

Adaptive Aging

SAJE Senior Ministry

ST. LOUIS COUNTY LIBRARY

HILLARY PEPPERS REFERENCE LIBRARIAN

L.I.F.E. Framework

Longevity

Independence

Fitness

Engagement

Each component is a part of healthy aging.

The library can support you at every stage of life.



Healthy Aging

How is health measured?

Health is a state of complete physical, mental and social well-being and *not* merely the absence of disease or infirmity.

Biology

Overall health and ability to perform physical tasks

Cognitive

Ability to perform brain based tasks, from the most simple to the most complex

Social

Being able to interact with a range of people and having a sense of belonging



LONGEVITY

The combination of internal and external factors that account for the length of a life

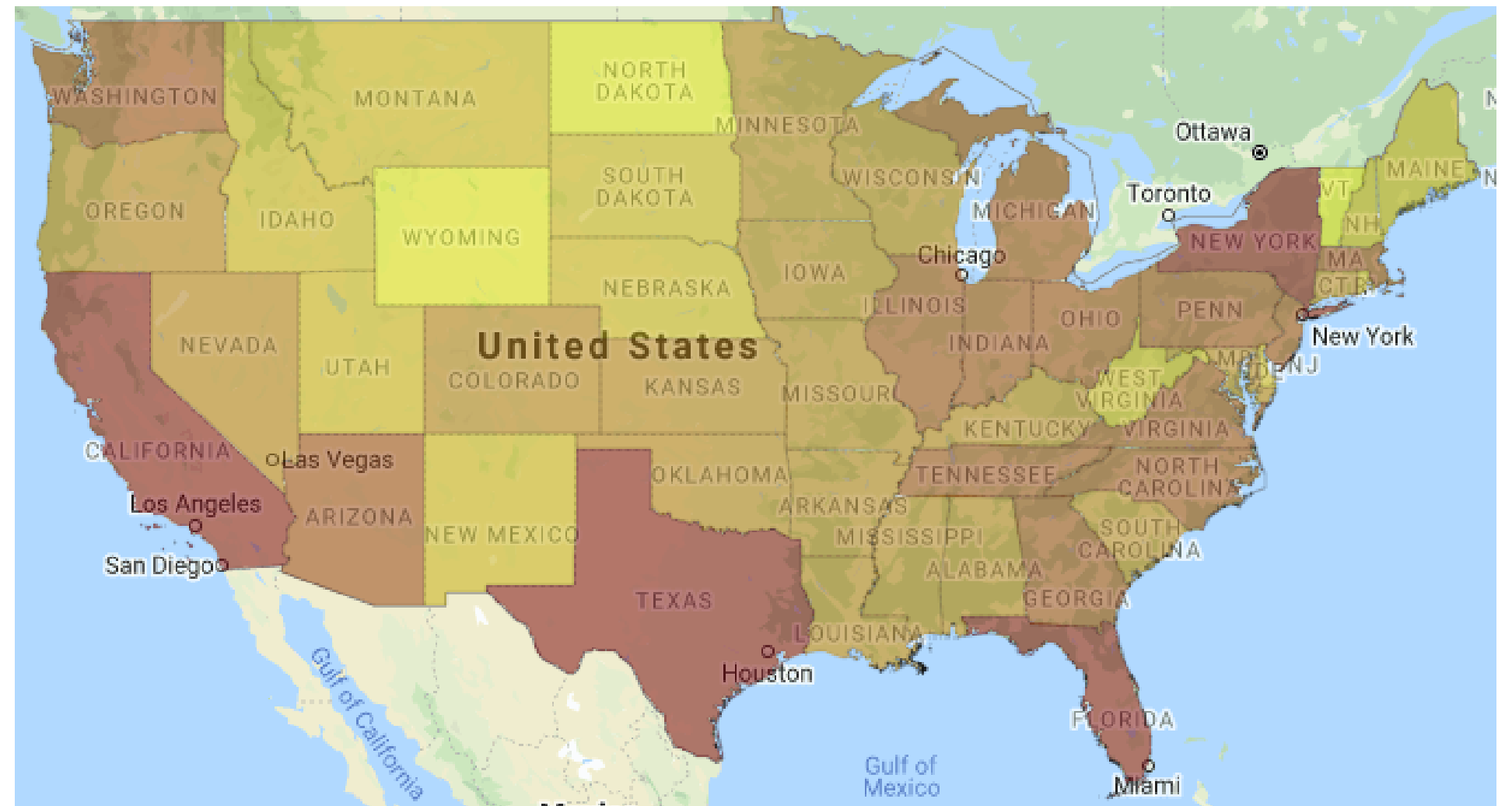


Longevity in the US

People over 55: 29%

People over 65: 16.5%

People Over 75: 7%

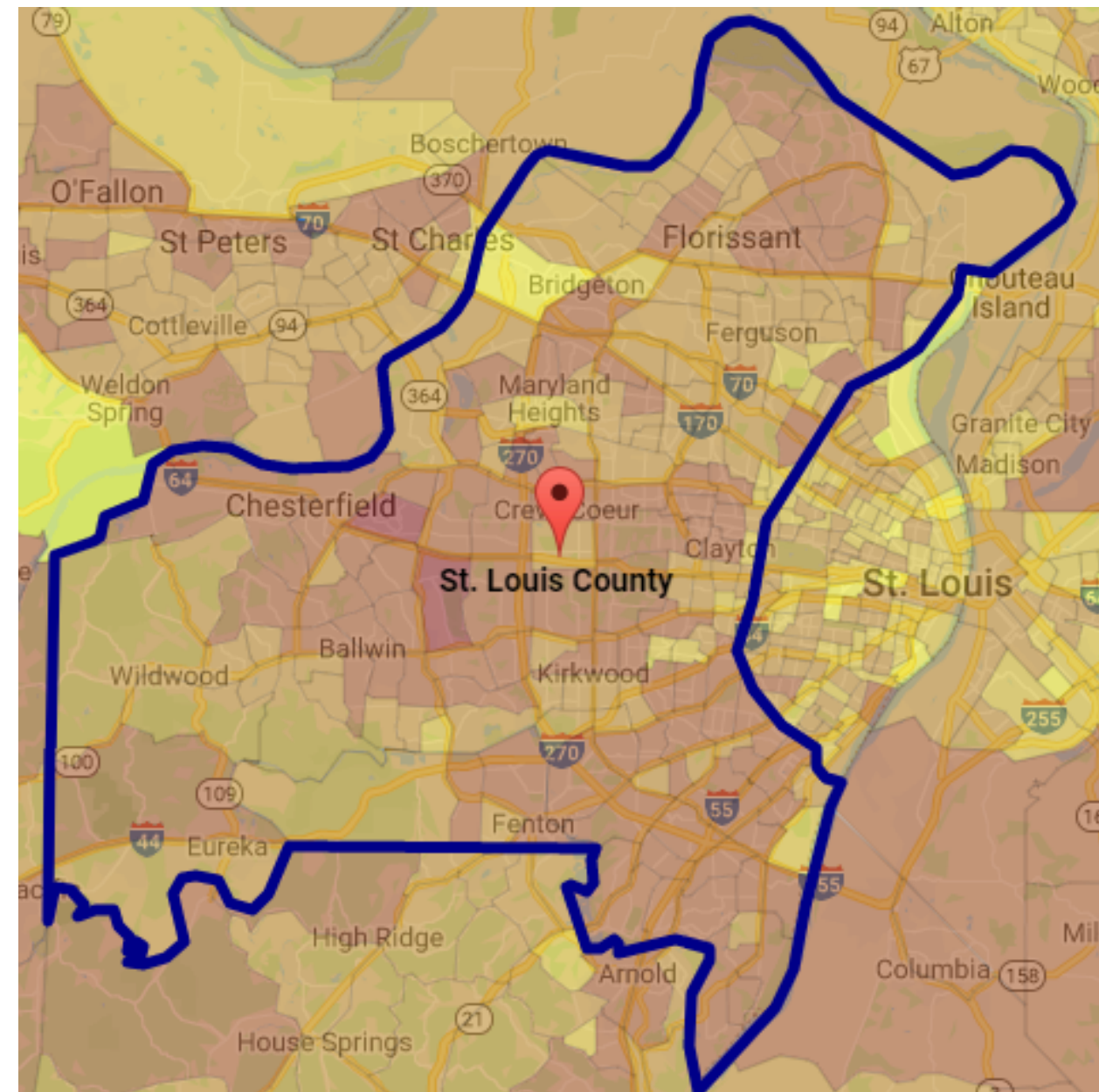


Longevity in St. Louis County

People over 55: 33%

People over 65: 20%

People Over 80: 5%



Blue Zones

Blue Zones are longevity hotspots. Areas where there are high concentrations of people older than 85.



