

May/June 2024

The Senior Gazette



You Know What Else is Contagious? Good Health!

If we want a long, disease-free life, then we need to do more than just perfect our own diets and yoga schedules. We need to attend to the health of everyone in our communities. An increasing amount of research shows that good health practices and outcomes can spread throughout a community, even outweighing the influence of immediate family members. We catch good health from the people around us. Any unit increase in the average household health of your community contributes to a 72% increase to your own health.

Health infectiousness is highest among people over 60. This neighborhood effect on individual health has a lot to do with social ties. If you have strong social relationships, you have a 50% increased likelihood of survival over someone who doesn't. Emotions that impact health are a collective phenomenon. Happiness is stress-buffering, and our happiness depends on how happy others in our social network are. Any unit increase in our happiness results in a corresponding rise in happiness for those around us: 8% increase spouse/significant other; 25% nearby friends; 34% next-door neighbors.

Individuals create social norms that influence people around them. A healthy community rewards individuals with short-term benefits, too. More pain-reducing endorphins are released when exercising in a group than when exercising alone. More diverse social networks are associated with greater resistance to upper respiratory illness. An experiment found that immune system activity in the same individual goes up and down depending on their happiness.

You know the saying laughter is infectious? Laughter spreads like infection – have you ever been in a group setting where everyone is enjoying themselves and laughing together?

It feels good and is good for your heart health by lowering the stress hormone cortisol.

So, get out there and catch some happiness for your health! Go walking in the neighborhood with a friend or two, join a fun exercise group class to get moving and meet people, connect with your neighbors, start a card games group or book club, schedule a monthly lunch out with friends, volunteer somewhere to bring happiness to others and it will in turn bring happiness and good health to you!



BINGO!



Tuesday, May 7 10:30am

Tuesday, June 18 10:30am

Heritage Hall – across from the police station

Call Stacey at City Hall to reserve your seat! 330-562-1234

UPCOMING LUNCH & LEARNS:

12:00pm at Heritage Hall

Limited capacity of 25 – Call Stacey to register 330-562-1234

***Join us for a presentation while enjoying a complimentary lunch!**

May 23: Akron Zoo Mobile Visit

Lunch will be served in the pavilion at Ray Williams Park at 12:00

Presentation will begin inside Heritage Hall at 12:30

June 7: Medicare & Senior Resources

Presented by Shalonda Cave



Enjoy some local talent!

Aurora Community Theatre presents

GYPSY

Running through May 18

Aurora Public Library 115 E. Pioneer Trail

Curtain times Fridays & Saturdays 7:30pm and Sunday matinees 2:00pm

Tickets \$20 available at auroracommunitytheatre.com or call 330-562-1818

How do you light up
a sports stadium?

With a soccer match.

Hardy

Har

Har!

What did one volcano say to
the other volcano?

I lava you.



Where did people hang out in
medieval times?

At knight clubs.

How do you cook an
alligator?

With a croc-pot!

If you need anything, please contact
Stacey at City Hall at 330-562-1234 or stask@reminderville.com