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Member Newsletter

Hydration—Health for the Body And Mind

Every cell in your body depends on water to function properly. This is why it is so important that you remember to drink enough water throughout the day, especially now during the summer months when temperatures are soaring.

Lack of water consumption leads to dehydration which effects our bodies in many ways.

Did you know that by the time you feel thirsty, your body is already dehydrated? Dehydration can cause fatigue, headaches, difficulty concentrating, memory problems and more.

Here are a few simple tips to get more water into your body throughout the day:

1. **Carry a water bottle with you**— You are more likely to consume water when you have it on-hand throughout the day. Make sure to refill when running low!

2. **Eat fruits and vegetables** that are high in water content like cucumbers, watermelon, kiwi, iceberg lettuce, spinach, berries and broccoli!

3. **Get your electrolytes** — These nutrients are a important for regulating bodily functions (including your hear beat!). Electrolytes found within the body include calcium, magnesium, potassium, sodium, phosphate and chloride. Your body gets these nutrients from food. Coconut water is an excellent source of electrolytes that is also hydrating!

This monthly newsletter is created by members for members and is funded by the Voice of Action Board (CODAC’s Member Advisory Board).
Local, Free Cooling Centers

It is very important that you keep safe in the soaring temperatures that will be with us over the next few months. Remember to hydrate, wear sunscreen, and stay in air-conditioned areas when possible.

The following are Cooling Centers that are available for you or people you know.

<table>
<thead>
<tr>
<th>Cooling Center</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Red Cross</td>
<td>2916 E. Broadway Blvd. (520) 318-3677</td>
<td>June—August 31 M-F 10AM-2PM</td>
</tr>
<tr>
<td>Grace St. Paul’s Episcopal Church</td>
<td>2331 E. Adams St. (520) 327-6857</td>
<td>Year Round Mon-Sat 9AM-12PM</td>
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<tr>
<td>Interfaith Community Services NW</td>
<td>2820 W. Ina Rd. (520) 297-6049</td>
<td>M-F 9AM-4PM</td>
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<tr>
<td>LFC/RAPP</td>
<td>1101 E. Broadway Blvd. Ste. 130 (520) 882-8422</td>
<td>June 1—July 31 M-F 8AM-4PM</td>
</tr>
<tr>
<td>Pima County Main Library</td>
<td>101 N. Stone (520) 594-5500</td>
<td>Year Round</td>
</tr>
<tr>
<td>Primavera Homeless Intervention and Prevention</td>
<td>702 S. 6th Ave. (at 17th) (520) 623-5111</td>
<td>M, W, Th, F 9AM-12:30PM Closed Tuesdays</td>
</tr>
<tr>
<td>St. Francis Shelter Sacred Heart Church</td>
<td>601 E. Ft. Lowell Rd. (520) 406-5300</td>
<td>May 15-Sept. 15 Mon-Sun 11AM-6PM</td>
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<tr>
<td>Salvation Army Hospitality House</td>
<td>1002 N. Main Ave. (520) 622-5411</td>
<td>May—June Mon-Sun 24 Hours</td>
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<tr>
<td>Sister Jose Women’s Shelter</td>
<td>1020 S. Park (520) 909-3905</td>
<td>Ongoing Mon-Sat 9AM-5PM Women Only</td>
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<tr>
<td>Sonora House</td>
<td>2940 N. Flowing Wells Rd. (520) 624-5518</td>
<td>Jun–Aug M-F 9AM—3PM</td>
</tr>
<tr>
<td>VA Homeless Program</td>
<td>3601 N. Church Ave. (520) 6149-1839</td>
<td>M-F 7:30AM-4:00PM For VA-eligible vets</td>
</tr>
<tr>
<td>Z Mansion</td>
<td>288 N. Church Ave. 1- (520) 727-0017</td>
<td>Ongoing M, Tu 10AM-4PM W, 10AM-2PM</td>
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</tbody>
</table>

Get Your Primary Care at CODAC! Here’s Why:

- Treatment of common illnesses and minor injuries
- Wellness check-ups and vaccinations
- On-site pharmacy assistance
- Physical exams and screenings
- Standard lab work available on-site
- Close monitoring of chronic conditions like diabetes and high blood pressure
Group Spotlight

My Community Group

This peer-support group connects members with resources that are right here in our community! These may include places like clothing or food banks, libraries, and more!

While out on these trips, you will learn how to become more independent while learning of the programs in town that offer support to you!

Learn social skills, how to accept and ask for help, and more.

This group takes place:
Wednesdays
9:00 a.m. — 11:00 a.m. (Arrive at 8:45)
3130 E. Broadway Blvd.

Word Search

Find the following words:
- BOND
- DAD
- FATHER
- FUN
- FUNNY
- GRILL
- HELP
- HERO
- HOME
- HUGS
- JUNE
- KISSES
- LEADER
- LOVE
- NECKTIE
- PROTECTOR
- STRONG

Peer Support Specialist Nominations

Cenpatico Integrated Care is accepting nominations for Peer Support Super Stars!

If you would like to recommend a peer support specialist who has made a positive impact on your life, please fill out a nomination form!

You can ask a peer support specialist or the front desk staff for a nomination form!
Fried Egg and Avocado Toast

By: Debbie C.

**Ingredients:**
- 1 tsp olive oil
- 1 peeled ripe avocado, mashed
- 4 slices of whole grain bread, toasted
- 1 cup alfalfa sprouts
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 cup refrigerated fresh salsa

**Directions:**
1. Heat a large non-stick skillet over medium heat. Add oil to pan; swirl to coat. Crack eggs into pan and cook for two minutes or until desired degree of doneness.
2. Spread 1/4 of mashed avocado evenly over each toast slice. Arrange 1/4 cup sprouts over mashed avocado on each toast slice. Top each toast slice with 1 fried egg. Sprinkle eggs evenly with salt and black pepper. Top each assembled avocado toast with 2 tbsp. of fresh salsa.

Refreshing Watermelon Lime Pops

By: Char

Free of artificial colors and unhealthy sugars. Simply freeze the mix in small paper cups and use a plastic spoon as the stick.

**Ingredients:**
- 2 ½ cups cubed seedless watermelon
- 2 tablespoons lime juice
- 2 Tablespoons to ¼ cup honey (depending on sweetness of melon)
- 1 pinch of salt

Blend all ingredients together in the blender; taste to check sweetness. Adjust (add honey) if needed. Pour into small cups. Insert an ice pop stick or small plastic spoon into center of each. Freeze for 6 hours or overnight. Run cool water over molds to loosen pops. Makes 4 cups

Calories 62 gm, total fat 2 gm, Saturated fat 0 gm, Cholesterol 0 gm, Sodium 10 mg, Carbs 16.3 gm, Fiber 4 gm, Sugar 14.6 gm, Protein 6 gm.

Artwork Corner

Left: Tissue paper flowers
Right: Popsicle stick worry dolls.
Both artwork pieces were created in the Cactus Bloom Art of Expression Group.