

It's Healthy Aging Month!

BINGOCIZE® NC

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This month brings our attention to the variety of things that influence healthy aging within our control. Broadly speaking we can think of healthy aging in three different groups:

1. Physical health includes eating well, sleeping enough, exercising, and seeing the doctor regularly.
2. Mental health includes staying curious, being mentally flexible, and quieting the mind as it affects how we think, feel, and act.
3. Social health includes interacting with others and rewarding relationships.



These three groups--physical, mental, and social health--are interrelated and represent the "health triangle." Research has found that being socially active can be beneficial as we grow older. Specifically, making new social contacts is associated with improved physical and mental well-being.

Guess what?! You are in luck because Bingocize® is a really great way to engage people physically, mentally, and socially. In fact, that's why we are here with you all...to help your residents age well.

Ideas that you might use to promote healthy aging include:

- Have residents choose their favorite age and imagine they are that age while they exercise or visit with friends.
- Have a smile check where you remind each other to smile when you meet or greet others.
- Be positive. Something as simple as maintaining a positive attitude can help everyone have better mental health.
- Focus on physical exercise. Exercise is good for the brain, can help slow down aging, improve sleep quality, and boost confidence in walking and movement.

Healthy Aging

Benefits Healthy Aging	Hinders Healthy Aging
Eating Veggies	Eating Sugar
Drinking Water	Drinking Sodas
Stretching	Eating Fatty Foods
Exercise/Movement	Eating Starchy Foods
Sleep/Rest	Eating Processed Foods
Positive Thoughts	Negative Thoughts
Quiet Mind	Watching News
Social Time	Stress
Friendships	
Mental Challenges	
Laughter	