

Healthy Aging Guide



Prestige Care
Prestige Senior Living

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“Aging is not lost youth but a new stage of opportunity and strength.”

–Author Betty Friedan

Think of your body like a musical instrument. If you were to attend a musical performance where one of the instruments was off-key, you’d notice it. Even if it was one chord on the guitar or one string of a violin, you might be able to tell that something was off.

Much like your body, all parts and components of an orchestra need to work together to stay in perfect harmony. This principle holds true with our wellness as we age. The terms health and wellness are most often applied to our physical condition, but should also encompass our cognitive, emotional, and even social states. If even just one component is suffering, it’s likely not long before the others are impacted, as well.

In 2019, UC San Diego Health conducted a study on wellness in older adults and came to the following conclusion: “Cognitive function was significantly associated with physical mobility, wisdom, and satisfaction with life. Physical health was associated with mental well-being, resilience, and younger age. Mental health was linked to optimism, self-compassion, income and lower levels of loneliness and sleep disturbances.” From this study, you can see that all components of our wellness as we age are truly interconnected.

In the Prestige Senior Living Guide to Healthy Aging, we’ll examine common risk factors for older adults in the different facets of wellness and offer practical advice and lifestyle adjustments to help improve wellness. It’s our hope that this guide serves as a starting point to helping you or a loved one achieve happy, healthy aging.

Physical Wellness

01

There are a wide variety of positive effects that can come by having a regular fitness routine as we age, and those outcomes are possible regardless of your starting point. Did you know that maintaining a regular fitness routine can help build strength and stamina, reduce your risk of falling, improve your mood, and even ward off disease? Even if fitness has never been part of your lifestyle and you're just beginning, it's never too late to reap the benefits.

1.1

The Importance of Exercise

GETTING STARTED

It can be daunting to think about where to begin your fitness journey. The key is to get started, and stick with it. Try to get into a routine of exercising at the same time every day, and maybe recruit a friend or loved one to join you for accountability, as well as making it a social occasion. To help, the Centers for Disease Control and Prevention (CDC) offers these guidelines:

- 150 minutes per week (30 minutes, five times per week) of moderate activity, such as brisk walking.
- Two days per week of muscle-strengthening activity, such as weights, resistance bands, etc.
- Balance exercises, such as standing from a seated position or walking heel-to-toe should be incorporated regularly.

OTHER WAYS TO EXERCISE

Not all fitness activities have to take place in a gym or in a formal setting. Just being as active as you can, can aid in your wellness journey. Hobbies like gardening, bowling or anything where you're moving around can provide a workout. Also think about your day-to-day tasks and chores. If you're out and about running errands, maybe park a bit further away from the entrance to any stores you might enter, and if possible, take the stairs instead of an elevator. Even finding small instances like those can help build fitness and stamina. Of course, we recommend discussing any potential new fitness routines with your physician – they will have insight into what is appropriate for you based on your health history and ability level.

1.2

Reducing the Risk of Falling

Falling is one of the greatest health risks older adults face. One in four older adults suffers a fall each year, and falling once doubles the chances of falling a second time. Every year, three million older adults are treated in an emergency room due to a fall, and falls are a leading cause of fractures, brain injuries and even death. However, falls don't have to be inevitable. Here are steps you can take to help yourself or a loved one reduce the risk of falling:

FITNESS AND BALANCE

Embarking on a regular fitness routine can build strength and stamina, which in turn can help reduce the risk of falling. In addition to cardio or weight work, balance exercises are also an important factor. Building a daily routine combining fitness and balance can significantly reduce your chances of a fall.

TALK TO YOUR DOCTOR

It's important to connect with your primary care physician about your falling concerns if it has been a while since your last trip to the doctor. They should be updated on any changes to your health since your last visit and can offer guidance on fall risks that you or a loved one might not be considering.

Your physician can also offer advice on starting or changing a fitness routine and review any medications that you or a loved one may be taking that can cause side effects, like dizziness, that can contribute to a fall. They should also be able to gauge your gait and perform basic tests that can give clues to any physical issues that can lead to a fall.

SEE YOUR SPECIALISTS

Many older adults suffer a fall due to vision problems. Whether it's ensuring a prescription is up to date, or detecting a deterioration in vision, preventing falls can start with the eyes. Much like our vision, our hearing can deteriorate as well as we age. As such, an older adult may not hear another person or a pet coming around a corner from another room or miss other cues that a fall risk is near.

