

Active Aging

UFHealth
MEDICAL GROUP

* Please see last page for a newsletter from our on campus physician clinic! *

August 2025

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Friendship: it's more than just having fun



Do you remember your first friend? Maybe they were the first to sit next to you in school or play with you on a playground. You might not remember their name, but you probably still remember some fun memories you experienced with this person and what those memories meant to you. No matter who you are, your past and present friendships have shaped your life significantly.

Sunday, August 3rd, marks National Friendship Day, honoring the importance of solid camaraderie. Everyone loves spending time with friends. Being around our loved ones helps us laugh and have a good time, and the friendships we form throughout our lives influence who we become. However, there is

so much more to friendship than fond memories and intense bonds.

According to Harvard Health, maintaining healthy friendships “relieve[s] harmful stress levels, which can adversely affect coronary arteries, gut function, insulin regulation, and the immune system.” One reason for this may be due to the exhibition of caring behaviors in friendships, which causes the release of hormones that reduce stress. No matter the reason, it is clear that friends are positive factors in relieving stress.

Friends help you improve your relationship with yourself. The Mayo Clinic notes that friends boost your “sense of belonging and purpose” while improving

your self-esteem. Good friends encourage you and serve as a support system. Surrounding yourself with positive influences helps you to become the person you wish to be. At the same time, spending time with those who care about you is more likely to make you feel validated, wanted, and supported.

Strong friendships can also improve cardiovascular health. According to HealthDay, studies have shown that people with few or no close friends have a fifty percent higher risk of having a heart attack. Similarly, in a survey of 500 women, those with close companions were less likely to develop hypertension, diabetes, or excessive abdominal fat than those without these friendships. Friends can greatly benefit your heart health by helping you react well to stress and encouraging positive lifestyle choices.

Sometimes we take the valuable relationships in our lives for granted. So, to celebrate Friendship Day, be sure to let your close friends know how much their companionship means to you.

Enjoying al-fresco this summer?

What does al-fresco mean? There are many definitions for this phrase, so let's capture the essence of it. "Taking place or located in the open air," such as getting out and about, is essential for your overall health. Focusing on self-improvement, being active, or doing things you used to but haven't been able to do for a while, including "physically experiencing something beyond one's ordinary environment." Whatever your age or fitness level—even if you've never exercised a day in your life—there are steps you can take to make exercise less intimidating and more enjoyable.

Benefits of Exercise and Moving

- Improved energy, mood, sleep, and health.

- Decreased anxiety, stress, and depression.

Steps to take to start exercising

- **Get rid of the all-or-nothing attitude.**
You don't have to spend hours in a gym or force yourself into painful activities you hate to experience exercise's physical and emotional benefits. Adding just modest amounts of physical activity to your weekly routine can profoundly affect your mental and emotional health.
- **Be kind to yourself.**
Research shows that self-compassion increases your likelihood of success. Focusing on your body shape, current

fitness level, or your supposed lack of willpower will only demotivate you. Instead, look at your past mistakes and unhealthy choices as opportunities to learn and grow.

- **Check your expectations.**
You didn't get out of shape overnight. Expecting too much too soon only leads to frustration. Try not to be discouraged by how far you must go to reach your fitness goals. Instead of obsessing over results, focus on consistency. While mood and energy levels may improve quickly, the physical payoff will come in time.

