

Senior Viewpoint

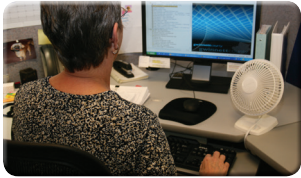
gwinnettcounty senior services

"There's no place like home!"

May, 2017

Older Americans Month

Getting older doesn't mean what it used to. Today, aging is about eliminating outdated perceptions and living the way that best suits you. For many of us, it is a phase of life where **interests, goals, and dreams** can get a new or second start. This year's Older Americans Month theme, "Age Out Loud," emphasizes the ways older adults are living their lives with **boldness, confidence, and passion** while serving as an inspiration to people of all ages.



Gwinnett County is home to the second-largest senior population in the state, so it is important for us to focus on how our older adults are redefining aging – through work or family interests, by taking charge of health as long as possible, or by participating in community engagement efforts. This is a wonderful opportunity for us to support while learning from those who are "aging out loud."

Staying busy makes a difference

As we age, our bodies go through transformations that affect metabolism, cognitive function, even cardiac and respiratory faculties. The 100 million cells we started life with are lost, damaged, or die over time. As these cells slowly stop being replaced, aging takes effect. Even at ages 70 or 80, we are encouraged to stay busy – through exercise, socializing, or volunteer work. The benefits of staying active far outweigh the risks of leading an isolated, sedentary lifestyle. So how do we get started?

If we are looking for new, creative ways to get our hearts pumping day after day, we can think about stepping outside our comfort zones while still incorporating our interests and recognizing our mobility and time constraints.

The flowing movements and relaxing meditation of gentle or chair yoga could be just the ticket to get-

ting us up and moving. More heart-thumping activities like bicycling, taking brisk walks, swimming, or dancing are also great ways to interact with others, which in itself, combats social isolation and feelings of loneliness that often go hand in hand with getting older.

adapted from <http://www.griswoldhomecare/blog/how-staying-busy-makes-for-healthier-aging/>



Mother's Day gifts for older adults

What can we do to show our appreciation to the amazing woman who has done so much for us?

Spend the day together. The most important present you can give your mother might simply be the gift of your time and undivided attention.

Family photos. Pull together favorite family photos to create a digital family photo journal she can enjoy over and over.

Lend a hand. Keeping up a home can be overwhelming for a senior. Ask if you can help plant spring flowers or clean the house and yard.

Personalized gifts. Choose a decorative knick knack or something functional she can use every day. She will think of you with a smile when she sees it.

Perennial favorites. A thoughtfully chosen Mother's Day card, flowers, and candy never go out of style. Don't forget to include a personal note that expresses your appreciation for her.



adapted from: <http://www.elmcroft.com/article/assisted-living/mothers-day-gift-ideas-for-seniors/>

Join a senior recreation club

Senior Recreation Clubs meet at Gwinnett County parks every month, and visitors are welcome. Bring a covered dish to share!



Best Friend Club
678.277.0860
11:30am, second Thursday

Lucky Shoals Park
Community Rec Center

Get Up & Go
678.277.0890
11:30am, second Tuesday

Rhodes Jordan Park
Community Rec Center

Bogan Gold Wing
678.277.0850
11:00am, second Wednesday

Bogan Park
Community Rec Center

Lawrenceville Fun Time
678.277.0179
11:30am, first Friday

Bethesda Park
Senior Center

Dacula Rainbow
678.277.0850
11:30am, first Tuesday

Dacula Park
Activity Building

Shorty Howell Hi-Steppers
678.277.0910
11:00am, first Thursday

Shorty Howell Park
Activity Building

Evergreen
678.277.0179
11:30am, fourth Tuesday

Mountain Park
Activity Building

Suwanee Goodtimers
678.277.0910
11:00am, second Tuesday

Prime Timers Pointe at
George Pierce Park

The Buford Senior Center renovation is progressing. The seniors have been meeting at George Pierce Park in Suwanee, and they will soon join their counterparts at the Lawrenceville Senior Center until the end of Summer.

Gwinnett County Senior Activity Center Locations

new Senior Center opens in August

Buford
2755 Sawnee Avenue
Buford, GA 30518
678.225.5367

Lawrenceville
Rhodes Jordan Park
225 Benson Street
Lawrenceville, GA 30046
678.277.0970

Norcross
5030 Georgia Belle Court
Norcross, GA 30093
678.225.5430

Centerville
Satellite Center
3025 Bethany Church Road
Snellville, GA 30039
770.978.4532

