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THE GRACE OF SOCIAL BUTTERFLIES

Daily exercise is not the only type of activity that brings proven health and longevity benefits. Those who want to live longer and remain healthier as they age should also make it a point to remain socially active. According to recent research, seniors who are more socially active are more likely to preserve their mobility as they age. In fact, they may even walk faster than their more socially isolated counterparts. Researchers point out that scoring just one point below average on the scale of social activity lowers a senior's motor function as if he or she were five years older. That is to say that a 67-year-old would act like a 72-year-old, thereby reducing longevity and independence.

At THIRWOOD REHABILITATION CENTER, our rehabilitation services are among the best in the area. Our on-site staff is dedicated to providing the individualized services seniors need to regain independence and return home after joint or hip surgery. We offer physical, occupational, and speech therapy. Please call us at 362-7200 to schedule a consultation. We are located at 1200 Johnstown Terrace.

The Red Cross Blood Drive will be at the High School this week, 10-5. P.S. In the study mentioned above, points on the social activity score were awarded on the basis of the frequency of engaging in activities such as attending church or sporting events, eating at restaurants, visiting relatives, volunteering, playing bingo, and traveling.

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