



**What Happens to Your Body
When You Don't Drink Enough Water?**

Water is super important for good health and, really, it helps with everything. Since about 60% of the human body is actually water, it needs to maintain hydration levels to fuel cells and keep the brain and body functioning.

You can stay hydrated by drinking water and certain foods can also help you stay hydrated, especially those with a **high water content**, such as cucumbers, watermelon, bell peppers and tomatoes. However, many of us aren't drinking nearly enough daily and are even drinking dehydrating sources, like sugar-sweetened beverages and booze, which can strip the body of hydration too.

Although there are many theories about the amount to drink, the amount is at least eight cups of water each day to make sure you are properly hydrated.

Being dehydrated also takes a toll on your **heart**. When you have less water in your body, your **blood volume is lower**. This makes your heart work harder to get enough blood and oxygen to your organs and muscles, which is why exercising when dehydrated is so strenuous. Also, your blood vessels close to your skin's surface expand to release heat when you are too warm. When you have lower blood flow, it takes a higher temperature to get your blood vessels to expand, so you stay hotter.

Contrary to popular belief, water is not directly responsible for muscle cramps, but it is related. When you are dehydrated, your muscles receive less oxygen and blood from your heart.

This makes your muscles become more fatigued faster, and fatigue causes muscle cramps. Water does help **remove waste** from your muscles as they contract and lubricates your joints, so it is still crucial for exercise. The waste from your bloodstream is filtered through the kidneys and excreted, so being severely dehydrated can build up toxins in your kidneys and, in extreme cases, cause them to stop working.

Drinking water at a certain time maximizes its effectiveness on the body:

- ◆ 2 glasses of water after waking up—helps activate internal organs
- ◆ 1 glass of water 30 minutes before a meal—helps digestion
- ◆ 1 glass of water before taking a bath—helps lower blood pressure
- ◆ 1 glass of water before going to bed—avoids stroke or heart attack. Water at bedtime will also help prevent nighttime leg cramps.

There are several tips which can help with fluid intake and combating dehydration:

- Have fluids at meals and snacks.
- Keep fluids close in a pitcher or glass.
- Use a small glass or straw to help someone that is weak.

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TULSA COUNTY
EXTENSION



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If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3700. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

What Happens to Your Body continued

Strengthening Oklahoma Families/Tulsa County



Here are not-so-pleasant side affects you might experience-

You Might Feel Low Energy-When dehydrated, [you might notice your energy levels plummet](#), as water helps keep your mind alert and the body balanced. If you're not drinking enough during the day, that afternoon slump will hit even harder, and you might feel too tired to continue on with work or make it to your evening workout. Keep a water bottle on hand to remind you to consistently drink throughout the day.

You May Experience Mental Fog-Your brain needs water (our brain is about 80% water), and drinking enough keeps you mentally sharp, even long-term. A study in the journal [Nutrients](#) found that drinking water boosts brain health and prevents memory decline and mental drowsiness. If you're feeling foggy and are spacing out, chug some water and see if it helps.

It Might Increase Your Risk of Stroke-Water is good for your ticker, too. Dehydration can raise risk of strokes and prolong recovery time, if you've had one. So, to keep your heart in tip-top-shape, pay attention to how much you're drinking. If your pee is dark yellow or you feel faint, drink some water pronto.

You May Be Moody-Dehydration can make you irritable and cranky. Dehydration can led to a bad mood, drowsiness and even headaches. If you're feeling a bit irritable and aren't sure why, drink up and see if hydration helps!

It Could Slow Down Your Metabolism-Water is needed for every single function in the body, so when you're dehydrated, your metabolism naturally slows down—and with it, so do your energy levels. Staying properly hydrated can give your body what it needs to function so you can feel your best.

You May Experience Headaches-Since your brain needs water, [when it's lacking it can lead to headaches](#) and fatigue. So, before taking medication, have some water first and rest. That head pain might go away without you needing to take any other measures.

You May Damage Your Skin-Our skin needs water to stay healthy and look hydrated. Not drinking enough can increase the effects of aging. With insufficient water, [collagen](#) can crack, leading to fine lines and wrinkles. That's why people need moisturizing, hydrating products in a skin-care regimen to complement their water intake for that supple, soft look.

You May Have Weaker Workouts-When you're sweating, you're losing electrolytes and water, so it's important to drink before, during and after working out to replenish lost stores.

[Drinking water can even help you lose weight](#), especially if you're drinking it in place of sugary beverages or other higher-calorie drinks. Water is filling, so it can help you feel less hungry in between meals and snacks, although you shouldn't drink water as a meal replacement.

This is why you really need to keep that water bottle on hand!

Organizing your Finances

Ever feel like you're drowning in paperwork? Think about how you manage money, pay bills, and store documents. What's working and what isn't? Keep it Simple. A simple system that fits a busy schedule is the one that works best.

Do you have a way to: • Keep important papers safe? • Pay bills on time? • Find receipts, tax documents, insurance records, and other papers?

