

# *Aging Well*

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY



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**Sheriff Shannan Moon and Lt. Sean Scales of the Office of Emergency Services Talk About Winter Emergency Preparedness**

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**Left to right:** Sheriff Shannan Moon and Lt. Sean Scales

**Photography:** Elias Funez

## *Aging Well*

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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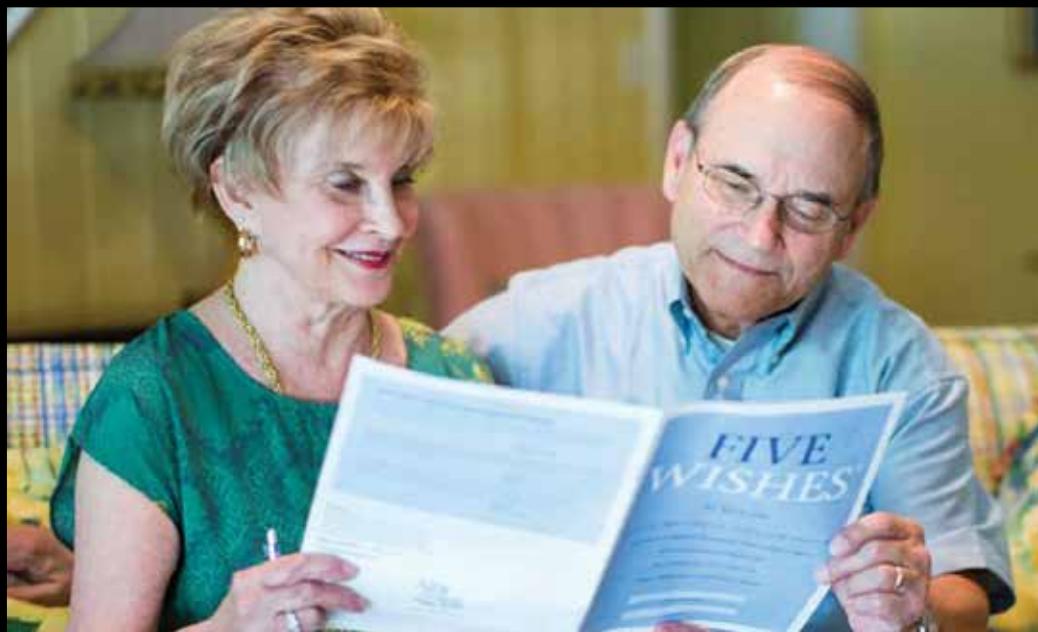
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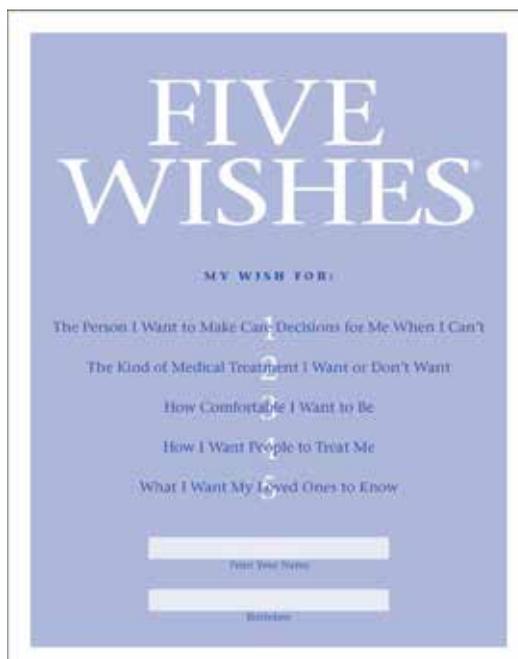
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*Great People Connecting Communities*



# Have the conversation.

*"When my time comes, if I cannot speak for myself, I want my family there holding my hand....and not out in the hallway arguing over what kind of care they **THINK** I might want!"*



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# “Aging is a team sport, especially in a crisis, and seniors need to be ready for action.”

**T**he worst of fire season may be behind us,” says Leslie Lovejoy, executive director, “but winter can create new challenges, and seniors need to plan ahead.”

