

# Active Aging

By: Kendra Criss, Executive Director of Home and Community Services

September 2025

## Rejuvenate your life for Healthy Aging Month this September



In literature, the autumn season often represents balance, change, and preservation. How fitting, then, that Healthy Aging Month lands in September. This month celebrates the people we are, helps us focus on the people we want to become, and encourages us to thrive. Many people think about aging and immediately dread an inevitable fate of aching bones and cranky mood swings. However, aging is what you make of it. Viewing aging with a positive attitude will do wonders physically and mentally.

Healthy Aging Magazine recommends several tips to help you live fully this September and for years to come.

### **Focus on your mental age.**

Picture yourself during the favorite age of your life. Whether this age is 16, 45, or 70, try to feel like you are the same age again. What was your favorite part about being that age? Reconnect with that part of yourself without focusing on how your current age should feel or act.

### **Carry yourself well.**

Simply walking can significantly improve your mood and physical health. Wear comfortable shoes and clothing, and consciously walk with your heel first. Stand up straight, relax your shoulders, straighten your back, and hold your chin up. Practice this in front of a mirror until it becomes first nature. Feel better yet?

### **Start a new hobby.**

It's never too late to try something new. What have you always wanted to try but have never had the time for? Try taking up knitting, taking an art class, or learning how to play an instrument. Finding something to be passionate about will bring something new and fun to your daily life.

### **Be positive!**

As they say, fake it 'til you make it. Make a conscious effort to smile more often. Several studies have shown that those who smile more are genuinely happier people.

### **Cut negative energy out of your life.**

Distance yourself from people with a negative outlook on life, and instead, foster friendships with people who encourage your positivity.

Following these simple steps can help you live your life to the fullest every day. It's never too late to start! If your overall health is limiting you from being able to live your best life. Home Health nursing/therapy or Outpatient Therapy can help. Call today!

## Staying on your feet!

Falls occur when we least expect it; however, there are opportunities to decrease the risk of falls by taking the time to remove or reorganize items in the home. Completing a home safety check with a family member or caregiver will increase your awareness of potential risks and allow you to address areas of concern. The Centers for Disease Control (CDC) shared that 3 million older people are treated in emergency departments for fall injuries yearly. One of the most common areas where falls occur is in the bathroom. A significant modification you can make to your bathroom is professionally installing grab bars. Grab bars do not have to look industrial. [Click here](#) to check out more decorative options.

### Steps to take to decrease falls in your home:

- Arrange furniture to allow for a clear pathway
- Place your telephone/smartphone near your bed
- Add a night light to illuminate the path from your bed to the bathroom
- Place electric cords out of the walkway; however, do not place them under the rug
- In your bathroom, put a rubber non-slip mat in the bathtub or shower
- Rearrange your closet by placing commonly worn items where you can reach them without bending or stretching
- In your kitchen, place commonly used items within easy reach

- In your frequently used rooms, increase the overhead lighting and use the highest wattage allowed for your lamps

### Steps to take for yourself to decrease falls:

- Begin an exercise program to improve your leg strength & balance, such as Tai Chi
- Ask your doctor or pharmacist to review your medications and possible side effects that may impact balance
- Schedule an annual eye check-up & update your eyeglasses if needed
- Use comfortable/appropriate fitting footwear

