

THE GRACE OF SOCIAL BUTTERFLIES

Daily exercise is not the only type of activity that brings proven health and longevity benefits. Those who want to live longer and remain healthier as they age should also make it a point to remain socially active. According to recent research, seniors who are more socially active are more likely to preserve their mobility as they age. In fact, they may even walk faster than their more socially isolated counterparts. Researchers point out that scoring just one point below average on the scale of social activity lowers a senior's motor function as if he or she were five years older. That is to say that a 67-year-old would act like a 72-year-old, thereby reducing longevity and independence.

Barclay Friends is a Quaker-related community that responds faithfully to the needs of older people who have suffered losses. Our staff helps residents feel connected with others and feel positive about life. We specialize in physical, speech, and occupational rehabilitation therapies. Please call us at 610-696-5211 if you would like to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. In the study mentioned above, points on the social activity score were awarded on the basis of the frequency of engaging in activities such as attending church or sporting events, eating at restaurants, visiting relatives, volunteering, playing bingo, and traveling.