

Senior Viewpoint

August 2018

Have fun; it's good for you

Research has shown a strong correlation between social interaction and health and well-being among older adults. Socializing can lead to longer life with better physical and mental health and has shown to have significant positive results in regards to depression and dementia.

Looking for a place to start?

Explore some of these ways to connect, engage, and fill up your social calendar:

- Sing in a choir or play music with a group.
- Volunteer. Apply for opportunities at www.volunteergwinnett.net.
- Participate in a neighborhood or community group.
- Join a group, team, or league for red hats, cards, bowling, or games.
- Join a church and be active in the choir or its other programs.

There are also great opportunities for engagement and tons of fun to be had at the senior centers.

Get out and have some fun. It's good for you!

Sources: www.psychologytoday.com
and www.nia.nih.gov



Gwinnett seniors having fun at picnics, proms, and at Adopt a Senior Pet Month field trip at Animal Welfare and Enforcement.



August 21 is National Senior Citizens Day

Although Franklin Roosevelt declared the first National Senior Citizens Day on August 14 to commemorate the signing of the Social Security Act in 1935, Ronald Reagan chose August 21 to recognize those senior citizens who made positive contributions to their community.

Make this year's National Senior Citizens Day a memorable one with a visit, a movie, or a meal. Take on a festival, a special event, or an evening out at a new restaurant. Start something new, get outside, or take those family photos you've been talking about.

Whatever you do, it's a good day to bring awareness of social, health, and economic issues that affect our seniors and it's also a good day to make our loved ones feel special and reap the benefits of being – or connecting – with seniors!

Let's talk trash

The Solid Waste and Recycling senior discount (for ages 62 and older) has increased to 25 percent. Visit www.gwinnettcounty.com or 446 Crogan Street, Suite 100 in Lawrenceville to complete an application.

Going green

Did you know that “greens” are consistently among those superfoods that have overall great health benefits? Rich in vitamins, studies have shown that eating two to three servings of dark green leafy vegetables per week may lower the risk of certain cancers and heart disease, protect against osteoporosis, prevent inflammation, and assist with weight loss.

Dietary guidelines recommending an increase of fruits and vegetables each day look toward collards, kale, spinach, mustard greens, and turnip greens to fulfill this important need in your menu.

Mix things up by adding some arugula or spinach to your salad or your sandwich. Add collards, kale, spinach, or mustard greens to your soup, stir-fry, or even your omelet.

If you are taking blood thinners, please check with your doctor before embarking on a diet rich in vitamin K as found in some of these leafy vegetables.

Source: www.ars.usda.gov

Norcross seniors on the move

The Norcross Senior Center will be undergoing renovations that will take several months to complete.

Seniors will meet at Lucky Shoals Park Community Recreation Center beginning August 4.

Buford Senior Center

2755 Sawnee Avenue
Buford, GA 30518
678.225.5367

Centerville Senior Center

3075 Bethany Church Road
Snellville, GA 30039
678.277.0230

Lawrenceville Senior Center

225 Benson Street
Lawrenceville, GA 30046
678.277.0970

Norcross Senior Center (at Lucky Shoals Park)

4651 Britt Road
Norcross, GA 30093
678.225.5430