They key question is, who’s on your team? If you don’t already have one, choose wisely, and shortlist family and friends who can help – maybe with a safe place to stay, should you lose power or need to evacuate.

Besides building a team, here are some other useful tips:

- Have plenty of shelf-stable food and water on hand, plus a supply of firewood.
- If you have a generator, make sure it’s properly maintained and you have fuel. Keep a full tank of gas in your car.
- Have a go-bag packed with essentials, including medications (and a list), cash, vital documents, insurance cards, health information and more.
- Make provisions for your pets’ safety (food, water, pet carriers, etc.).
- Check local media for the latest information.
- Should you evacuate, leave a notice on your front door to alert first responders.
- Communicate your moves, and check in with neighbors and friends - the same way players do in sports.

Having a plan gives you a big advantage !

**Gold Country Senior Services has been supporting seniors since 1976, with programs and services that can help in emergencies and all year long.**



**Having a team at the ready, including Gold Country’s resources, means more time to relax and have fun.**

For example, when our Community Senior Center officially opens, it will be a lifeline, offering warmth in winter (air conditioning in summer), as well as access to meals, updates, and a place to charge electronics. However, we help in other welcome ways.

### **Healthy Nutrition is a year-round, vital service.**

- **Meals on Wheels** delivers homemade meals to homebound, local seniors.
- **Our Congregate Café** is a lunchtime source of nutrition and socialization for qualifying older adults.

**The Senior Firewood Program delivers winter warmth to low-income seniors.**

**Each and every program depends on one, essential resource – and that’s our all-star volunteers!**

There are so many ways to get involved. Maybe you’d like to be a Meals on Wheels driver or help in the kitchen. We need packers and coordinators in our Congregate Café. If you like to work outdoors, be part of our Senior Firewood Program and you could pick up, deliver, split and stack wood. Our Community Senior Center has openings in the dining room and coffee shop.

Volunteering improves the quality of older people’s lives – guaranteed! (Plus you’ll be part of a finely-tuned team.) Here’s all you have to do:

**Give our Volunteer Manager a call on 530-615-4541.**

**To make a donation, visit [goldcountryservices.org/donate/](https://goldcountryservices.org/donate/) or call 530-615-4541.**

Gold Country Senior Services is a 501(c)(3) non-profit organization, and your donation is tax-deductible. (Federal ID #94-2436273)

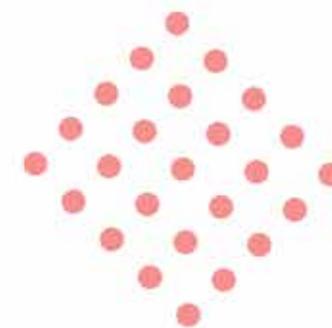


**PO Box 968,  
Grass Valley, CA 95945  
530-615-4541**



# ONE SOURCE

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Our mission is to improve quality of life for In-Home Caregivers and their loved ones by providing cost-free, non-medical support while they remain at home in a safe and loving environment.

We offer in-home caregivers time to take care of themselves. All members of the community 18+ are welcome to volunteer or receive services regardless of race, religion or cultural practices.



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**530-205-9514**

**524 Brunswick Rd  
Grass Valley, CA 95945**

**[www.EmpoweringCaregivers.org](http://www.EmpoweringCaregivers.org)**

One Source- Empowering Caregivers is a 501c3 nonprofit organization all donations are tax deductible

# GOLDEN CROSSROADS SENIOR PLANNING

Give yourself permission to envision your remaining time any way you want it!

What does this future look like?

Who are the people around you?

How are you spending your time?

Where do you live?

Golden Crossroads is here to support your vision!

*"To truly care for someone is to be there for them when they are in their most vulnerable state."*

**Patricia Jean Traviss, Tricia's Godmother.**

## As Geriatric Care Managers

**We provide:**

- A comprehensive assessment
- Development of a personalized Care Plan
- Implementation of your Care Plan
- Navigation of the Medical System
- Referrals for Care, Financial & Legal Services



*"I sat down with Tricia and Dave to discuss my declining health, financial needs, and desire to remain at home and asked them: 'What would you do if I were your father?'"*

Golden Crossroads was born in this moment!

