

STEVE FRANKS
DIRECTOR
OC COMMUNITY RESOURCES

RYAN DRABEK
DIRECTOR
OC ANIMAL CARE

KAREN ROPER
DIRECTOR
OC COMMUNITY SERVICES

MARK DENNY
DIRECTOR
OC PARKS

HELEN FRIED
COUNTY LIBRARIAN
OC PUBLIC LIBRARIES

May 2012

Play to Stay Healthy

By: Erin Ulibarri, MPH

Playing is not just for kids. At thirty, fifty, or seventy years old, playing is essential to physical, mental, social and emotional well-being.

May is Older Americans Month – a tradition since 1963 that provides everyone the perfect opportunity to show appreciation for the older adults in our community. The theme this year is “*Never Too Old to Play!*” which puts a spotlight on the importance that lifelong participation in social, creative, and physical activities has on one’s health. But older adults are not the only ones who benefit from engagement in community life. Studies show that interactions with family, friends and neighbors across the generations enrich the lives of everyone involved.

It’s never too late to start being physically active. These activities improve or retain mobility, muscle strength, and cognitive abilities and reduce falls. There are many opportunities for older adults to be active in the community year-round, not just in May. Senior and community centers, cities, and churches offer a wide-range of exercise, art, computer, and educational classes to name a few.

The Orange County Office on Aging can help older adults remain active and healthy. The call center Information Specialists at **1-800-510-2020** or **1-714-567-7500** can help people get connected to exercise, educational, and social opportunities, plus much more. The Office on Aging also has resistance bands, exercise guide books and collapsible water/pill cups available. During the month of May, several community events will be taking place throughout the county. Visit the Office on Aging website at www.officeonaging.ocgov.com to find information on these events.



Advocacy. Action. Answers on Aging.

1300 SOUTH GRAND, BLDG. B
SANTA ANA, CA 92705
PHONE: 714.567.7500
FAX: 714.567.5021

