

Healthy Habits Monthly

July 2025



Care Connection

for Aging Services

The Importance of Social Wellness

According to the Mather Institute, one-third of adults age 50+ only communicate with someone outside of their home once a week or less! When we think about our own social wellness we must consider; “How do I socialize with others: housemates, friends, neighbors, and my spouse, or partner? Do I have relationships that provide emotional support? Do I have a friend I can call in the event of an emergency? Do I have connections/friendships that bring me joy and laughter?”

Mather Institute has four research-based reasons why it's important to strengthen social connections with others:

- 1. Social connection supports brain health:** When compared to those who are socially disconnected, older adults with strong social connections have lower rates of anxiety and depression, and higher performance on cognitive tasks such as processing speed and memory.
- 2. A connected life is a happy life:** A Mather Institute study found that older adults with higher levels of social connection and community belonging reported greater happiness and life satisfaction.
- 3. Connecting with your community is good for your health:** The feeling of neighborhood belonging is associated with beneficial psychological outcomes including increased life satisfaction, optimism, and purpose, as well as better overall health.
- 4. Common bonds support social connections:** Older adults who identified as part of a fan base for a sports team experienced better perceived emotional support, which is associated with greater feelings of well-being.

If you need one more reason to connect more with others, keep in mind that social isolation has serious negative effects on health, including a greater risk of heart disease and stroke!

Set a goal to learn something new. Consider volunteering at your local senior center, and sharing a talent with others. Adding people to your social circle can decrease feelings of loneliness, and change our thoughts, beliefs, and actions. Having meaningful relationships with others affects our mental health and well-being.

10 Reasons Hydration Is So Important

1. Improved brain performance
2. Digestive harmony
3. More energy
4. Weight loss and weight management
5. Decreased joint pain
6. Better temperature regulation
7. Kidney stone prevention
8. Healthier heart
9. Improved detoxification
10. Fewer headaches

Eight glasses is the easy rule, but make it a point to drink a big glass of water with every meal. Carry water with you throughout the day, and focus your hydration on water or low-calorie beverages like sparkling water, plain coffee, or tea.

NCOA.org

National Creative Ice Cream Flavors Day is July 1st.

Ice cream brings happiness and fun! We've all heard the saying, "I scream, you scream, we all scream for ice cream!" The United States is the largest consumer of ice cream worldwide, with an average person consuming 48 pints annually. National Creative Ice Cream Flavors Day is celebrated on the first day of National Ice Cream Month, which was declared

by President Ronald Reagan in 1984!



Chickpea Salad *Recipe from loveandlemons.com*

Satisfying and delicious, this salad is filled with protein-packed chickpeas, fresh veggies, and a zesty lemon dressing. Great to have on hand and easy to make!

Ingredients

- | | |
|---|---|
| 2 Tbsp Extra-Virgin Olive Oil | 2 c. mixed yellow and red grape tomatoes, halved |
| 2 Tbsp fresh lemon juice | 1/2 English cucumber, diced |
| 1 garlic clove, grated | 1/2 c. pickled red onions |
| 1 tsp Dijon mustard | 1/2 c. kalamata olives, pitted and halved |
| 1 tsp sea salt | 1/2 c. chopped fresh parsley |
| Fresh ground black pepper | 1/4 c. chopped fresh dill |
| 3 c. cooked chickpeas, drained and rinsed | 1/4 c. chopped fresh mint, plus whole mint leaves for garnish |

Instructions

- ♥ In a large bowl, whisk together the olive oil, lemon juice, garlic, mustard, salt, and several grinds of pepper.
- ♥ Add the chickpeas, tomatoes, cucumber, pickled onions, and olives and toss to coat. Add the parsley, dill, and mint, and toss again.
- ♥ Season to taste, garnish with fresh mint leaves, and serve.

Optional: Play with what you have on hand by adding in cooked orzo, feta cheese, or trading out the mint for fresh chopped cilantro or fresh basil.



