



Navigating Aging Gracefully (Part 1 of 2) – Top Resources for Maintaining Health and Well-Being

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Aging is a natural part of life, yet it is often viewed with apprehension rather than appreciation. Many fear the physical and emotional changes but aging gracefully is not about resisting time – it's a journey that brings wisdom and new opportunities.

One of the most powerful tools for aging gracefully is maintaining a positive mindset. Consider it a new chapter filled with opportunity for growth, learning, and fulfillment. Studies have shown that people with a positive attitude tend to live longer and enjoy better health. Cultivating gratitude, staying curious, and focusing on what you can do are key elements of this positive mindset.

There are countless resources available to help you embrace aging with confidence and bolster your physical, mental, and emotional well-being. Over the years, Lake Tahoe Wealth Management has compiled a list of potentially helpful websites and organizations that can assist you with navigating aging gracefully. The list below includes some of the available resources. This list focuses on the physical and mental aspects of aging. The next list, which we will post in a few weeks, will focus on housing and caregiving support.

Aging gracefully is about embracing each phase of life with strength, wisdom, and joy. And there are lots of resources to help you navigate the journey. Please reach out with any questions on how we can support you on your journey and how everything fits into your financial plan.

1. Health and Wellness Support

- **National Institute on Aging (NIA)** The NIA offers science-backed articles on healthy eating, exercise, disease prevention, and more. Visit: www.nia.nih.gov
- **SilverSneakers** SilverSneakers provides fitness classes and programs designed for seniors, often included in Medicare plans. Check eligibility and resources: www.silversneakers.com



2. Health Care Resources

- Healthcare Directives: Prepare for Your Care.org directive:
<https://prepareforyourcare.org/advance-directive>

- Being an Empowered Patient:

Choosing Wisely resources on various health conditions:
<https://www.choosingwisely.org/patient-resources/>

www.goodendings.org

3. Mental Health and Social Connections

- **Friendship Line (Institute on Aging)**A 24/7 hotline for emotional support and social engagement for older adults. Call: 1-800-971-0016
- **Senior Centers and Local Groups**Check your local community for senior centers offering social activities, wellness classes, and events.

4. Educational Opportunities

- **Osher Lifelong Learning Institute (OLLI)**Many universities host OLLI programs offering courses for older adults interested in continued learning. Find a program near you: www.osherfoundation.org

5. Driving Transitions

- <https://whealthcareplan.com/education/Driving%20Transitions/Driving%20cl asses%20and%20assessments>