

Everyone needs social connections to thrive. But, as we age, we often find ourselves spending more time alone. Recent studies found that:

- **Social isolation significantly increased a person's risk of premature death from all causes.**
- **Social isolation is associated with about a 50% increased risk of dementia.**
- **Poor social relationships is associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.**
- **Loneliness is linked to higher rates of depression, anxiety, and suicide.**



Here are some steps and ideas to help you get and stay connected:

- **Find an activity that you already enjoy or take a class to learn something new.**
- **Get involved with an organization, like VerdeCares, where you can volunteer and become actively engaged.**
- **Stay physically active and include group exercise—remember, just 30 minutes a day of light exercise can help bring focus and clarity to your day.**
- **Schedule time each day to stay in touch with family, friends, and neighbors.**
- **Meditate—this can be as simple as focusing attention on your breathing.**



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