How Many Words?

How many words can you make from the phrase...

"STARS AND STRIPES FOREVER"



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Connect with Care Connection on Zoom and get fit with us!

MOVE MORE, HAVE FUN,
Feel Better!



Enhanced® Fitness: MWF at 10 a.m.

Chair One Fitness: Weds 1 p.m., Thurs 10 a.m.

Chair Yoga: Thursdays at 1 p.m. & Fridays at 9 a.m.

Tai Chi: Tuesdays & Thursdays at 9 a.m.

July




July Fitness Plan



2025



Monday	Tuesday	Wednesday	Thursday	Friday
30	01	02	03	04
<p>START SMALL, STAY CONSISTENT DO SOMETHING EACH DAY</p>	<p>This month make it a goal to move every day!</p>	<p>Walk 15 minutes Drink 8 glasses of water</p>	<p>Walk 15 minutes 3 sets of 10 sit-to-stands 3 sets of 10 lap push-ups</p>	<p>Walk 15 minutes Plan out your snacks</p> 
07	08	09	10	11
<p>Walk 15 minutes Practice listening</p>	<p>Walk 15 minutes Drink 8 glasses of water</p>	<p>Walk 15 minutes Journal a story from your life</p>	<p>Walk 15 minutes Join us on Zoom at 1pm for Chair Yoga Meeting ID: 829 9516 5046 Passcode: 591441</p>	<p>Walk 15 minutes Start your day with deep breathing and stretching</p>
14	15	16	17	18
<p>Walk 15 minutes 3 sets of 10 Sit-to-Stands 3 sets of 10 lap push-ups</p>	<p>Walk 15 minutes Prep your fresh veggies to have snacks ready to go</p>	<p>March in place 5 min. x 3 times Join us at 1pm on Zoom for Chair One Dance Fitness Meeting ID: 816 1771 1375 Passcode: 501124</p>	<p>Walk 15 minutes Practice 5 minutes of meditation</p>	<p>Walk 15 minutes Write down 10 things you are grateful for</p>
21	22	23	24	25
<p>Walk 15 minutes Wash and prep your veggies for fresh and ready snacks</p>	<p>Walk 15 minutes 3 sets of push-ups at your kitchen counter</p>	<p>Walk 15 minutes Drink 8 glasses of water</p>	<p>Walk 15 minutes 3 sets of 10 Sit-to-Stands 3 sets of 10 lap push-ups</p>	<p>Walk 15 minutes 3 sets of push-ups at your kitchen counter</p>
28	29	30	31	01
<p>Walk 15 minutes Perform a random act of kindness</p>	<p>Walk 15 minutes Practice 10 minutes of stretching and 5 minutes of meditation</p>	<p>March in place 5 min. x 3 times Volunteer</p>	<p>Walk 15 minutes Try a new recipe</p>	<p>BE CONSISTENT & START A NEW HABIT!</p>

MOVE MORE, HAVE FUN, *Feel Better!*

Join us
from the
comfort
of home!

**Join our remote instructors for these fun classes that
keep you moving!**

To join, open the Zoom App on your device, and use the provided
meeting ID and passcode.

Enhanced® Fitness: Mondays, Wednesdays, & Fridays at 10 a.m.

Meeting ID: 811 4831 7906 Passcode: 605250

Tai Chi: Tuesdays & Thursdays at 9 a.m.

Meeting ID: 848 9546 9619 Passcode: 913966

Chair One Fitness: Wednesdays at 1 p.m.

Meeting ID: 816 1771 1375 Passcode: 501124

Thursdays at 10 a.m.

Meeting ID: 860 4132 4734 Passcode: 516541

Chair Yoga: Thursdays at 1 p.m

Meeting ID: 829 9516 5046 Passcode: 591441

Fridays at 9 a.m.

Meeting ID: 812 5495 6562 Passcode: 155051



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