Blue Zone Traits

1. Moderate, regular physical activity

2. Life purpose

3. Stress reduction

4. Moderate caloric intake

5. Plant-based diet

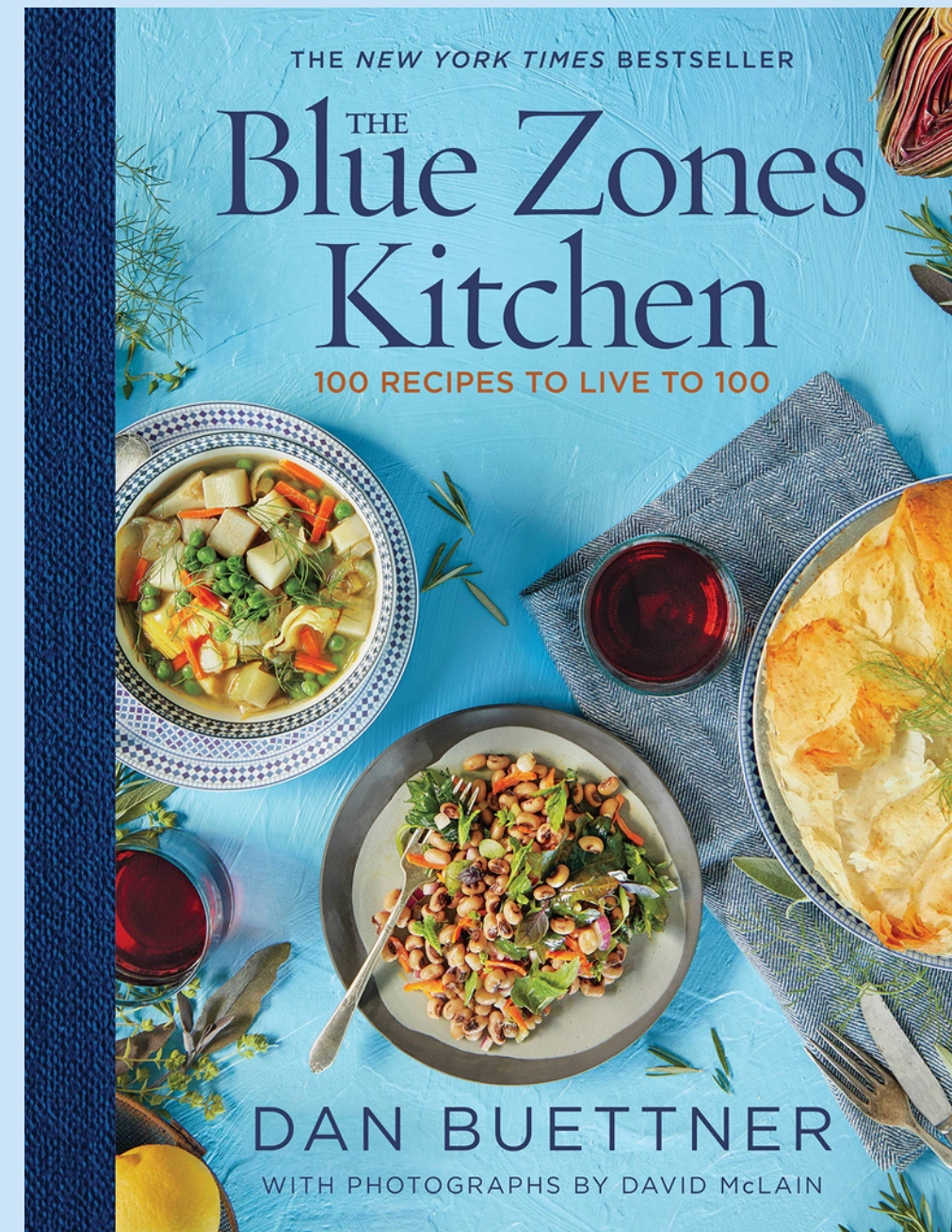
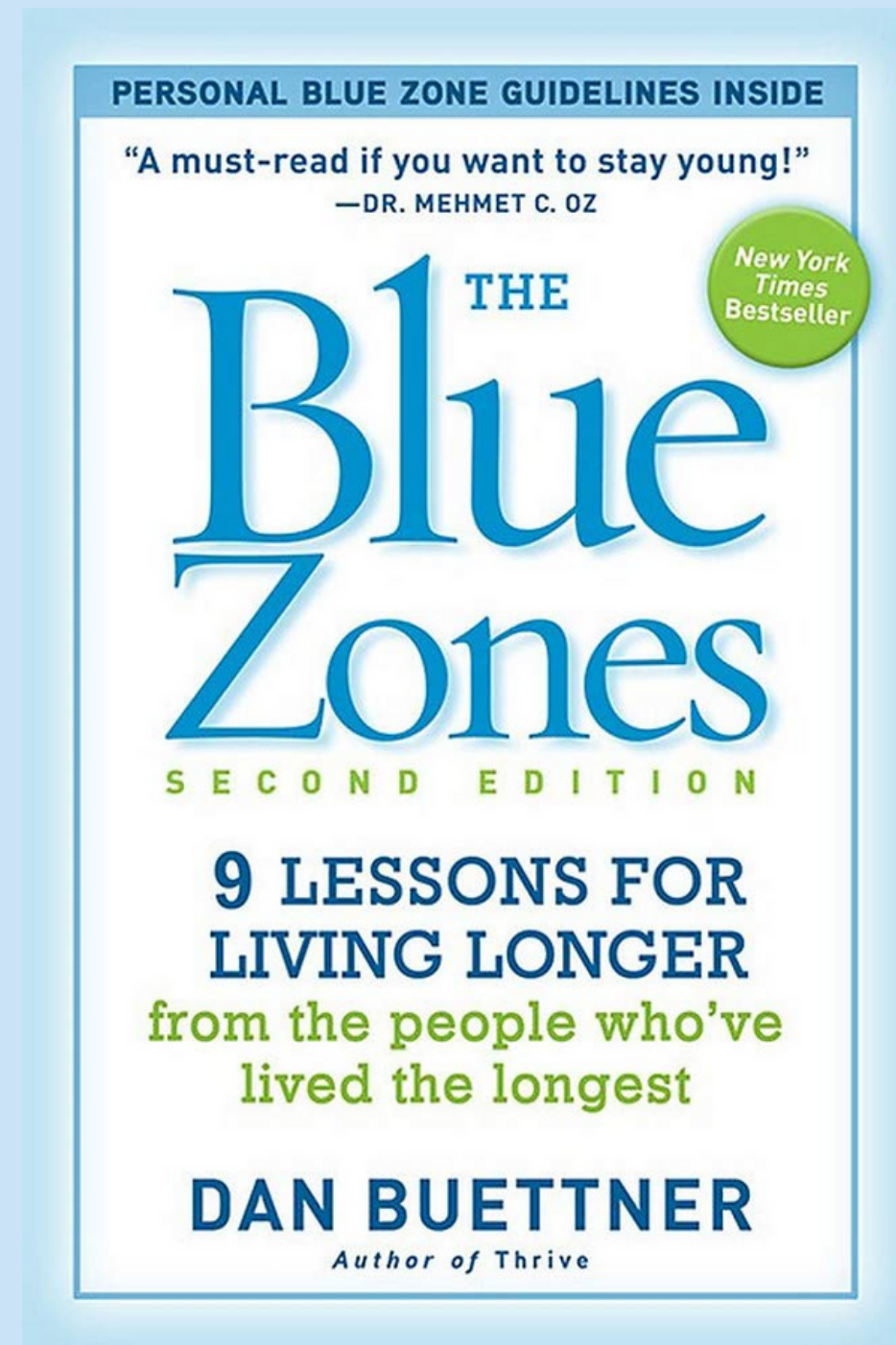
6. Moderate alcohol intake, especially wine

