


AUGUST 2017

Trinity Lutheran Church

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|--|
| | | 1 8:30am Mission Quilters | 2 6:00pm Chapel on the Lakes | 3 1:30pm Bethel Circle | 4 | 5 7:14am Men's breakfast 6:00pm Worship |
| 6 8:00am 8 & 9:30 Worship 9:00am Blood Pressures 9:00am Fair Trade Coffee Sales 6:00pm Shepherds Quarter | 7 | 8 8:30am Mission Quilters 6:30pm Buildings & Grounds Committee 7:00pm Health Committee | 9 10:00am Sarah Circle 6:00pm Chapel on the Lakes | 10 1:30pm Gather Bible Study 7:00pm Trinity Book Club | 11 | 12 6:00pm Worship |
| 13 8:00am 8 & 9:30 Worship 9:00am Blood Pressures | 14 | 15 8:30am Mission Quilters 7:00pm Luther's Tap-Paca Pub | 16 6:00pm Chapel on the Lakes | 17 6:00pm Cancer Support Group | 18 | 19 6:00pm Worship |
| 20 8:00am 8 & 9:30 Worship 9:00am Fair Trade Coffee sales 9:00am Blood Pressures | 21 6:00pm Grief Support 6:30pm Abigail Circle 7:00pm Family & Youth Meeting | 22 8:30am Mission Quilters 6:00pm Executive Committee 7:00pm Council Meeting | 23 9:00am Library Committee | 24 | 25 | 26 6:00pm Worship |
| 27 8:00am 8 & 9:30 Worship 9:00am Blood Pressures | 28 | 29 8:30am Mission Quilters | 30 8:00am NEWSLETTER MAILING | 31 |  | |

Health Committee Thought of the Month

Just Add Water

A common direction on food like instant oatmeal and condensed soup, this is also a good rule to live by for us too. Every one of us needs water to survive. Approximately 60% of our body is made up of water. Without water, a human can only survive for a few days but could survive several weeks or more without food.

Water has many important functions in our body. One is to help lubricate and protect our joints. Water also helps cushion our brain and spinal cord. Our kidneys depend on water to help us eliminate waste from our blood. We also need water to eliminate waste through our skin via sweat and from our intestines. Our body uses water to help regulate temperature. We also need water to aid in digestion which helps break down food and liquids and dissolve minerals and other nutrients. Even our skin needs water to stay healthy, maintain its elastic properties, and heal from injury. Every cell and organ in our body depends on water to function properly.



Without enough water, the amount of blood circulating in our body decreases. This causes our heart to have to work harder to deliver oxygen and nutrients to our brain, heart, and muscles. This can result in dizziness, headaches, irritability, muscle cramps, confusion, coma, and ultimately death.

Too much of a good thing can be bad as well. Drinking too much water can result in changes to our electrolyte levels. This can cause cells, including those in our brain, to swell. This can lead to fatigue, confusion, convulsions/seizures, and even death.

So how much should we drink? There is not one answer for everyone. We need more if we are physically active, are ill with vomiting and/or diarrhea, or are exposed to extreme heat. Certain people such as those with certain heart conditions need to restrict their water intake. It is important to note that we also get water from other sources such as other beverages like juice and foods like fruits. On average, most adults will need 6-8 glasses of water daily. The best way to assess if you are drinking enough water is to look at your urine. If it is clear, you are likely drinking enough and if it is yellow, then you likely need to drink more.

-Dan Sutton