



## FROM WELL-BEING TO MORE LIVING

A sense of well-being can lead to a longer life. Continuing Care Retirement Communities can help you get there—especially Henry Ford Village.

## A LITTLE DAIRY WILL DO YA

Staying healthy these days is of the utmost importance. Use this wonderfully easy homemade yogurt recipe to promote healthy digestion.



## DI-O-RAMA!

Follow this simple snowy diorama craft to add some wintery flair to your décor.

## SENIORS LIVING THE HOLIDAYS TO THE FULLEST

When it comes to feeling full this season, it's important that home aligns with and supports your positive emotions, engagements, relationships and your purpose. Henry Ford Village is built around doing just that. From engaging activities and fun events for connecting with friends and family, to the peace of mind of a health and rehabilitation center onsite—Henry Ford Village is a living you'll love.





## LIVE BETTER WHEN LIFE IS GOOD

Study after study has found that having a sense of happiness and a positive attitude is the key to well-being and living longer. A sunny outlook can help enhance your work performance, improve interpersonal relationships, boost your immune system, help you sleep better, and improve your overall health, all of which can help you live longer.

A few examples of studies that bolster the theory that having a positive outlook can help you have a healthier, longer life:

- A 2016 study out of France examined the positive or negative affect (also called subjective well-being) of 3,777 French seniors with a baseline age of 62 to 101 years old at the beginning of the research. Over the course of the 22-year study, a positive attitude was correlated to longevity.
- A study published in 2015 and sponsored by the National Institute on Aging interviewed 2,282 Mexican-Americans ages 65 to 99. The researchers found that participants with a more positive attitude (or affect) and view of the world were half as likely to have died during the 2-year follow-up period as compared to those with a less positive outlook.
- A 2011 study out of England assessed the general outlook of 3,853 British seniors age 52 to 79 and then periodically followed-up with them for 5 years. The participants who, on an average day, described themselves as content, happy, or excited were up to 35 percent less likely to die prematurely.

### IMPROVING YOUR SENSE OF WELL-BEING

So, how do you improve your happiness and sense of well-being? It's true that you can't buy it, though people continue to try.

Martin Seligman, a psychologist at the University of Pennsylvania, established a field of behavioral health called Positive Psychology, which studies the factors that enable individuals and communities to flourish. As a part of this work, Seligman developed what he calls the PERMA theory of well-being. PERMA states that there are five building blocks that enable people to achieve a sense of well-being: Positive emotion, Engagement, Relationships, Meaning, and Accomplishment (thus, PERMA).

- **Positive emotion:** While some people tend to have a naturally positive view of both the past and their future, we do have the ability to increase our positive emotions. Seligman suggests practicing forgiveness and gratitude about the past, mindfulness to savor the present, and hope and optimism about the unknowns of the future.
- **Engagement:** People naturally find happiness and satisfaction in using their skills and talents to complete a challenge.
- **Relationships:** Humans are pack animals. Our connections with other people are a crucial key to finding happiness in life. Spending time with loved ones and performing acts of kindness toward other people naturally increases our sense of well-being.
- **Meaning:** Finding a greater purpose in life boosts our well-being as well. Things like spirituality, social causes, vocation, family, and volunteering can add meaning to one's life.
- **Accomplishment:** People often derive satisfaction and happiness from working hard to achieve a goal, whether professionally or recreationally.

Seligman notes that people can find a sense of well-being from each of these five building blocks in different ways and in varying degrees.

### **PERMA AT CCRCs**

There are many paths to happiness, but by working toward aligning each of the five PERMA categories, Seligman posits that people are more likely to maintain a positive sense of well-being, which can lengthen your life. And continuing care retirement communities (CCRCs, or life plan communities) can help nurture these PERMA factors.

- **Positive emotion:** CCRCs make it easy to savor the present, offering a comfortable and carefree lifestyle for their independent living residents. They also offer optimism by way of peace-of-mind about the future. CCRC residents can rest assured that if they require care in the future, they will have ready access to a continuum of care services.
- **Engagement:** CCRCs excel at keeping their residents active and engaged in life. They offer art classes, lifelong learning classes, book clubs, music groups, and much more—many of which are resident-led—all designed to ensure residents are able to keep their minds stimulated, which contributes to improved mental health and well-being.
- **Relationships:** The social aspect of living in a CCRC is among the most valuable to many residents. Forming new friendships with other residents offers people a strong social support system, in both good times and bad. It can be especially valuable for couples to be able to remain in close proximity to one another if and when one of them requires a higher level of care. They are happy to be able to continue to spend their days together without having to leave the CCRC campus, which is beneficial for the health of both partners.
- **Meaning:** Many CCRCs offer their residents a number of volunteer opportunities, which can increase residents' sense of purpose. In addition to traditional programs like helping the sick or less fortunate, more and more CCRCs are also providing intergenerational programs, which provide benefits to both the seniors

and young people who are involved. CCRCs also can nurture residents' spirituality, providing on-campus faith services and/or offering shuttle service to nearby houses of worship.

