



# McLean Minute

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## **Staying Active and Involved is Key for Your Emotional and Physical Well-Being.**

Socialization is so important at every age, but studies continue to show us how critical it is for seniors to maintain their mental health, feelings of self-worth, independence and overall happiness.

As the New England temperature extremes fluctuate, it becomes more difficult to get out, especially for those who live alone and whose mobility is restricted. Caregivers should be mindful in seeking out opportunities that nurture companionship and socialization. This may include local social gatherings, one-on-one activities and conversations, and planning family mealtimes together.

Not only has human companionship proven to help prevent depression, interaction with pets helps to alleviate stress and provide a sense of security. The responsibility of taking care of a pet can redirect one's attention away from focusing on their physical problems and loneliness.

Seniors who are engaged in life-enriching activities are also more apt to feel better and more motivated to do more, including taking better care of themselves. Activities like art and music therapy, exercise classes or routines and book clubs provide the perfect outlets for them to participate in. These activities are often supervised through local senior centers, assisted living facilities, and volunteer programs, but can be organized at home by family members.

For information on the McLean Life Enrichment and Assisted Living programs, please call (860) 658-3786 or visit [McLeanCare.org](http://McLeanCare.org).