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315-598-4712

Oswego County Opportunities, Inc. Nutrition Services

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Become a Social Butterfly!

Now that spring is here and the cold, snowy weather is behind us (hopefully), it is important to get out of the house as much as possible!

Having good friendships is beneficial at every age, but the importance of socialization for seniors is crucial to a healthy life. Regular social interactions help keep people mentally, physically and emotionally fit, as well as prevent the loneliness that comes from isolation. There are a number of important ways that socialization can improve senior health, including:

Reduced stress: Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.

Longer lifespan: Studies show those who are more social tend to live longer.

Improved Fitness: Older adults active in social programs are more likely to exercise regularly.

Reduced risk of depression and less anxiety: Consistent socialization lowers rates of depression caused by isolation and loneliness.

Greater self-esteem: Being active in the community helps maintain a sense of worth.

Not surprisingly, cognitive benefits of remaining social can also help prevent memory loss, Alzheimer's disease and other forms of dementia. If the interactions also include exercise sessions or other forms of physical activity, the benefit is doubled!

So how can we keep a healthy social life as we age?

- Build and maintain positive relationships with grandchildren.
- Do volunteer work (this has the added benefit of keeping us busy and engaged during retirement).
- Take advantage of community resources such as senior centers, religious organizations and the events at independent and assisted living facilities.
- Organize social activities on your own and include seniors who might be experiencing isolation or loneliness.
- Help maintain a sense of purpose by caring for a pet, church attendance or the pursuit of hobbies and interests.

To Help You Stay Social and Active.... Visit one of our Dining & Activity Centers!

Meet new friends, join an activity, and enjoy lunch at 12:00
Call a day ahead to make a reservation
For more information:

Fulton Center (open Monday- Friday)

- call Tricia @ 315-592-3408

Hannibal Center (open Monday, Wednesday & Friday)

- call Amanda @ 315-564-5471

Mexico Center (open Wednesday & Friday)

- call Brandy @ 315-806-1917

Central Square Bistro (open Tuesday, Wednesday & Thursday)

- call Deirdre @ 315-720-9732

Parish Center (open Monday, Tuesday & Thursday)

- call Brandy @ 315-625-4617

Phoenix Center (open Monday, Wednesday & Friday)

- call Arlene @ 315-695-4841