

CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***I don't get out much—
how can I get more connected?***



Being connected with others enhances health and well-being.

If you feel isolated or lonely

You are not alone

1 out of 3 older adults report being lonely.



The Third Age

You have retired, your previous roles have ended and your friends are not interested in doing anything new. You no longer have the company and stimulation of a work environment. It's hard to get motivated. It doesn't have to be that way. **This time in our lives is an opportunity to do things** we have not been able to do in our younger years. There's a new world out there for the third age, that's us, Third Agers. We want to embrace this age and do things!

People with an active and social lifestyle are less likely to develop certain diseases. They also have a longer lifespan, are happier, and are better prepared to cope with loss. Many people experience loneliness and depression in old age, often due to lack of family ties, living alone or having limited social connections. Sometimes it's due simply to lack of imagination.

Even though we often experience difficulties with hearing and visual changes, mobility concerns and chronic conditions, staying engaged in life will enhance our health. The Third Age is an opportunity to try new things and imagine a new future. Taking steps to decrease social isolation will make a positive difference in our lives.

Activities to Consider

Exercise

- Exercise to increase energy and reduce stress. Try group exercise classes like dance, tai chi, yoga or senior fitness that are good for the mind, body and camaraderie with others.



- Join a walking club in local parks, malls or indoor tracks.

Education

- Learning something new is good for brain health! Try a new language or audit a class at a local college.
- Try 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; you have a lot to offer.
- Explore CJE SeniorLife volunteer opportunities by calling 847.929.3040.
- Research local organizations like schools, libraries, food pantries, and pet shelters for ways to contribute.

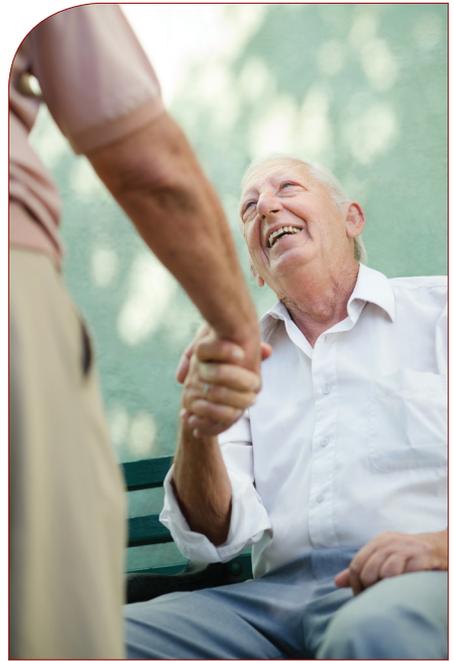
Social Networking

- Visit local senior centers or community programs that cater to older adults.
- Reconnect with old friends from high school or college alumni associations.

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/

Congratulations, you've embraced the Third Age. Exciting? Yes! Possible? Also yes! As the Third Age opens opportunities for us striking the right balance is important. You might start by adding one or two activities to your routine and see how you feel.



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: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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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