**The Golden Crossroads team is thrilled to explore and implement your personal vision of the remaining years of your life!**

Tricia and Dave have decades of experience addressing senior issues and recognize the challenges seniors face...



- Overcoming multiple stresses
- Grieving the loss of loved ones
- Preventing undue influence
- Navigating transitions
- Managing finances
- Making decisions
- Declining health



If you would like our help exploring and implementing your vision....

**Let's talk!**



**Tricia True,**  
MA-LMFT  
Geriatric Care  
Manager

**Dave True,**  
BA-CMT  
Geriatric  
Consultant



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Office@goldencrossroads.org

[www.goldencrossroads.org](http://www.goldencrossroads.org)

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# Nevada County Consolidated Veterans Council



*Serving our Veterans and the Community*

The Nevada County Consolidated Veterans Council actively supports Veterans of all eras. What we're most happy about is this wonderful community is so active in helping us provide that support.

The "Stand Down" is staged every year in Nevada County. The purpose of the "Stand Down" is to connect government agencies and non profits that can help our Veterans, particularly to our senior Veterans. Think of the upcoming Winter and the problems it could bring. The help and the solutions are presented at the "Stand Down" every year from warm clothes to power & heat support solutions.



October 13th & 14th

The community is critical in helping make it happen. This year, like past years, volunteers from many, many groups like the Roamin Angels, Gold Country Senior Services, Elks Club, DAR, FREED and others help us ... help. This year the Boy Scouts' Troop 24 is helping to feed attendees.

What makes America GREAT?

You.

If you're a member of the Vet family & need help, contact one of the Veteran's organizations listed.



**Nevada County  
Veterans Services  
Office**  
988 McCourtney Rd  
Grass Valley  
(530) 273-3396

**WEB site**  
ncvso@nevadacountyca.gov



**Post 130**  
255 So. Auburn St  
Grass Valley  
(530) 575-7002

**WEB site** gvlegionpost130.org



**VVA 535**  
255 So. Auburn St  
Grass Valley  
va535.org

**WEB site**



**VFW 2655**  
415 N Pine St  
Nevada City  
(530) 264-7056



**MCL 885**  
255 So. Auburn St  
Grass Valley  
mcl885.org

**WEB site**

# What is a Home Care Organization and how does it differ from Private Caregivers?

**A** Home Care Organization (HCO) is a specialized agency that provides support and assistance to individuals who require personalized care within the comfort of their own homes. These organizations aim to enhance the quality of life for individuals by offering an array of services tailored to their specific needs. California Home Care Organizations must comply with strict regulations and licensing requirements set by the California Department of Social Services. This ensures that the agency follows specific standards when it comes to caregiver qualifications, quality of care, safety protocols, and other aspects. Clients can have peace of mind knowing that the agency they choose adheres to these regulations, providing a safer and more reliable care environment.

Home Care Organizations must employ care-

givers who are registered as an HCA (home care aide). This guarantees they have undergone proper training, background checks, and are certified. This ensures that individuals in need of care receive services from qualified professionals who are knowledgeable and skilled in providing the necessary care. HCO's are insured and provide liability coverage and bonds for their caregivers. This helps protect clients from potential accidents, injuries or other incidents that may occur during care. Additionally, agencies provide workers' compensation for their employees, ensuring that clients are not held responsible for any worker-related injuries or incidents that may happen in their home.

Having a professional Home Care Organization behind your caregiver also provides the ability to have a pool of caregivers who can

provide care on a consistent basis, ensuring that there is a backup plan in case the primary caregiver is unable to work due to illness or other reasons. Clients can rely on these agencies to provide a consistent level of care, reducing the risk of disruptions in their care routine.

While both Home Care Organizations and Private Caregivers have their advantages, the benefits of choosing an agency are distinct. From the professionalism and accountability they offer to the availability of substitute caregivers and specialized services, agencies provide a comprehensive and holistic approach to caregiving. Making the decision to entrust the care of our loved ones to a home care organization like Pawnie's Home Care can bring a sense of relief and confidence in knowing that they will receive exceptional care.



