

FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

CELEBRATING AGE, WISDOM, AND
OUR VALUED MEMBERS DURING

Older Americans Month

May is Older Americans Month, a chance for us to truly honor the experience and wisdom of older adults in our communities. And what a wonderful time it is to recognize and appreciate their contributions through the years.



To support our older members, our medical groups are dedicated to providing access to a caring and supportive team of case managers, pharmacists, and health educators. We offer both in-person and online health education and wellness programs. These include a robust library of information and on-demand videos to learn about general health and wellness, and chronic condition management.

Through our **HealthyWayEvents.com** platform, members can also sign up for a variety of events, including member appreciation gatherings, fitness programs for all skill levels, and health fairs – all at no cost.

We take great pride in supporting our older adult community through every stage of life. They are more than just members to us. They're like family.

As one of our members, Roderick, shared: *"My health education team became family to me. The genuine concern they had and how they just cared for me. Sometimes I would go in there and be emotional but you know, I could feel it deep down inside that they cared for me and I love them for that."*



OUR BODIES ARE 60% WATER.

Staying hydrated is key!



Yes, we've noticed it too! The sun is shining, the days are longer, and we're spending more time outside. Warmer weather means it's even more important to stay hydrated. Drinking plenty of fluids helps keep your energy up and your body healthy.

Here is something you might not know: as we get older, our bodies hold about 10–15% less water. That means staying hydrated can get a little trickier. And with warmer weather and increased activity, our bodies need even more fluids to keep everything working the way it should.

Drinking enough fluids helps you stay alert, cool, and feeling your best. So whether you're out for a walk, doing yard work, or just soaking up the sunshine, don't forget your water bottle. Your body will thank you!



Here are some quick Q&A tips to help.

Q: I drink coffee, and I've heard it's a diuretic. Does it still help with hydration?

A: Yes, it can! Coffee is a mild diuretic, which means it might make you pee a little more often. But recent studies show that when you drink it in moderation, it doesn't take away much fluid from your body. So yes, coffee can count toward your daily fluids. Still, it's a good idea to balance it by drinking plenty of water to stay fully hydrated.

Q: How can we remind ourselves to drink enough fluids?

A: It can be tough to remember to drink water, but here are some easy tips to help:



Set reminders

Use your phone or a watch to alert you to drink water every few hours.



Track it

Use a water tracker or app to see how much you're drinking each day.



Make it a habit

Drink a glass of water before or with every meal.



Eat water-rich foods

Snack on fruits and veggies like watermelon, cucumbers, or oranges.



Add some flavor

Try adding lemon, cucumber, or mint to make water taste better.



Drink with a buddy

Remind friends or family to drink water with you. It's more fun, and it helps you stay on track!



Keep it handy

Leave water bottles or cups in places you use often, like your desk or kitchen counter.

BERRIES & BUBBLES?

I'd drink that!

Who says staying hydrated has to be boring? Not us. Sparkle your way to hydration with this fizzy, fruity delight! This sparkling strawberry mint water recipe is the perfect excuse to sip something delicious without the guilt. With just 5 little calories, this light drink brings a whole lot of zing! If you're someone who forgets to drink enough water throughout the day, this bubbly treat can help.

Get the full recipe here!



Recipes are from external links and will open in your default web browser.
Source: <https://www.diabetesfoodhub.org/recipes/sparkling-strawberry-mint-water>

Vote for us! Best of Orange County and Inland Empire 2025!

We love our members in the OC and IE! Our passion is to ensure our members receive the best care possible and enjoy all the benefits of being with us. We encourage all of our readers to vote for us as the best Medical Group in Orange County and the Inland Empire.



Vote for best of OC

April 21, 2025 – May 18, 2025



Vote for best of IE

April 21, 2025 – May 23, 2025

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