7. Engagement in spirituality or religion

8. Engagement in family life

9. Engagement in social life

Library Resources for Longevity



Library Resources for Longevity



Do you need assistance finding a doctor?

Do you need help exploring health insurance options?

Are you interested in learning more about community programs for chronic disease management?

Library Resources for Longevity

Intuitive Eating

June 14th at Natural Bridge 2 pm

Quick and Healthy Meals

June 26th at Natural Bridge 10 am
June 30th at Lewis & Clark 10 am

Healthy Meals and Recipes

July 5th Lewis & Clark 10 am
July 13th at Parkview 7 pm



**Community
Wellness
Hub**

Presented by
BJC HealthCare



**St. Louis
County
Library**

Adults. Registration requested.
Visit www.slcl.org/events for more information.

Library Resources for Longevity



A grocery store on wheels providing access to fresh, affordable food.

The St. Louis Metro Market visits the Lewis & Clark branch.

INDEPENDENCE



Maintaining autonomy and personal control over daily routines

Interdependence = Independence

Sometimes maintaining autonomy and personal control over daily routines requires others.

Things
that contribute
to independence
at any age.

Delivery or curbside pickup for awkward items.

Learn home organization tips to make your home safer and more navigable

Home Assistants like Alexa or Google Home

Apps:

Todoist: Stay organized and share lists with others (Free)

Mealime: Meal planning with organized shopping lists.

Organizations that may help make your life easier

Aging Ahead (60+) can help demystify Medicare, find in-home help, age-related housing, or transportation.

ElderLink can answer questions about utility assistance, in-home support, and transportation resources.

Lutheran Social Services (50+) can connect you to in-home assistance, help to pay utilities, and in-home assessments for care.

Library Resources for Independence



**BOOK A
TRAINER**

TECH SUPPORT
DEVICE ASSISTANCE
EMEDIA HELP

We're here to help!
St. Louis County Library now
offers online appointments
or assistance by email on a
variety of topics.

 St. Louis County Library

www.slcl.org/book-a-trainer

Work one-on-one with library staff to learn how to download apps and use your devices.

- Phones & Tablets
- Library Apps
- Computer Skills

Library Resources for Independence

Make an appointment to have tax professionals prepare and file your taxes. 60+ preferred.
By appointment.

Learn about programs and fill out applications for assistance with energy bills, water/sewer bills, rent/mortgage payments, and home weatherization.



Library Resources for Independence

55+ Back to Work Classes & Job Fair

- Resume writing
- Looking and applying for jobs
- Acing the interview
- Job Fair with employers committed to hiring 55+ workers



Library Resources for Independence

Coming 2024!

Pitch Perfect: Empowering Encore Entrepreneurs

- 8 week workshop
- Community networking
- Cash infusion



FITNESS

Health choices and behaviors through the life span can help play a role in reversing or preventing health problems.



physical FITNESS

Regular physical activity can reduce the risk of cardiovascular disease, type 2 diabetes, and some cancers.

Regular physical activity improves mental health, mood, and improves sleep.

Exercise changes the brain in ways that protect memory and thinking skills.



How much exercise to
improve memory?

120 minutes of moderate-intensity
exercise. That is one hour twice a week
or four 30 minute walks a week.

Library Resources for Physical Fitness



Walk With Ease

Meramec Valley
Florissant Valley

Work with a pro trained by the Arthritis Foundation and meet likeminded folks who also want to get some exercise.

Library Resources for Physical Fitness



Yoga for everyone!

