

# Life, Health and You



## Healthy Aging for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. As a family member, encouraging positive lifestyle choices can make a big difference, and it's never too late to start.

### **Prevent social isolation and loneliness**

As people age, they may spend more time alone due to health issues, the loss of a partner, or other life changes. Families can help by scheduling regular phone or video calls, encouraging participation in social activities like clubs or volunteer work, and helping them connect with community resources.

### **Encourage physical activity**

Older adults who stay active often live longer and enjoy a better quality of life. Encourage activities such as walking, stretching, gardening, or light strength training.

### **Promote healthy eating**

Eating fruits, vegetables, whole grains, lean proteins, and healthy fats can boost immunity and lower the risk of conditions like heart disease, high blood pressure, diabetes, and stroke. Families can help by grocery shopping together, preparing healthy meals, adapting traditional recipes to be healthier, and checking that food in the home is fresh and safe.

### **Schedule regular health checkups**

Routine doctor visits and health screenings help identify potential problems early and manage conditions. Family members can help by reminding loved ones about appointments, offering transportation, helping track medications, and communicating with healthcare providers when needed.

Encouraging healthy behaviors may take time, but patience and support can help older loved ones stay healthier and more independent as they age.

### **Tips for Caregivers**

Caregiving can be overwhelming, and it's easy to neglect your own needs. Here are some simple ways to care for yourself:

**Reduce stress.** Relaxation techniques like meditation, yoga, or tai chi can help you unwind.

**Make time for yourself.** Set aside time each week to do something you enjoy.

**Keep up with your health.** Schedule regular checkups and let your doctor know you are a caregiver.

**Ask for support.** Talk with friends or family, consider counseling, or join a caregiver support group.

**Take breaks when needed.** Ask someone to help, hire a part-time aide, or look into adult day care programs.

**Be kind to yourself.** It's normal to feel sad, frustrated, or guilty at times. Sharing your feelings with someone you trust can help.

## National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

[Alcohol Awareness Month](#) was created discuss the stigma around alcohol and substance abuse.

Sexual Assault Awareness and Prevention Month: The [National Sexual Violence Resource Center](#) coordinates this campaign to reinforce the need for more awareness and prevention around sexual assault.

Stress Awareness Month: The [Health Resource Network](#) sponsors this campaign to highlight causes of and cures for modern-day [stress](#).

## Mental Health Minute



### Enhance Your Emotional Wellness

To develop a more positive mindset:

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

### MONTHLY WEBINAR:

Caring For Aging Loved Ones

Log into the website to view the recorded video.



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