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HOMECARE

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You Expect & Deserve!**



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- Companionship
- Dementia Care
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- Exercise and Rehab Regimen
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# MENTAL HEALTH SERVICES



**Belinda Stroud Psy.D.  
Clinical Psychologist**

You may feel overwhelmed with a loss of social connection, purpose, and identity. You may be experiencing increased vulnerability, sadness, or anxiety about the future, and a new awareness of your own mortality.

I have 17 years extensive experience supporting older adults and clients of all ages with their families/caregivers at hospitals, medical clinics, US military bases, and in private practice since 2011.

**Contact me for a complimentary 15-minute phone consultation.**

Belinda Stroud Psy.D.  
Licensed Clinical Psychologist, PSY 24593.  
Call: (530) 207-8832  
Email: [bstroudpsyd@gmail.com](mailto:bstroudpsyd@gmail.com)

**I look forward to speaking with you!**

**“Aging Well” involves both physical and emotional health but often the focus is on medical conditions with mental health symptoms left untreated.**

I am a Medicare provider supporting older adults as they navigate life stressors and transitions.

Are you struggling with:

- Couple/Family relationships
- Work/Life balance
- Retirement
- Chronic health conditions
- Death of a loved one
- Relocation
- Caregiving



# You prepare for wildfire year-round.

## We're here to support you at every step.

The **Fire Safe Council** is a local non-profit organization committed to making Nevada County safe from destructive wildfires.

We understand the unique needs and concerns of seniors in our community.

**And, that's why we're here to help.**

This winter, let us help make your home more resilient to wildfire in preparation for next fire season. Here are a few things you can do now as cooler weather approaches:

- Clean & inspect your chimney prior to use.
- Open the flue.
- Trim all vegetation at least 10 ft from your chimney.
- Ensure your chimney has a cap with a screen made of non-flammable material & openings between 3/8 to 1/2 inch.



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COUNCIL**



**530-272-1122**

**AreYouFiresafe.com**

**info@areyoufiresafe.com**

# Prepare for Severe Winter Weather



Prepare for winter weather now by assembling a Stay-Home safety kit with enough supplies to last at least two weeks. Use the checklist below to keep you and your loved ones safe if home-bound without power.



## Be Aware

The National Weather Service will issue Winter Storm Watches & Warnings. winter Storm Watches mean hazardous weather may take place within 48 hours. BE PREPARED. Winter Storm Warnings mean hazardous weather is occurring or imminent. TAKE ACTION.

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## Plan for Your Health

If you have life-sustaining medical devices, or a medical need for temperature control, please contact FREED. FREED may be able to offer backup power solutions for eligible individuals. Supplies are limited and subject to availability. FREED also provides personal emergency preparedness planning assistance. Contact them at (530) 477-3333.

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## Remain Nourished & Hydrated

- Stock up on easy to prepare, shelf-stable foods.
  - Freeze water jugs and store in the freezer and refrigerator to help food last longer
  - Keep perishables in a cooler chilled with ice or snow.
  - Have a camp stove and fuel on hand. If using a camp stove, ensure the area is well ventilated.
  - Have enough water on hand for drinking and cleaning.
- 



## Stay Warm

- Maintain adequate firewood
  - Keep blankets, sleeping bags, hats, gloves, and heavy layers on hand.
  - Wear water resistant clothing and footwear when outside.
- 



## Keep the Lights On

- Have an alternative light source:
    - Flashlights and batteries
    - Headlamps and batteries
    - Lantern and batteries
    - Candles and matches or lighters.
- 



## Fuel & Stock Up

- Keep fuel on hand for tools like generators, snow blowers, and chainsaws.
- Charge electric vehicles and fill up fuel tanks.
- Ensure you have a snow shovel to keep walkways and driveways clear.
- Have a snow brush and ice scraper on hand to clear your windshield.