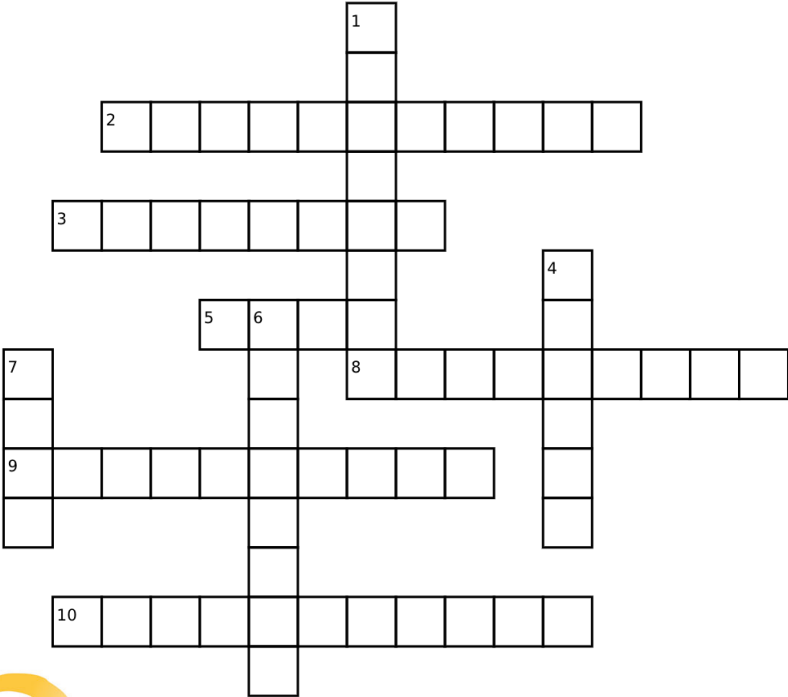
Crossword puzzle: Getting out into the open air

Down:

- 1. feeling of emotion towards
- 4. the farther side
- 6. of common quality
- 7. an area to be reached

Across:

- 2. a chance for progress
- 3. produces good/helpful results
- 5. state of mind
- 8. to take pleasure
- 9. extracurricular recreation
- 10. one's surroundings



August Word Search: The positive impact of friendship

BELONG
BONDS
BOOST
CARING
CLOSE
COMPANION
ENCOURAGE

FACTORS
FRIENDS
FUN
GOOD
HEART
IMPROVE
INFLUENCE

LAUGH
LIFESTYLE
LOVED
MEMORY
POSITIVE
PURPOSE
RELATIONSHIP

RISK
STRESS
STRONG
SUPPORT
TIME
VALUABLE

B N L G K J G D A D G R E L A T I O N S H I P X I R
Z G A Z V Z U M K J Y G A A D P D I B V F U N M J Y
R P U Q W A L X Z Z Z X N V Y O T C Z S A P Z J J D
O W G V T E B O H D N X B D K D P J X B C H B A G L
M C H I I K N C E S O S U U Y C H F N H T D Q S X I
L E V J M Q U U A C D U Q M P A F U O S O I I X M F
O L M R E Z V P R O T P C C V R W U E Q R I G H I E
J Q F O W L O P T M J P M F A I Y Z N G S I G Z X S
P U O E R P B Y P P G O P N L N B E L O N G S R X T
Z Z D J N Y U F J A S R D L U G A S T R O N G K A Y
A B O N D S V R I N N T Q O A R F R I E N D S T W L
W X H A N R C H P I L A C V B Z I N F L U E N C E E
G Y W S K M B O M O A X L E L G T O U O J T K Z O V
Q V A R Z Q S K Y N S X O D E R E T B E D X B O C H
W Z Q N M T D T N A B E S K I M P R O V E L H B R S
B O O S T M L W C B Z O E P E N C O U R A G E U S K
F V J L L O S T R E S S U V J E P O S I T I V E N W
P Q K W Q U I T G O O D C L F O C G F U Z C Y R B S

Health Spotlight

How rehabilitation therapy can help maintain friendships

Physical, occupational, and speech therapy can help individuals improve or maintain socialization skills, which are beneficial for coping with depression, feelings of isolation or sadness, and general well-being. For example, speech therapists can address communication deficits, occupational therapists can provide modifications for activities of daily living, such as getting dressed to participate in social interactions, and physical therapists can work on mobility. To learn more about the benefits of rehabilitation therapy, be sure to stop by your rehabilitation gym for more information.



Outpatient Therapy is Back Full Capacity!



We're thrilled to share that our Outpatient Therapy department is now fully open and operating at full capacity in our newly expanded space!

