

September 2024

## September wellness newsletter: Healthy aging

September is Healthy Aging Month and the time to get started on better health practices. The number of people over 45 is growing every year. The attention used to be just on the baby boomers but the generation x-ers are elbowing their way in and have many of the same interests as the previous generation – staying active for as long as possible. There are over 76 million baby boomers today over 50 and the first of 82.1 million generation x-ers reached that milestone in 2015.

Why healthy aging month? According to Carolyn Worthington, editor-in-chief of Healthy Aging Magazine and executive director of Healthy Aging, “We need to draw attention to the myths of aging, to shout out ‘It’s not too late to take control of your health, it’s never too late to get started on something new.’” September is a perfect time to celebrate Healthy Aging Month since it is the time when many people think about getting started on new tasks after the summer. Drawing on the “back to school” urge embedded in everyone from childhood, the observance month’s activities are designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial, and mental wellness.

So, what are some tips for observing Healthy Aging Month?

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Picture yourself at that age and be it. Some people may say this is denial, but Healthy Aging says it’s positive thinking and goes a long way toward feeling better about yourself.

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.

As cruel as it may sound, distance yourself from people who do not have a positive outlook on life and complain constantly. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, and your chin up? Fix your stance and practice it every day, all day, until it feels natural.

How’s your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it one of the first things people notice, but good oral health is a gateway to your overall well-being.

Pick up the phone, landline, or cell and make a call to do one or more of the following: volunteer your time, take a class, or invite someone to meet for lunch, brunch, dinner, or coffee.

Start walking not only for your health but to see your neighbors. Have a dog? You’ll be amazed how the dog can be a conversation starter! If you don’t have time for a dog, you can go to your local animal shelter and volunteer to walk a dog there.

Get those annual check-ups. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

Lizz Suo, Fitness Instructor

Source: <https://healthyaging.net/healthy-aging-month>

# Orchard Path

Check your calendars and Wellzesta so you don't miss...



Bike rides around the lake

Bike rides around the lake

Dog visit with Bear



Baking Group

"Sawdusters" woodshop open



## Pray for the PHS CEO search

**A**s the search committee of the PHS board considers candidates for the next CEO of PHS, we invite you to join us in prayer to guide this work.

*"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*

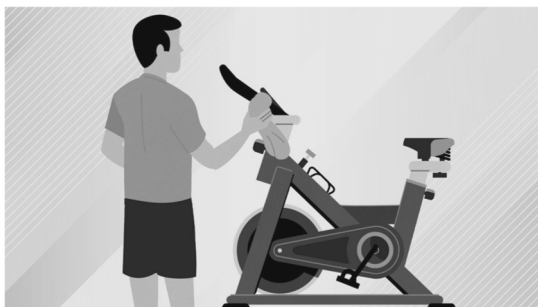
— James 1:5

Lord of wisdom and might, as we enter this phase of discernment, we humbly seek your clarity and guidance. Grant us the wisdom to recognize the candidate who is not only equipped for the role but who also embodies the servant leadership required for this season. May our decision be a reflection of your will, leading to richest blessings for our ministry and those we serve. Through Jesus Christ, our Lord, Amen.

## Fitness update— cleaning system

There is a new cleaning system for cleaning the gym equipment. NO MORE BLUE RAGS. Please use a paper towel to clean equipment and throw when finished.

~Thank you so much.



## Proper Medication Disposal

If you have medications you no longer use, please do not place them in the garbage or flush them down the toilet. The safest way to dispose of medications is to take them to one of the following nearby collection stations:

Apple Valley Police Dept., 7100 147th St.W. --  
Ph: 651-438-4710

Hy-Vee Pharmacy, 16150 Pilot Knob Road --  
Ph: 952-423-9342

Allina Health Pharmacy, 14655 Galaxie Ave. --  
Ph: 651-241-3800

Walgreens Pharmacy, 15250 Cedar Ave. -- Ph:  
952-432-5557

CVS Pharmacy, 15115 Dove Trail -- Ph: 952-  
423-3200

Rosemount Police Dept., 2875 145th St. W. --  
Ph: 651-438-4710



Orchard Path  
5400 157th Street West  
Apple Valley, MN 55124  
**Postmaster: address correction requested**  
952-595-6600  
OrchardPath.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

## Mark your calendar! Active Aging Week: Sept. 30 – Oct. 6

**C**elebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services' vision of "providing more choices and opportunities for more older adults to live well," shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

**Mark your calendar for a week of events, classes and programs, Sept. 30 – Oct. 6.** Each day of the week will feature one of the Seven Dimensions of Wellness: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the various departments that support you every day. Throughout the week, we will explore your personal wellness goals while providing opportunities to reconnect and learn more about the community surrounding you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The week's objective is to give older adults the means to experience wellness opportunities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the lifespan.

**Watch for more information this month and check your calendars next month to see what great things are planned for Active Aging Week at your community.**