1.3

Tips for Fall-Proofing the Home

Many falls occur in the home, a place where older adults might feel most comfortable. But taking just a few minutes to scan the home for common fall hazards can help keep you or a loved one safe. Fall-proofing a home is particularly important if you're caring for a loved one living with Alzheimer's disease or dementia, as some of the physical effects of the disease can lead to an increased fall risk. Whether you're an older adult, or a caregiver, here are a few items to consider when fall-proofing your home.

FALL-PROOF CHECKLIST:

Living Room / Bedroom

- Remove loose cords and wires or fasten them to baseboards or the floor.
- Remove unnecessary clutter like shoes, magazines, laundry, etc.
- Remove or limit end tables or other small pieces of furniture in walkways.
- Ensure all lights are bright and working, and keep spare bulbs at home.
- Wear non-slip footwear, particularly if the home has hardwood flooring.

Staircase

- Check that handrails are securely fastened to the wall, and none are loose.
- Ensure carpeted stairs are even and securely glued to the floor.
- If stairs are hardwood, install non-slip adhesive strips.
- Keep the stairs well-lit at night, and keep spare bulbs at home.
- While they can be expensive and require installation, consider a chairlift.

Bathroom

- Install non-slip mats or pads in the shower or tub.
- Consider installing a walk-in shower or tub if able.
- Have a waterproof stool or chair for the shower for ease and comfort.
- Install weight-bearing grab bars or railings for assistance getting up and down.
- Install nightlights for increased visibility at night.

Outdoors

- Avoid flip flops and sandals that can be loose on your feet. Footwear with firm, non-slip soles are best.
- Make sure walkways that lead to the front door, street or other areas are secure and aren't uneven or loose.
- Keep the yard or property clear of clutter and debris, including tools, hoses, fallen branches, etc.
- If you live in a cold winter climate, keep kitty litter or a melting substance on hand to use on walkways and sidewalks.

Pets

- Don't step over pets and use a collar with a bell so you know when they are near.
- Keep pet toys, supplies and food bowls out of walkways and clean up spills immediately.
- Consider obedience training to control behaviors that may increase falls such as leash pulling and jumping.

OLDER ADULTS
CAN REDUCE
FALLS BY NEARLY
40% WITH SIMPLE
SAFETY-FOCUSED
MODIFICATIONS
IN THEIR HOME.



1.4

Nutrition Tips

Trying to keep up with the latest reports on nutrition as we age can be difficult – it seems like the advice is always changing. But there are a few universal truths to nutrition as we age, and it's important to understand how our needs change in our senior years and why that is.

AGE-RELATED CHANGES:

Reduced Appetite

As we age, between our metabolism slowing down and a reduction in muscle mass, we need fewer calories than before, leading to less of an appetite. But by eating less, it can reduce the amount of important nutrients and minerals we need to stay healthy. Eating a healthy diet, even in reduced amounts, can help provide the health benefits we need.

Heart Health

Heart disease is one of the leading health risks, and causes of death, among older adults. It becomes important as we age to scale back on our consumption of red meat, fried foods and sweets that can lead to risks to our heart.

DIETARY TIPS:

Make a Plan

Meal planning and prepping can be an easy way to incorporate healthy habits. Sitting down weekly and mapping out your meals will allow you to buy healthy options from the grocery store. Leaving meals to the last-minute forces you to just have what's on hand, or resort to old favorites that may not be as healthy or nutritious. We can make dietary choices that help with bone strength, heart health and even cognitive ability.

One Change at a Time

It can be difficult to change eating habits later in life – if you or a loved one has been eating a certain way for decades, change isn't likely to come overnight. So, barring an acute health concern, try to phase changes in gradually. Just as you can't wake up one day and run a marathon, trying to do it all at once will just lead to frustration. Build each small change into a habit and then move on to another one. Before long it will be second nature.

Include these nutrient rich foods into your daily diet for healthy aging.



**FRUITS +
VEGETABLES**

**LEAN
PROTEIN**
(seafood,
chicken, eggs,
no red meat)

DAIRY
(skim or low-
fat milk, or
alternatives like
almond milk)

**WHOLE
GRAINS**
(brown rice,
whole wheat
pasta, etc.)

Cognitive Health

02

It can sometimes be difficult to determine the difference between normal, everyday forgetfulness and the beginning of cognitive decline. Misplacing your keys, forgetting to pick up milk on the way home, or trying to remember if you paid your last credit card bill – you might start to wonder, are these normal signs of aging, or is it the start of something more serious? In this section you'll find useful information to help assess, maintain and improve cognitive health.