**NEVADA  
COUNTY**  
CALIFORNIA

# Adult Services

**(530) 265-1639**

**Adult Services of Nevada County provides a wide array of services and support to elders and adults with disabilities in our community with the goal of helping individuals remain safely in their homes.**

November is a time to show support and to honor our community's vital caregivers. Caregiving happens. And everyone's experience with caregiving is unique, whether you're the one caring for a loved one, or you're on the receiving end. The National Council on Aging understands and recognizes caregiving also means working tirelessly to keep older loved ones in their homes for as long as possible and missed sleep because of hands-on-care. We hope you'll spread the love and show your support for a family caregiver.



The IHSS Program provides assistance to eligible aged, blind and disabled individuals who are unable to remain safely in their home without this assistance. An IHSS provider can assist with domestic services and personal care.

Eligibility criteria for all IHSS applicants and recipients: You must physically reside in the United States, be a California resident, have a Medi-Cal eligibility determination, live at home or abode of your own choosing, and submit a completed Health Certification form.

We are here to help and happy to assist you apply. We currently serve 970 community members.



The Senior Outreach Nurse Program offers older adults a free in-home visit by a nurse for fall risk assessments, blood pressure checks, discuss health concerns, and connect you with community resources. Please call us if you are interested in this service. ❤️



Adult Protective Services provides a support system to elderly and disabled adults who may be subject to neglect, physical abuse or exploitation, or who are unable to protect their own best interest. Individuals must be 60 or older, or a person 18-59 years of age who is considered to be disabled due to physical or mental disabilities.

Please call with any questions, make a report of suspected abuse, or need supportive community referrals. Last year our office assisted 1, 450 elders/adults living with a disability.

# Dear Nevada County Seniors and Caretakers,

You are cordially invited to an Open House event at Sierra View Senior Living – your trusted partner in senior care since 1984. As a family-owned and operated establishment for over four decades, we take immense pride in the generations of trust that have been placed in our hands.

**Date:** Sunday, December 3rd, 2023–Join us for an afternoon of friendly conversation, beverages, appetizers and holiday cheer!

**Time:** Between 2:30 PM and 4:30 PM–We will have two waves of tours and a floating mixer throughout. Tours will begin promptly at 3:00 PM and 3:30 PM. We will show our model rooms, dining hall, activities center, salon, well-maintained outdoor patio and lovely indoor living space. Feel free to mingle with our residents and get the inside scoop. We are so excited to have you!

**Location:** Sierra View Senior Living 120 Dorsey Dr. Grass Valley, CA.

At Sierra View, we are more than just an assisted living community; we are a tight-knit family dedicated to providing exceptional care, vibrant activities, and a welcoming environment for our cherished residents.

Here's what you can expect:

- Unique Community
- Quality Care
- Engaging Activities
- Personal Connection
- Monthly Picnics & Celebrations
- Delicious Home-Cooked Meals
- Dedicated Team

With 40 comfortable units, we offer a cozy, midsize setting that fosters a sense of belonging. Enjoy music by InConcert Sierra and local talent, along with a calendar full of exciting events and activities. We believe in creating memorable moments, including opportunities for your family to join in the fun. Savor high-quality, chef-prepared meals that nourish both body and soul. As the Owner, Registered Nurse and Executive Director of Sierra View, I personally oversee the health and satisfaction of our residents, forging meaningful relationships with each one. Our compassionate staff, and my family including daughter Farren, who as Wellness Director is very experienced in senior care, and my husband Terry, Plant Manager, ensures our residents' environment and well-being. Sierra View Senior Living is not just a facility; it's our home, and we invite you to experience the warmth and care that define us. Join us at our Open House event, where you can feel the difference that family makes in senior care. We look forward to welcoming you and sharing the legacy of care that Sierra View has built over the years.

Sincerely,  
Lisa Vixie Winget RN, ED, Owner  
Sierra View Senior Living



120 Dorsey Dr. • (530)273-4849  
[Sierraviewsenior@gmail.com](mailto:Sierraviewsenior@gmail.com)  
License #295002836



Owner, Lisa Vixie Winget, works on the floor alongside her staff, leading with her career experience as a Registered Nurse

# Pack your ‘stay bag’: Emergency preparedness for winter

By Dora Scott

**N**evada County does a great job with fire preparedness. Many of us have evacuation plans in mind and our “go bag” on hand. However, have you started to pack your “stay bag”? With the last two “snowmeggedons” that left many without power, heat, and in isolation, it is important to consider what you’ll need if the next winter storms come. Sheriff Shannan Moon and Lt. Sean Scales, the Emergency Operation Center Coordinator in the Office of Emergency Services (OES), gave insight and tips on how to prepare, and what role emergency services can play during severe weather.

