



Just a Little More Help from **United Way Meals on Wheels**

July 2025

Another Cup of Joe?

Consider the Pros and Cons of Coffee for Seniors

Chances are, if you're a coffee drinker, it's been part of your daily routine for years. And that's probably good. Coffee has some distinct benefits for longevity and state of mind. But you can also have too much of a good thing, especially as you age. So it's best to be aware of these pros and cons.

- **Coffee Can Help Keep You Sharp**

Coffee can enhance alertness, attention, memory and overall brain function, potentially reducing the risk of cognitive decline, dementia and Alzheimer's disease.

- **It May Reduce Your Risk of Disease and Stroke**

Studies show that coffee may lower the risk of heart and liver disease, Type 2 diabetes, Parkinson's disease and certain cancers. It may also lessen your risk of stroke. And its antioxidants help protect against age-related cell damage and inflammation.

- **You May Be Happier**

Coffee can boost your mood, help combat depression and enhance your mental well-being.

- **But Coffee Can Interfere with Sleep and Vitamin D Absorption**

Seniors metabolize caffeine more slowly, which can lead to difficulties sleeping if consumed later in the day. It can also disrupt vitamin D absorption, accelerating bone loss in some people.

- **It Could Raise Your Heart Rate and Blood Pressure**

The caffeine in coffee is a powerful stimulant; and too much could cause problems for those with underlying cardiovascular issues or certain heart conditions.

- **There's a Risk of Dehydration or Digestive Issues**

Caffeine is a diuretic, which can lead to dehydration if you're not drinking enough other fluids. That could cause a drop in blood pressure resulting in dizziness or even fainting. Coffee's acidity can also worsen acid reflux and irritate the stomach lining if you have ulcers or gastritis.

- **Moderation Is Key -- Drink It Black and in the Morning**

About one or two cups a day (before noon without sugar or creamer) is generally considered safe for most healthy seniors. **Ask your doctor if you have concerns or take medications.**

Source: superage.com

Questions for Meals on Wheels? Call (205) 592-0413. To be screened for other senior services, call 1-800-AGE-LINE.

Remove lower portion and return with your kind donation.

YES! I'll support Meals on Wheels so that even more people can look forward to nutritious meals and friendly visits. My tax-deductible contribution is enclosed in the amount of:

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CSH-07/25



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