A good system for organizing finances can help you find documents when you need them and stay on top of bills and other paperwork. It can also give you more time and money to spend on things you enjoy. Do some bills slip through the cracks? Is there too much clutter? Making small changes to a good plan can smooth out trouble spots.

Think about: • Time. Managing money takes time, which can be hard to find in a busy schedule. Instead of doing it all at once, set aside short chunks of time to tackle a few tasks. About an hour a week or 10 minutes every few days is enough to go through mail, pay a bill or two, check bank balances, etc. • Space. Do you have a spot for important papers so they don't get mixed up with junk mail and kid's artwork? It's no fun finding an overdue bill buried under a stack of paper. • Storage. Where do you store papers you need to keep? Options include a plastic bin, a cabinet drawer, or a shoe box — any of these can do the job if they are labeled and organized.

Have a place to put mail, school forms, and other papers as they arrive. Go through these every day or two. Recycle or shred what you don't need. Handle bills to be paid or calls to make right away, or set up a time to do this once a week. Find a place to put bills where you won't lose track of them. They could be clipped together on the fridge, in a basket on a shelf, or another place you see every day. Many people pay bills online or set up automatic payments from their bank. This saves time, postage, gas, and late fees. Auto payments work best when you know you will have enough in your account when the bill is due. Contact your bank to learn more. For bills that aren't set up for auto-pay, find a way to remind yourself to pay on time. Some people make a note on a calendar or set reminders on their phone or computer.

Caution: Paying bills online is best done at home on a protected computer. Avoid banking on a public computer or devices connected through public wireless networks.

To \$um It Up: \$ Late fees add up. Paying bills on time saves money and helps build a good credit rating. \$ Don't get caught by surprise. For quarterly or once-a-year bills (insurance, license plate renewal, property taxes, etc.), set aside money from every paycheck and set a due date reminder. \$ Struggling to pay bills on time? Is it because you forget or lose track of a bill? Or is it hard to stretch your money?

Income Tax Records: Keep tax returns and receipts for 7 years. Keep pay stubs for 1 year until you receive a W2 that matches your records.

Receipts, Credit Card Statements, Bank Statements (online or paper) Most can be tossed. Keep them... • If you use them to track spending. • If you might return an item. • If you need proof of purchase for a warranty. • Until it shows up as "paid" on the next month's bill (like utilities, cell phone bills, or credit card statements).

Source: University of Wisconsin Extension

Hydration Ideas-

Fruits such as apricots, blueberries, oranges, peaches, pineapples, plums and raspberries contain over eighty percent water. Melons such as cantaloupe and watermelon have some of the highest water content, at more than 90 percent.

Vegetables such as celery, cucumber, iceberg lettuce, tomato and zucchini contain over ninety percent water. Other nutrient-rich vegetables with high water content include broccoli, green cabbage, cauliflower, eggplant and spinach. Vegetables are also an excellent source of antioxidants, minerals and fiber.

Gurkensalat (German Cucumber Salad)



Ingredients

- 2 Large cucumbers, sliced thin
- ½ onion sliced thin
- 1 tsp. of salt
- 1 tsp of dried dill
- 1 teaspoon paprika
- 2 TBSP of white sugar
- 2 TBSP of white vinegar
- ½ cup of sour cream
- 1 tsp of dried parsley

Directions

Step 1

Spread cucumbers and onion on a platter; season with salt and let rest for 30 minutes. Squeeze excess moisture from cucumbers.

Step 2

Stir sour cream, sugar, vinegar, dill, and parsley together in a large bowl. Fold cucumber and onion slices into the sour cream mixture.

Step 3

Refrigerate 8 hours to overnight; garnish with paprika to serve.

Nutrition Facts (Per Serving)

60 calories; protein 1.1g; carbohydrates 7.9g; fat 3.1g; cholesterol 6.3mg; sodium 300.9mg

Source: [Gurkensalat \(German Cucumber Salad\) Recipe | Allrecipes](#)

SHOUT OUT FROM SHARI

OHCE MEMBERS,

FALL is almost here and I always look forward to the cooler weather! With the cooler weather comes many of the area's County Fairs! I want to encourage everyone to take their family and friends and go visit our surrounding counties County Fair. I know you will have a great time seeing what other county fairs have to offer!

Tulsa County OHCE has many fun things planned for the upcoming months providing great opportunities for us to invite our friends and neighbors to come and learn something new or just have fun and fellowship while making new friendships.

I'd like to give a Big Shout Out to Jean Parks and our Cultural Enrichment Committee for planning the wonderful trip to Woolaroc! If you didn't go you really missed out. It was a lot of fun and we learned so much history about the early days here in NE Oklahoma and of our local Native American cultures. The museum and all of the exhibits were simply amazing.

Our Fall Business Meeting is coming up on Tuesday, September 20th. I hope you are making plans to attend and then stay for our Fall Fun Day starting at 1PM where we will be doing some fun "Make and Take" projects for Fall!

