Physical Activity – Regular exercise and physical activity are important to the health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Exercises generally fall into four main categories: Endurance, Strength, Balance and Flexibility. 1) Endurance (or aerobic) activities increase your breathing and heart rate such as brisk walking, yard work, dancing, jogging, swimming, biking, climbing stairs, playing tennis or basketball. 2) Strength exercises improve your muscle strength. Examples are lifting weights or using resistance bands. 3) Balance exercises help prevent falls and usually include the lower body such as standing on one foot, heel-to-toe walk or tai chi. 4) Flexibility and stretching can help your body stay limber, which helps with all activities. Examples include shoulder and upper arm stretch, calf stretch or yoga. Physical activity needs to be a regular, permanent habit to produce benefits so it is important to make it a priority in your life and to make it easy for you do. It is also helpful to make it social and fun! You can find a lot more information and instructional videos at Go4Life.org

Men’s Health – Most men need to pay more attention to their health. Compared to women, men are more likely to smoke, drink alcohol, make unhealthy or risky choices and put off regular checkups or medical care. The good news is that you can start taking better care of your health today. See a doctor for regular checkups even if you feel fine. This is important because some diseases and health conditions don’t have symptoms at first. You can also take care of your health by eating healthy and being active. A healthy diet and regular physical activity can help lower your blood pressure, blood sugar, cholesterol and weight which lowers your risk of serious health problems like type 2 diabetes and heart disease. (source United States Department of Health and Human Services).

June is Alzheimer’s & Brain Awareness Month. Wear Purple to show your support. Share your story or connection with others so they know they are not alone. An estimated 5.7 million Americans are living with Alzheimer's dementia in 2018; including 5.5 million people age 65 and older and approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's. Most (83%) of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties. Did you know:

- Alzheimer’s is fatal. It kills more than breast and prostate cancer combined.
- Alzheimer’s is not normal aging. It’s a progressive brain disease without a cure.
- Alzheimer’s is more than memory loss. It appears through a variety of signs and symptoms. (source Alzheimer’s Association, alz.org)

There are financial and emotional supports for people living with dementia as a diagnosis or as a caregiver. Contact us to find or create programs in your area.