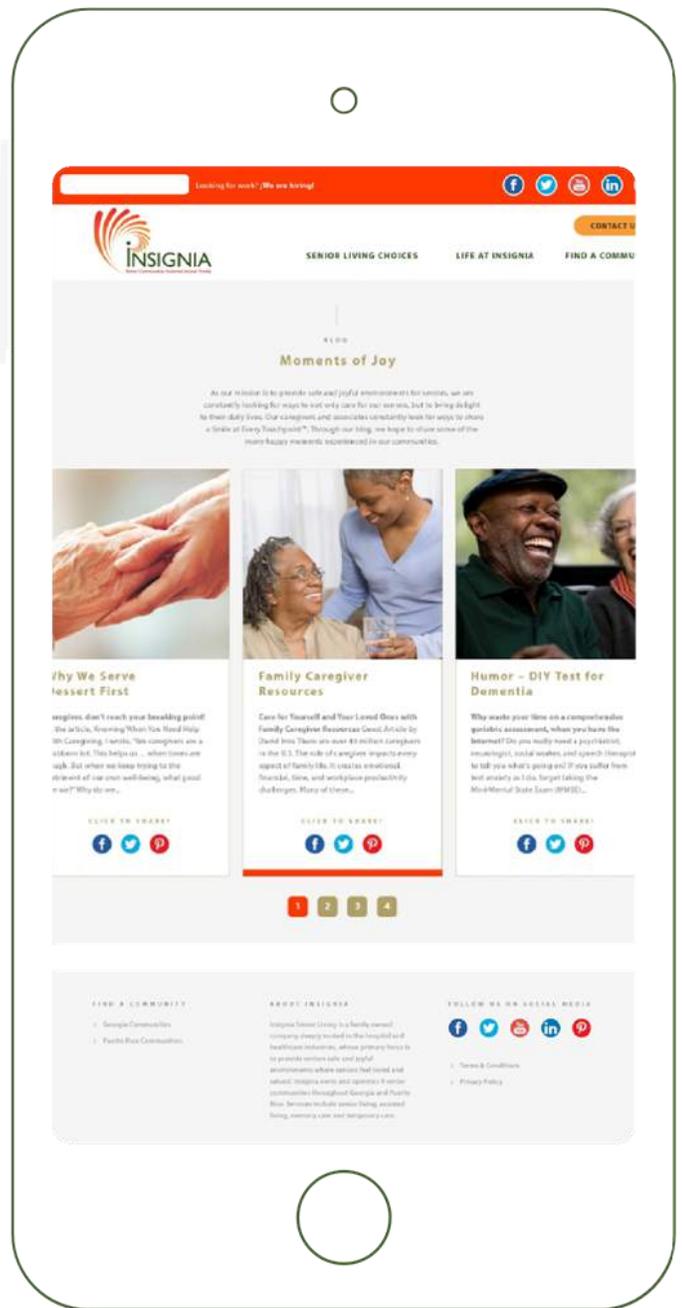
Yvonne enjoys drinking coffee and taking long naps. We are pleased to have her as part of our Insignia family.



VISIT OUR BLOG!

Don't forget to visit our blog on our brand new website to read community stories, resident highlights, senior living tips & much more! We're excited to share this with you and we hope you enjoy it! Plus, don't forget to like us on Facebook!

insigniaseniorliving.com/blog
facebook.com/insigniaofnewnan



OUR TEAM:

Executive Director: Brenda Mitchell

Assistant Director: Melanie Clark

Residents Relations Coordinator: Jill Wright

Director of Life Enrichment: Cathy Robinson

Maintenance Director: Jo Smith