



Beat the Heat!

Senior Summer Hydration Checklist

Drink Often

- ☐ Drink water throughout the day – even if you're not thirsty.
- ☐ Keep a water bottle within reach.
- ☐ Drink a glass of water with every meal.
- ☐ Choose water over sugary drinks.

Know the Warning Signs

Call your healthcare provider if your loved one experiences:

- ☐ Confusion
- ☐ Dizziness
- ☐ Extreme fatigue
- ☐ Dry mouth
- ☐ Dark urine
- ☐ Headache
- ☐ Muscle cramps

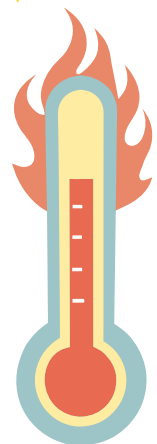
Eat Your Water

Enjoy foods with lots of natural water:

- ☐ Watermelon
- ☐ Cantaloupe
- ☐ Strawberries
- ☐ Grapes
- ☐ Oranges
- ☐ Cucumbers
- ☐ Tomatoes
- ☐ Lettuce
- ☐ Celery

Stay Cool

- ☐ Avoid being outside during the hottest part of the day.
- ☐ Wear lightweight clothing.
- ☐ Spend time in air conditioning when possible.
- ☐ Take breaks when outdoors.



Mustang Creek Estates is helping seniors stay healthy, active, and hydrated every day. Call/text a neighborhood near you to learn more.

ALLEN
469-307-9468

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817-205-3772

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