



# Age Old Wisdom

## **POSITIVELY!**

It is no secret that a positive attitude can lead to a longer life. There is medical literature aplenty showing that “looking on the bright side of life” helps heart patients, in particular, avert further complications. One of the primary reasons for this is that heart patients choose to adopt a more positive outlook that leads them to change dangerous behaviors. For instance, there is hardly a good case to be made for smoking, although many people with heart and lung disease choose to go on smoking. Conversely, people with more optimistic outlooks may decide that there is something they can do to take their health into their own hands, and their decisions become self-fulfilling prophecies. Instead of asking “why,” try declaring “why not”!

At Deutsches Altenheim, we understand the positive effects that a good attitude can have on our senior residents. Staying active and involved is an important part of everyone’s health and well-being. Whether your interests are arts and crafts or playing card games in one of our community rooms, exercising while strolling our walking paths, enjoying a quiet afternoon in the library or a boisterous event at the Bierstube, our full time recreational staff are always staying active and at your service. You are invited to tour our unique senior community.