



EXCELLENCE IN CARING™

HEALTHY AGING INFORMATION

We have all your aging needs covered

Feeling Isolated? You're Not Alone

When summer months finally arrive, many of us come out of 'hibernation' to enjoy the beautiful outdoors with a friend or spouse. But for older folks living alone, it's not always as easy as just opening the door to step outside. Age brings many difficult changes that contribute to a more solitary life. According to Tina Witt, ADC, CDP - Director Home and Community Based Services of Menorah Park, "One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. Friends, significant others and family members move or pass away or have less time to visit due to other obligations."

Living alone also has other drawbacks, according to Tina. "When older people are living alone and are isolated, their diet often suffers resulting in loss of appetite and weight loss. In addition, feelings of loneliness are linked to poor cognitive performance and quicker cognitive decline."

There's hope, and help for those experiencing isolation.

- Engaging in social activities helps reduce isolation and loneliness
- The Mandel Adult Day Center offers one to five days of activities such as outings, companionship, nutritious meals and peers to interact with
- A full-time certified activities staff is on site
- Transportation within the service area is provided

For more info, call the Adult Day Center at: 216-839-6673