

Thursday, February 25th, 2pm ET
Presentation in Zoom, accessible via the C-STAR website:
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Aging Gracefully with Exercise and Social Engagement

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Recent research has shown that exercise and social engagement improve cognition and reduce the risk of mental and physical health problems. Exercise reduces the risk of stroke and degenerative neurological disease such as Alzheimer's disease. Social engagement improves adherence to exercise, and decreases depression and stress, which impact physical health. Increased understanding and application of research may benefit older adults living in the community and also those residing in nursing homes where physical inactivity and social isolation are common. More recently, due to the potential spread of COVID-19, nursing home residents have suffered the effects of heightened isolation and loneliness. Healthcare professionals including speech-language pathologists focus on treating problems such as memory, problem solving, and language without awareness of how increasing physical activity and social engagement may benefit the older adults that they are treating. I will discuss two exercise programs Bingocize and Mindful Walking. Both programs may be adapted for low intensity exercise and to stimulate social engagement. Both programs can benefit the oldest old and those with cognitive impairment. I will also describe a measure of social engagement that we developed for the nursing home setting and I will describe how it may be used to document social engagement during Bingocize conducted in a nursing home setting or modified for other activities. Finally, I will discuss potential facilitators and barriers to conducting an exercise and social engagement program in a nursing home setting.

The online lecture can be followed online from your computer, tablet or smartphone, in **Zoom**.
The zoom link is accessible via the C-STAR website: <http://cstar.sc.edu/lecture-series/>

For more information, or to be added to the C-STAR mailing list, contact Dirk den Ouden:
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