

# Celebrating Older Americans Month: The Power of Connection

Per the Administration for Community Living (ACL), May is Older Americans Month and this year's theme is all about the power of connection. Social connection is vital for our mental and physical health, especially as we age.



Some of the benefits of social engagement include:

- Lower levels of stress- talking with a friend is an instant mood booster!
- Increased physical activity and lower blood pressure- joining a group fitness class is a great way to meet new people and stay physically fit.
- Better eating and sleeping habits- studies show that people with healthy relationships have lower risk of malnutrition and tend to sleep better.
- Increased longevity- maintaining social connection typically leads to a longer, happier life.

When you get older, it can be harder sometimes to stay in touch with friends and family but at Covenant Living, there are a variety of opportunities offered to help residents stay social.

Some of these activities include:

- Exercise and wellness programs
- Craft classes
- Community outings and volunteer efforts
- Spiritual gatherings

Contact us to learn more about Covenant Living and the activities offered.

Need a break? Our short-term respite relief program provides you with temporary relief while ensuring that your loved one is well taken care of in a safe and secure environment. Please select one of our locations by visiting [www.covliving.org/locations](https://www.covliving.org/locations) to connect with one of our Healthcare Navigators and learn more about our short-term respite stay options.