“It’s not just fire season that we need to be prepared for—we have to be prepared in the winter storms just as much,” Sheriff Moon explained.

Since the OES is separate from the Sheriff’s Office, communication between the two emergency departments during emergencies hasn’t always been seamless. Sheriff Moon, who is in her second term as the Sheriff-Coroner and Public Administrator for Nevada County, made communication between emergency entities a focus and created the Emergency Operation Center Coordinator role, which Lt. Sean Scales has held for two years. With Lt. Scales having a foot in each office, “I think it is just a game changer for instant communication to our public; instant communication from the OES on where resources are and what you need,” Sheriff Moon stated.

During the last winter storms, the Sheriff’s Office conducted a lot of welfare checks. “With AT&T lines going down we took a lot of calls from folks from outside the area that were worried about their family members because they had no contact,” Sheriff Moon explained,

adding, “For us, since our way of communicating with the public during an emergency is 911, and if the lines are down and they can’t even call 911 when someone calls and asks if we can check on someone we are going to send staff.”

Lt. Scales went into an account during the last winter storms when a person with medical issues initially refused rescue but eventually was retrieved using a snowmobile. He called later and explained how he likely would have died if he had stayed home. “The big lesson is if help is being offered to be willing to accept it,” Lt. Scales stated.

“How we help the senior citizens or folks on the aging side, a lot of that has to do with your support system, whether or not you have family and friends close by who can check on you,” Sheriff Moon stated, stressing how a sense of community is the most important factor for safety during emergencies.

Lt. Scales highlighted how the “Find Your Five” campaign is not exclusive to fire preparedness, but also necessary for winter storms. Find five family members, friends, or neighbors who you know can help you during a specific emergency. Know who has the resources to be able to help you, whether that’s someone who has four-wheel drive or anything else that you’d need.

“Every year, with my parents, for example, I’ll go up and we’ll do a winter prep,” Lt. Scales explained how those with limited mobility should reach out for assistance well in advance to prepare for severe weather.

“When you have that winter storm that knocks out power for an extended period of time, it’s really difficult to be prepared for that unless you’ve taken the time like a squirrel



Courtesy photo | Snowmobiles, UTVs with tracks, and Sno-Cats are vital equipment emergency departments use during winter weather.

gathering the acorns all summer long. It’s not something that you can do as the storm is coming in,” Lt. Scales stressed.

Here are some things to consider as you pack your “stay bag”:

## **Plan and know your heat source:**

- In the summertime, you can’t stack your firewood within 30 feet of your home, so be sure that you can access it easily when winter comes, have it properly covered, and have enough wood to last for an extended power outage.
- For propane, make sure you are on a regularly scheduled fill-up or using a metered tank and that your driveway and tank are easily accessible to be refueled during snow conditions.
- For generators, make sure you have full fuel cans, and to test your generator before the season. Do not run your generator in your home or in a place where the carbon monoxide can become entrapped. Do not plug

your generator into the wall outlet, as this will feed power back into the grid and is extremely dangerous since fallen lines can become live.

- For power packs/batteries, be sure to keep them charged before the weather event. “If you have durable medical equipment you can reach out to FREED and there are battery replacement programs that are paid for by PG&E and several other companies,” Lt. Scales recommended.

### Stay connected and informed:

- Sign up for Code Red, the county’s emergency warning system. “We typically only use that system in emergencies. As a county and as an entity, we don’t send out alerts unless we need to, so you don’t have to worry if you are signed up about getting messages all the time,” Lt. Scales explained.
- Know your Zone. “Knowing your zone is important for fire, but also for winter. We could send out an alert by Zone during the wintertime depending upon whatever it is,” Lt. Scales stated. You can find out your zone on [nevadacountyca.gov](http://nevadacountyca.gov) under “Wildfire preparedness”.
- Refer to trusted sources, not rumors. You can call 211, and refer to county & government postings and announcements, radio announcements, and local media about the emergency.
- Know your “Find Your Five” and make sure they all know your plans for varying emergency situations.

