

# WELLNESS 50+ STILLWATER TEAM

*Building community and reducing social isolation  
to promote wellness among themselves and others*

## **The realities of social isolation**

Friends move away to retire somewhere warmer, children grow up, ties with former work colleagues wither, parents and other relatives pass. The effects of losing these and other social connections can have serious negative impacts on health and on well-being, too! Research has shown that loneliness and social isolation are often associated with chronic health conditions, a weakened immune system, and depression and anxiety.

To combat social isolation, the Stillwater Wellness 50+ team members are finding ways to navigate this together as they age into their futures in their community and to provide opportunities for others to make connections and create camaraderie and community together!

## **Building community**

Here are current activities the vibrant Wellness 50+ Stillwater team members are working on.

### ◆ **Walk the Talk series**

This series is designed to offer a unique way to meet new people and to learn some tips and facts about staying healthy at the same time. During series sessions team members host anyone interested in joining them walking across the new Stillwater bridge while one team member shares insights and information about a wellness-related topic.

The **current series**, scheduled on Sunday afternoons from 1:00 to 3:00 PM, covers the topics of “Make Water Your Drink of Choice” (May 19), “Sleep Health - What is it?” (June 2), and, coming up on **Sunday, June 16th**, “Loneliness Vs. Being Alone.”

A **new series** will begin again in the fall with fresh topics. Stay tuned! If you are interested in learning more, check out the [Stillwater Wellness 50+ facebook page](#).



◆ **Healthy Community Potluck** on Sunday, June 23, from 6:00 to 8:00 PM at the Family Means building. Bring your favorite healthy food to share (and the recipe) and join the good conversation and fun! Family Means is located at 1875 Northwestern Ave. If you would like more information, contact [stillwaterwellness50@gmail.com](mailto:stillwaterwellness50@gmail.com)