Senior Moments

Dehydration in Elderly People: Risks, Warning Signs, and Prevention Tips

July/August 2025

Did you know that the consequences of dehydration in elderly adults are often serious—more so than in younger people? Seniors also have more risk factors for becoming dehydrated. But here's the good news: Dehydration can be easily prevented. This article explains why older people are at greater risk for becoming dehydrated. It also lists the consequences of dehydration in the elderly. As well, you'll learn how to spot the warning signs of dehydration and discover what to do if you or a loved one experiences symptoms.

What Is Dehydration?

Water is the source of life. That may sound like an exaggeration, but it's true. Throughout your life, water is essential for many of your body's functions, including:

- Temperature regulation
- Waste elimination
- Joint lubrication
- Delivery of nutrients to cells
- Blood oxygen circulation
- Skin hydration
- Cognitive function

You become dehydrated when your body doesn't have enough water to sustain these vital processes. Fortunately, your body is designed to constantly adjust its fluid levels. Thirst is one way this happens. When your body's fluid levels drop, your hypothalamus sends signals that create the sensation of being thirsty. As well, your kidneys preserve water by making your urine more concentrated when you don't have enough fluids in your body. However, maintaining the right amount of water to avoid the consequences of dehydration can be a little tricky. That's partly because you lose water through sweat and urination, and also through normal bodily functions. For example, you exhale water vapor when you breathe.

And when you lose water, you also lose salt and electrolytes. Electrolytes are electrically charged nutrients that are essential for regular heartbeats, muscle contractions, and more. So, losing electrolytes can have serious health consequences.

Why Dehydration Is More Common Among Seniors

Maintaining a healthy balance of water and electrolytes can be an even more complex process for seniors than it is for younger people. As a result, older people are more likely to get dehydrated. And the complications of dehydration in the elderly can be more serious. Why does the risk of dehydration increase with age? Older adults are prone to dehydration because they can experience several health or lifestyle conditions that lead to low fluid levels. Many seniors experience at least one of the following risk factors:

1. Age-related physical changes

As we age, our bodies contain less water, partly because our kidneys become less efficient. (At birth, we are about 75 percent water, but an elderly body is about 50 percent water, according to an NPR science article.) However, according to the *Nutrition and Healthy Aging* article, studies have found that although seniors are at greater risk for dehydration, they drink less water, on average, than younger people. That's often because seniors experience a weakened sense of thirst, so they don't always realize when they need to drink something. Scientists aren't sure why this happens. But what makes this lack of thirst in elderly people particularly troublesome is that we're generally dehydrated *before* we feel thirsty. So, the elderly get dehydrated quickly because they can't always recognize the signs of needing to take a drink until it's too late. This reduced sense of thirst is often more pronounced in seniors with Alzheimer's disease or other forms of dementia or in those who have had a stroke. As a result, seniors with dementia often need their fluid intake to be carefully monitored.

2. Medication side effects

Many medications that are commonly prescribed to seniors can act as diuretics (i.e., they can increase the production of urine) and contribute to dehydration. Side effects of any medications—particularly blood pressure medications, antihistamines, antacids, and heart medications—should be discussed with a physician.

3. Incontinence issues

The risk for dehydration associated with incontinence isn't necessarily caused by the fluid lost through involuntary urination. Rather, it's related to the fact that many elderly people restrict their fluid intake because they don't want any awkward accidents.

However, it's important to note that reducing fluid intake doesn't necessarily prevent incontinence. According to the National Association for Continence, drinking *more* water may actually help some seniors deal with incontinence.

As well, when you're dehydrated, your bladder can become more irritable and vulnerable to bacterial infection. So, staying hydrated can reduce the risk of UTIs.

If you restrict your fluid intake because you're worried about incontinence, talk to your doctor. He or she can help you to determine how much water you should be drinking.

4. Fear of falling

Some seniors resist drinking a lot of water because they worry about falling if they have to get up at night to pee. But being dehydrated is also a risk factor for falling.

However, it's often a good idea to restrict fluids for a couple of hours before bedtime. Again, talk to your healthcare provider in order to figure out what works for you.

5. Living conditions

Seniors in nursing homes are more likely to become dehydrated because they are often dependent on staff members to help them with their fluid intake. The article in *Nutrition and Healthy Aging* noted that the highest risk for dehydration is among seniors who seem to be physically capable of getting a drink but have cognitive issues that cause them to forget to drink. So, nursing homes and memory care facilities need to have policies in place for monitoring fluid intake.

6. Medical issues

Many seniors have medical conditions that can lead to dehydration. Examples of health problems than can result in fluid loss include diarrhea, fever, and diabetes.

Signs of Dehydration in Elderly People

It's important to be aware of the signs and symptoms of dehydration. In elderly people, the effects of being dehydrated can progress quickly, so you must act fast if you suspect dehydration.

