

ELMWOOD HALL WELCOMES AGING MASTERY PROGRAM

The 10 week Aging Mastery® Program incorporates evidence-based materials, expert speakers, group discussion, and peer support to give participants the skills and tools they need. Aging Mastery®, a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, Inc. and sponsored in part by the Connecticut Community Foundation” to empower participants to set individual goals and achieve measurable improvements in managing their health and remaining economically secure. The program is facilitated by Maureen Farrell, Director of Community Wellness for the Regional YMCA of Western CT. **The program runs on Tuesdays weekly at 10:30 from September 12th to November 21st which is the graduation ceremony.**

The following are topics that are discussed in the 10 week course:

- **Navigating longer lives:** A special emphasis on the new realities of aging and making the most of the gift of longevity.
- **Sleep:** Overview of how sleep patterns change as we age and simple strategies to improve sleep.
- **Nutrition and Hydration:** Review of nutrition as it relates to aging with a focus on strategies to incorporating healthy eating and hydration into daily routines.
- **Medication Management:** How to take medications as directed, how to store medications safely and how to keep track of multiple medications.
- **Fall Prevention:** Overview of the importance of fall prevention among older adults and strategies to prevent falling.
- **Healthy Relationships:** The benefits of being socially active, as well as exploring the risks of isolation. Focuses on continuing to build and strengthen healthy relationships and family connections as we age.
- **Volunteer Engagement:** Introduction to the value of identifying meaningful volunteer and communities engagement opportunities.
- **Exercise & Fitness:** Discussion of the importance of aerobics, strengthening, flexibility and balance as they relate to aging, with a focus on strategies for incorporating physical activity into daily routines.
- **Financial Fitness:** Strategies for remaining economically secure in an era of longevity.
- **Advance Planning:** Guidance around key steps needed to manage health care, financial and housing/care decisions.
- **Graduation Ceremony** for participants will also take place at the completion of the program. Prizes and incentives for program participation and practicing newly learned skill