

# L.J.ROHAN

*Want to be Vibrant?*<sup>®</sup>

## VIBRANT AGING 101

### Day 7: The Secret Sauce to Aging Vibrantly

Right now, in these times of socially distancing to keep everyone safe, we are stretching our minds and our hearts to come up with creative ways to stay connected. Porch visits, sidewalk cocktail hours, spaced visits in the park with a lawn chair, or setting up regular zoom and phone call chats with friends and family, are just a few of the ways we have found meaningful connection in these crazy and challenging times.

Here are some Good News Facts about making those meaningful connections:

- Our relationships with friends have a similar effect as those with family, in other ways, these relations surpass the fulfillment and connection we get from family.
- Taking part in group activities, even virtually, develops greater synaptic density (the better to think and remember things) and enhances neural growth—the lengthening of our telomeres!
- Stimulating activity raises our sense of well-being, it also develops more positive attitudes toward our own aging.
- Here is some very good news: Participating in cultural and intellectually challenging activities lowers our risk of developing Alzheimer's.
- Last, but certainly not to be overlooked, having sex and maintaining intimacy as we age will also contribute to keeping us vibrant!