As well, symptoms of dehydration in the elderly are often progressive. In the initial stages, you can tell if an elderly person is dehydrated by checking for the following signs of mild dehydration:

- Cracked lips
- Dry mouth
- Dry skin, particularly in the armpits

Less frequent urination than normal

More severe effects of dehydration in the elderly are:

- Dark-colored urine (instead of what it should be: the color of pale straw)
- Strong-smelling urine
- Dizziness
- Increased heart rate
- Muscle cramps
- Crying without tears
- Confusion
- Irritability
- Fatigue
- Headaches
- Fainting

However, it's important to keep this in mind: Dehydration symptoms in adults who are in their senior years aren't always clear-cut.

For example, some medications can affect the color of urine. As well, although dehydration can cause hallucinations in the elderly, cognitive changes from dementia or even side effects from certain medications are also sometimes responsible for the experience of perceiving things that aren't there.

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So how can you identify potential dehydration? Here's one good strategy: If you experience any of the symptoms above, simply drink some water, then see if the symptoms improve in 10 to 15 minutes. (Or if you suspect that a loved one is dehydrated, make sure that he or she gets some water, then wait and look for improvement.)

You should go to the ER for dehydration when you or the elderly person in question is experiencing any confusion, unexplained irritability, or sleepiness.

Always remember that getting prompt medical care is the most reliable way to know whether a senior is dehydrated. That's because dehydration is diagnosed in the elderly through blood tests that check their electrolyte levels and kidney functions. (Urine tests aren't always reliable for seniors.)

Treating Dehydration: What to Do and When to Seek Help

If an elderly person is dehydrated, you should give him or her a glass of water right away. **But if his or her symptoms don't improve, it's best to head to the emergency room or call 911.**

In the emergency room, dehydration treatment usually starts with an assessment to determine the degree of the problem. For mild cases, carefully observing patients and ensuring that they drink plenty of electrolyte-containing fluids may be all that's needed. But for moderate dehydration, intravenous (IV) treatment is often necessary. And in severe cases, further intervention may be required. For example, if a person's kidneys are affected, he or she may require dialysis. And an older person who is experiencing confusion or other more serious signs of dehydration may need to be admitted to the hospital.

So the treatment and time required for recovery from dehydration, in elderly people especially, depends a lot on the degree of the problem, as well as on the person's overall health. But taking fast action can help reduce the recovery time. That's why it's important not to ignore the symptoms of dehydration in elderly people.

How to Prevent Dehydration in Elderly Adults

With a few proactive strategies, preventing dehydration in the elderly is possible. Being aware of the risks is a good first step. So is remembering this simple fact: Elderly people can stay hydrated by drinking enough water. But many seniors wonder exactly how much water is enough. After all, you may have heard or read that everyone should drink eight cups of water each day. Recently, however, many experts have backed away from the eight-cups-a-day rule.

Here's what's best: Consider all of the factors that can influence how much water you need to drink, including any medications you take, your body weight, and your activity level. Discuss all of it with your physician. In other words, an elderly person should drink an amount of water in a day that is based on the personalized advice of his or her doctor. It's also important to remember that you can drink beverages other than water to reach your daily fluid requirements. Even though water is a great beverage, a study in *The American Journal of Clinical Nutrition* found that other drinks may be more effective because they don't lead to as much urine production. The study determined that milk, orange juice, and commercially prepared electrolyte replacement drinks were better at preventing dehydration.

When choosing an electrolyte replacement drink, be mindful of the sugar content. Although it was created as a children's drink, Pedialyte is suitable for elderly people because it has many important electrolytes. It also contains less sugar than many other similar options. For instance, a sports drink like Gatorade is good for dehydration, but the sugar level is often high.

In part because of their reduced sense of thirst, many older people find it difficult to get enough fluid in a day. Here are some tips that can make beverages more appealing:

1. Keep in mind that not all fluids come in a glass.

Many foods contain a lot of water. Vegetables, most fruits, and soups can all contribute to your daily fluid intake. (In fact, when elderly people stop eating, they increase their risk for dehydration because they are no longer getting any fluids from food.) Try using a little creativity by making popsicles with fruit juice or blending smoothies with fresh greens.

2. Keep drinks nearby and visible.

Seniors often miss out on drinking fluids because they simply forget or can't access them. An attractive water bottle provides a portable way to always have a drink at hand.

3. Make drinks enticing and consider alternatives to water.

Some seniors find water a bit too boring. Adding a little juice or a flavored drink mix can boost its appeal. Sparkling water is also a nice change.

4. Create routines.

Adding fluid intake to daily routines will make drinking a habit. For example, if you take medication, drink a full glass of water with it.

5. Work on fall-prevention strategies.

Feeling more confident on your feet can reduce worries about falling at night if you have to pee.

6. Work with staff in assisted living facilities or nursing homes.

Seniors in residential or long-term care facilities can face extra challenges in getting enough fluids. If you're concerned about a loved one, be sure to talk to the facility's staff to find out how they encourage and monitor fluid consumption.