2.1

Signs of Cognitive Decline

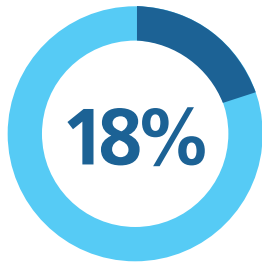
There is natural slowing of our cognitive processes as we age, such as having more difficulty learning new information, decreased mental processing and becoming more easily distracted. But there are also common signs to watch for in yourself or a loved one that can indicate the progression of cognitive decline. If you or a loved one notice any of the signs below, we recommend seeing a doctor to discuss testing or next steps.

Early Signs of Cognitive Decline

- Forgetfulness is becoming increasingly more frequent.
- Misplacing items and forgetting appointments, birthdays or social events.
- Distracted and loses track of conversation, or can't focus as much during movies or while reading.
- It has become increasingly difficult to make decisions, plans or understand instructions or directions.
- Confused or disoriented in familiar environments, for instance getting lost at a regularly traveled location.
- Judgment is impaired and behavior is more impulsive.
- Packages are showing up at the house you or your loved one does not remember ordering, or other unusual purchasing or monetary patterns.
- Changes such as any of the above are becoming evident to family, friends, colleagues or other people who know you or your loved one well.

2.2

Types of Cognitive Decline



Approximate percentage of adults over 60 living with Mild Cognitive Impairment.

At Prestige, we work closely with noted Alzheimer’s disease and dementia expert David Troxel, who has a mantra about memory loss: “If you’ve met one person with Alzheimer’s disease, then you’ve met one person with Alzheimer’s disease.” In other words, while there are commonalities that can cut across cognitive decline, every person living with the disease is different and may experience varying symptoms or effects. No two people will necessarily experience it the same way.

Within this portion of the guide, we want to offer some information about the different kinds of cognitive decline. It’s also vital to remember that if you suspect cognitive decline in yourself or a loved one, consult with a doctor.

NORMAL AGE-RELATED COGNITIVE DECLINE

The fact is, there is some memory loss that occurs naturally as we age. Our brains don’t process information as quickly in our senior years as they did when we were younger, so some forgetfulness or absent-mindedness is to be expected. Additionally, it becomes more difficult to learn new information or techniques. When it doesn’t affect you or your loved one’s day-to-day life too much, this type of age-related cognitive decline is normal and can be manageable.

MILD COGNITIVE IMPAIRMENT

When forgetfulness starts affecting someone’s ability to perform basic functions throughout the day, it could be Mild Cognitive Impairment (MCI). According to the Mayo Clinic, MCI “is the stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It’s characterized by problems with memory, language, thinking or judgment.” Many of the bullet points from the previous page can be signs of MCI.

Should you or a loved one suspect MCI, it’s important to bring it to the attention of a physician so they can begin the process of diagnosis and provide resources and information.

ALZHEIMER'S DISEASE AND DEMENTIA

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia, with over six million Americans currently living with the disease, comprising 60% - 80% of dementia cases. Alzheimer's and dementia are not normal parts of aging and worsen over time.

Below are areas where people with dementia can struggle:

- Short-term memory
- Keeping track of a purse or wallet
- Paying bills
- Planning and preparing meals
- Remembering appointments
- Traveling out of the neighborhood

As Alzheimer's and dementia progress, people become unable to live independently and require specialized care. In addition to the cognitive symptoms, Alzheimer's disease can also affect vision, hearing and balance. If you believe that either yourself or a loved one may have dementia or Alzheimer's disease, it's vital to see a doctor. With early intervention there are ways to slow the disease and manage some of its effects.

The number of people living with Alzheimer's doubles every 5 years beyond age 65.

–Centers for Disease Control and Prevention

2.3

Diet and Cognitive Health

Modifications to your diet can require significant changes in your habits – so start small and work your way up.

Studies show that adopting a Mediterranean diet can help maintain cognitive function – according to one report, the results showed that “higher adherence to a Mediterranean diet was associated with better cognitive function, lower rates of cognitive decline, and reduced risk of Alzheimer disease in nine out of 12 studies”.

Water is the most prominent beverage as part of the Mediterranean diet, although some studies suggest a glass of red wine can be beneficial too. Avoid cream and sugar in coffee and tea and consume red meat in moderation.

