

POSITIVE AGING *Champion*



MAY 2020

———— *George & Marilyn Jeffries* ————

"Marilyn and I try to practice the life-saving principles, which we learned in the *Matter of Balance* class that the *Holmes Co. General Health District* offers, every day. With the change in my health status, I have become more vulnerable to falls and bone fractures. We have learned to "think twice" before entering or exiting doorways and, have tried diligently to fall-proof our home. We have made a habit of controlling our fear-of-falling, by being more proactive and planning our moves, both inside and outside the house. Life is full of surprises. While we cannot always anticipate, what may be waiting around the corner, we can learn to pause briefly to contemplate our next moves."



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AUGUST 2020

Carole Norman

"I know that what I can do with my life is a choice I make every day. I can sit in my recliner and watch T.V. or I can get up and do something constructive with my time. I'm lucky because I'm not programmed to do nothing. I need to be active in mind and body and I think that helps me keep aging well.

Keeping one's mind and body fit, I feel, can slow the aging process, but it also requires a bit of motivation. How we spend our time is a choice we make, but it can also be an exciting way to live. It can create a healthier mind and body and just might open new doors to friendships and opportunities. My advice for positive aging is to find a way to exercise our bodies and, when we have some down time, exercise our brain cells, too.

Our age is only a number - it shouldn't define who we are."

This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health as a sub-award of a grant issued by Preventative Health and Health Services Block Grant under the Injury Prevention Program by the Centers for Disease Control and Prevention, grant award number 1 NB01OT009265-01-00

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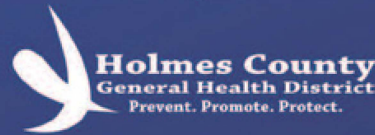
Champion

NOVEMBER 2020

— *Jerry Strouse* —

“Positive Aging means taking care of yourself so you can live in your own environment. You need to stay active, get outside, talk with others, eat a healthy diet, and get adequate sleep! That’s what I do and I’m 88! My words of wisdom, if you are in pain and need a joint replacement, get it done while you are healthy and enjoy life!”

February 2021



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- Wanda Kieffaber -

" I believe positive aging is having a good attitude toward life in general.

I do my best to keep uplifting thoughts and not get caught up with thoughts and problems I have no control over. I feel positive aging is not being grumpy even if your aren't feeling 100%. My advice to anyone living in the later years of life would be to keep active as much as possible, take care of your health, your body and mind. Aging doesn't mean you have to act old just because your birth certificate says you are a certain age.

Laugh and smile, and you will have less wrinkles!"



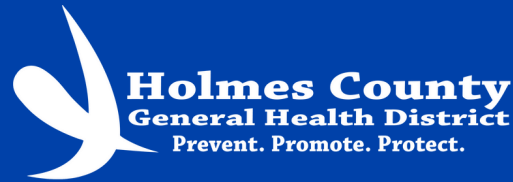
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May 2021

—— *Betty McNutt* ——

"Age is only in your mind! Do the best you can, and if you fail keep trying! Stay active and encourage others to be involved in life."

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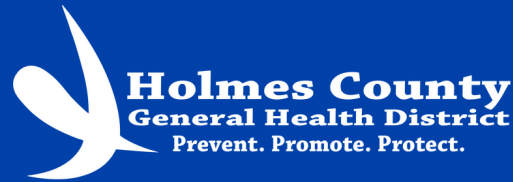


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August 2021

Sue Martin

"Positive Aging means to live one day at a time. Do what makes you happy, like: pray, laugh, sing and spend time with family and friends. My advice is to always stay active and exercise; and make sure you see your doctor regularly! Live with a positive attitude and you will remain young at heart."



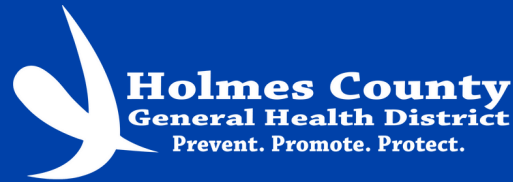
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November 2021

—— *Ruth Ann Brenly* ——

"Positive Aging means to stay as active as you can! Being alone is hard as we get older, but if we stay involved with life and help others, you won't feel so alone. That's why I walk 2 miles a day and joined a gym to stay healthy and make new friends."

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February 2022

Ruth Waltman

"Positive Aging is an obligation to be as healthy and active as I can. More importantly, it is an opportunity that life has given me to explore everything that interests me that I did not have time for in my past."