Some strategies used in these facilities can include:

- Using beverage carts to offer drinks
- Serving plenty of soft foods with high water content
- Scheduling times for staff to remind residents to drink something

Hosting "happy hours" with fancy, nonalcoholic drinks

Products that can help prevent dehydration:

Electrolyte powder: Simply add to water to help restore and replenish electrolytes.

Water bottle with time markers: This 32-ounce water bottle with a leak-proof lid helps you keep track of your water intake. Large time and measurement markers make this suitable for older adults. This water bottle includes a foldable mouthpiece and attachable straw is backed up with a 5-year warranty.

Water flavoring drops: Sugar-free drops to add to water for people who prefer flavor to plain water. Pro-tip: add to sparkling water as a healthier alternative to soft drinks.

SodaStream sparkling water maker: Save money and reduce waste by making your own sparkling water.

Kitchen timer: With a sleek, stainless steel design, this digital timer has large, backlit digits and adjustable volume. You can set and monitor for two events simultaneously. The memory program restores the last timer date after it finishes, so you can preset for your loved one to help them remember to hydrate. Option to use with the magnetic back or a tabletop stand, so it is conveniently close as needed.

Aquaphor lip repair ointment: Soothe and repair dry, chapped lips if you do become dehydrated. This lip repair ointment contains shea butter and chamomile and is preservative and fragrance-free.

Cetaphil moisturizing lotion: Hydrate dry skin with this fragrance-free lotion that is made with shea butter. Non-greasy formula that is designed to protect sensitive skin for 24 hours.

Consequences of Dehydration in Seniors

You may have already experienced some mild dehydration effects. Most of us have. If so, you probably didn't feel that you were at your best. Perhaps you experienced some of the possible dehydration symptoms, including:

- Fatigue
- Memory problems
- Poor concentration
- Irritability
- Headache

These symptoms can appear quickly. In fact, according to the article in *Age and Ageing*, even a small drop in our body-fluid levels (as small as two to three percent) can lead to physical and cognitive problems in older adults.

The long-term effects of not drinking enough water are the factors that lead to chronic dehydration. Elderly people can experience some of the following symptoms when they're chronically dehydrated:

Low blood pressure

- Dizziness
- Skin problems, including pressure sores
- Constipation
- Kidney problems, including kidney stones

Increased risk of urinary tract infections. If left untreated, you can die from dehydration.

Some of the severe dangers of dehydration are:

- **Seizures:** Dehydration can lead to an electrolyte imbalance. In elderly people, particularly those with cardiac problems, the consequences can be grave. Because electrolytes carry electrical signals to our muscles, changes to our body's electrolyte balance can lead to seizures. Warning signs of an electrolyte imbalance include:
- Muscle cramps
- Irregular heartbeat
- Mental confusion

Shock: Low blood volume shock (also called hypovolemic shock) happens when we experience a sudden drop in blood volume. Dehydration can lead to low blood volume, which in turn leads to a drop-in blood pressure and, sometimes, shock.

Kidney failure: Dehydration complications such as low blood volume can reduce blood flow to the kidneys, which can cause lasting damage to the renal system over time.

Heat exhaustion or heat stroke: When we get too hot, our bodies cool down by sweating. But if we don't have enough fluid to produce adequate amounts of sweat, we can quickly become overheated.

Depending on a person's overall health, a person can typically survive about 3 days without water. In general, a loss of more than 10 percent of a person's body weight through fluid loss is a medical emergency that can lead to death if not treated.

Knowledge Is Prevention

Being aware of the risk of dehydration is the first step toward averting it. So, don't hesitate to talk to your healthcare providers about creating strategies for getting enough fluids. And watch for the warning signs of dehydration (in yourself and your loved ones). Although dehydration in elderly people can be serious, it's also preventable and treatable.

Veterans News

Burial Benefits

Service-connected Death Benefits

VA will pay up to $2,000 toward burial expenses for deaths on or after September 11, 2001, or up to $1,500 for deaths prior to September 11, 2001. If the Veteran is buried in a VA national cemetery, some or all of the cost of transporting the deceased may be reimbursed.

Non-service-connected Death Benefits

VA will pay up to $978 toward burial and funeral expenses for deaths on or after October 1, 2024 and a $978 plot-interment allowance (if not buried in a national cemetery).

Eligibility Requirements

- You paid for a Veteran's burial or funeral, AND
- You have not been reimbursed by another government agency or some other source for an amount that is
- equal to or exceeds VA's burial allowance, such as the deceased Veteran's employer, AND
- The Veteran was discharged under conditions other than dishonorable, AND
- The Veteran died because of a service-related disability, OR
- The Veteran was receiving VA pension or compensation at the time of death, OR
- The Veteran was entitled to receive VA pension or compensation, but decided not to reduce his/her military retirement or disability pay, OR
- The Veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility, OR
- The Veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment, or care, OR
- The Veteran had an original or reopened claim pending at the time of death and has been found entitled to compensation or pension from a date prior to the date or death, OR
- The Veteran died while a patient at a VA-approved State Veterans nursing home.

