

What brings joy late in life?



**March 2018, Volume 15**



## **"There is Sunshine in My Soul"**

Our body and mind begin to slow down and many ask the question; what brings happiness and joy later in life? Happiness is a state of well-being and peace of mind. How can one begin to live a life of happiness with a sense of meaning, satisfaction and contentment? There is not one way in attaining happiness, it is very individualized for everyone. People need to find what will work best for them. Below are some guidelines and suggestions.

- Don't take yourself too seriously, give yourself permission. Permission to laugh big and cry when you need to. Permission to be different and unique. Continue to reach for your goals and dreams, yet allowing those goals and dreams to change as needed.
- Express your gratitude, blessings and hopes. Share your stories to others and listen to their stories. By doing this it can help manage stress, reduce negative emotions and increase self-awareness.
- Explore new activities. Stay curious, learn new things and challenge yourself. Discover what gives you pleasure and use your senses. For example, do you like to walk? Walk outdoors; take note of the warm sunshine, smell the pine and grass and notice the colors around you.
- Choose uplifting relationships. Having good friends who encourage and support you will help with that overall feeling of happiness and contentment. Choose friends who share the same interest to encourage and maintain the friendship.
- Be a part of your community. After exploring your interest, what groups and organizations can you join? How can you give back to the community? Volunteering your time for a worthy cause is a way to contribute to your community. Volunteering gives a sense of meaning and purpose boosting self-worth and a feeling of satisfaction.
- Take care of your mind, body and soul. For your mind, allow time to relax and de-stress. Keeping our mind active is just as important. For example, read/listen to audio books or play games. Take care of your body. Maintain medical needs and proper sleep, nutrition and exercise. Healthy diets are important and feeding the body correctly has a direct link to having an overall contentment feeling. Regular exercise such as a basic walk can increase that overall happy feeling. Feed your

soul. There are many ways to explore in this area. It can be meditation or prayer and as simple as a massage or a haircut.

- Allow yourself to find that personal joy and remember what brought you joy in the past. It's okay to be childlike, not childish; Let the inner child out and play.

“Happiness is a Journey, not a destination.” ~ Ben Sweetland



#### Recipe for Happiness

Ingredients:

1 large smile

2 cups of sweetness

A large helping of positivity

A good sense of humor

1 cup of self - esteem

2 spoonful's of true faith

1 spoonful of Good will

2 pinches of *easy-going*  
And a heart full of love  
Mix together and share with family and friends.

References:

1) Happiness and Contentment: Still Not Available in a Pill, Psychology Today:  
February 2018

2) 10 Things Happy People Do to Stay Happy, By Lynn Newman, MA  
Counseling Psychology

## **Senior Centers in Lucas County**

Senior Centers are community facilities where older adults can gather and make new friends. While programs vary by center, most offer outreach programs, meals, health screenings, counseling, and a variety of educational, fitness and volunteer programs. Examples include card/game tournaments, day trips, movies, exercise classes, crafts, educational speakers, safety classes. Some centers offer lunches, some centers offer transportation. It's best to contact the center for times of operation and to inquire about amenities offered.

### **Asian Resource Senior Center**

(419) 936-2866

1865 Finch Street, Toledo, 43609

**Chester J. Zablocki Sr. Center**

(419) 936-3090

3015 Lagrange Street, Toledo, 43608

[WARNING!! Suspicious Site, call IT](#)

**East Toledo Senior Activity Center**

(419) 691-2254

1001 White Street, Toledo, 43605

[www.etfc.org](http://www.etfc.org)

**Eleanor Kahle Senior Center**

(419) 476-2745

1315 Hillcrest Drive, Toledo, 43612

**Friendship Park Comm. Ctr.**

(419) 936-3079

2930 131<sup>st</sup> Street, Toledo, 43611

[www.friendshipparktoledo.org](http://www.friendshipparktoledo.org)

**NHA-Frank Troy Senior Center**

(419) 255-6206

545 Indiana Avenue, Toledo, 43604

[www.nhainc.org/troy-senior-center](http://www.nhainc.org/troy-senior-center)

**JFS Senior Adult Center**

(419) 885-2561

6505 Sylvania Ave., Toledo 43560

[www.jewishtoledo.org](http://www.jewishtoledo.org)

**Little Sisters of the Poor/Sacred Heart Home**

(419) 698-4331

930 S. Wynn Road, Oregon, 43616

[www.littlesistersofthepoornwohio.org](http://www.littlesistersofthepoornwohio.org)

**Margaret L. Hunt Senior Center**

(419)385-2595

2121 Garden Lake Pkwy, Toledo 43614

[www.mlhunt.weconnect.com](http://www.mlhunt.weconnect.com)

**Maumee Senior Center**

(419) 893-1994

2430 South Detroit Avenue, Maumee, 43537

[WARNING!! Suspicious Site, call IT](#)

**Monclova/AW Senior Center**

(419) 861-1336

8115 Monclova Rd Monclova 43542

[www.monclovacommunitycenter.org](http://www.monclovacommunitycenter.org)

**NHA-Mayores Senior Center**

(419) 242-1144

2 Aurora Gonzales Drive, Toledo, 43609

[www.nhainc.org/mayores-senior-center](http://www.nhainc.org/mayores-senior-center)

**Oregon Senior Center**

(419) 698- 7078

4350 Navarre Ave, Oregon, 43616

[www.oregonohio.org/senior-living](http://www.oregonohio.org/senior-living)

**Senior Centers, Inc.**

(419) 242-9511

2308 Jefferson Avenue, Toledo, 43604

[WARNING!! Suspicious Site, call IT](#)

**Spencer Twnshp Neighborhood Center**

(419) 865-4700

330 Oak Terrace Blvd Holland 43528

[www.spencertwpneighborhoodcenter.com](http://www.spencertwpneighborhoodcenter.com)

**Sylvania Senior Center**

(419) 885-3913

7140 Sylvania Avenue, Sylvania, 43560

[www.sylvaniaseniorcenter.org](http://www.sylvaniaseniorcenter.org)

**Area Office on Aging Spring Fling Scheduled May 15, 2018**

**SAVE THE DATE:** May 15th 10 am -2 pm

Sylvania Tam-O-Shanter,  
7060 W. Sylvania Ave,  
Sylvania, Ohio

The Area Office on Aging prepares to welcome about 2,000 people age 60 and over as well as over 90 exhibitors to its May 15th Spring Fling event. Admission to the event is free. The boxed lunch is \$5 for those ages 60 and over. Lunch tickets can be purchased in advance at the Area Office on Aging, 2155 Arlington Ave. in Toledo and at area senior centers. Lunch tickets may also be purchased at the event. The exhibitors will have information about the programs, products and services available to those aged 60 and over. Various health screenings will also be part of the event. There will also be various health and wellness demonstrations throughout the event. This is the 40th year for this event. Those groups that want to be a part of the event and others, who would like additional information about the event, can call the Area Office on Aging at 419-382-0624.





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**Contributions to this Newsletter comes from:**

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