

ORGANIZATION SPOTLIGHT: SABATHANI COMMUNITY CENTER



Sabathani Community Center is one of Minnesota's oldest African American-founded nonprofits. As a multi-service organization, Sabathani delivers a comprehensive range of community-oriented, culturally tailored services and programming in an environment of dignity and respect. More than 50,000 South Minneapolis residents each year make use of Sabathani's programming to tackle barriers in their lives and move from surviving to thriving. Visit <https://sabathani.org/our-programs/> for more information.

CHECKING IN ON

Open Farms Manager Kelly Wilson and her team have had a busy summer filled with sunshine, rain, and warm temperatures—all contributing to some superb yields! So far this year, our farms have produced 365 lbs. of onions, 350 lbs. of zucchini, 241 lbs. of lettuce, 214 lbs. of cherry tomatoes, and 156 lbs. of potatoes—just to name a few of the heavyweight champs so far. All of these fresh ingredients have made their way into some of your meals as well as our Community Supported Agriculture (CSA) program!



SEPTEMBER IS SELF-CARE AWARENESS MONTH

At Open Arms, we want to remind you that caring for yourself is not selfish—it's **essential**. Every nourishing meal we prepare is one way we hope to support your well-being, because your health and comfort matter deeply to us. Whether it's taking a quiet moment to rest, enjoying your favorite meal, or connecting with a loved one, **small acts of self-care can make a big difference**. This month, we encourage you to honor the strength it takes to care for yourself and to remember that you are not alone—your Open Arms community is here for you every step of the way.



the NUTRITION NOOK

HYDRATION: WHY IS IT IMPORTANT?



Water is important for basic functions in our body, including:

- Keeping our body at the right temperature
- Digesting food, absorbing nutrients, and removing waste from our body
- Preventing constipation, kidney stones, dry mouth and dry skin
- Moistening our eyes, nose, and mouth, which allows us to see, smell and taste
- Cushioning our brain and spinal cord and lubricating our joints
- Keeping our brain, heart, and kidney healthy

HOW MUCH WATER DO I NEED?

The amount of water you should drink everyday depends on things like your age, activity level, and health condition. The general recommendation is **15 cups per day for men** and **11 cups per day for women**. You may need to drink more during hot weather, during exercise, if you have a fever, or while experiencing diarrhea or vomiting. **Note:** If you have heart failure and kidney disease, you may have different fluid needs – check with your healthcare provider before making any changes.

To check if you are drinking enough water, look at the color of your pee. A pale-yellow color indicates good hydration, and any darker color may mean you need more water. Feeling thirsty, light-headed, having a headache, dry skin or mouth, and tiring out quickly can also be signs of dehydration.

TIPS TO STAY HYDRATED



Keep a filled water bottle where you spend a lot of time, so you are never without water; for example, by the couch; at your bedside, desk, kitchen table; or in the car.

Remember to choose water over sugary drinks, soda, and alcohol. If you are craving a fizzy drink, try an unsweetened sparkling water instead of soda.

Add flavor to your water by adding a slice of citrus (lime, lemon, orange), fruit, cucumber slices, and/or fresh herbs like basil, rosemary or mint.

Eat foods that are high in water, including:

- Fruits such as cantaloupe, watermelon, strawberries, and grapes
- Vegetables such as lettuce, zucchini, celery, and cucumber
- Low-fat milk, yogurt, cottage cheese, and low-sodium soup

 Open Arms meals for clients aged 60 and older are significantly supported by **Trellis** and the **Older Americans Act**. If you'd like to make a donation to help support the meals you receive, please visit openarmsmn.org/donate, send a check to Open Arms (attn: Mary Beth Iverson), or call 612-677-2568 for assistance.



Delivery questions? Contact Client Services at 612-767-7333 or meals@openarmsmn.org.

Nutrition questions? Contact Nutrition Services at 612-540-7759 or nutrition@openarmsmn.org.