NOTE: VA does not pay burial benefits if the deceased died:

- On active duty, OR
- While serving as a member of Congress, OR
- While serving a Federal prison sentence.

If you have any further questions please contact Brian Needham at the Harney HUB Veteran outreach office. Office hours are Monday through Thursday 8:00AM to 4:30PM. Office phone number is 541-573-1342.

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tai Chi 9:30am Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm	**2** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**3** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**4** Independence Day	**5**
6	**7** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**8** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**9** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**10** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**11**	**12**
13 Fiddlers 11am-5pm	**14** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**15** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**16** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**17** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**18**	**19**
20	**21** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**22** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**23** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**24** Pioneer Day Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**25**	**26**
27	**28** Buffalo Soldiers Day Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**29** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**30** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**31** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm		

July 2025

July 1, 2025	July 3,2025
Sponsor: Law Office of John Lamborn	Sponsor: Dorothy Dulaney
Sponsor: Burns Lions Club	Sponsor: Ron Schirm
Chicken Fried Steak, Mashed Potatoes w/Gravy Peas & Rolls Peach Crisp Salad: Chef Salad	Hamburgers, Potato Salad Baked Beans Chocolate Chip Cookies Soup: Chicken Noodle
July 8, 2025	**July 10, 2025**
Sponsor: High Calibre Exploration & Development	Sponsor: Pamela K. Schmid
	Sponsor: First Community Credit Union
Baked Ziti, Garlic Bread & Green Beans Yellow Cake Salad: Chicken Bacon Ranch	Steak House Sloppy Joes French Fires & Coleslaw Jell-O w/ Raspberries Soup: Taco
July 15, 2025	**July 17, 2025**
Sponsor: Ken & Polly Post	Sponsor: Crane Hot Springs
Beef Short Ribs, Macaroni Salad Mixed Veggies Rice Krispy Treats Salad: Shrimp Louie	Garlic Honey BBQ Wings Potato Wedges & Pea Salad Peanut butter Cookie Bars Soup: Chicken Turnip
July 22, 2025	**July 24 2025**
Sponsor: Campbell	Sponsor: IMO Ross Gruenwald
Sponsor: Zelley	
Tacos, Rice & Beans Churro Bars Salad: Loaded Garden Veggie	Ham & Cheese Lasagna Salad & Garlic Rolls Cherry Fluff Salad Soup: Bacon Mushroom Swiss
July 29, 2025	**July 31, 2025**
Sponsor: Charles & Linda Schmidt	Sponsor: City of Burns
Lamb Gyro w/ Tzatziki Sauce Cucumber Tomato Salad Rhubarb Cake Salad: Taco	Sweet & Sour Meatballs w/Rice Broccoli Orange Fluff Soup: Chicken Fajita Soup

Menu subject to change

August 2025

Dining Hours: 11:30am-1pm Senior Meals: suggested $5 59 and under meals: Must pay $10 Tuesday– Salad Prices: $6 small, $10 large Thursday– Soup Prices: $4 cup, $6 bowl Drinks: $1	**Kitchen 541-413-2280** Back door meals are available! Call 541-413-2280 to order. Order by noon the day before meal days! Drive up to back door on meal day and have your order delivered to your car!
August 5, 2025	**August 7, 2025**
Sponsor: Dorothy Dulaney	Sponsor: Hotel Diamond
Sponsor: Burns Fire Department	
Cabbage Roll Casserole Roasted Potatoes, Carrots & Garlic Bread Peach Dump Cake Salad: Grilled Chicken	Chicken Alfredo, Broccoli Salad Rolls Berry Crisp Soup: Mushroom Soup
August 12, 2025	**August 14, 2025**
Sponsor: First Community Credit Union	Sponsor: The Aspens
Sponsor: Burns Dental Group	Sponsor: Harney Rock & Paving Co.
Chili Dogs & Coleslaw White Cake w/ Raspberries Salad: Taco	Pizza & Salad Junk Yard Salad Soup: Loaded Potato
August 19, 2025	**August 21, 2025**
Sponsor: Christian Church Thrift Shop	Sponsor: City Of Hines
Sponsor: Matt & Sandra Obradovich	
Beef & Broccoli w/ Rice Asian Cucumber Salad Banana Bars Salad: Chicken Asian Salad	Tamale Pie, Beans & Salad Pineapple Upside Down Cake Soup: Chili & Corn Bread
August 26, 2025	**August 28, 2025**
Sponsor: Phil & Barb Turrell	Sponsor: Oregon Trail Electric Cooperative
	Sponsor: Anonymous
Chicken Bacon Ranch Bake Carrot Raisin Salad & Cheesy Bread Rhubarb Crisp Salad: Cobb Salad	Beef Stroganoff Green Beans & Rolls Soup: Broccoli Cheese Soup