Brain-Boosting Foods

- Fish & seafood (at least twice a week)
- Poultry
- Fruits & vegetables
- Nuts, seeds & legumes
- Whole grains, including pasta and bread
- Healthy fats (extra virgin olive oil, avocado oil, etc.)
- Eggs
- Dairy
- Herbs & spices

Foods to Avoid

- Processed food (fast food, etc.)
- Processed meat (beef jerky, hot dogs, etc.)
- Sugar-heavy food (candy, soda, ice cream, etc.)
- Refined grains (white bread, pasta, etc.)
- Trans fats (margarine, etc.)

Sample Meal Plan

- Breakfast: Greek yogurt with granola, oatmeal with berries, whole wheat toast, omelets
- Lunch: Whole grain sandwiches, quinoa salads, whole grain pasta dishes
- Dinner: Greek salad, salmon with brown rice, grilled chicken with vegetables
- Snacks: Nuts, vegetables with hummus, fruit with nut butter, Greek yogurt

2.4

When Is It Time for Memory Care?

I'VE NOTICED FORGETFULNESS IN A LOVED ONE RECENTLY – IS IT TIME TO BE CONCERNED?

Perhaps your loved one is “happily confused”, but still able to make some decisions about life needs and those things that bring them joy without being unsafe. Many assisted living communities may be appropriate to meet their needs and provide help for them in areas like medication management, incontinence care, meal reminders and life enrichment or social engagement.

However, if you are becoming more concerned about your family member’s safety regarding getting lost outside, hygiene needs, the inability to make clear and safe decisions or challenging behaviors, a memory care setting may be best.

WHAT SHOULD I LOOK FOR IN A MEMORY CARE COMMUNITY?

If you’ve reached a point where your loved one requires full-time memory care, it’s time to start looking at memory care communities. Just a few of the considerations to keep in mind include:

- How do they keep memory care residents engaged?
- Are the residents cared for in a dignified way?
- How do they handle the “behaviors” that are common in those with dementia? What are their redirection strategies?
- What safety measures are in place?
- What kind of programming do they provide?
- Does the community feel like “home”?

HOW DO YOU DISCUSS THE MOVE?

When someone is experiencing cognitive impairment, it’s crucial to remember that while they may not be able to comprehend every nuance and word of the conversation, they do pick up on tone, mood and expression. While this is a difficult time for all involved, it’s wise to keep your loved one’s emotions in mind. Continued positivity in the face of hardship is difficult and immensely important for your loved one.

Section 2.4

Also, try not to use terms like, “you need more help”, as you don’t want to challenge their spirit of independence or “I can’t take care of you”, as you don’t want them to feel they are a burden. Frame the conversation around a doctor’s visit, that the doctor is recommending this stay for a time. Ask the physician to be a part of the conversation and prepare with them ahead of the visit. If they are early in their diagnosis, you might consider taking them along on tours of communities but be cautious not to cause them unneeded anxiety.

WHAT DOES THE FUTURE LOOK LIKE?

While everyone is different, there are some common things you may encounter. Persons with dementia will ebb and flow through this disease, experiencing good days and difficult moments; it’s important to listen, but also remain positive in your conversations. They may complain of loneliness or frustration with another resident, they may miss home and certain foods they are used to, they may talk about a spouse who has passed away and they may not remember your name.

Talk with the community about your concerns and tools or interventions they have found successful in re-directing your loved one in a positive and validating way. Reminisce about their life; the joys and adventures you experienced as a family are always helpful. Maybe bring in one of their favorite meals to enjoy together and continue to celebrate life events like birthdays and anniversaries.

If a spouse has passed, talk about how they met, their courtship and family life, try not to remind them regularly that they have passed, so as not to cause them daily grief. Keep an album of family pictures nearby to chat about the special times in life and don’t forget to laugh!

Mental Health

03

We understand mental health is a sensitive, and potentially awkward topic, but in much the same way you'd encourage a loved one to see a doctor for a physical injury, it's vital to address mental health as well. Many seniors are prone to a variety of factors that can put them at risk including isolation, health concerns or loss of a loved one. Throughout this section will be advice on how to approach the conversation, ways to help, the effects of loneliness, and much more.

3.1

Mental Health Concerns

We live in an era where people talk openly about mental health more than ever before. And yet, according to Mental Health America, 68% of older adults know little or nothing about depression. It's important for loved ones to pay careful attention to the possibility of mental health concerns in older adults. It could come quickly in the aftermath of a big life change, or simply grow gradually over time.