OHCE has so much to offer and I hope you will take time to "Plug In" at whatever chance you can. Remember to check your yearbook or this Newsletter for upcoming events. Our research based educational Lessons are designed to help each of our families and then we, in turn, can share that information in our communities. If there is a topic that you would like to see as a lesson, please give that to your local VP and then they will relay that to our County Vice President - who knows? Maybe your idea will be one of the lessons that are chosen for 2023!

**Keep Serving Others,
Shari**

SEPTEMBER 2022 FAMILY ISSUES by Elaine Egan

Supporting the Tulsa County Emergency Shelter: Let's collect some BABY WIPES/HAND WIPES.
We will share them at the December Christmas Luncheon.

SEPTEMBER FAMILY ISSUES TOPIC: SUPPORTING WOUNDED VETS Stamps for the Wounded (SFTW) is a service organization dedicated to providing comfort and stimulating activity to U.S. veterans through stamp collecting. Here is how you can participate: Clip stamps from envelopes and packages leaving at least a quarter inch margin of paper around stamps. Don't cut stamps off old envelopes or modern envelopes if they are special (like first day cancels). Separate stamps into 3 groups: US canceled, US uncanceled and Foreign. You can ship them together, but sorting helps. Don't ship stamps until you have enough for a large envelope or small box. Donations of cash or check are always welcome to buy stamp collector supplies. PLEASE print your name and complete mailing address on your package AND on your inventory list so they know who it is from.

Send your stamps to: Stamps for the Wounded, P.O. Box 297, Dunn Loring, VA 22027

stampsforthewounded.org TOPIC: SUPPORTING WOUNDED VETS Stamps for the Wounded



OHCE UPDATES



WHAT'S HAPPENING

****All events will be held at the OSU Extension Office unless noted.****

September:

- 5 Labor Day, Extension Office closed
- 5 President's Quarterly Meeting **@7pm**
- 6 Annual Budget Meeting **@1pm**
- 12 Chat and Create **@11am**
- 19 OHCE Board Meeting ZOOM **@ 7pm**
- 20 OHCE Business Meeting and Fun Day **@ 10am**
- 26 Chat and Create **@ 11am**



October:

- 1 Group Treasurer collects 2023 dues, per member
- 10 Chat and Create **@ 11am**
- 14 Membership forms and money are due to the County Treasurer. Group member list and Group officer form due to Ext. office
- 21 Holiday Luncheon Program Covers due to Ext. office
- 24 Chat and Create **@ 11am**
- 27 Bunco **@ 10am**

November:

- 1 Vote on Holiday Luncheon Program Covers
- 11 Veterans Day, Extension Office closed
- 14 Chat and Create **@11am**
- 15 Nominations for State Member Awards due to Ext. office
RSVP and \$ due to treasurer for Holiday Luncheon
- 17 Bunco **@10am**
Yearbook Meeting **@1pm**
- 24-25 Thanksgiving, Extension Office closed
- 28 Chat and Create **@11am**





OHCE UPDATES



UPCOMING EVENTS – SAVE THE DATES!!!

“Make it with Wool” Contest – The deadline for entering into the contest is September 15th. Let me know if you need more information about it.

Potluck Lunchon - @ Business Meeting-Fun Day, September 20th! Remember to bring your potluck dish to share.

Demo Day – October 15th at OSU Tulsa. Please be sure to call or email Deborah McIntyre with your group demo information.

Canning Classes – Our Master Gardener canning classes have 4 spots still available which are now being opened up to our OHCE members. There is one space on October 18th from 8-Noon, and 3 spaces on October 20th from 8-Noon. The cost is \$60. Please call Stacey or Debbie to put your name down on the list.

Christmas Jelly Canning Class – There are 12 spots available on October 21st from 10am to 3pm. The cost is \$25. Please call Stacey or Debbie to put your name down on the list.

Master FCS or Master Sewing Volunteer Class – If there is enough interest, Tulsa County could host either volunteer class sometime in November. This would help 4-H with their projects. I am asking that there are 3-4 OHCE members to take the class for Tulsa County. Please call Stacey or Debbie to put your name down on a list.

UPDATES

Sign in Sheets – We have new sign in sheets. Please make sure that you are using them and turning them back into either Stacey or Debbie.

Membership Forms for 2023 – If you check on your membership form that you would like to receive the Outreach Newsletter, please include your email address. I would also like to send you Tulsa County FCS Newsletter by email as well. If you would like to get both a mailed and email copy, please let us know!

Leader Lessons – The 2023 Leader Lesson Survey is ready to be picked up at the Extension Office, in each club's box.



OHCE UPDATES



Cultural Enrichment Wolaroc Trip!

Thank you to all of the OHCE Members who gathered at Wolaroc! There were several interesting exhibits about different Native American tribes, old west settlers, and Frank Phillips. We had a fun filled day going through the museum, café, lodge and other buildings on the property. We were so happy to see the donated big game animals on display from Karen Pierce's brother!



Did you know that OHCE members donated **322.5** volunteer hours for the Tulsa County 2022 Fair!?!

A BIG THANK YOU to ALL for helping with setting up, checking in, and checking out fair items.

We could NOT do it without you!

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Tulsa County OSU Extension Service

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