

Older Adults Helping Older Adults Live Their Best Lives



Starting **Tuesday, December 15**, the Pennsylvania Council on Aging’s (PCoA) Social Isolation Task Force is holding free, virtual, small-group, and interactive sessions designed to help older adults safeguard their mental, spiritual, and physical health. Now more than ever, these tips and reminders are critically important.

These sessions will also give seniors the chance to maximize the positive impact of the council’s interactive guide, known as **SOLO: Strengthening Older Lives Online**.

Staying Strong as Older Adults
 A product of SOLO: Strengthening Older Lives Online*

Mind

- Create a schedule for yourself
- Be mindful of news intake
- Prioritize good sleep
- Try an online game
- Keep a journal
- Call a friend
- Join a club

Spirit

- Find a remote volunteer opportunity
- Call someone who might be lonely
- Make a quiet space for yourself
- Write a letter to a friend
- Take a walk outside
- Create a mantra
- Take a breath

Body

- Wear a mask
- Ask others to wear a mask around you
- Avoid high-risk venues (indoors, many people, poor ventilation)
- Socialize outdoors when weather permits
- Do regular stretching
- Take walks whenever you can
- Practice deep breathing
- Understand your personal risks (over 60, diabetes, cardiovascular disease, etc.)
- Opt for delivery when available
- Advocate for accommodations for older adults
- Maintain routine appointments
- Eat a well-balanced diet
- Work towards getting 7-9 hours of sleep per night

My Best Self

*For more information on this program, visit the Pa Council on Aging page at aging.pa.gov

PENNSYLVANIA DEPARTMENT OF AGING COUNCIL ON AGING EST. 1973

Space is limited for these hour-long sessions, so older adults should RSVP as soon as possible.

[RSVP HERE](#)

Groups of older adults who may be interested in having their own session can email [Faith Haeussler](#), PCoA Executive Director.