### Have the right tools & amenities:

- Buy a good snow shovel, and buy it in advance. “When the snow hits, they disappear from the store shelves really quickly,” Lt. Scales warned.
- Buy snow chains and cables. “Don’t wait until the snow to install them. Try them several times. Do it in the dark in bad lighting so you know what it’s like if you are caught out in the middle of nowhere and have to get chained up,” Lt. Scales advised.
- Have an emergency kit for your car.



Courtesy photo | HEART, a non-profit animal rescue organization partnered with the Sheriff’s Office, set out to help animals during the last winter storms.

- Have extra bottles of water and fill your bathtub with water if you rely on a well.
- Buy flashlights, batteries, and power packs. Buy extras for neighbors or family members too.
- Buy a hand crank radio. The OES partners with KVMR and KNCO for weather updates and other alerts during snow storms, so make sure you know the right frequencies to tune into.

On top of generator safety, there are other situations the public should take more caution. Fallen power lines are commonplace when the snow starts piling. Responding agencies that clear the roads found that many people are moving or cutting lines when it is unsafe during previous weather events. “Just because the lines are down doesn’t mean they are not working, so if you’ve got lines that are down across your driveway and you are itching to get out and it’s a communication line, snipping it is not the best thing to do,” Lt. Scales explained, adding, “Not only is it dangerous, but you could be taking away the emergency communication that is still working.”

The Search & Rescue team also plays a big role during winter storms. “We can’t do what we do without our volunteers. The search and rescue volunteers are pretty incredible in that they do all the training—it takes an incredible amount of training to be certified for us to

work in any different type of environment,” Sheriff Moon stated. During the last winter storm, Search & Rescue assisted in conducting welfare checks. For snow conditions, they use snowmobiles, UTVs with tracks, or Sno-Cats.

On June 29, 2023, the Sheriff’s Office accepted a donation of a Sno-Cat from PG&E, the model the same as the other Sno-Cat they already had. “Our staff in Search & Rescue have been trained in the operation of [the Sno-Cat] and we’ve used it on countless missions,” Sheriff Moon said, highlighting how the equipment has been especially helpful in the eastern side of the county where more people are recreating in the snow. The Sno-Cats are also useful in helping utilities get to a site to restore power, among other purposes.

Those with animals and pets should consider extra steps to become prepared for extreme weather. Make sure to have extra food and have adequate shelter space for your animals. In the previous winter storms, The Nevada County Sheriff’s Office Humane Emergency Animal Rescue Team (HEART) assisted numerous animals across the county, extracting them from deep snow and providing extra food for animals. Call (530) 265-1471 or 211 for HEART or if you have an animal issue, and it’s not an emergency.

While first responders are crucial for emergencies, there are only so many resources available to help, making individual preparedness important.

Lt. Scales highlighted, “The most important message that doesn’t get told enough is we can’t do all this by ourselves, the community is really what is making it happen. In all these winter storms, in all these fires, in all these emergencies, the community is really who is doing 95% of the work. We are doing the 5% for folks who might not have that resource, but 95% of the community is taking care of their own—which is the only way this thing works.”

*For more information about the Sheriff’s Office or the OES, visit [nevadacountyca.org](http://nevadacountyca.org). Please call 911 for emergency situations, and call 211 for up-to-date information during storms or for non-emergency assistance.*

# 10 Hobbies That Can Bring Joy to Seniors All Year Long

10 easy activities for seniors as it's essential to plan intentional activities that support physical, mental, and emotional health.

**A**lthough the winter months can cause cabin fever for many of us, there are plenty of year-round activities to stay active and keep doing the things you love to stave off feelings of isolation or boredom. For seniors, in particular, it's essential to plan intentional activities that support physical, mental, and emotional health. Older adults are physically and mentally healthier when they maintain social connections and foster relationships. Studies show that socially isolated people have a 50% greater risk of developing dementia and other health issues (Forbes). Trying new activities and or rekindling old hobbies that bring joy throughout the winter—or even better—all year long is a step to a healthier, more enjoyable season, regardless of the time of year.