Risk Factors

- The passing of a spouse, partner, sibling(s), family members or close friends
- Concerns about their own health, both physical and cognitive
- Fear of falling
- Isolation and loneliness among older adults who live alone
- Side effects from medications
- Concerns about losing independence
- Financial worries

Warning Signs

- Heightened stress or worry
- Increased negativity, anger or irritability
- Feelings of despair or hopelessness
- Trouble sleeping
- Changes in appetite
- New or unexplained physical symptoms, such as muscle tension or pain, shaking or sweating
- Deterioration in hygiene
- Confusion or disorientation

3.2

Talking About Mental Health

While society in general is more open to conversations about mental health, for many older adults it can remain a topic that's taboo. Many seniors grew up in a society where conversations about mental health were simply not had and could have been met with shame or fear. It can be difficult to break that cycle, but it's vital to try. If you notice a change in demeanor in a loved one, particularly if it persists, then it's worth starting a conversation.

Conversation Tips

- Rather than bringing up any concerns you have, begin by asking them if there's anything troubling them. See how much they may be willing to discuss on their own terms.
- Consider bringing up the topic on a walk or outing. It may be a better environment than if someone thinks they're being interrogated at home.
- If you don't have any grave concerns for their mental health, then at first, just go as far in the conversation as your loved one is willing to. Any difficulty they have discussing it won't be broken in a single day.
- Let them know that mental health is healthcare. The same way they should see someone to discuss physical ailments, the same should be true of mental health challenges.
- As conversation progresses, let them know you're concerned for them. Again, you can liken it to a physical ailment – if they suffered a fall you'd be concerned for their health, and the same is true for their mental health.
- If they start to open up, listen. People want to be heard – at first, maybe stay away from offering suggestions or solutions, and simply let them speak.
- Involve their physician, who can track physical changes, reconsider medications and understands their medical history. A physician might also be able to recommend a trusted mental health specialist.

3.3

Ways You Can Help

Along with involving professionals, there are a few things you can do to help a loved one who is suffering from mental health.

Social Connections

Help them stay connected with friends and family. Use FaceTime, Zoom or other tech to help your loved one regularly catch up with important people in their lives if they live in another city or it's difficult for someone to meet up in person. Social connections are one of the most important pillars of mental health.

Physical Fitness

Encourage your loved one to start, or increase, a physical fitness program. Studies show that physical fitness has a tangible effect on mental health for people of all ages.

Hobbies

Re-ignite their interest in a long-time hobby or passion. From gardening to knitting to music, engaging in a project can be beneficial to mental health and provide satisfaction in completing a project.

Volunteering

Join your loved one in a community volunteer project. Find a cause important to them and help out at events. Engaging with others for a good cause can increase their sense of purpose and meaning.

Pets

Pets can have a significant effect on mental health. If a cat or dog is feasible, getting a pet for a senior to care for can give them a companion and an increased sense of purpose. If owning a pet isn't an option, perhaps volunteering to walk dogs at a local animal shelter could be an option.

3.4

Combating Social Isolation

The health effects of loneliness are equivalent to smoking 15 cigarettes each day.

One of the biggest reasons people seek senior living is for community. As we age, the prospect of loneliness can become all too real. According to the Centers for Disease Control and Prevention (CDC), “more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.”

Factors That Increase Social Isolation

- Loss of a spouse/partner
- Loss of friends/loved ones
- Decreased mobility, making it harder to go out
- Health concerns
- Fear of falling
- Decreased independence

THE IMPACT OF LONELINESS AND SOCIAL ISOLATION

Encompassing the cognitive, mental and physical health of older adults, loneliness and social isolation can impact every aspect of health and well-being. Social isolation is associated with a 50% increased risk of dementia and can increase the risk of heart disease by 29%. Those figures are staggering and are a vital reason why Prestige’s commitment to creating a vibrant, active social environment is a core tenet of life in our communities.

3.5

Mental Health and Falling

If an older adult suffers a fall, the physical injuries can be easily quantified – hip fractures, traumatic brain injuries and other serious outcomes that result in a visit to an emergency room are noted and recorded. Those physical injuries tend to be top of mind for both older adults and their loved ones when considering the outcomes of a fall, but the aftermath of a fall, even one where a serious physical injury is avoided, can result in another consequence that’s not easy to measure: mental health concerns.

