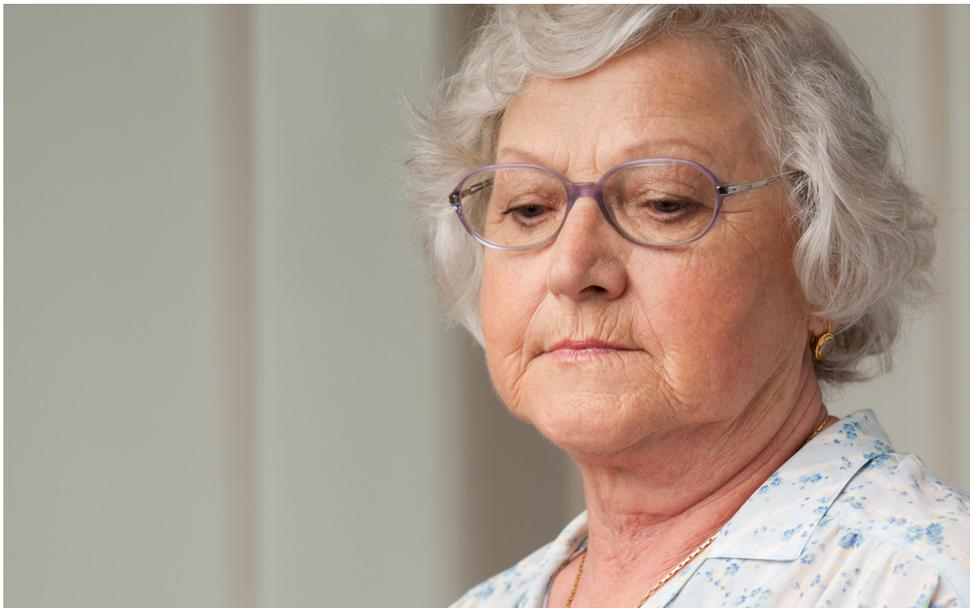


CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***My mom doesn't get out much,
how can I get her more connected?***



Isolation is a growing health epidemic. What can you do?

If you are concerned about your aging parents staying socially active,

You are not alone

Nearly one out of three older Americans lives alone.

Loneliness is more dangerous than obesity and as damaging to health as smoking 15 cigarettes a day.

cje SeniorLife
Jewish values for positive aging



There are a number of life transitions among older adults that may result in disruptions or decreases in social connection. For example, retirement can cause people to feel disconnected from their colleagues, daily routine and sense of purpose. Loss of spouse, friends or loved ones can cause complicated grief cycles that can lead to social isolation. Chronic health problems that limit daily activities may also interfere with connectivity.

We can help our aging parents take steps to maintain and strengthen ties to family and friends, expand social circles and become more actively involved in their community. Staying socially connected can boost the immune system, reduce anxiety and depression, and even increase longevity.

So what can you do? You can start by having an open and honest conversation. Are they really lonely or do you just think they are lonely? Are they content or would they like to find outlets for greater socialization? Ask how you can best support them now and what would make their lives more meaningful?

Activities to Consider

Exercise

- Exercise to increase energy and reduce stress.
- Look into group exercise classes like dance, tai chi, yoga or senior fitness that are good for the mind, body and camaraderie with others.
- Encourage them join a walking club in local parks, malls or indoor tracks.
- Explore the possibilities of joining a senior travel groups for adventure outings.



Education

- Learning something new is good for brain health!
- Encourage your loved one to try a new language or audit a class at a local college.
- Help them learn more about technology or find a volunteer to coach them.
- Introduce mom to a new hobby, an active mind is a happy mind! Consider something creative like painting, memoir writing or craft making. Everyone has a creative side.



Volunteering

- Research suggests helping others often helps yourself; older adults have a lot to offer.
- Explore CJE SeniorLife volunteer opportunities by calling 847.929.3040.
- Research other local organizations like schools, libraries, food pantries and pet shelters for ways to contribute.

Social Networking

- Visit local senior centers or community programs that cater to older adults.
- Help reconnect with old friends from high school or college alumni associations.
- Join a band or community choir, music lifts our spirits and keeps us sharp.

For tips on what you can learn and do in your community, try the self-assessment found at:

connect2affect.org/assessment/how-connected-are-you

How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

Volunteer Services—We partner dedicated volunteers with opportunities to support and connect with our residents and community.

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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