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McKnight's   
**SENIOR LIVING**  
News, perspective and analysis

August 8, 2018

## Help With Hydration

Senior living communities across the country have been helping older adults stay hydrated this summer by creating hydration kits and consistently offering water and other options for liquids.



Brookdale Senior Living communities **Brookdale Yakima** and **Brookdale Chesterley** in Yakima, WA, have created hydration kits (pictured) for any older adult in need in the Yakima Valley. Kits include cooling rags, small coolers, sunscreen, water bottles and other things necessary to make sure seniors stay hydrated this summer.



*Larry Pallant, a resident at Spring Hills Mt. Vernon, Mount Vernon, VA, stays hydrated with watermelon. A water dispenser is behind him.*



In addition, [Spring Hills Mount Vernon](#) assisted living community in Mount Vernon, VA, and [Poet's Walk](#) memory care communities in Henderson, NV; Cedar Park, TX; Sarasota, FL; San Antonio, TX; and Round Rock, TX, also are encouraging seniors to stay hydrated.

"It's all about being creative, fun and excited about wellness, especially as the days grow hotter," said Caprice Miles, director of resident care at Poet's Walk Henderson. "Simply increasing seniors' water intake can avoid admission to the hospital from a range of problems."

One tip to keep residents drinking that many Poet's Walk communities recommend is repetition. Older adults continually should be offered something to drink or a water-enriched treat, according to Poet's Walk. Additionally, adding fresh fruit to the water can encourage seniors to drink.

Seniors also should be encouraged to eat foods that are rich in water, according to the company. Cucumbers, watermelons and tomatoes are foods that are more than 90% water.

Making small adjustments to help residents with hydration can keep them healthy this summer and improve their health overall.