

TO YOUR HEALTH

Volume 24, Number 1

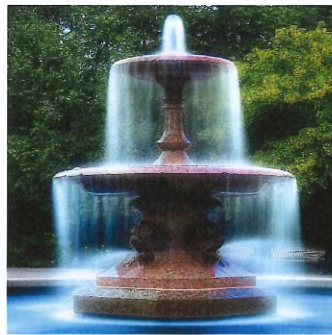


January 2019

A Fountain of Youth?

By Susan Cusson, NP

Legend has it that Ponce de León was told by Native Americans that the Fountain of Youth was in Bimini and it could restore youth to anyone. While there is no scientific basis for this legend there is growing evidence that making healthy lifestyle choices does slow the aging process and stave off disease. An individual's perception of aging can also have significant effects on their health, behaviors, and even longevity. How does the community one lives in affect their health and aging?



Last year, Mather LifeWays Institute on Aging began recruiting communities to participate in the first national longitudinal study to evaluate the impact of living in a Continuing Care Retirement Community (CCRC) on residents' health and well-being. The study, dubbed *The Age Well Study* measures residents' self-reported health and wellness metrics through a survey taken annually for five years. Survey results are then compared to a demographically similar sample drawn from the Health and Retirement Study (HRS) conducted by the University of Michigan. This invaluable information will be used to improve the senior living industry.

The first year's findings demonstrate that residents living in a CCRC tend to have greater levels of wellness than older adults in home- and community-based settings. Residents living at CCRCs know they offer opportunity rich environments with programs, services, amenities and health care, all of which promotes health and wellness.

Mather LifeWays has opened the Age Well Study to additional participants and Carleton-Willard is registered to participate starting in 2019. As a benefit of participating, CWV will receive information and insights, including an individual report summarizing our own resident data and a full copy of the final report. For the four remaining years of the five-year study, the research will continue to focus on three areas:

- Whether moving to a CCRC makes a difference in residents' health and wellness, and which aspects of the community have the most impact on their well-being.
- Residents' beliefs about how living in a CCRC has affected their health and well-being.
- Different factors that may predict which residents will thrive in a CCRC.



The questions on the Age Well Study will address these specific aspects of well-being:

- Psychosocial characteristics, including optimism, loneliness, spirituality, sense of purpose, quality of life, and stressors
- Health behaviors and outcomes, including activities of daily living, instrumental activities of daily living, and self-reported cognition, physical activities, social activities, and health problems, including chronic conditions
- Personal characteristics and demographic information

As you know, the Resident Health Committee at CWV has been renamed the Resident Health *and Wellness*



Committee. This change reflects a new focus on wellness. What does “Wellness” mean to you? Let’s be creative with ideas to stay healthy and youthful. It’s the next best thing to a “Fountain of Youth”. We value Resident input as we continually strive to promote health and wellness in this community. Your suggestions, questions and new ideas are welcome anytime. You may communicate these thoughts directly in person to any one of the members of the Health and Wellness Committee or leave a note for Susan Cusson in the Clinic. An invitation to participate in this confidential study will be in your mailboxes in early 2019. More information is also available at TheAgeWellStudy.com.

Health Education Lecture

“Sleep Tight . . .”

Dr. Cherie Noe will give a lecture on the science behind sleep, use of sleep aids and tips for improving your sleep. Please join us in the auditorium to learn more.



Wednesday,
January 16, 2019
10:30am—11:30am
Auditorium Centre

*“Add life to your years and
years to your life”*

**HAPPY
NEW YEAR
2019**