Inspiring wellness is something The Moorings at Lewes strives to do for its residents every day. This year, that’s the theme of Active Aging Week, which runs from September 23 to 29. It’s an annual health and wellness campaign developed by the International Council on Active Aging (ICAA) that can literally change lives.

The goal of the week is to encourage fun, friendship, and positive perceptions of aging. The 2018 theme, “Inspiring Wellness,” promotes wellness as an invigorating lifestyle for all who embrace it. That’s the beauty of this health week – it’s open to anyone who wishes to participate, and participation can be however much or however little each individual chooses.

You can make Active Aging Week your own!

“We created Active Aging Week as a time for people to get together and enjoy fun, positive life experiences, and maybe even adopt new activities on a longer-term basis,” said Colin Milner, ICAA’s founder and CEO. “The campaign also spreads the message that aging should be embraced and celebrated, and showcases people who are doing so.”

How to Participate in Active Aging Week

Residents at The Moorings have a few options for participating in Active Aging Week this year. First, you can choose to participate in one of the theme days set up by ICAA. Themes include:

- **The WALK! With Aegis Therapist Event** – Now in its 10th year, the WALK! with Aegis Therapies 2018 is a week-long guided wellness program promoting active aging and healthy lifestyles for anyone who would like to join and get active whether they are in assisted living or want to participate at home during Active Aging Week
- **Wellness with Water** – Water is an extremely powerful way to achieve health and well-being for people of all ability levels. All you need is a sense of adventure, some water, and a splash of fun. An easy, yet effective way to do this is to offer a group class. Try aquatic yoga or dance. These classes are as fun as they are effective.
- **Nutrition for Strength and Energy** – Strength and energy play key roles in functional ability. The good news is, there are several things older adults can
Join Us for Active Aging Week Sept. 23 to 29

do to improve their strength and energy. The information, resources, and activities found here provide insight on how proper nutrition and physical activity work together to support and maintain strength and energy levels in older adults.

- The Silent Challenge – For those community members struggling with the silent challenge of incontinence, just leaving their house can be a major challenge. The fear of having an accident in front of their friends and neighbors can lead to anxiety and isolation. By helping community members improve their continence level through diet and exercise or find the right absorbent products for their needs, you can enable them to regain their lifestyle!

And while we’re excited to bring a fun-filled week of activities to our residents for Active Aging Week, our wellness initiatives are already happening. For instance, earlier in September we hosted a wine and cheese reception featuring Atlantic Visual Artists works. Residents and guests sipped on chardonnay while viewing watercolor paintings and mixed media works from various artists. This is just one of many social and active events we host for our residents throughout the year!

Age Well Near the Delaware Beaches

We hope you join us for Active Aging Week this year! From wellness programs, delicious dining options, and daily strolls along the beach or biking in Cape Henlopen State Park to comfortable living options and compassionate care from a team of professionals, The Moorings offers everything you need for satisfaction in your retirement. Contact us today for more information.