



## August 21 National Senior Citizens Day

National Senior Citizen's day, first proclaimed by President Ronald Reagan (who was 69 at the time of his first inauguration) is celebrated to show appreciation for the contributions seniors impart and to increase awareness of the challenges they face such as age bias (ageism), deteriorating health and health discrimination that affects their life. There are many different ways to help counter age bias and enable senior citizens to remain healthy and vital.

### Recognize and appreciate the seniors in your life

**Spend time and listen.** Ask for their advice about their family history, heritage, and their life's challenges and triumphs.

**Be curious about their wisdom and experience.** Find out what they can teach you about their favorite music, books, life travels and passions they pursued (and still pursue).

**Remember to focus on what seniors *can* do.** Look beyond any limitations they may have.

**Help them stay engaged and optimistic.** Optimism can help reduce the risk of depression in later years, which in turn, helps promote better health and longevity. Some ideas:

- Offer challenging games, puzzles, scrapbooking or other hobbies, trips to interesting places, museums, lectures, concerts; share information about community activities geared to seniors.
- Teach them the basics of social media, helping them stay connected to family, friends and community

**Volunteer for organizations that help seniors.** Invite a senior friend or family member to a fund-raising activity.

**Respect older coworkers.** Don't automatically assume older employees are less adaptable, less tech-savvy, resistant to change or a hindrance to progress.

### Tap into available resources

**AARP (American Association of Retired Persons).** The nation's largest nonprofit organization dedicated to empowering Americans 50 and older to choose how they live as they age.

<https://www.aarp.org>

**National Institutes on Aging (NIA).** Features information on doctor-patient communication, healthy eating and much more.

<https://www.nia.nih.gov/>

**AGism.org.** This organization offers information about how to change attitudes, views, and reactions towards older individuals in society.

**Area Agency on Aging.** Find your state chapter to learn about volunteer opportunities and much more.

### Did you know?

As the number of people over 50 grows, they are transforming markets, and, as they extend their work lives and earn wages, they are fueling the economy, spending more money and also giving back to social causes.

--Jo Ann Jenkins, CEO, AARP

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