

Many factors contribute to emotional well-being and brain fitness. Staying mentally active and socially engaged with family and friends helps maintain and strengthen brain health and memory.

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Article

How Does Social Connectedness Affect Health?

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Sharing Your Family Story

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Links

GetSetUp ~ Live classes for older adults, by older adults

GetSetUp supports older adults to learn new skills, connect with others and unlock new life experiences. Older adults have incredible knowledge to share and new mountains (literally and figuratively) to climb, but until now they haven't had their own place to pursue their passions and continue creating, growing, and giving back.

Source

[GetSetUp ~ Live classes for older adults, by older adults](#)

Links

CareScout

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Coalition to End Social Isolation and Loneliness

Source

[Coalition to End Social Isolation and Loneliness](#)

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Libby App: Free library reading app

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[Libby App: Free library reading app](#)

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Internet Archive: Free Books, Movies, Software, Music

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[Internet Archive: Free Books, Movies, Software, Music](#)

Article

5 Secret Health Benefits of Gardening

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

Source

[AARP](#)

Links

Aging in Place: Your Home, Your Community, Your Choice

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

Source

[Aging in Place: Your Home, Your Community, Your Choice](#)

Links

NAMI Virginia Mental Health Resources

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