Menu subject to change

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	**2** Tisha B'av
3	**4** U.S. Coast Guard Birthday Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**5** Tai Chi 9:30am Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm	**6** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**7** Purple Heart Day Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**8** Raksha Bandhan Tu B'av	**9**
10 Fiddlers 11am-5pm	**11** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**12** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**13** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**14** National Spirit of '45 Day Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**15** St. Mary's Day	**16** Janmashtami National Airborne Day
17	**18** Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**19** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**20** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**21** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**22**	**23**
24/31	**25** Day of Songun Preorder Grab & Go Meals 541-413-2280 Fresh Alliance 10-10:30	**26** Tai Chi 9:30am Intro to Tai Chi 10:30am Medicare 10am-12pm Senior Meals 11:30am-1pm	**27** Miracle Ear Preorder Grab & Go Meals 541-413-2280 Food Bank 10am-1pm	**28** Tai Chi 9:30am Fresh Alliance 10-10:30 Intro to Tai Chi 10:30am Senior Meals 11:30am-1pm Bingo 2:30-4pm	**29**	**30**

Sleep and Older Adults

Older adults need about the same amount of sleep as all adults — seven to nine hours each night. But older people tend to go to sleep earlier and get up earlier than they did when they were younger. Getting enough sleep helps you stay healthy and alert. However, many older people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to talk with a doctor.

What is sleep?

You spend about one-third of your life sleeping or trying to sleep. But how does this basic human need work? Though it may seem simple, sleep is a complex process. Multiple parts of the brain work together to produce signals that prepare the body for sleep. Your circadian rhythm — "the body's clock" — provides the timing for sleep. Sleep-wake homeostasis, a state of balance, is the body's drive to sleep that increases the longer you are awake.

Certain signals in your body lead to sleep. These include melatonin, a hormone your body releases when it gets dark that makes you feel sleepy, and adenosine, a chemical that builds up in your brain while you're awake and gets broken down while you're asleep.

A good night's sleep depends on sleeping when your body is prepared, sleeping seven to nine hours, and getting enough of each type of sleep.

There are two major types of sleep: rapid eye movement (REM) and non-REM. They are linked to patterns (waves) of electrical activity in your brain. REM and non-REM sleep occur in cycles, usually three to five each night. Both non-REM and REM sleep help you store memories.

- Non-REM sleep happens when your brain wave activity slows down, called deep sleep. You need deep sleep to feel refreshed in the morning.
- REM sleep is when dreaming usually happens, when your brain wave activity is closest to what it is when you're awake. Dreaming may help you process your emotions.

Why is sleep important?

Sleep is important for your body — from the brain, heart, and lungs to energy, protection against disease, and mood. It also affects your ability to function during the day. A good night's sleep can help you learn, create new memories, respond quickly, solve problems, pay attention, make decisions, and be creative.

Not getting enough sleep can cause harm to your body. Research shows that over time it can increase your risk of:

- High blood pressure
- Heart disease
- Diabetes

If you wake up tired, feel easily annoyed, have trouble falling asleep, or have trouble staying asleep, these may be signs you're not getting a good night's sleep.

Lack of quality of sleep can lead to:
Problems with memory

- Negative feelings
- More stress in relationships
- An increased risk of falls or accidents

How aging affects sleep

As you age, how you sleep changes. Older adults tend to go to bed earlier and wake up earlier than younger adults, and the amount of time spent in each type of sleep decreases. Sleep tends to be shorter and lighter, and you may wake up more often during the night. Older adults are also more likely to take medications and have medical conditions that affect sleep. Many older adults don't sleep well. Factors such as illness, medications, mental health, and pain can make it hard to get a good night's sleep. Sleep disorders become more common with age, including insomnia (trouble falling or staying asleep), sleep apnea (pauses in breathing during sleep), and movement disorders such as restless legs syndrome.

Practicing better sleep habits and being diagnosed and treated if you have a sleep disorder may help improve your sleep.

Tips for getting a good night's sleep

Getting a good night's sleep is important to your well-being. The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to help your brain and body be at their best.

Good sleep can help protect your mental and physical health, quality of life, and safety. Not getting quality sleep can increase your risk for health problems and affect how well you think, react, work, learn, and get along with others. Try these tips to sleep better:

- Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- Have a bedtime routine. Find ways to relax before bedtime each night. Read a book, listen to soothing music, or take a warm bath.
- Make your room comfortable for sleep and keep the temperature not too hot or cold.

Try to get regular exercise, but not within three hours of your bedtime.

- Avoid napping in the late afternoon or evening.
- Avoid having caffeine late in the day, which can keep you awake at night. Items to avoid may include coffee, tea, chocolate, and soda.
- Avoid drinking alcohol, even small amounts.
- Try not to watch television or use a computer, cell phone, or tablet in the bedroom.
- Avoid eating large meals within two to three hours of your bedtime and avoid drinking large amounts of liquid late in the day.

Talk with your doctor if you have problems with sleeping.