Chair Yoga on Zoom every other Wed. In person, every week at a branch.

VIRTUAL PROGRAM

Chair Yoga

PRESENTED BY THE FIT AND FOOD CONNECTION

Wednesdays in September 10:00 a.m.*
*September 23 class will be at 11:00 a.m.

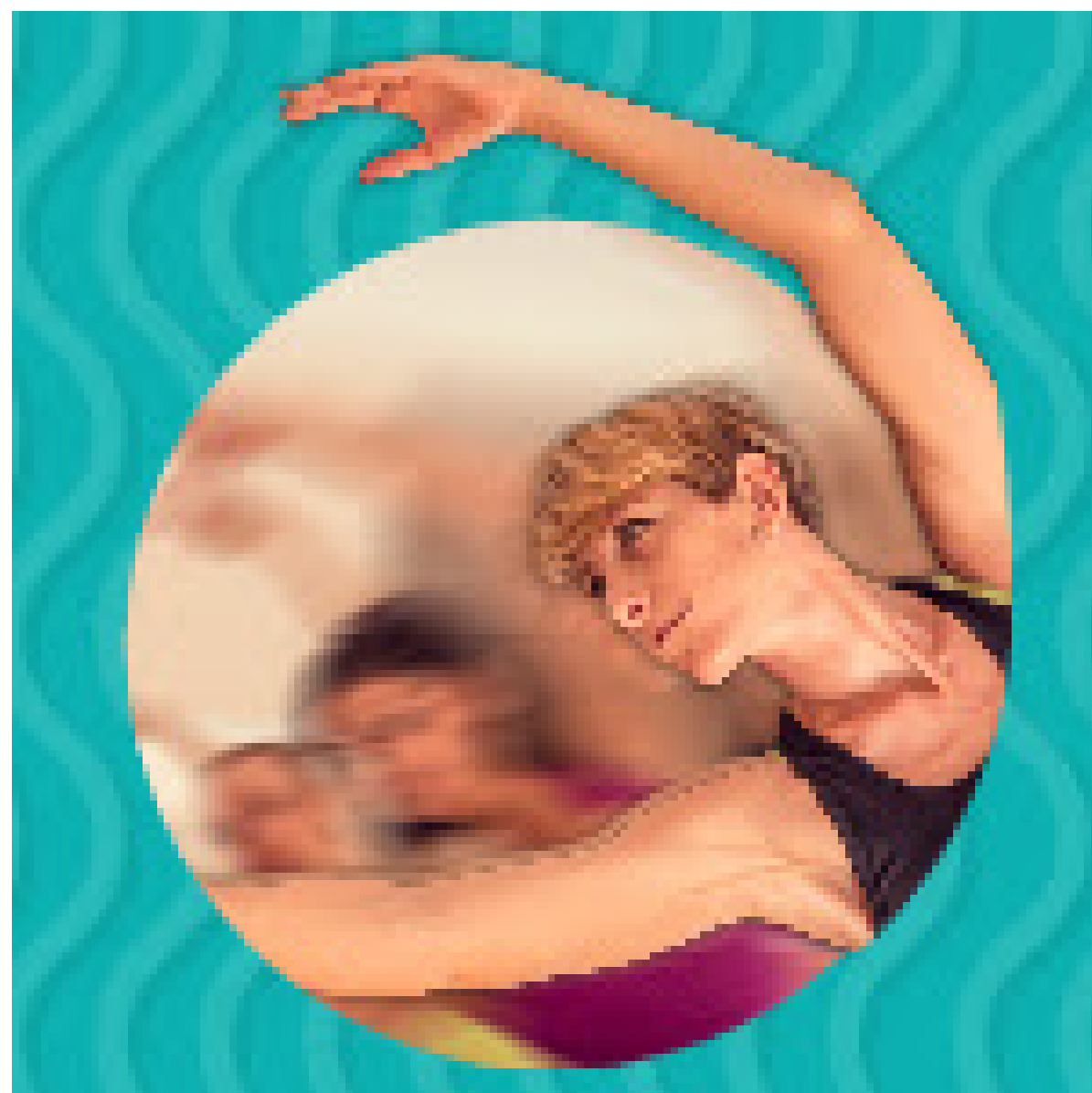


The Fit and Food Connection

With the support of a chair, practice yoga poses to relieve stress, increase strength and improve flexibility. Beginners welcome. Please dress comfortably and have a mat or towel.

