



Putting the CARE back in Healthcare...

By Nikki Troisi, AristaCare at Whiting



Elaine T writes: "I have a close friend who always invites me to go to local events with her and offers to come to the doctor with me all the time. Should I try and be more independent?"

"I get by with a little help from my friends" was true then and couldn't be truer now for seniors during their golden years. As you get older, it becomes easy to make the TV and microwave your best friend, but as you age it so important to get involved with community events and develop a consistent social network of friends. Studies prove that not only do you **get by with a little help from your friends**...you will live longer by doing so.

It is suggested that friends, especially among the elderly, encourage their peers to take better care of themselves and are more likely to get symptoms checked at the Dr's earlier than later, possibly avoiding a more severe illness. Friends also help in stressful situations. Patients receiving poor test results while in the company of friends have a lower blood pressure than those who receive bad news by themselves or with close family. Although many people share their own insight there is no found reasoning behind this phenomenon known as the "friend effect" which in one stud showed that people with an extensive network of good friends and confidantes outlived those with the fewest friends by 22 percent.

Family is also a great support group, but they are not always available due to proximity or busy schedules. Many times friends in the community are more available and spend the most time with you. By joining local clubs and events there is a sense of accountability. For example, if you are a part of a bridge group which requires all (4) members to be in attendance, you will most likely "show up" even when you don't feel like going.

Here in Whiting, there is so much to do! There seems to be something to appeal to just about everyone, so there is no excuse not to get involved. At AristaCare, we offer a full calendar of events open to the community, free of charge. We offer a low intensity exercise group that meets every Thursday. Our group started with only 6 members and has grown to a steady group of 25. Every one looks forward to seeing one another and many people come with a buddy! We also offer monthly health screenings and again I often hear "I brought my friend because she has been complaining of problems and won't go to the doctor." There are many other courses and lectures always being offered at AristaCare that promote good health, nutrition, and education. Then there are our fun events, like Bingo, for instance, on every 3rd Tuesday. Come bring your friends and get involved... **"Get a little help from your friends"** at AristaCare and live longer!

If you'd like to be added to our monthly event mailing list, please either call Alyson, our receptionist at 732.849.4300 with your address & telephone number or write in to the address below.

**GOT A HEALTHCARE RELATED QUESTION? WE'D LOVE TO HEAR FROM YOU.
PLEASE WRITE TO:**

**ARISTACARE AT WHITING
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