

Healthy Habits Monthly

May 2026



CareConnection
for Aging Services

Spring's Morning Light

There is something about springtime, the sun shining and coming up earlier, the blue skies and the warmth on your skin, that is a natural mood booster. But did you know sunlight is more than you think? Because your body runs on a natural 24-hour cycle, called your circadian rhythm. Sunlight is the main signal that keeps this system in sync. When your eyes detect natural light in the morning, it tells your brain:

- ♥ "It's time to be alert."
- ♥ "Start producing energy boosting hormones."
- ♥ "Set the timer for better sleep later tonight."

Spring is the perfect time to gently reset!

Exposure to natural sunlight, especially early in the day, can increase levels of serotonin, a brain chemical linked to mood, calmness, and focus. Getting sunlight within the first hour of waking is like flipping a light switch on; it helps to kickstart alertness and provide energy.

Try getting that morning light within an hour of waking by stepping outside shortly after you wake. Maybe enjoy your morning coffee or tea outside, or start your morning with a short walk, and open the blinds and curtains right away to brighten and bring light into your space.

Be consistent with your schedule to reinforce your rhythm. Spring offers a natural opportunity to realign your body and mind. By stepping into the morning light, you're not just enjoying the sunshine, you're supporting your mood, energy, and sleep in a powerful way.

[Morning Light, Better Days: How Spring Sunshine Supports Mood, Energy, and Your Circadian Rhythm - SilverSneakers](#)

National Senior Health & Fitness Day:

May 27

It's time for the nation's largest annual older adult health and wellness event. For 32 years, the event has been held the last Wednesday in May, and recently a second event was added on the last Wednesday in October.

Regular consistent exercise is one of the most important things that you can do for your body to maintain strength, confidence and independence as you age. Check out our Zoom classes for free links that you can do from your home and be a part of our online "Fit Club."

Parkinson's and Exercise

Parkinson's Disease is a neurodegenerative disorder that affects an area of the brain that controls balance and movement. The disease can make you feel like you've lost control over your body.

However, consistent exercise can enhance balance, coordination, mood, and cognition, and may even slow disease progression, says Samuel A. Frank, M.D., a fellow of the American Academy of Neurology and an expert with the Parkinson's Disease and Movement disorders Center at Beth Israel Deaconess Medical Center in Boston.

Strength training and resistance exercises enhance muscle power, posture, and stability, reducing the risk of falls and supporting independence. Flexibility exercises, including yoga and stretching alleviate stiffness and improve range of motion. Neuromotor exercises, such as balance, agility and multitasking activities, help counteract gait and postural impairments. Staying active is vital to living well, for physical and cognitive function, mood, mental health and better sleep.

[Parkinson's Disease: 6 Rules for Safe, Effective Exercise](#) (Parkinson.org)

Exercise and Strength Training with Arthritis ~ from the Arthritis Foundation

Exercise is essential for managing arthritis and many people can safely opt for a variety of workouts—even those that were once off limits.

If you have arthritis, you may be wary of exercise. The truth is physical activity is among the most uniformly successful of all arthritis treatments. Among other benefits, exercise can:

- Reduce pain, fatigue and inflammation
- Strengthen muscles, joints and bones
- Reduce heart disease risk and improve heart outcomes
- Reduce the chance of diabetes, lowering blood sugar about as well as diabetes drugs
- Improve thinking and mood
- Improve balance
- Lead to more restful sleep

Exercise is now considered an essential part of any arthritis treatment plan and the American College of Rheumatology (ACR), Arthritis Foundation, Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) consider it crucial for everyone with arthritis.

Making exercise a regular part of your life can seem like an almost impossible task but: **Slow and Steady Wins the Race**. Take your time, and give yourself grace, but stay consistent. It may take 6-8 weeks before you see any results. Making small gains, by setting your mind to doing this for yourself will pay off. Mild muscle soreness and stiffness are common, but keep on keeping on. Stronger muscles support stronger days.

[Exercise and Strength Training With Arthritis | Arthritis Foundation](#)

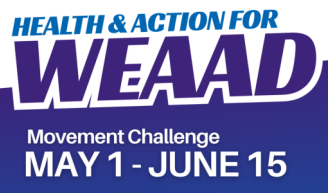
WEADD ~ World Elder Abuse Awareness Day Movement Challenge May 1-June 15

World Elder Abuse Awareness Day (WEAAD) is celebrated every June 15 to provide an opportunity for communities to promote a better understanding of abuse and neglect of older adults. WEAAD reminds us that elder abuse has implications for all of us. It is a call to action for individuals, organizations, and communities to learn how to identify, address, and prevent elder abuse so we can all do our part to support everyone as they age.

This year, the theme for WEADD is:

Building Strong Support for Elders.

You can help by:



- ♥ Engaging with older people on a regular basis.
- ♥ Staying empowered in your community.
- ♥ Checking on your friends and neighbors regularly.
- ♥ Speak out about abuse and neglect that can so often occur to older persons.