Teens and adults. Registration required.

Library Resources for Physical Fitness



Balance Barre

Presented by Vitality in Motion

Boost your balance with ballet. This gentle standing and seated class is great for adults 65+ looking to improve balance, posture, strength and flexibility through the beauty of dance. No dance experience or special attire is needed.

**Jamestown Bluff, Daniel Boone, Rock Road,
and Weber Road Branches**

Library Resources Physical Fitness



Social Dancing, Line Dancing, and Folk Dancing No dance experience or partner is necessary!

Folk Dancing

June 28th Thornhill 6:30 pm

Social Dancing

June 24th Daniel Boone 2 pm

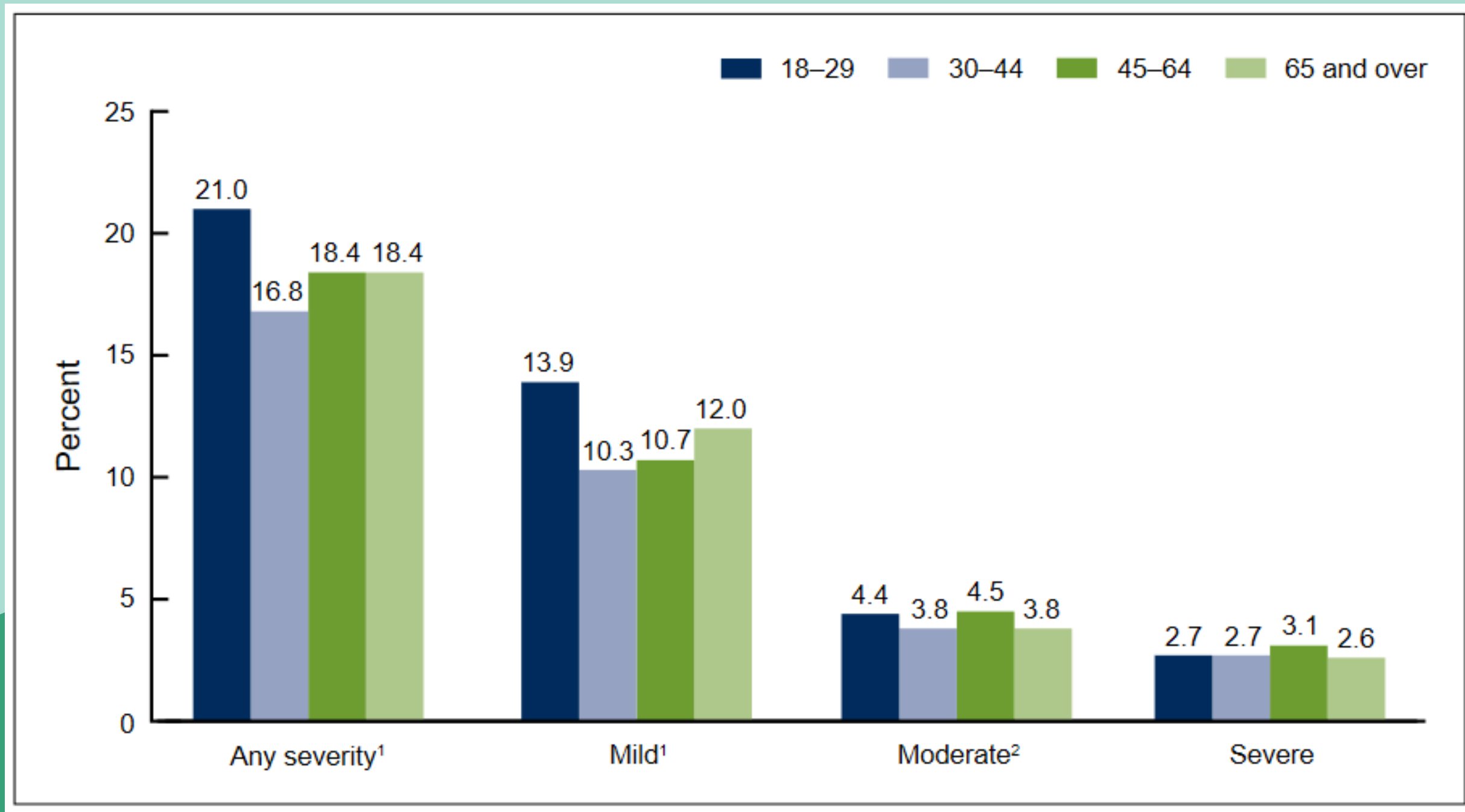
Line Dancing

Samuel C. Sachs, Thornhill, Eureka Hills, Daniel Boone branches.

emotional FITNESS

Compared with their younger counterparts, older adults react less to negative situations, ignore irrelevant negative stimuli, and in general remember more positive than negative information.

According to the CDC, in 2019, 18.5% of adults had symptoms of depression that were either mild, moderate, or severe in the past 2 weeks.



SAMHSA

1-800-662-4357

Suicide & Crisis Hotline

988

National Hopeline Network

1-800-784-2433

Library Resources for Emotional Fitness



Headspace free on your PC



Also free as an app!

Library Resources for Emotional Fitness



Free online classes

- How to Develop Emotional Resilience to Manage Stress
- 12 Strategies for Dealing With Difficult People
- Journaling Mastery: Become Your Best Self
- The Key to Happiness: Self Care

Library Resources for Emotional Fitness



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St. Louis
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Journaling as Self Care

April 19th at Lewis & Clark
May 8th at Natural Bridge

Stress Management

April 14th at Natural Bridge 10 am
May 10th at Parkview 6:30 pm

Mindful Movement

April 5th at Parkview 6:30 pm



cognitive FITNESS

Your brain NEVER stops creating new connections. If you are active in lifelong learning you may maintain or improve cognition.