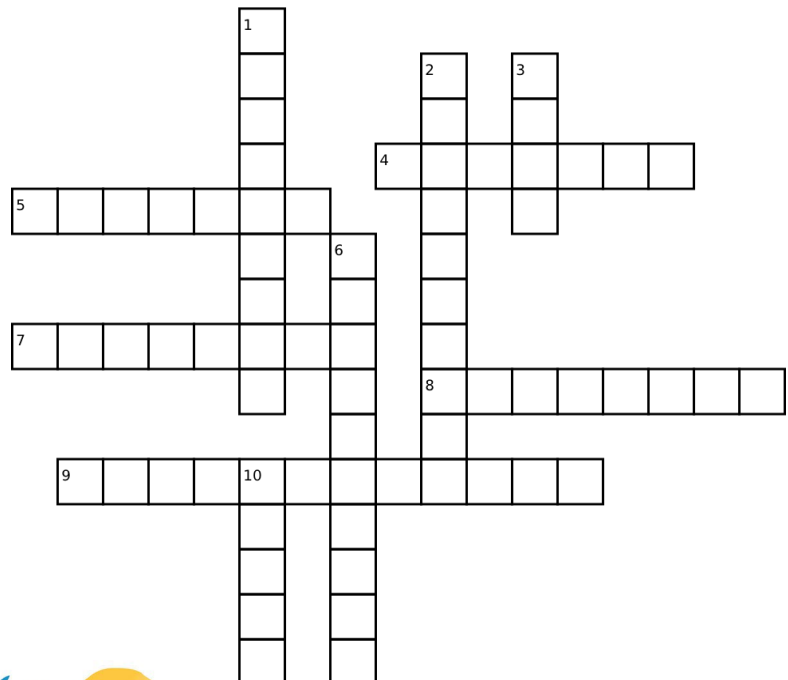
## Crossword puzzle: Fall Prevention

### Down:

1. person who provides care
2. dispenses prescription drugs
3. to take or seize
6. to extend in length
10. to descend by gravity

### Across:

4. physical equilibrium
5. amount of power expressed in watts
7. shoes or boots
8. hurt or damage
9. to make change of something



## September Word Search: Healthy Aging Month

AGING	FOCUS	MENTAL	RECONNECT
COMFORTABLE	FRIENDS	MOOD	RELAX
CRANKY	FULLEST	NEGATIVE	SMILE
DISTANCE	GENUINE	PASSIONATE	STEPS
EFFORT	HAPPY	PICTURE	STRAIGHT
ENERGY	HOBBY	POSITIVE	WALK
FAVORITE	IMPROVE	PRACTICE	

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

### Holiday Spotlight

## Celebrate National Grandparents' Day

The first Sunday after Labor Day marks National Grandparents' Day. If you have grandchildren, this is a beautiful occasion for special bonding. If you don't have grandchildren, don't worry. According to the National Grandparents' Day Council, the holiday celebrates intergenerational relationships. Spend your day visiting your kids, golfing with friends of all ages, or attending a community-wide event. National Grandparents' Day can be an excellent opportunity to get out and enjoy new experiences!



# How to Safely Fall



The Java Talk this week was on How to fall safely. We would love to just tell you "don't fall", however we know unfortunately it is and does happen. I will send email with the powerpoint slides if you are interested in more information.

Here is a like to a video you can watch on YouTube for more information.

[https://youtu.be/\\_x8\\_9lwQMpw?si=218IURk76dMVQCgS](https://youtu.be/_x8_9lwQMpw?si=218IURk76dMVQCgS)

## Upcoming Events/Support Groups

### Parkinson's Support Group

July 15th at 2:30pm Lakeside  
Grand Card Room

### Heart Disease Support Group

July 8th at 10:30am Lakeside  
Multi-purpose room.

### Diabetes Support Group

July 11th at 11am Lakeside  
Multi-purpose Room

### Visually Impaired Persons Support Group

September 9th at 2pm  
Chapel

### Flu/Covid Clinic

By Home Health Care with Bay Pharmacy  
September 19th 9:00am-12:00pm EOC  
September 23rd 8:30am-11:00am  
Lakeside Game Room

### Wellness Clinic - Quarter 4

September 25th  
10am-12pm Lakeside Essence  
Room  
1pm-3pm Oaks Fitness Room  
Sign up in Oaks and Lakeside  
activity binders

### Mark your calendar: (Sign up only)

Lunch and Learn by UF Health

Dr Rohagti - Breast Surgeon October 1st 12-1pm

### Word search key

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

### Crossword puzzle key