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Insomnia and older adults
Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep or staying asleep at least three nights a week. Short term insomnia can be caused by stress or changes to routine. Chronic, or long-term, insomnia lasts more than three months and can't be fully explained by another medical cause.
Healthy habits at bedtime may help prevent or manage insomnia, and cognitive behavioral therapy (a type of counseling) can help. Sleep medicines may help in the short term, but they carry risks and should not be used long term.
If you have trouble sleeping, keep a sleep diary for a couple weeks. Keep track of when you go to bed, when you wake up during the night, and when you wake up for the day. Note whether you had caffeine or alcohol and whether you exercised that day. The sleep diary will help you identify patterns to discuss with your doctor and help with diagnosis.
Sleep apnea and older adults
Sleep apnea causes you to stop breathing for a few seconds repeatedly during sleep. Throat muscles relax during sleep, and in people with sleep apnea, this relaxation of the muscles blocks their airway. Snoring can be a sign, but not everyone who snores has sleep apnea. To treat sleep apnea, a continuous-positive-airway-pressure (CPAP) device may be used while sleeping. Sleeping in a position that keeps airways open or getting a dental device or surgery also may help. If you suspect you have sleep apnea, it's important to talk to your doctor. Undiagnosed or untreated sleep apnea can lead to serious health problems, including heart attack.
Movement disorders and sleep
Movement disorders make it harder to get good sleep. Read about these disorders below and talk with your doctor if you think you may have one of these problems.
Restless legs syndrome feels like there is tingling, crawling, or pins and needles in one or both legs. This feeling is worse at night and feels better with movement. Treatment with iron supplementation or medications is usually helpful.
Periodic limb movement disorder causes people to jerk and kick their legs every 20 to 40 seconds during sleep. Medication, warm baths, exercise, and relaxation can help.
The body normally stays still during REM sleep, but people with REM sleep behavior disorder can move their muscles and act out their dreams. This disrupts sleep and can be dangerous. Treatment includes a safe environment to prevent injuries while sleeping, and medication or melatonin supplements.
Based on your symptoms, your doctor may suggest a polysomnogram — an overnight sleep test done at a sleep center that measures and records what happens while you sleep, including your brain activity, eye movements, and muscle activity — to make a diagnosis.
Alzheimer's disease and related dementias and sleep
Alzheimer's disease and related dementias can cause changes such as sleeping too much or not enough, waking up often,
and wandering or yelling at night. This affects the sleep of both the person with dementia and their caregiver. Poor sleep quality can make dementia symptoms worse, so it is important to take steps that help improve sleep and nighttime safety. Find tips
for managing sleep problems for people with Alzheimer's.

Harney Hub Transit: What Does It Cost?

Deviated Fixed Route: **FREE** for all riders since 2018.

Harney Hub Transit cards:
25 rides for $20!!

Thanks to a special grant, there will be **no charge** for students, ages 13-19 to ride our buses.

Curbside Service: six days a week-

0-10 mi. $1.00 per stop is **required.**

11-20 mi. $5.00 one way upon availability

21-35 mi. $10.00 one way upon availability

36+ mi. $20.00 plus $.505 per each additional mile one way upon availability.

SCHEDULED BEND TRIP:

Fixed Route: Free

SPECIAL TRIP upon Availability:

John Day $55.36 Round Trip

Bend or Ontario $115.96 Round Trip

Extra Rider on Brokered Trip:
John Day $25
Bend or Ontario $35

See our Fixed Route schedule on the next page. Larger print brochures are available at the Front Desk or Harney Hub Transit.