The adage that you cannot teach an old dog new tricks has been debunked.

A 2018 study with younger and older adults where each was given an increasing amount of tasks to perform simultaneously discovered that older adults can equally cope with increased complexity as young adults do.

In cases where it takes longer, older adults are more accurate.

THE MATURE MIND

THE POSITIVE
POWER OF THE
AGING BRAIN

GENE D. COHEN, M.D., Ph.D.

Tips from the Alzheimer's Association for Cognitive Fitness

- Read books and articles that challenge and inspire you
- Complete puzzles and play games that are challenging for you
- Learn new skills or hobbies
- Engage in ongoing learning



Library Resources for Cognitive Fitness



ENGAGEMENT

**Social interaction
and support**





According to the American Psychological Association, social disconnection can be as harmful to people as obesity, physical inactivity, and smoking up to 15 cigarettes a day.

Library Resources for Engagement



Science Fiction, Chapter,
Romance, Mystery, No Reading
Required, and more!



Trivia Night: Friendship
Senior Trivia Fun
Schitt's Creek Trivia Night (Virtual)
Pride Trivia
Video Game Trivia

Library Resources for Engagement



Painting With Rhythm Natural Bridge June 21st at 6:30 pm

Enjoy a night of Jazz music while creating beautiful paintings. A fun and easy way to create art while relaxing on a calm evening.

Kranzberg Jazz Jam Lewis & Clark July 6 at 6 pm

First Thursday each month features a performance by some of St. Louis' finest jazz musicians, along with the opportunity for local musicians to participate.



Additional Resources...

Next Avenue

www.nextavenue.org

- Part of PBS
- News, information, and planning
- Email courses

Fast-Forward:
Take Control of the Rest of Your Life



Credit: Next Avenue | John Gilman

Alzheimer's Association

Free Education Programs

Online or In Person

alzheimer's 
association

Other Resources for Engagement



CHOICE Programs

Free Education
Programs

Online or In Person

In person includes lunch for a \$5 donation



QUESTIONS?

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