If an older adult suffers an injury that requires an arduous recovery, the fear of having to go through that again is prevalent. However, even after a fall in which an older adult avoids serious injury, mental health can still become a significant issue. An older adult likely knows that should they sustain another fall they may not escape injury the next time. As such, those fears can lead to people withdrawing from day-to-day activities to try to limit the chances of suffering a fall. But by withdrawing, it can then lead to loneliness, isolation and depression in an age group that is already susceptible to those issues.

Furthermore, by limiting day-to-day activity, physical health can suffer as a result, which can lead to weakness in the muscles further increasing fall risk. Fearing a fall, withdrawing, and thus becoming more susceptible to a fall is a vicious cycle that many older adults experience, and the mental health toll is significant as a result.

EXERCISE CAN HELP

Many falls occur because of the natural deterioration of muscle mass in our bodies as we age. One way for older adults to mitigate that risk is with exercise, and Prestige Senior Living’s fitness programming helps residents build and maintain strength to help reduce falls. The benefits of fitness are more than physical– exercise can be as important for mental health as it is for physical health. At Prestige, our programs are tailored for residents of any ability level – even if someone needs to sit to perform the exercise, we accommodate their needs. The important thing is that they’re taking part and enjoying the physical and mental health benefits that come from regular fitness.

COMMUNITY
FITNESS CLASSES
ADD A SOCIAL
ELEMENT TO
HELP FOSTER
FRIENDSHIPS AND
CAMARADERIE.



Social Life

04

We are social creatures at heart, but in aging, as people pass or it becomes more difficult to get out, our social lives can slowly decline. Social interactions can have an immediate and lasting impact on physical and mental wellness. Researchers at Penn State University found that when adults between the ages of 70 and 90 reported more frequent, pleasant social interactions, they also had better cognitive performance for the following two days.

4.1

The Importance of Maintaining a Social Life

Social interactions can decrease the risk of dementia, heart disease, strokes, and even premature death.



Section 4.1

Throughout this guide, we've discussed how the different elements of wellness work together to help promote active aging. Part of that process is the social element, which has a tangible impact on wellness. Like anything else, you must be intentional about making it habit, because doing so can be the first step to caring for the other elements of wellness.

SOCIAL WELLNESS AND PHYSICAL FITNESS

Meeting a friend for a walk or joining a fitness class can easily bring physical and social wellness together. In fact, at any age, having a workout partner adds accountability that greatly improves the chances that someone sticks with their fitness regimen. But even away from a gym, staying active socially helps the physical self. Just getting together with a friend for coffee means getting up and out of the house, walking to and from your car and to and from the coffee shop. Maybe instead of sitting down to drink your coffee you take it on a stroll through the park. It keeps the body moving and builds muscle and balance.

SOCIAL WELLNESS AND COGNITIVE HEALTH

In 2021, researchers at Penn State University conducted a study on the connection between an active social life and cognitive health and found that social interactions could have immediate benefits. The AARP surveyed senior women in which "The results showed that women with the larger social networks were 26 percent less likely to develop dementia than those with smaller social networks. And women who had daily contact with friends and family cut their risk of dementia by almost half." Catching up with a friend requires the brain to put in work. It takes in the information they say and formulates responses, doing so perhaps hundreds or thousands of times over the course of the visit. Doing that repeatedly can help keep the brain sharp.

SOCIAL WELLNESS AND MENTAL HEALTH

Many older adults who live alone at home suffer from loneliness and isolation, which can be incredibly detrimental to mental health. By keeping an active social life and joining with others in activities, it builds friendships.

Furthermore, after retiring, many older adults struggle to find meaning – keeping busy by engaging in old hobbies and discovering new ones can bring joy and purpose. Knowing that you have plans with a friend or loved one offers something to look forward to, which is a significant factor in mental health. Loneliness and isolation in older adults is also shown to increase depression, anxiety and even suicide.

It does bear mentioning that being alone doesn't equate to loneliness. There are many seniors who live alone who feel fulfilled, while others may live with family and feel lonely. It's important not to make assumptions and check in with your loved ones regularly.

4.2

Using Technology to Stay In Touch

With communication platforms like FaceTime or Zoom, or live streaming, it's easier than ever to catch a grandchild's ballgame, dance recital, or school play even if you live in a completely different time zone.

Of course, to take advantage of that ability, older adults need to feel comfortable with technology first. As we move further into the digital age, the majority of people 65 and older who use technology is growing, as 61% own a smartphone and 45% use social media. For those who aren't quite comfortable yet with technology, or those looking to expand their abilities, here's how older adults can use it in their everyday lives without needing an IT department.

