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Thursday, June 14th

AgeUp Vision:
A world where elders are
relevant, engaged and
essential.

AgeUp Mission:
To act as catalysts for
transforming and expanding
the perception of aging
locally, nationally and
globally.

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Bayview AgeUp Resident Marion W.

Transformational Aging: Part 2 Q & A with Karen Tanzy, PhD

In this issue, we continue our interview with Dr. Karen Tanzy, clinical psychologist and member of our AgeUp task force, on the topic of social engagement and wellbeing.

Can you talk about the importance of social engagement?

What we may intuitively know about the benefits of building and maintaining social connections is being supported by research findings. There are a number of studies showing evidence that those with a good social support system can stave off loneliness, reduce depression, improve physical health, and even increase longevity.

Continued...



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We've learned a lot from the Harvard Study of Adult Development, which began in 1938 and followed two groups of men, college sophomores and a group of teenagers from the poorest neighborhoods of Boston. For over 75 years, the men have been interviewed and studied regarding their careers, home life, lifestyle, and health. An important conclusion of this research is that maintaining good relationships is the strongest factor, above all others studied, leading to happiness, good health and longer life. More specifically, analysis of the data shows that it's not just the number or type of social relationships, but the quality of the connections that matter. So living with good, warm relationships leads to greater satisfaction as we age, and these connections help to buffer some of the physical challenges of aging. This landmark study also showed that maintaining good social bonds protects brain health.

Researchers have found that our brains are wired for social relationships. In fact, we have what has been identified as "mirror neurons." These neurons respond to the emotions of others, suggesting

that our capacity for empathy is embedded in our brains. And we know that endorphins are released in the brain as a result of social interactions. Even a hug or simple handshake can trigger oxytocin, which is known to strengthen social bonds. Research has shown that positive physical touch can also reduce our physiological stress response, decrease inflammation, and aid in fighting infection.

We've been reading a lot about the negative effects of loneliness in older adults. Can you speak to this wave of research and offer readers some thoughts to consider in addressing loneliness?

Loneliness poses a significant health concern for people of all ages, and in particular older adults. Research suggests that loneliness can have the same impact on one's health as smoking 15 cigarettes per day. And it can cause real physical pain as it acts on the same areas of the brain that process pain.

Researcher John Cacioppo at the University of Chicago has shown that loneliness is a perceptual

"Maintaining good relationships is the strongest factor leading to happiness, good health and longer life."

state that depends more on the quality of relationships rather than the number of people in your life. So you don't need to have a large social circle to receive the benefits. Even a few good, close friends can make a significant impact on your health and wellbeing.

Jeremy Nobel, Harvard physician and public health researcher, started The Unlonely Project to explore how meaningful creative projects can help people overcome loneliness and increase social opportunities. The premise is that making art together provides people an opportunity to engage in meaningful, creative activities with others, and that by spending time connecting around the art, this increases social bonds.

We are also learning that social engagement through volunteerism can lead to better health, less depression, greater sense of well being and increased strength and energy. So feel good aging up and doing good! ■

Karen Tanzy, PhD



You're Never Too Old To Float Your Boat



Seafair's 46th Annual Milk Carton Derby at Green Lake will have some exceptional participants this year. Bayview's "Not So Ancient Mariners" (the winning crew name, as selected by Bayview residents and staff) have been preparing for the friendly competition for months – and are subsequently defying common stereotypes about aging in the process. "The main reason why we are doing this is because it is fun," said Al Raymond, Chair of the Bayview Milk Carton Derby Committee. "But it's also counter-conventional," he added.

The derby has allowed residents with a wide range of abilities and skill sets to participate. Some residents are assisting with the engineering and construction of the boat; others are supplying materials, planning meetings and even coordinating the recruitment of on-shore cheerleaders. Soon, six intrepid residents will begin a multi-week training regimen to prepare to paddle and pedal the boat. All in all, our residents are proving the motto of the Bayview Milk Carton Derby crew to be true: "you're never too old to float your boat." ■

A Fond Farewell and Best Wishes

Chaplain Jan Anderson recently announced she will be retiring June 30th after more than 19 years of devoted service to Bayview. As Director of Bayview's Spiritual Care Department and a founding member of the AgeUp Taskforce, Jan has served residents, families and staff on many levels - from providing support to individuals to facilitating various support groups, from leading Bayview's Social Accountability and Ethics & Compliance programs to working on the annual holiday bazaar. All this in addition to providing weekly spiritual services, as well as planning and carrying out resident memorials and celebrations of life. Jan has truly touched the lives of many during her tenure.

Bayview has been blessed to have Jan serve as our spiritual leader for the last nineteen years. Words cannot adequately express our sincere appreciation for the difference she has made to so many. Blessings to you, Jan, on this next chapter in your life! We are excited to see what new adventures find you as you AgeUp! ■





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Hi, I'm Mr. Pickles. We hope you enjoyed our newsletter! Stay tuned for more great stories in our next issue!

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YOU'RE INVITED TO OUR GRAND RE-OPENING

Thursday • June 14 • 10am–2pm

The Cloud Room, 10th Floor

11 West Aloha St • Seattle, WA 98119

RSVP at 206-281-5744

Enjoy complimentary wine and hors d'oeuvres.

Free valet parking. Bring a friend!

We are proud to show off our remodel of our world class, 62+ Life Plan Community located in Queen Anne. Please join us for guided tours, a wine tasting and lovely hors d'oeuvres prepared by our own Chef Amine. Door prizes too! RSVP to Lea Miller at 206-281-5744.