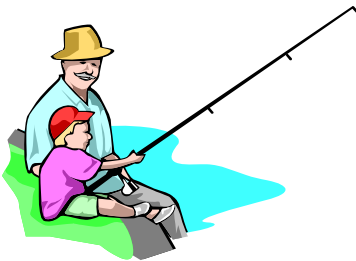


# SUCCESSFUL AGING



Erin Kerns  
Amanda Cloninger  
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Carrie Holt



## DO WHAT YOU ENJOY



## LEISURE ACTIVITIES

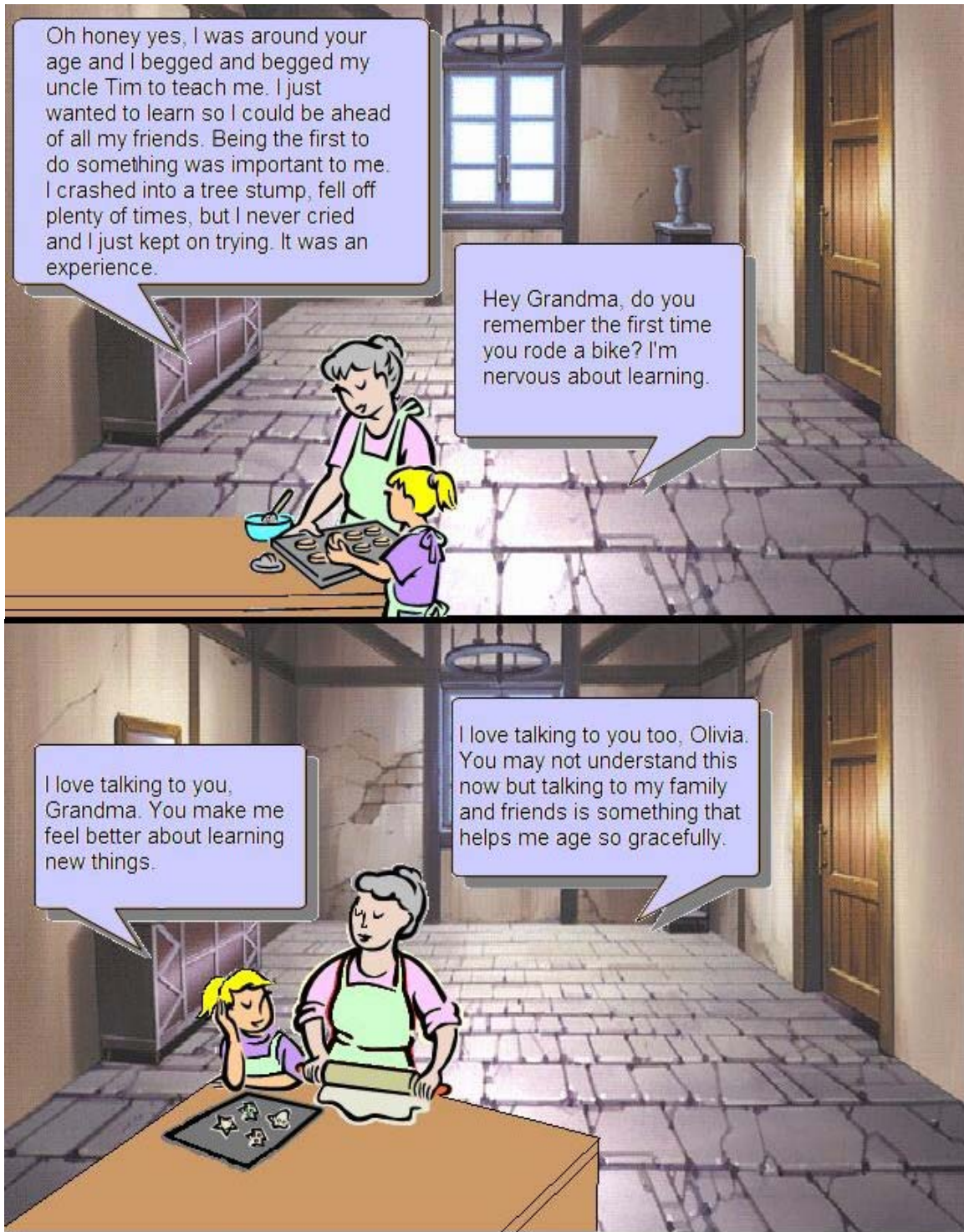
### Keeping busy keeps you healthy!

Engaging in leisure activities may reduce the risk or delay onset of clinical manifestations of dementia. Yard work or gardening are also mentally stimulating which can help to prevent dementia as well. Don't forget to give your brain some leisure and exercise time! Mental stimulation is healthy for the mind..