HAVE THE RIGHT DEVICE(S) FOR YOUR NEEDS

If you or a loved one is looking to keep it simple and just use a phone or tablet for texting, email and basic web browsing, then holding on to an older device that still serves those needs is just fine. But if you are looking to engage with technology in other ways, such as video calls or live streaming, it helps to have a relatively newer phone or tablet that can support your needs.

STAYING CONNECTED TO LOVED ONES

Texting is the quickest and easiest way most people choose to communicate. Even if an adult child or grandchild is busy, most people prefer to send quick texts throughout the day to stay in touch. From there, iPhone users can use FaceTime for video calls with friends and family. The app comes pre-loaded on the phone and is incredibly easy to use. Android and other providers also have video chat features as well.

SOCIAL MEDIA: SHOULD YOU JOIN?

So far, we've focused on ways to stay in touch with loved ones, which is mostly safe and reliable. Of course, you may be curious about social media if you haven't dipped your toes into that water already. And this is where technology can be a challenge for older adults who aren't well-versed in that world. It can be confusing – Facebook, Instagram, Twitter, SnapChat, TikTok – how do you know where to start? Can these sites be trusted?

SOCIAL MEDIA PROS AND CONS

Pros

- Stay up-to-date with everything friends and family are up to that they may not text you about.
- Connect with friends or acquaintances you haven't seen in a while.
- Find communities of people you share interests with.
- Quick access to news and information.

Cons

- Can be confusing keeping up with fast-changing trends and apps.
- Scams targeting vulnerable adults.
- Propaganda and extremist content.
- Algorithms that are designed to keep you online longer than you expect.

Account Security and Fraud Prevention

- Keep all accounts private and accept friend requests or followers only from people you know.
- Do not interact with any strangers who send you private messages
- If it's someone claiming to be a family member or friend, call or text them off the app to confirm it's them.
- Do not send anyone money or provide personal information to anyone on social media, even if they claim to know you.
- If you find yourself wondering whether to click an uncertain link, or aren't sure what to do next, a simple rule of thumb is: don't. Stop and ask for help from someone familiar with the apps.
- Read or watch news only from reputable outlets.
- Set a timer to indicate when it's time to log off and regulate how much time you spend on the sites per day.

Wellness at Prestige

05

Too often, when people consider aging, they think about what they may lose. At Prestige Senior Living, we prefer to think about what can be gained, and how we can help. We nourish the mind, body and spirit of each resident to help them achieve happy, healthy aging in every aspect of their well-being. Our residents aren't just neighbors – they're friends.

5.1

Fitness Programs

At Prestige, our residents enjoy comprehensive fitness programming that helps them build and maintain strength, prevent falls, and challenge their brains as well as their bodies. Among our fitness offerings are:

Wellness Coaches

Most Prestige Senior Living communities have a certified Wellness Coach who assists our residents with all their fitness needs and enhanced programming elements. Whether it's group classes or personal training sessions, they're experienced personal trainers who understand the specialized needs of older adults and help our residents maximize their potential.

Energize Exercise Classes

Our Energize Exercise classes accommodate residents of all abilities to help maximize their health and fitness. Through seated and standing exercises, our Wellness Coaches offer dynamic classes to help build and maintain strength and aerobic health.

Fall Reduction Classes

Falling is one of the most pressing health concerns facing older adults, and our team at Prestige works closely with our residents on ways they can help prevent falls. Whether it's intrinsic methods like building strength, or extrinsic factors like removing tripping hazards, our aim is to help our residents take a step towards safety.

Ageless Grace® Classes

Ageless Grace® is a cutting-edge program consisting of 21 simple exercise tools designed for all ages and abilities focusing on the healthy longevity of body and mind. It activates all five functions of the brain – analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination – and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

Personal Training

For an additional fee, our Wellness Coaches are available to conduct personal training sessions with our residents. Please contact the nearest Prestige community to learn more about these opportunities.

5.2

Cognitive Health

At Prestige, our Independent and Assisted Living residents enjoy comprehensive programming designed to help maintain cognitive health. Among the offerings are:

Mind Masters

Our Mind Masters program helps our residents maintain and improve their cognitive health. Mind Masters is a cognitive stimulation program designed to specifically activate the regions of the brain clinically proven to maintain and improve cognitive abilities. For an example, turn to the next page.

