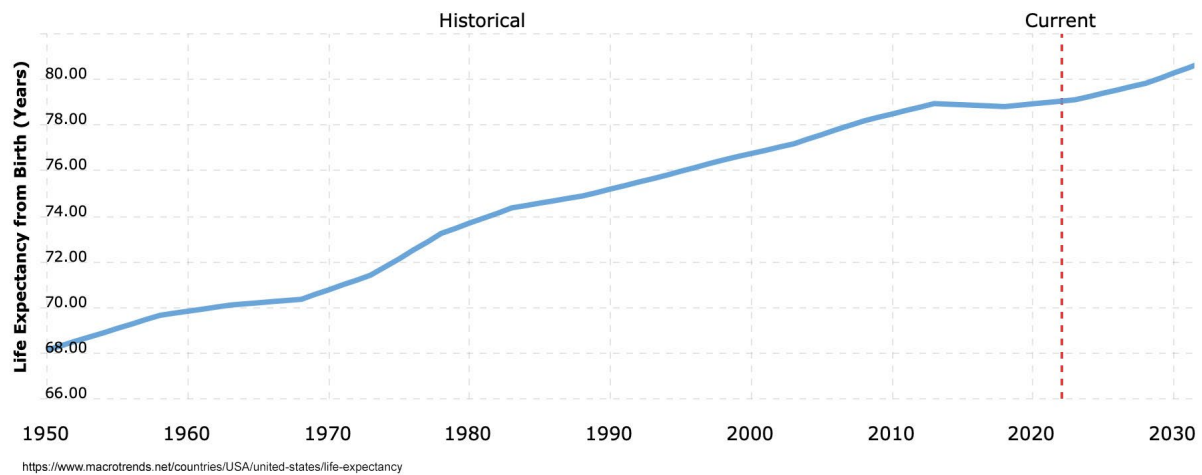


September is Healthy Aging Month

September 2022

Talking about aging can often be taboo but it really shouldn't be- after all, 60 is the new 50!

Life expectancies have consistently increased since 1950 and only continue to do so as time goes on.



We are living longer and better in our golden years with an average age of 79 years old per the [2022 Revision of World Population Prospects](#) and many of these older adults will decide to [age in place in the comfort of their own home](#). Making the decision to age in place is critical to [planning for your future](#) just like making the decision to reinvent yourself and being the best version of YOU is essential to your quality of life!

September is Healthy Aging Month and during this month we want to help you embrace your golden years because these truly can be the best years of your life!

[Your health](#) should always be your top priority and this includes everything from keeping up with regular medical & specialist appointments, dental cleanings, [nutrition](#) as well as [exercising](#) as much as possible. Aside from physical activity, it is critical to keep your mind stimulated as well.

What are your hobbies?

Reading is a great way to spark your imagination and you mentally sharp! Furthermore, book clubs have become a popular social activity in recent years and are a great way to not only keep the brain stimulated but to connect with others as well.

Other activities such as golfing, gardening, dancing, pottery, painting/arts, puzzles, playing an instrument and cooking, just to name a few, are also great ways to keep you active and flex those brain muscles too!

What excites you?

If you don't already have a "bucket list," try creating one! It doesn't have to be anything crazy...it just needs to exist!

Think of some activities you have always wanted to do or places that you have always hoped to visit and write these things down- you will feel more compelled to action these items if they are written down.

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Sometimes the greatest satisfaction can be “crossing things off the list” so, if your to-do list is your bucket list, what could be better than that?! Get out there and explore!

Have you had a passion for something that you have been putting off because of a lack of time that now you might have time for?

It's never too late to learn a new skill and learning a new skill is excellent for your mind! Perhaps you have always wanted to learn how to play an instrument or have always enjoyed building things or really wished you could speak another language...these things and many more are an incredible way to spend your time in retirement and beyond!

Are you able to stay connected?

Getting involved in your community, if you are not already, is vital to aging well!

Retirement can be a tricky time for some folks as some adjust from their busy routines and what they used to consider their norm to a new “normal” where things now move at a slower pace. If you are looking to keep busy but don't want the stress of a full-time, 40-hour-a-week position, getting a part-time job can be a great plan. Many employers, like [ABC Home Healthcare Professionals](#), would love to discuss [part-time employment opportunities](#) with you! At ABC Home Healthcare Professionals, the work is deeply rewarding and you can make a difference in the lives of seniors in and around your community. Not only does ABC offer the flexibility for [part-time employees](#) to choose their own schedule and decide where they want to work but we also offer a generous hourly pay and mileage reimbursement!!

If the commitment of a part-time job seems too intimidating, giving back to your community will make you feel good and will also help connect you with other like-minded individuals. Being active in your community and/or volunteering helps you expand social circles and make new connections. A great way to get connected is through either your local senior center/council on aging or an adult day program. Local institutions, such as your town or city's library, will also host events that they welcome the public to participate in so be sure to check in regularly!

If you have a close group of friends, a solid number of acquaintances or even family members who live nearby, try coordinating a book club or card club and meet either bi-weekly or monthly (whichever frequency you prefer). If that isn't your “thing,” maybe meet for a monthly meal to catch-up and put that on the calendar. It is always nice to have something to look forward to!

Your golden years are all about YOU and, believe it or not, YOU are in control of your life and what YOU make of it- make it GREAT!