

STAYING HEALTHY AS WE AGE

www.chemungcountyny.gov

607-737-5520

WHY HYDRATION MATTERS IN WINTER

Hydration is just as important in the winter as it is in the summer. Cold weather reduces the sensation of thirst, making seniors more likely to drink less without realizing it. Indoor heating can also dry out the skin, throat, and nasal passages—leading to dehydration. According to a new study, adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids. Here are sugar-free ideas to help you become inspired and take your beverage when you are on the go!



Tap water is essentially free. You can use a filter pitcher if you feel that is best for your location. But don't stop there.

You can **infuse water with citrus fruit juice, fresh squeezed juice and even vegetable juice**. Aqua Fresca is one way to enjoy more water. But the best idea is to take it with you so you always have a bottle of water on hand to drink.



The great news is that water, whether consumed directly as a beverage or through water-rich foods, contributes to meeting your daily hydration needs. Examples **include fruits, vegetables, salads, and soups**.



Nonfat or low-fat milk and calcium-fortified plant milks also make an excellent beverage choice. Consider making a **smoothie with fruit** for a hydrating snack or dessert. You can also add heated milk to coffee. Fresh fruit contains a significant amount of water. It makes a delicious snack that provides hydration and energy when you are on the go!



Signs of Winter Dehydration

- Dry mouth, lips, or skin
- Dark-colored urine
- Feeling tired or lightheaded
- Muscle cramps
- Headaches
- Confusion or increased forgetfulness

Warm & Hydrating Winter Drinks

- Warm herbal tea (ginger, peppermint, chamomile)
- Warm water with lemon
- Low-sodium broth or soup
- Decaf hot tea or coffee
- Warm apple cider (lightly sweetened)
- Naturally flavored warm water (cinnamon stick, citrus slices)



How Much Should Seniors Drink in Winter?

Most seniors need **6–8 cups of fluids per day**, but this can vary based on medications, health conditions, and activity level. Water-rich foods also contribute to hydration.

Tips to Stay Hydrated All Winter Long

- Drink a warm beverage with each meal.
- Keep a water bottle in every room you spend time in.
 - Track your fluid intake using a checklist.
 - Take small sips throughout the day.
 - Flavor water with fruit or herbs.
- Enjoy broth-based soups several times per week.
- Eat fruits and vegetables at every meal.



Water-Rich Winter Foods

- Oranges and clementines
 - Pears and apples
 - Winter squash
 - Oatmeal
- Soup with vegetables
- Yogurt and cottage cheese



When to Seek Medical Advice

If you experience dizziness, rapid heartbeat, confusion, or difficulty keeping fluids down, contact a healthcare provider right away. These may be signs of serious dehydration.

Lentil Carrot Soup

Servings: 2

Lentils unlike other dry legumes do not have to be soaked or cooked before use

Ingredients

- 2 teaspoons vegetable oil
- 1/3 medium onion, diced
- 1 garlic clove, finely chopped
- 1 and 1/3 carrots, diced
- 1 teaspoon ground cumin
- 1 can (15 ounces) low-sodium vegetable broth
- 1/3 cup red lentils
- 1/3 can (15 ounces) low-sodium diced tomatoes, with liquid
- About 1 and 1/3 cups rinsed baby spinach
- Salt and pepper, to taste



Directions

Heat oil in a large pot over medium heat.
Add onion and garlic and cook for a few minutes, until soft.
Add carrots and cook for about 5 minutes or until carrots are soft. Add cumin and cook for 1 more minute.
Add vegetable broth and lentils.
Bring soup to a boil, then turn heat to low and simmer for 15 minutes, or until lentils are soft.
Add canned tomatoes and simmer for 5 minutes.
Stir in spinach. Add salt and pepper to taste.
Serve warm and enjoy!
Refrigerate leftovers.

Lentils come in many different colors, but brown is most common in the US.

To prepare lentils, rinse under cold water before using.

To keep dried lentils, store in an airtight container for up to 1 year.

Cooked lentils can be stored in an airtight container in the refrigerator for up to 4 days. Lentils are high in fiber, which help keep you regular.

Nutrition

230 calories, 6 g fat,
1g saturated fat, 0 mg trans-fat,
240 mg sodium,
36 g carbohydrates, 7g fiber,
10 g protein

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**Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program**

January 2026

Mon	Tue	Wed	Thu	Fri
			1 Happy New Year Closed	2 Potato Crusted Tilapia
5 Meatloaf	6 Turkey Cheeseburger	7 Chicken Florentine	8 Fish Sandwich	9 Roasted Pork Chops w/Sauerkraut
12 BBQ Baked Chicken	13 Ham W/ Raisin Sauce	14 Mediterranean Beef	15 Fish Nuggets	16 Pulled Pork Sandwich
19 Congregate Sites Closed	20 Sausage, Egg and Cheese Muffins	21 Meatball Sandwich	22 Macaroni & Cheese	23 Cheeseburger
26 Sweet & Sour Chicken	27 Goulash	28 Chicken Cheesesteak	29 Vegetable Lasagna	30 Turkey and Gravy

Menu Subject to change without notice
Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up.