Linked Senior

At Prestige we partner with Linked Senior, who provides a data-driven approach to caring for residents. They offer ideas on programming and challenges for residents to help improve cognitive health in a fun, supportive atmosphere. Our team can track how long each resident spends engaging with the programming and adjusts as needed to ensure everyone is meeting their potential.

Continuous Learning

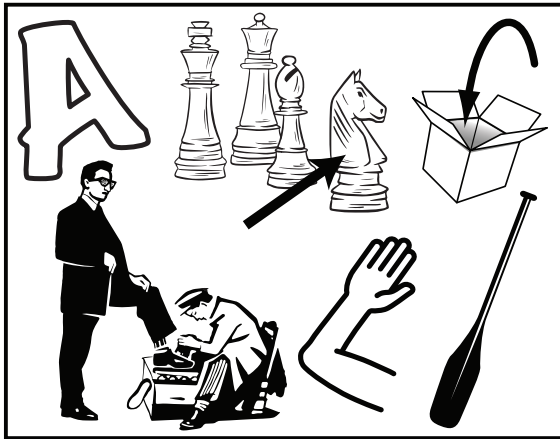
We believe that no one is ever too old to learn. We encourage residents to take up new hobbies or classes, as challenging ourselves with new activities helps maintain cognitive strength. We also offer webinars our residents can take part in to introduce them to new learning opportunities.

Memory Care

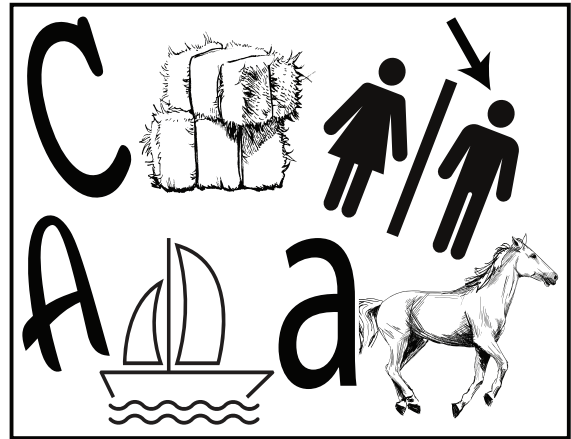
If a loved one receives a diagnosis of Alzheimer's disease or dementia, our award-winning memory care program, Expressions, makes our residents feel accepted, important and comfortable. Our goal is to become an extended family member, creating a buffer against the fear and stress of the illness.

Concentration Puzzles

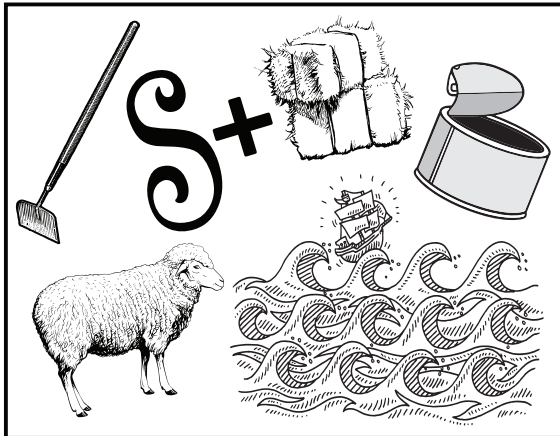
Use the visual clues in the puzzle to figure out what it says.



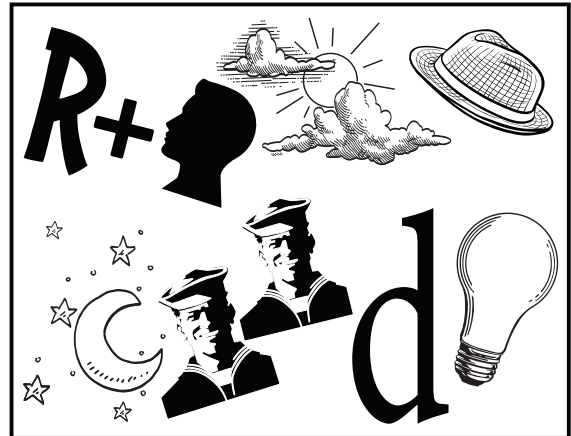
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

CONCENTRATION PUZZLES

Puzzle 1: A knight in shining armor

Puzzle 2: See a man about a horse

Puzzle 3: Oh, say can you see

Puzzle 4: Red sky at night, sailors' delight

Learn how we can help you reach
your healthy aging goals. Schedule a
visit with your nearest community at
prestigecare.com



Prestige Care
Prestige Senior Living