



Newsletter From Your Parish Nurse



Greetings!

While leafing through my materials to find a suitable subject for the May newsletter, I saw a picture of a little boy and his dad. Each of them had a soup spoon, which they were trying to stick on his nose - the dad being successful and the boy still trying. The caption under the picture: Playfulness is healthy for mind, body and spirit. The title of the article: Healthy Aging: Stop acting your age.

The next area they explored was with music and other group activities. They set up seven different groups - singing was one of them. Another was a craft group; another in creative writing. Before they even started they were given surveys that they could fill out. The singing group found that they had become very close to their group members very soon after they started.

The next group was the dancers. They found that all the participants felt closer to their group members and that they felt they were comfortable even when they were dancing alone. Dancing improved mood and even eased arthritis pain.

Adult coloring books are becoming more and more popular. If you need ideas go to a craft store - you'll find plenty of ideas.

Some of the other suggestions included calling your YMCA to learn what they are offering, such as adult art and dance classes.

Here are a few ideas:

- *Clip images from magazines to make a collage
- *Arrange old photographs and memorabilia into scrapbooks
- *Try online painting programs
- *Online art games designed for children but great for seniors

Have fun and share the fun with friends!