Here are 10 activities that seniors can do no matter what the day looks like outside the window.

## 1 Writing

Writing is a simple way seniors can keep mentally and cognitively stimulated while indoors, and best of all, it only requires a pencil and paper. Penning daily journals, memoirs, fiction, letters, and postcards are easy ways to begin a writing practice.

## 2 Chess

Chess is a wonderful game that stimulates several parts of the brain at once. It can be played in person or online, and doesn't require anything other than a chess board. Senior chess clubs are popping up all over the country and meeting to play in-person is a great way to socialize with others while exercising the brain.

## 3 Video Games

More seniors are playing video games than ever before. According to an AARP survey, 44% of adults over 50 years old played video games in 2019 at least once a month and averaged five hours of game time a week. Video games can be played on mobile phones, tablets, computers, and gaming consoles. What's more, there are even games designed specifically for older adults.

## 4 Indoor Gardening

When most people think of gardening, then think of being outdoors. However, there are plenty of indoor gardening options for those with a green thumb who love the life and energy plants can bring to a home. The easiest way to get started is to purchase a terrarium and fill it with favorite indoor plants.



## 5 Learn an Instrument

Playing music can be a lifelong hobby that stimulates the mind and soul. Even learning simpler instruments, like harmonica or bongo drums, can have a positive effect on mood as well as exercise the brain. While some instruments are harder to learn than others, many seniors have successfully learned classic instruments like piano and guitar.

## 6 Exercise

We all know exercise is beneficial to both our physical and mental health, and many studies have specifically shown the benefits of exercise on senior health. Thanks to the internet, it's very easy to find free senior exercise routines that can be done from the comfort of home. A quick online video search will yield free exercise routines for every ability and interest, including yoga, body weight movements, and resistance band exercises that require little or no equipment. Comfort Keepers also has a list of low-impact exercises for older adults here.

## 7 Learn a Language

Learning a different language can bring both joy and a sense of accomplishment. And with modern technology, accessing language lessons is easier than ever. Mobile phone apps and online courses make learning a new language fun and possible to do without an instructor. In fact, studies show that learning a new language benefits the mind and is easier to do than many seniors think.

## 8 Book Club

The joy and fascination of reading can be amplified when shared with others. Many older adults find enjoyment and motivation in joining book clubs that meet in-person or virtually. Reading and thoughtful, lively discussions during book club meetings keep the mind sharp and offer socialization opportunities to reduce feelings of isolation.

## 9 Volunteer

There are many rewarding, community-oriented volunteer activities for seniors. Programs like foster grandparent, after school sessions, and community gardens provide social, feel-good opportunities that give a sense of purpose. After all, bringing joy to others is one of the best ways to create joy in one's own life.

## 10 Painting

Art and painting as a hobby goes back thousands of years—and for good reason. It takes very little physical movement while providing mental stimulus, a creative outlet, and stress relief. Even better, painting works well as a solo activity, or one done with friends or loved ones.

## Comfort Keepers® Can Help

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental, and emotional health. Our caregivers can help support physician-prescribed exercise plans and help seniors engage in the activities they love the most. And, our caregivers can help seniors stay connected with loved ones through video chats, phone calls, and care updates. We believe that every senior should experience the best in life.

If you have questions about Comfort Keepers uplifting in-home care services, please contact us today.

## REFERENCES:

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TIME. Want to Prevent Aging? Learn a New Language. Web. 2012.

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Determine the code to reveal the answer!

Solve the code to discover words related to caregiving.

Each number corresponds to a letter.

(Hint: 23 = I)

**A. 7 4 12 11 22 23 2 11 12**

*Clue: Tends to someone*

**B. 6 4 7 23 15 23 3 19**

*Clue: Building or place of business*

**C. 4 7 3 23 2 23 3 19**

*Clue: Keeps you busy*

**D. 3 20 11 12 4 26 19**

*Clue: Remediates a health problem*

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