



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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What Do We Know About Healthy Aging?

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others – like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health – are within our reach.

- **Exercise.** Scientific evidence suggests that people who exercise regularly live longer and enjoy more years of life without pain. Try to increase the number of steps you get each day by gardening, walking the dog, and taking the stairs instead of the elevator.
- **Healthy Diet.** Try starting with small changes by adding more fish or leafy greens into your daily meals. You can get healthy recipes on the MyPlate Kitchen website at myplate.gov/myplate-kitchen.
- **Doctor Visits.** Regular health exams and medical screenings can help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.
- **Mental Health.** As people age, they often find themselves spending more time alone. You can stay socially connected by scheduling phone calls or video chats with friends and family. Also consider joining a garden club, volunteer organization, or walking group. Rita's Care at Home can provide loving and caring companionship as well.

Meet the Newest Member of Our Team

I'm so excited to have Gill Murrey as our new newsletter editor. Gill is so versatile, having lots of interests and a varied career.



Gill retired from Vanderbilt Medical Center as a Communications Consultant, and helped her Mom, along with her husband, Hank, with the children's day camp her mother started back in 1972. The camp started with four campers in 1972 and grew to 240 campers and 50-plus counselors and staff. The family retired and closed the camp in 2022 and are now rewilding the 44-acre property, which is an exciting endeavor.

Gill and Hank also enjoy Sarasota, Florida, part of each year as snowbirds.

They're both interesting, as well as fun people, and Gill is a great asset to our agency!

Tips To BOOST Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

 Get moving – try gardening, biking, or walking.	 Choose healthy foods rich in nutrients.
 Manage stress – try yoga or keep a journal.	 Learn something new – take a class or join a club.
 Go to the doctor regularly.	 Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