HARNEY HUB
TRANSIT
541.573.3030

WEST BOUND ROUTE

	H Hub 17 S Alder Ave	Fresh Start 195 N Broadway	Triangle Park East	Paiute Upper	Paiute Lower	Library 80 W "D" St	Marylhurst Apts Alvord + A St. (North side)	Safeway Madison + Buena Vista (South side)	Symmetry Care Diamond + Adams	Health Dept. Washington + Fairview	Veteran's Village	Human Services Monroe + Jackson	Glory Days 960 Oregon Ave	BHS/Pool 1000 Oregon Ave	Apple Peddler 540 Hwy 20	BareBones 306 N Hwy 20	Hines Park SW Circle Drive
A	7:00	7:02	7:05	----	----	7:06	7:07	7:10	7:12	7:13	7:15	7:16	7:18	7:20	7:22	7:24	7:26
A&S	8:00	8:02	8:05	----	----	8:06	8:07	8:09	8:11	8:13	8:14	8:16	8:18	8:20	8:22	8:24	8:26
A&S	9:00	9:02	9:05	----	----	9:06	9:07	9:10	9:12	9:13	9:14	9:16	9:18	9:20	9:22	9:24	9:26
A	10:10	10:12	10:15	----	----	10:16	10:17	10:20	10:22	10:23	10:26	10:27	10:28	10:30	10:32	10:34	10:36
S	10:10	10:12	10:14	10:21	10:26	10:29	10:33	10:35	10:37	10:39	10:40	10:41	10:43	10:45	10:48	10:50	10:52
A	11:05	11:07	11:08	----	----	11:09	11:10	11:12	11:14	11:16	11:17	11:18	11:19	11:20	11:22	11:24	11:26
A	12:00	12:02	12:05	----	----	12:06	12:07	12:10	12:12	12:13	12:16	12:16	12:18	12:20	12:22	12:24	12:26
S	12:30	12:32	12:34	----	----	12:36	12:38	12:40	12:42	12:45	12:46	12:47	12:48	12:50	12:52	12:56	12:58
A	13:00	13:02	13:05	----	----	13:06	13:07	13:10	13:12	13:13	13:16	13:18	13:20	13:24	13:26	13:27	13:28
S	13:30	13:32	13:34	----	----	13:36	13:38	13:40	13:42	13:46	13:48	13:50	13:52	13:54	13:56	13:58	14:00
A	14:00	14:02	14:05	----	----	14:06	14:07	14:10	14:12	14:13	14:16	14:18	14:20	14:24	14:26	14:27	14:28
S	15:00	15:02	15:04	15:10	15:15	15:18	15:20	15:22	15:24	15:26	15:28	15:30	15:32	15:34	15:36	15:38	15:39
S	16:10	16:12	16:14	----	----	16:15	16:17	16:19	16:21	16:23	16:25	16:27	16:29	16:31	16:33	16:34	16:35
A	15:00	15:02	15:04	15:10	15:15	15:19	15:21	15:24	15:26	15:27	15:30	15:32	15:34	15:36	15:38	15:39	15:40
A	16:30	16:32	16:35	16:41	16:46	16:50	16:51	16:54	16:56	16:58	16:59	17:00	17:04	17:06	17:08	17:09	17:10
A	18:10	18:12	18:14	----	----	18:15	18:16	18:18	18:20	18:22	18:24	18:26	18:28	18:30	18:32	18:34	18:35

Route Schedule Legend

- **A:** Regular Route
- **S:** Saturday Route
- **A&S:** Regular and Saturday Route

EAST BOUND ROUTE

	Hines Gazebo	BareBones 306 N Hwy 20	Aspen Grove 611 Tennyson Ave.	Secure Self Storage 190 Roe Davis Ave	McDonalsd's 641 Hwy 20	Dollar General 1075 Oregon Ave	Quail Ridge 1314 W Pierce St	Quail Court Pierce +Imperial Ave	Egan & Harrison Ave	Egan and Adams	Courthouse A & BuenaVista (South side)	Safeway Madison + Buena Vista (South Side)	Arrowhead Park East A & Broadway Ave	Paiute Upper	Paiute Lower	Triangle Park	Washington Park N.Birch Ave	H Hub 17 S Alder AVE
A	7:30	7:32	7:34	7:36	7:38	7:39	7:40	7:42	7:44	7:46	7:48	7:50	7:53	----	----	7:55	7:57	8:00
A&S	8:30	8:32	8:34	8:36	8:38	8:39	8:40	8:42	8:44	8:46	8:48	8:50	8:53	----	----	8:55	8:57	9:00
A&S	9:28	9:30	9:34	9:36	9:38	9:39	9:40	9:42	9:44	9:46	9:48	9:50	9:53	----	----	9:55	9:57	10:00
A	10:36	10:38	10:40	10:41	10:43	10:44	10:45	10:47	10:49	10:51	10:53	10:55	10:57	----	----	10:59	11:02	11:05
S	10:55	10:57	11:00	11:03	11:07	11:10	11:12	11:14	11:16	11:18	11:20	11:22	11:25	----	----	11:26	11:28	11:30
A	11:27	11:29	11:33	11:36	11:38	11:39	11:40	11:42	11:45	11:47	11:50	11:52	11:54	----	----	11:56	11:58	12:00
S	13:00	13:02	13:04	13:06	13:08	13:10	13:12	13:14	13:16	13:18	13:20	13:22	13:24	----	----	13:26	13:28	13:30
A	12:28	12:30	12:34	12:36	12:38	12:39	12:40	12:42	12:45	12:47	12:50	12:52	12:54	----	----	12:56	12:58	13:00
A	13:30	13:32	13:34	13:36	13:38	13:39	13:40	13:42	13:45	13:47	13:50	13:52	13:54	----	----	13:56	13:58	14:00
S	14:00	14:04	14:08	14:12	14:16	14:20	14:24	14:27	14:31	14:35	14:39	14:42	14:46	----	----	14:50	14:55	15:00
A	14:30	14:32	14:34	14:36	14:38	14:39	14:40	14:42	14:45	14:47	14:50	14:52	14:54	----	----	14:56	14:58	15:00
S	15:40	15:41	15:42	15:43	15:44	15:45	15:46	15:47	15:48	15:49	15:50	15:52	15:54	----	----	15:56	15:58	16:00
S	16:35	16:37	16:39	16:41	16:43	16:44	16:45	16:47	16:49	16:50	16:52	16:53	16:55	----	----	16:57	16:58	17:00
A	15:42	15:44	15:46	15:49	15:51	15:52	15:53	15:54	15:56	15:58	16:00	16:02	16:04	16:09	16:15	16:20	16:24	16:28
A	17:10	17:13	17:16	17:20	17:22	17:23	17:24	17:26	17:28	17:30	17:32	17:34	17:36	17:42	17:48	17:54	17:56	18:00
A	18:37	18:39	18:41	18:42	18:44	18:45	18:46	18:48	18:50	18:52	18:54	18:55	18:57	----	----	18:58	18:59	19:00