### Keeping busy keeps you happy!

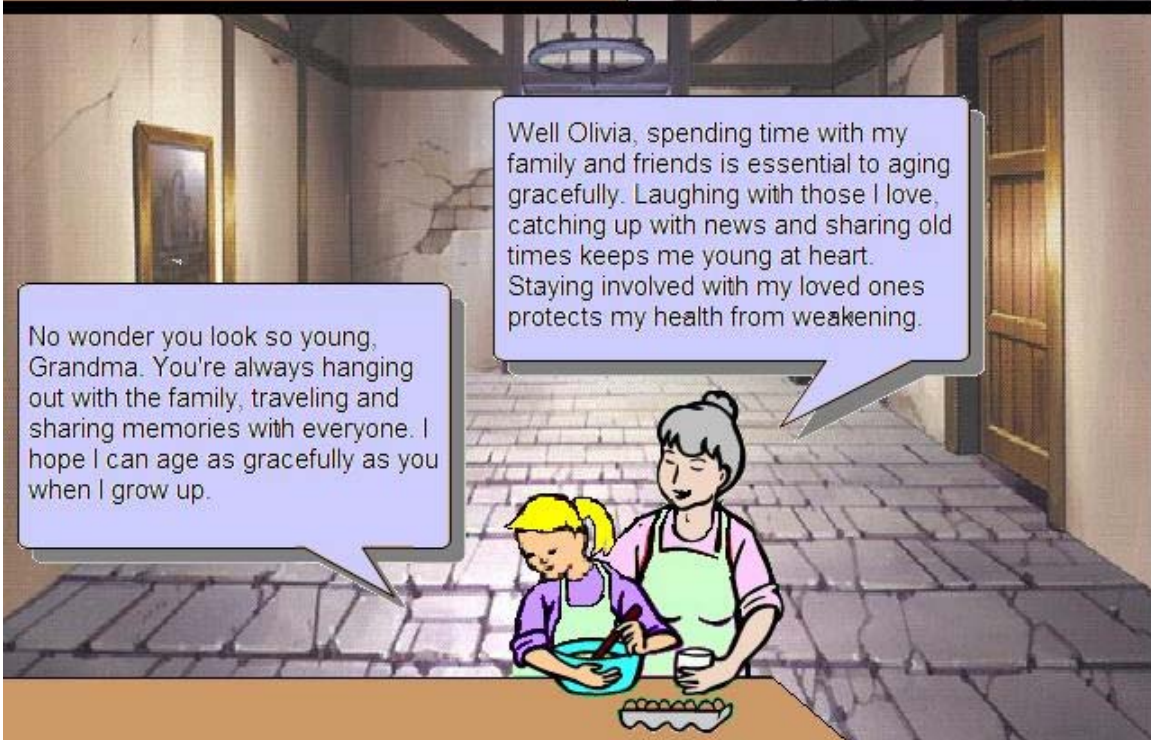
Exercise and leisure activity also yield better health and greater life satisfaction.

## **THE IMPORTANCE OF FAMILY AND FRIENDS**





What do you mean, Grandma?



No wonder you look so young, Grandma. You're always hanging out with the family, traveling and sharing memories with everyone. I hope I can age as gracefully as you when I grow up.

Well Olivia, spending time with my family and friends is essential to aging gracefully. Laughing with those I love, catching up with news and sharing old times keeps me young at heart. Staying involved with my loved ones protects my health from weakening.