- **Accomplishment:** There are a number of ways that CCRCs can facilitate residents' sense of accomplishment. Helping them nurture a creative hobby like painting or photography, or a recreational hobby like tennis or swimming, CCRC residents have many opportunities to enjoy the satisfaction of working toward a goal while increasing their sense of well-being.

### **BOOSTING THE WELL-BEING OF SENIORS**

Researchers continue to find that retirement community residents are more likely than non-residents to be participating in an array of activities such as social and educational events, trying new creative or recreational activities, getting together with family and friends and eating with other people in order to prevent loneliness, exercising to stay active and fit. They also benefit mentally from the peace of mind that they have both a support system and a safety net in place should they or their partner experience a health setback.

All of these factors support the PERMA theory of well-being and help explain why, overall, CCRC residents are happier, healthier, and enjoying life more (and for longer) than their non-resident peers.

**Learn more about the community focused lifestyle that residents at Henry Ford Village enjoy every day.**

[https://www.mylifesite.net/blog/post/well-being-longer-life-how-ccrcs-can-help/?utm\\_content=104810469&utm\\_medium=social&utm\\_source=linkedin&hss\\_channel=lis-lnxB1NmU3S](https://www.mylifesite.net/blog/post/well-being-longer-life-how-ccrcs-can-help/?utm_content=104810469&utm_medium=social&utm_source=linkedin&hss_channel=lis-lnxB1NmU3S)



## HOMEMADE YOGURT. YOU JUST HAVE TO TRY IT.

Believe it or not, making your own yogurt at home is so easy and requires no special equipment. There are lots of ways to make homemade yogurt, but the basic concept is the same. Heat whole milk to the desired temperature, mix in cultures, usually in the form of plain yogurt containing active live cultures like lactobacillus bulgaricus or streptococcus thermophilus. Keep at a steady temperature for a period of 7-12 hours so the bacteria has a chance to eat the sugar found in the milk, called lactose. As a result the milk will thicken and produce lactic acid. The lactic acid is what preserves the yogurt and gives it the tangy taste. That's it. You now have yogurt! A creamy tangy yogurt packed with millions of happy, active good bacteria, or probiotics, that help keep the gut happy and healthy.

Good health starts from the inside out!

You can make yogurt out of regular store bought pasteurized milk, organic milk, raw milk or even goats milk. Pasteurized milk, the kind you find at the grocery store, is basically milk that has been heated up to 180F in order to slow the growth of bacteria in milk, which lengthens its shelf life. While this does make it safer by lowering the risk of harmful bacteria, there is growing research that shows that pasteurization changes the chemistry of milk and makes it less digestible.

Raw, unpasteurized milk is preferred– basically fresh milk, straight from the cow, that hasn't been treated or heated. If you are curious about the benefits and risks of raw milk, there are a couple of websites that will explain both. Please do a little research and make an educated decision for yourself and family.

**THE FIRST STEP** is to heat 2 quarts milk to desired temperature on the stove top. This recipe uses Cable Creek Farm's fresh raw milk, so only heat 110F to keep the good bacteria that is already in the milk alive. Other similar milks will also work.

Otherwise, when using pasteurized milk, you would normally heat to 180F. If you are leery, or this is your first time making yogurt, just heat it to 180F. You will feel more confident about the whole process.

Add 3-4 Tablespoons yogurt with live cultures. When you add yogurt, make sure to cool the milk down to 110F. Otherwise you will kill the cultures. You can use any grocery store plain yogurt, or some of your own homemade yogurt. Don't be tempted to add more than 3-4 Tbsp yogurt, or your yogurt may end up sour and runny.

Place in a barely warm oven for 8 hours. You want to keep the temperature steady between 100-110F. Preheat oven on lowest setting for 5 minutes and then turn it off, but leave the light on.

After 8 hours, strain with a few layers of cheese cloth.

Flavor your fresh yogurt to your taste. Store in jars in your fridge.

And once it cools in the fridge, it is ready to eat!

**For another deliciously good time, schedule a virtual visit at Henry Ford Village today!**

<https://www.feastingathome.com/how-to-make-homemade-yogurt/>



## GO SNOW-GLOBAL

Capture the season under glass—and check lots of folks off your list easily and inexpensively with these mini wintry worlds that combine the cuteness of snow globes with the beauty of bell-jar terrariums. Using the lid as a base, form a snow-covered mountain or frosty iceberg with a mound of clay. (Use glitter to mimic the sparkle of snow). Figurines such as these skiers and penguins can be found at hobby shops, and the jars can be bought in bulk.

To make one, mold clay into mounds of snow. (To create a pond, above, below jar, first mold clay onto mirror.) Let dry. Glue clay (or mirror) to the underside of the jar's lid. Brush clay with glue, and cover with glitter; let dry. Brush figurines with glue, and set in place; let dry. Line the inner rim of the jar with silicone adhesive. Carefully invert the jar over your scene, and screw to the lid; let dry.

**To learn more about how Henry Ford Village encourages wellness of the mind, body and spirit through creativity, give us a call or schedule a virtual visit.**

<https://www.marthastewart.com/856465/easy-christmas-crafts?slide=c3105726-bec4-48ac-8aa6-d7e19ed40fa2#c3105726-bec4-48ac-8aa6-d7e19ed40fa2>