



Aging Better And Bolder

Are you staying hydrated?

Water is essential!!!

Staying hydrated flushes out toxins, boosts the immune system, increases energy and so much more. The Mayo Clinic suggests that adult men need about 15.5 cups and adult women need 11.5 cups of fluids daily. Increasing your water intake may be necessary during hot weather where we tend to be outdoors more frequently. If you are physically active, even more water

WHAT COUNTS:

Water
Water Infusions
Herbal Teas
Broth

WHAT DOESN'T:

Coffee or Black Tea
Alcohol
Pop and Energy Drinks
Fruit Juice
Artificially Sweetened Drinks

should be taken in. What you eat also provides hydration, such as watermelon, cucumbers and most fruits and vegetables. Perhaps savory liquids will be more appealing options such as broth or clear soups are a great way to increase fluids in the body,

as well as getting some vital nutrients. Smoothies, popsicles, and spritzers are a wonderful way to increase fluid if the person has a sweet tooth. **Are you drinking enough water?** *Helpful tip:* Set a reminder each hour during the day.

Signs of Severe Dehydration

by the Mayo Clinic

- Extended periods without urination
- Darker amber-colored urine
- Dry skin that has no elasticity when pinched
- Confusion or agitation
- Low blood pressure
- Rapid heartbeat
- Weak pulse
- Muscle cramping
- Cold or clammy hands and feet

Betty White on Age



"I don't go around thinking 'Oh, I'm 90, I better do this or I better do that'. I'm just Betty, I'm the same Betty that I've always been. Take it or leave it."

- Betty White



7 Benefits of Social Engagement for Seniors by Grandbrier Senior Living



For many older adults, the opportunities for an active social life often decline along with their health and energy. As illness or mobility issues limit what they can do, their **risk of isolation increases.**

Connecting with others who love us and share similar interests is important at any age, but for seniors, whose lifestyles may lessen their social opportunities, these connections are crucial to healthy physical and emotional well-being.

Dangers of Isolation

According to **Diane Reier, Lifestyle Specialist at Grandbrier** in Prospect Heights, IL, social isolation can be dangerous for seniors' health. "Isolation is more than just feeling lonely," Reier says. **"A lack of connection with others can lead to poor emotional health, high blood pressure and a decline in physical health.** Studies show

that older adults who suffer from depression and isolation have a higher mortality rate than those more satisfied with their lives and relationships, making social engagement just as important as other steps to maintain physical and emotional health.

In her article, "[The Importance of Socializing at Senior Living Communities](#)," **Elizabeth Bemis, MA**, says, "[Human nature leads us to crave fulfilling relationships with other people. As we age however, life circumstances may push us toward loneliness and isolation unless we take proactive steps to cultivate new relationships.](#)"

No matter how we choose to socialize, research shows that the benefits nurturing relationships are well worth the effort.



Benefits of Social Engagement

More than combating the negative effects of isolation, an active social life allows older

adults to experience an array of benefits that help to enhance their overall well-being.

Key benefits include:

1. Enhanced Mental Health

Isolation is one of the leading causes of depression in older adults. Loneliness can easily turn to feelings of worthlessness and despair. On the other hand, socializing can help older adults feel loved and needed as their lives are affirmed by the activities they do and by those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a healthy mental state with a positive outlook on life.

2. Sense of Belonging

Enjoying the company of others who have similar personalities or interests helps us feel like we belong somewhere. For those who may have lost a spouse or a close friend, the need to belong may be more intense. Engaging with others can cultivate new friendships, and doing something meaningful together creates lasting bonds.

3. Better Self-Esteem

Self-esteem can plummet for those who have trouble doing

7 Benefits of Social Engagement for Seniors *continued*

as much as they use to or are alone too often. The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any kind of positive interaction with friends, family or neighbors can help us feel confident in ourselves and our abilities.

4. Improved Physical Health

When we have good conversations or do things we love with others, our bodies take note and release health-promoting chemicals that boost the immune system to ward off illness and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake. Seniors who are isolated are more likely to skip meals, whereas those who are socially active often share meals with friends and family.

5. Increased Cognitive Functioning

According to the [University of Rochester Medical Center](#), socializing is key to keeping the brain sharp as we age. Having an active social life encourages us to continue learning, observing and responding to the world around us. Conversation and activity are great for exercising the mind.

6. Accountability

No matter what our age, we are more likely to keep ourselves well if we have people holding us accountable. Older adults are less likely to develop habits of declining self-care if they're around others they care about. Socializing creates reasons to stay well and helps foster a positive state of mind.



7. Purposeful Living

Staying social benefits seniors by helping them feel that their lives still have purpose. Having somewhere to go, something meaningful to do or people to see helps us get out of bed, excited to face the day. When we cultivate strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.

A Community of Connection

If you or a loved one is suffering from an isolated lifestyle, the time to take action is now!

- Join a club or group with a shared interest, such as walking, knitting, sports, dancing, chess or bridge.
- Volunteer
- Join a senior center or church that offers an active senior's group.
- Invite a neighbor or friend for lunch and a movie.
- Participate in free city held events like concerts in the park or art walks.
- Visit your local library and join any free programs or events they offer.
- Join Meetup.com and explore activities around you that you can enjoy with your community.
- If group settings don't appeal to your loved one, encourage them to consider planning a regular "date" with a friend and enjoy lunch, shopping, or other activities.
- Join a gym or fitness center and take advantage of classes specifically designed for older adults.



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Prescott Meals On Wheels

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Ways to give:

Volunteer

- Just a few hours each day once a week makes a huge difference

Donate

- The Arizona State Tax Credit makes it easy to give and get it back in the form of a credit on your taxes

Planned Giving

- Planned giving is, in its simplest form, a sizable donation given over time or as part of a donor's estate

Thank you Arizona Community Foundation
for making *Aging Better and Bolder* possible.

We're on the web!

PrescottMealsOnWheels.com



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