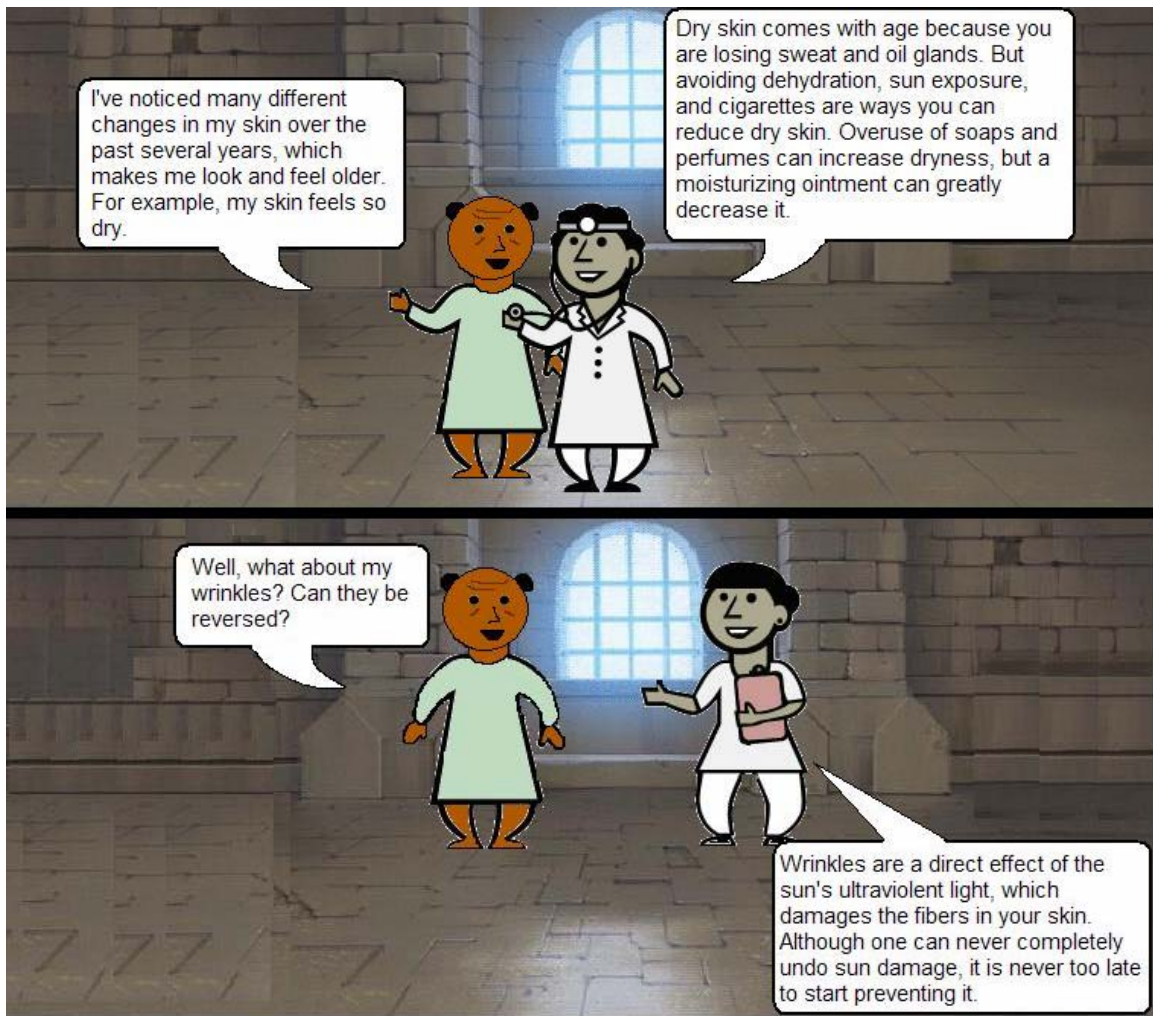
**FACTS ABOUT SOCIALIZING:**

Between 8 to 20 percent of older adults in the community and up to 37 percent in primary care settings suffer from depressive symptoms. Depression in the elderly is often caused by loneliness due to the death or distancing of friends and family.

Dr. Jesse Stewart at the University of Pittsburgh School of Medicine found a correlation between depression and hardening of the arteries in the elderly. In other words, loneliness can lead to poor health and heart attacks.

**You don't have to be alone!** Call up old friends or family to chat. Want to keep up with the grandkids? Try getting a free email address to communicate with them on their level. You can also join clubs or groups in your area depending on what you're interested in.

## SKIN CARE





## **TIPS ON SKIN CARE:**

### **Always wear sunscreen and protective clothing!**

The National Institute on Aging estimates that 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Wearing sunscreen with an SPF number of at least 15, and donning protective clothing when you leave the house, such as wide brimmed hats and sunglasses are ways that you can significantly reduce your risk of sun damage. On a less serious note, avoiding sun damage is an excellent preventative measure against wrinkles!

### **Moisturize!**

Many individuals note an increase in the dryness of their skin as they age. Although this is a result of the loss of sweat and oil glands, moisturizing ointments can remedy dry skin. Additionally, one should avoid the overuse of soaps and perfumes. Keep in mind that dehydration, smoking and stress also contribute to dry skin.

### **Be smart about the ingredients you put on your face!**

One should always cast a suspicious eye towards the numerous products that promise to restore youth to the skin. Remember that the only products currently approved by the Food and Drug Administration to treat signs of aging are tretinoin cream and laser treatments, both of which are only available through a healthcare provider.

### **Stick to the basics!**

While it is impossible to completely reverse aging, these measures are some simple and easy ways to improve the condition and health of your skin. Talk to a cosmetic surgeon or a dermatologist about other safe options for improving your skin.



**REMEMBER THESE HELPFUL TIPS AS  
YOU AGE TO HELP YOU AGE  
GRACEFULLY!**

Resources:

"Skin Care and Aging." AgePage. 22 Feb. 2007. National Institute on Aging. 23 Feb.

2007 <[www.niapublications.org/agepages/skin.asp](http://www.niapublications.org/agepages/skin.asp)>.

"Lonliness linked to heart disease, dementia."

<http://www.msnbc.msn.com/id/17005668/>

<http://www.cdc.gov/aging/info.htm>

<http://jah.sagepub.com/cgi/content/abstract/9/1/105>

Images:

Backgrounds came from RPG Maker XP, which is Freeware.

Some images came from Microsoft Word 2003, which is owned by one of the group members.

Some images came from [www.clipart.com](http://www.clipart.com), to which one of the group has a subscription.