

Vitality News

August 2018



You're Not Alone

A substantial amount of research indicates that there are significant detrimental effects from social isolation. In a recent survey, 46 percent of respondents reported they sometimes or always felt alone. While such widespread loneliness is disturbing, even more troubling is the correlation between loneliness and health risks. Loneliness is equivalent to smoking 15 packs of cigarettes a day and increases the risk of death by 26-45 percent. It is also on par with other significant risk factors such as high blood pressure, obesity and lack of exercise.

This gives us all a great reason to remain active and socially engaged, and here are some tips to help you keep from being lonely:

- Join your local senior center
- Attend educational seminars
- Take a fitness class
- Engage in creative and artistic activities such as painting, scrap booking, photography, etc.
- Become a volunteer

Vitality at Phelps offers significant opportunities to socialize with your peers. The Breakfast Club, a monthly event, brings together seniors throughout Westchester County for a healthy breakfast, educational presentation and exercise for strength and balance. Mind Games is an interactive way to keep your mind engaged while completing challenging trivia with your peers. Autumn Games, taking place on September 15, 2018, is a full day of activities and exercises for older adults. In addition, Phelps has a vibrant Volunteer Department. These are just a few of the opportunities available at your local hospital.

Schedule of Events

Mind Games

First Wednesday of the month

Fun ways to stimulate cognitive functions.

Location: Board Room at Phelps Hospital

Time: 2:00 - 3:30 pm

Holistic Pain Support Program

Second & fourth Tuesday of the month

Location: Family Medicine Residency Conference Room at Phelps Hospital, 755 building, 4th Floor

Time: 12:00 - 1:00 pm

The Breakfast Club

Second Thursday of the month

A social gathering including a presentation on a health topic, a nutritious breakfast and some light exercise.

Location: Cafeteria at Phelps Hospital

Time: 8:30 - 10:30 am

Osteoporosis Program

Second Thursday of the month

Location: Board Room at Phelps Hospital

Time: 10:45 - 11:30 am

Alzheimer's Caregivers' Support Group

Second Friday of the month

Location: Phelps Hospital, 755 building, 5th floor, Room 545

Time: 10:00 am - 12:00 pm

Senior Steps

Third Tuesday of the month

Health screenings for seniors

Time: 10:00 - 11:30 am

For more information or to register, call Ellen Woods 914-366-3937 or email at ewoods3@northwell.edu

The Westchester County Department of Senior Programs and Services offers many activities for seniors such as informational workshops, Saxon Woods pool party, Livable Communities Village Fair and more. Visit <http://events.westchestergov.com/monthcalendar> for more information.

If you live in the 10591 zip code area, another option would be to join ITAV 10591 (It Takes a Village). For a nominal annual fee, you can become a member of this local aging-in-place organization. The group meets on a monthly basis and offers social engagement, volunteer opportunities and resources for those who want to remain in their homes, including friendly home visits.

Autumn Games for Seasoned Adults

Saturday, September 15, Mt. Pleasant Community Ctr, 125 Lozza Dr., Valhalla

Adults 55+ . . . Join in on the Fun & Fitness!

A day of free activities and athletic challenges for all levels of fitness.

Enjoy new ways to add physical activity to your life. It's the best way to promote healthy aging! Regular physical activity is essential as we



age. It can alleviate health issues such as high blood pressure and diabetes and can strengthen muscles – the best way to prevent falls. Don't let physical limitations stop you – some physical activity is better than none!

Autumn Games activities range from pickleball and bocce ball to line dancing and chair yoga. There's something for everyone. Choose whatever activities are suited to your fitness level. If you like competition, there are tournaments and a modified triathlon. If you're interested in exercise, *Stay Strong and Fit* may be just what you're need to get up and going.

Bring your family and friends!

For more information: visit www.phelpsevents.org or contact Ellen at ewoods3@northwell.edu or 914-366-3937.

Celebrate autumn . . . a beautiful time of the year and a fabulous time of your life!

Sponsors: Phelps Hospital and Town of Mt. Pleasant