This information is available in alternate format. Please dial 541-573-3030 to discuss your needs. To access alternative telecommunication call Oregon telecommunication relay service #711

**Harney Hub and Harney Hub Transit reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with organization policy and applicable federal and state statutes and regulations. Harney Hub is committed to providing access and reasonable accommodation in its services, programs, activities and employment for individuals with disabilities. To request disability accommodation contact the organization at: 17 S Alder Ave / PO Box 728 Burns, 541-573-3030, lisa@harneyhub.org.

Fixed Route for Bend/Redmond

July 2025
Thursday, 3rd
Tuesday, 8th
Thursday, 17th
Tuesday, 22nd
Thursday, 31st

August 2025
Tuesday, 5th
Thursday, 14th
Tuesday, 19th
Thursday, 28th

September 2025
Tuesday, 2nd
Thursday, 11th
Tuesday, 16th
Thursday, 25th
Tuesday, 30th

*Days may be changed due to scheduling conflicts, staff shortages, holidays, etc.

Harney Hub Transit currently has a fixed route to Bend/Redmond free of charge. Rides must still be scheduled with the office in advance of your trip.

Departure from the Senior Center is 6:30am.

Appointments in Bend must be scheduled no earlier than 10:00a.m. and no later than 2:00p.m. Departure from Bend at 3pm.

Call for additional details, 541-573-3030.

***Times may vary due to weather conditions!**

VETERANS, if you need a medical ride out of the community, please schedule as far in advance as possible so we are able to accommodate your trip.

To access alternative telecommunication, call Oregon telecommunication relay service: #711

HARNEY HUB
TRANSIT
541.573.3030

Harney Hub Transit
17 South Alder Burns
541-573-3030

MEDICAID RIDE SCHEDULING

Due to regulations from the State of Oregon, all medical transportation for Medicaid recipients must be scheduled through a regional broker. Mid Columbia Council of Governments Transportation Network is the agency contracted to operate this transportation program in our area.

Our Harney Hub Transit dispatcher receives notice daily for rides to be scheduled. Any medical ride requiring same day service will be called in to our dispatch center by the brokerage.

This applies to medical rides only, you may still schedule other rides through our center yourself. If you have any questions or concerns regarding this program, please contact your case manager or caregiver.

GOHBI Transportation Network:

1-877-875-4657

(Burns and Hines Area Rides)

This applies to medical rides only.

Public Transportation in Harney County

Harney Hub Transit is a countywide service which prioritizes demand responsive trips within a 10 mile radius of Burns/Hines and provides occasional charter service to events and activities in Harney County.

Monday—Friday

7:00 a.m.—7:00 P.M.

Deviated fixed route only after 5:00 P.M.

Saturday

8:00 a.m.—5:00 p.m.

Deviated fixed route only. Closed 12:00-1:00 P.M.

Sunday

8:00am-3:00P.M.

Last pickup is 2:45

To facilitate scheduling, please call as soon as you know you will need a ride.

A week or more in advance is not too soon to schedule your ride.

When scheduling your rides, please tell the dispatcher the exact number of stops and number of riders,

$1.00 per stop

A ticket card of 25 rides can be purchased for $20 from drivers or dispatch.

Serving our community
since 1973

NON-PROFIT ORG.
U.S. POSTAGE PAID
BURNS, OREGON
PERMIT #52

PO Box 728
Burns OR 97720
Phone: 541-573-6024
Fax: 541-573-6025
E-mail: office@harneyhub.org

https://
harneyhub.org

It is the policy of Harney Hub not to discriminate against anyone because of age, race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation or national origin.

Highlights at a Glance

Senior Meals
Tuesdays & Thursdays
11:30am-1pm

Salads Available Every Tuesday!!

Homemade Soup & Rolls Available Every Thursday!!

Tai Chi:
Tuesdays & Thursdays
9:30am

Introduction to Tai Chi:
Tuesday & Thursday
1030am– 11:15am

Food Bank Hours:
Wednesdays:
10am-1pm

Fresh Alliance
Monday & Thursday
10-10:30am

Bingo:
Thursdays 2:30pm

Miracle Ear:
Wednesdays,
Call 541-330-5503

Veterans Assistance
Call Brian for an appointment at
541-573-1342

Medicare help:
Tuesday 10am-12pm

AARP Taxes
February 3rd – April 14th
Every Monday & Wednesday
8am-4pm