



JULY 2025

Senior Resources

AGENCY ON AGING



Wishing you a safe and joyful 4th of July from all of us at Senior Resources.

Thank you for the wisdom and strength you bring to our community.

*Happy
4th of July*



EXTREME HEAT ALERT – STAY SAFE, STAY COOL!

With extreme heat in the area, seniors are at higher risk for heat-related illness. Please take precautions:

Quick Tips:

- Stay indoors during peak heat (10 AM–4 PM)
- Drink water often
- Wear light, loose clothing
- Avoid strenuous activity
- Use A/C or fans, or visit a cooling center

Need to Cool Off? Call 2-1-1 or visit: [CT Cooling Centers & Heat Safety Info](#). Check on neighbors, stay cool, and stay safe!

Tropical Mocktail Recipe

For 2 drinks:

- 1½ cups pineapple juice
- Juice of 1 lime
- 1 can coconut sparkling water (e.g., La Croix)
- Garnish: lime, pineapple, cherries (optional)

For a pitcher (4–6 servings):

- 4 cups pineapple juice
- Juice of 2 limes
- 2 cans coconut sparkling water
- Garnish as desired

Instructions:

Mix juice(s) together. Pour over ice, top with sparkling water, add grenadine if using, and garnish. Stir gently and enjoy!

Program Spotlight: Mind Over Matter (MOM)

We're excited to spotlight an empowering class led by Lori Rygielski:



Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)

This small-group workshop helps women learn strategies to reduce and manage bladder and bowel leakage in a supportive, judgment-free environment.

- ✓ Evidence-based
- ✓ Practical and private
- ✓ Taught by a trained facilitator

Don't wait, call Lori today to learn when the next workshop begins! 860-887-3561 ext. 127

Seasonal Nutrition Highlight: **Eat Fresh This July!**

Summer is the perfect time to enjoy fresh, local produce. July brings us delicious and nutrient-rich options like:

- **Berries** – Packed with antioxidants, great for memory and inflammation
- **Tomatoes** – High in lycopene, which supports heart and skin health
- **Cucumbers** – Refreshing and hydrating
- **Corn** – A good source of fiber and B vitamins

Quick Tip: Try a simple summer salad with sliced cucumbers, cherry tomatoes, and a splash of olive oil and vinegar. Easy, hydrating, and brain-healthy!