If you're unable to join us for our Open House on August 5th, we invite you to stop by anytime to see the improvements firsthand. Our new environment is not only more spacious and welcoming, but it also supports the incredible work of our skilled therapy team.

We continue to offer Physical Therapy, Occupational Therapy, and Speech Therapy—all provided by compassionate, experienced professionals committed to your care.

Have questions or want to learn more?

Call us at (352) 383-0051 x303. We'd love to hear from you!

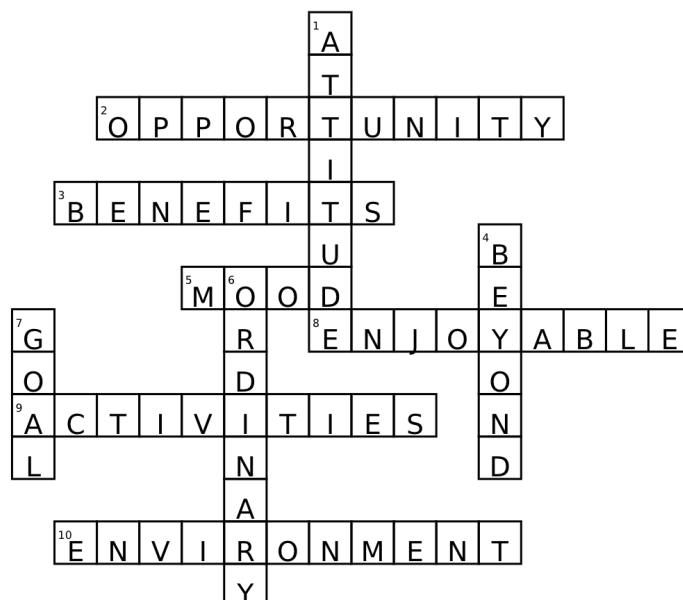
Wellness resources

- [How to Start Exercising and Stick to It - HelpGuide.org](https://www.helpguide.org/)

Word search key

B N L G K J G D A D G R E L A T I O N S H I P X I R
 Z G A Z V Z U M K J Y G A A D P D I B V F U N M J Y
 R P U Q W A L X Z Z Z X N V Y O T C Z S A P Z J J D
 O W G V T E B O H D N X B D K D P J X B C H B A G L
 M C H I I K N C E S O S U U Y C H F N H T D Q S X I
 L E V J M Q U U A C D U Q M P A F U O S O I I X M F
 O L M R E Z V P R O T P C C V R W U E Q R I G H I E
 J Q F O W L O P T M J P M F A I Y Z N G S I G Z X S
 P U O E R P B Y P P G O P N L N B E L O N G S R X T
 Z Z D J N Y U E J A S R D L U G A S T R O N G K A Y
 A B O N D S V R I N N T Q O A R F R I E N D S T W L
 W X H A N R C H P I L A C V B Z I N F L U E N C E E
 G Y W S K M B O M O A X L E L G T O U O J T K Z O V
 Q V A R Z Q S K Y N S X O D E R E T B E D X B O C H
 W Z Q N M T D T N A B E S K I M P R O V E L H B R S
 B O O S T M L W C B Z O E P E N C O U R A G E U S K
 F V J L L O S T R E S S U V J E P O S I T I V E N W
 P Q K W Q U I T G O O D C L F O C G F U Z C Y R B S

Crossword puzzle key



August Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6 Free BPC	7 Sips & Sun Screenings	8	9
10	11	12	13 Free BPC	14 Trivia - 2pm	15	16
17	18	19	20 Dr. Z?	21	22	23
24	25	26	27 Free BPC	28	29	30
31				Bingo - 2pm		



AUGUST EVENT HIGHLIGHT

SIPS + SUN SCREENINGS

AUGUST 7
4 PM

- ✓ FREE SCREENINGS
- ✓ COMPLIMENTARY BEVERAGES
- ✓ SUNSCREEN GIFT