

## SOCIALIZING PROMOTES YOUTHFULNESS

Seniors with full social calendars are better able to resist the physical and mental effects of aging. Recent research points out that older individuals who engage in a wide range of physical, social, and cognitive activities are in better physical condition. On the other side of the coin, researchers found seniors who infrequently engaged in social activities were more likely to experience a rapid rate of motor decline. This research acknowledges the fact that we are social beings who derive direct benefit from being engaged with friends and family in a variety of physical and mental activities, from taking walks to playing cards. So, those wishing to get the most out of life are encouraged to put something into it.

Evidence is mounting that social ties influence our physical and emotional health. People who maintain a positive network of friends and family recover from illness better than those who do not have such a network. Serving older adults in the Quaker tradition, Barclay Friends provides seniors with the highest professional and humanitarian standards of care. As specialists in rehabilitation, we offer physical, occupational, and speech therapy. We are now certified by the National Alliance of Wound Care (NAWC) for excellence in wound care. Please call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. Volunteering is one of the best ways for seniors to remain socially engaged.