



Get in the Act!

Each May, the United States Department of Health and Human Services gives us one more reason to celebrate our seniors – it's Older Americans Month! Each year has a theme, with this year focusing on encouraging seniors to take charge of their health and stay connected to the greater community. Here are a few ways that older adults can get in the act and nurture social connections. Even better, our caregivers are ready to assist with these strategies.



Why community connection matters

Humans are social creatures and even the biggest introvert can attest to the power of friendship. As we age, we often find ourselves isolated due to physical limitations or deaths of those who are closest to us. However, multiple studies have shown us that isolation only leads to increased chances of Alzheimer's Disease, depression, and decreased health in general. Fostering meaningful connections

doesn't have to mean finding a group of best friends, but it does ensure that people are there to talk to, to interact with, and to check on one another. The benefits continue with the process of even getting ready to attend an event – you work your fine motor skills, gross motor skills, problem solving skills and critical thinking just by deciding what to wear and getting dressed. Getting out and about really is a win-win for all aspects of your life.

Where to find community connection

In order to find a social opportunity, look at your local resources. Check the programming calendar for your local senior center, park district, church, or town hall. Find something that you are interested in, and join in the fun. If you can't find something that you think you might enjoy, or if you are hesitant about the situation, start out with a social event like a senior lunch or entertainment afternoon.

Give it at least a month

If you don't meet a lifelong pal on your first visit, it doesn't mean that you wasted your time. Instead, realize that it takes time to find a social network. Continue



attending your group or groups of choice for at least a month before you decide to abandon it and try something new. While you are at your event, be sure that you try to meet at least one new person each time. You never know who you will hit it off with.

Get the help

It might be difficult for you to get out of the house, but that doesn't make it any less important. In fact, it makes it even *more* important for you to get outside your own four walls consistently. If showering, getting dressed, or finding transportation to events is your roadblock to getting out and about, [Visiting Angels Wayzata](#) are here to support you and meet your needs. Give us a call and let us set up services that make meeting your goals of community connection easier.

So what are you waiting for? Get in the act and get out in your community! Your friends, and health, await.

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