



*Carrie Fisher in her Star Wars roles as Princess Leia and General.*

## **Age Like a Princess**

In response to the outcry about whether she "aged well" Carrie Fisher, aka Princess Leia, now General, tweeted: ***"Youth and beauty are not accomplishments, they're the temporary happy by-products of time and/or DNA."***

We could not agree more-and then some. Youth and beauty are not personal accomplishments. While youth is beautiful, helping people to learn what it means to age well, in contrast to popular culture, is a specialty at SilverSource. We think Well-Being may be a better way to describe aging well. What, exactly do we mean by Well-Being? It's not based on looks...

Physical and financial health, along with positive social relationships adds up to real Well-Being. It takes into consideration your mental outlook, and whether you are thriving or struggling across several dimensions. We rolled these into our top five areas of concern. 1. Housing- a safe, happy place to call home, in the community of your choice; 2. Transportation- ability to travel- whether that means to go across town to and from a medical appointment, or a trip abroad; 3. Medical Care- access to it, as well as, ability to afford various types of care including eye care, dental care, hearing and supportive home care, 4. Nutrition, including more fresh produce, whole grains, and fewer processed foods with high fat, salt and sugar content; 5, Community- which encompasses the social and family connections that correlates to well-being.

According to the Gallup-Healthways State of American Well-Being report: "Americans' perceptions of their social relationships improve as their financial well-being improves, regardless of their income level. Upper-income and lower-income Americans are both more likely to report their relationship is stronger than ever if they are thriving in financial well-being than if they are suffering."

Join us in creating a true culture of Well Being here in Connecticut. We welcome a visit from you.

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