

The Friendly Times

How Having Friends Keeps You Healthy

Did you know that living at Friends Home and Linden Hall is good for your health? While there are lots of great reasons: a friendly, caring staff, delicious nourishing meals, a warm, homey atmosphere and interesting, enriching activities, it may surprise you to learn that the most healthful benefit is the opportunity for developing new friendships.

The U.S. surgeon general recently released a report warning of [“an epidemic” of loneliness and isolation](#) in the country. Even before COVID-19, Surgeon General Vivek Murthy said in May, half of American adults reported experiencing loneliness — a condition Murthy said is worse for their health than obesity, physical inactivity or smoking up to 15 cigarettes per day.

According to a pre-pandemic survey, by the University of Michigan Institute for Healthcare Policy and Innovation, 1 in 4 people over 50 say they feel isolated at least some of the time, and 1 in 3 lack regular companionship, according to another pre-pandemic survey, by the University of Michigan Institute for Healthcare Policy and Innovation.

But at Friends Home and Linden Hall, the expansive variety of activities and gathering offer many opportunities to meet people with similar interests, with life experiences and acquired wisdom that offer rich possibilities for social interaction.

The benefits are many and sometimes surprising. Did you know that when you spend time in the company of non-family

member friends and neighbors, you are significantly less likely to experience fatigue or stress? Also, there is significant research showing that friendships later in life forestall dementia, Alzheimer's and physical decline. Other large-scale, yearslong studies have found that frequent social activity [reduces cognitive decline](#) by an average of 70 percent, and reduces physical disability.

One reason may be that looking forward to spending time with friends and engaging in meaningful activities gives us a reason to get up every morning and get into the day.

“There are a lot of sneaky things that happen when you’re socializing that you don’t even think about,” says Bryan James, an epidemiologist at the Rush Alzheimer’s Disease Center in Chicago and one of the most prolific investigators of this topic. “You’re actually being [physically active](#), going to a museum together, or just on a walk, and engaging with the world around you.”

Conversations with friends can also exercise the brain in the same way as the puzzles doctors recommend that people use to stay sharp, James says.

“It cognitively stimulates you. You have to remember people. You have to remember people’s names. These things activate parts of your brain that aren’t activated when you’re sitting on your couch.”

Having friends is as simple an intervention as it is effective, James says.



Fun ways to spend a winter afternoon

Our loyal volunteer and friend Jaylee led an art class for residents of Linden Hall. Thank you Jaylee!



We made homemade, healthy doggie treats for our visiting furry friends from PAWS for People.



Shut The Box, an oldie but goodie game that keeps our minds and memories sharp.



Kari works out at the Kennett YMCA



Carol is our Wii Bowling Tournament Champion!!!

All Around Friends Home A Holiday



Christmas PJ party with our families!



And our wonderful staff threw a party for us.



We spent an afternoon in the witty company of Mark Twain!

JAM Christian Day Care stopped in to have story time when Mrs. Claus paid a visit.



And Linden Hall Season to Remember



Music!



Music!



Such lovely seasonal music! (Top to Bottom): Jordan & Shane (our resident Kari's children), Under A Rest A Capella from WCU, Wilmington Friends School students and Cub Scout Pack 60.



Thank you for sharing your music!



Our residents and staff adopted a family in need from Camp Dreamcatcher, which serves low-income families, many of whom are unable to provide their children with holiday gifts.



Back by popular demand! Our resident choir performed under the direction of our wonderful Brenten McGee.

Happy January/February Birthdays

January 13	Janet McKee
January 31	Barbara Goodwin
February 12	Flossie Harkins
February 13	Phil DeColli
February 15	Donna Leo
February 20	Marion Culbertson
February 26	Peter Moore



Poetry Corner

A Friend

By Gillian Jones

A person who will listen and not condemn
Someone on whom you can depend
They will not flee when bad times are here
Instead they will be there to lend an ear
They will think of ways to make you smile
So you can be happy for a while
When times are good and happy there after
They will be there to share the laughter
Do not forget your friends at all
For they pick you up when you fall
Do not expect to just take and hold
Give friendship back, it is pure gold.

Happy
Groundhog
Day!



FEBRUARY

WORD SEARCH

S C H O C O L A T E F R W D L O C Y
R U R A U Y M J P A A E K X T N A A
E P B T F L S A R G I D R A M S Y D
W I N T E R S W E E T H E A R T K I
O D M U B R T E S H R V X J E V O L
L G L N R E S G I W A F D R E W M I
F W W S U T P B D L R E H E K F L H
G R O R A E Y W E N E S E N I H C C
G J B I R U K N N U F A U M N A E S
R H R R Y B T S T T I C P L D K R R
A E E E L I L N S E T U Y Y N E R G
S E P C N R R O D L I T J K E A A H
S E U E D S Y E A L R A S G S A R R
I T S R E P P I Y A W T A P S Q R N
W F R I E N D S P S G E L K B T O R
C H Y A D G O H D N U O R G O O W R

ARROW
CHILI DAY
CHINESE NEW YEAR
CHOCOLATE
CUPID
FEBRUARY
FLOWERS
FRIENDS
GROUNDHOG DAY
KINDNESS
LEAP YEAR
LOVE
MARDI GRAS
NUTELLA
PARTY
PRESIDENTS DAY
SUPER BOWL
SWEETHEART
VALENTINES
WINTER