

PR Article:

December 16, 2016

The Bay County Division on Aging sends wishes of a Happy New Year to all our Bay County senior residents.

It is that time of year when socialization and good nutrition become a problem for people. The weather is not conducive and the motivation level is at an all-time low point resulting in symptoms of depression and sadness. There are ways we can fight that difficulty.

Researchers from the University College Dublin completed a study showing people who participated in some form of social interaction felt less symptoms of depression. This study shows that conventional treatments can be supplemented by social support from family, friends and the community in the battle against mental health problems. Participating in social activities and engaging in conversation can help you feel less isolated, and anxious. To help with the socialization opportunity, we in Bay County have Senior Activity Centers in six locations throughout the area. In these centers there are opportunities to age well through exercise, healthy eating options, socialization, activities and volunteering. Programs are offered periodically on issues that affect our 60 years and above population. We try to be on the cutting edge looking and researching programs that affect our area seniors. We collaborate with other business, organizations and agencies to bring that information to you at the various activity centers. We also offer entertaining activities such as card groups, area entertainment, arts and crafts classes and sporting activities. We have space available to bring your various groups in for lunch meetings. If you cannot drive to the center on your own, transportation is available for a minimal fee.

Each Senior Activity Center has its own hours of operation, phone number and Site Manager who runs and assists the senior with our mission. These times, locations and days of operation are posted on our web page at www.baycounty-mi/aging/ or in our monthly senior newsletter, *Wonderful Times*. We also post current information on our Facebook page under Bay County Division on Aging.

We are your local resource center for questions. If we cannot directly help with your specific need, our Case Management team can direct you to the resource needed.

We are here for our 60 plus population and want to aid and assistance in your Aging Well efforts. Be sure to contact us at 989-895-4100 for additional information.

Let us all look forward to a healthy and productive 2017.