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## Greetings!

July is Social Wellness Awareness Month. Social wellness is defined as nurturing yourself by building healthy, supportive relationships with others. Making genuine connections with those around you is critical to physical and psychological health.

If you're taking care of and aging parent please make sure to take care of your own wellness in addition to that of your mom or dad; if you don't you might compromise not only your health and well being but their's as well

We've posted an excellent article on handling the stress of aging parents to [our Facebook page](#). Take a look ('Like' and 'Follow' us on FB, too).



Research shows that the physical risks of being socially isolated are comparable to the risks associated with heart disease, cigarette smoking, high

blood pressure, and obesity. Maintaining relationships-giving and receiving emotional support-ensures that you have a network of friends, family, and others to turn to in times of need.

### **Why is social wellness important for those with dementia-related diseases and their caregivers?**

In early-stage dementia or Alzheimer's disease, signs of mental impairment become more visible. It's not unusual for the person affected by the disease to become moody, to express negative emotions (e.g., anger, frustration, anxiety, depression), or to withdraw socially. A study published in the American Journal of Geriatric Psychiatry found that seniors who were housebound or socially isolated were not only more likely to develop Alzheimer's disease but experienced more rapid cognitive decline than seniors who got out and interacted more with others.

Join [Oasis Senior Advisors](#) in participating in the Social Wellness Month by posting photos of your organization's efforts and participation on our Facebook page. Click the Facebook link below.

### **[Watch for info and tips on Social Wellness](#)**

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Social Support & Wellness | Chandra Story

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[Oasis Senior Advisors](#) is committed to helping seniors and families navigate local senior living options. We are a **FREE** service for seniors and families. Call me today if you or someone you know needs help.

Respectfully yours,

*Paul & Susan Doyle*

Oasis Senior Advisors

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*The mission of [Oasis Senior Advisors](#) is to positively impact families during a difficult time in their lives. We do this by providing a FREE, personal and compassionate service to help our families find the right assisted living for their loved ones.*

