



Age Old Wisdom

YOU ARE AS YOUNG AS YOU FEEL

While many people insist that “age is just a number,” health experts are increasingly drawing a distinction between a person’s “chronological age” and his or her “biological age.” The fact is that people who eat a healthy diet, exercise regularly, and maintain a positive attitude may actually have younger bodies and minds than others their age. Not only that, but it also seems that people who say they feel younger may actually live longer. According to a study of 6,500 individuals with an average age of 65, those who said that they felt three or more years younger than their age lived longer than those who believed they felt more their actual age. Attitude and self-knowledge count for a lot. The power of self-perception holds that people can actually become the people they want to be.

The staff at Deutsches Altenheim understands the positive effects that a good attitude can have on our senior residents. This is why our activity calendar seeks to engage and entice our seniors to participate. Whether your interests are arts and crafts or playing card games in one of our community rooms, 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.