WEADD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

Learn more at: <https://ncea.usc.edu/weaad/>



**Old enough to know better,
FIT enough to do it anyway!**

**MOVE MORE, HAVE FUN,
Feel Better!**

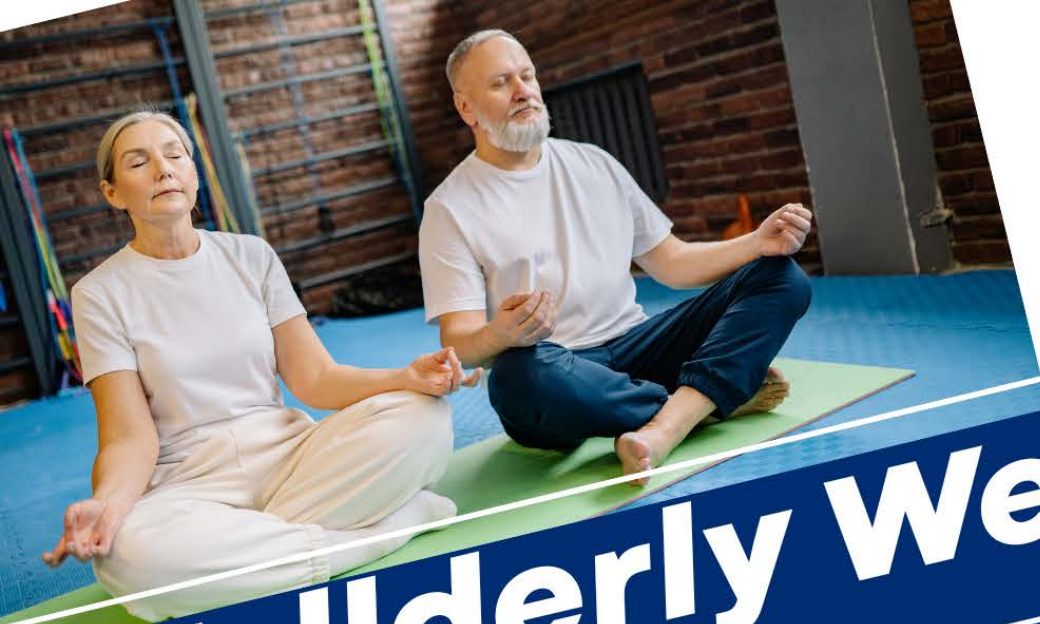


Enhanced® Fitness: MWF at 10 a.m.

Chair One Fitness: Thursdays at 10 a.m.

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

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



Welllderly Week

MAY 25-29, 2026

Care Connection
for Aging Services



Age well in every season.

The 4 Pillars of Welllderly Living

✓ Physical Wellness

Gentle, consistent movement and balance training can improve strength and reduce fall risk. Take a 15-minute walk, try out a new class at your center, or on Zoom.



✓ Mental Engagement



Reading, learning, technology, and puzzles can stimulate brain health. Read something new, learn a new skill, download an educational app, or play a brain game.

✓ Emotional Connection

Community, faith, volunteering, and social connection with others can help reduce isolation. Call a friend, join or start a new group at your center, volunteer, or get together with friends for a BBQ or an evening out.



✓ Financial Confidence



Proactive planning creates peace of mind and stability. Consider contacting us at 1-800-748-7826 to learn more about financial planning, healthcare wishes, and support at home. Small actions create lasting impact.

Aging well happens with intention. Our goal is to provide opportunities to create positive aging experiences that will help you to live with maximum independence, respect, and dignity. Stay curious this week and try adding in a new activity, connection, or goal.

May Fitness Plan

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	01
04	05	06	07	08
<p>Join us on Zoom Enhance@Fitness MWF 10am Meeting ID: 811 4831 7906 Passcode: 605250</p>	<p>Spring Cleaning Time to open the windows and freshen your space!</p>	<p>Take a 20-minute walk & 3 sets of wall push-ups</p>	<p>Rest from walking and stretch Join us on Zoom at 1pm for Chair Yoga Meeting ID: 829 9516 5046 Passcode: 591441</p>	<p>Go for a walk outside Collect flowers for a May Day Basket</p>
11	12	13	14	15
<p>Take a 20-minute walk & 3 sets of wall push-ups</p>	<p>Join Tai Chi for Arthritis and Falls Prevention TTH 9-9:45am Meeting ID: 873 8873 3058 Passcode: 939119</p>	<p>Try walking on heels and then toes (heel, heel, toe, toe)</p>	<p>Join us at 10am for Chair One Dance Fitness Meeting ID: 860 4132 4734 Passcode: 516541</p>	<p>Take a 20-minute walk & 3 sets of wall push-ups</p>
18	19	20	21	22
<p>Start out your week with 5 minutes of deep belly breathing (core and lymph flow)</p>	<p>Take a 20-minute walk & 3 sets of wall push-ups</p>	<p>Join us at 1pm on Zoom for Chair One Dance Fitness Meeting ID: 816 1771 1375 Passcode: 501124</p>	<p>Grab a friend and spend the day at the KC Zoo!</p>	<p>1 minute of wall-push-ups 1 minute of sit-to-stand deep belly breathing (3 minutes)</p>
25	26	27	28	29
<p>Invite a friend to lunch</p>	<p>Start a Book Club with friends</p>	<p>Take a 20-minute walk & 3 sets of wall push-ups</p>	<p>Volunteer for a day</p>	<p>Finish the month with Chair Yoga on Zoom Fridays 9am Meeting ID: 812 5495 6562 Passcode: 155051</p>