

By Kelley – March 3, 2020

## March is Women's History Month: How to Live and Thrive in Today's World

In deference to women everywhere, we are springing into March by celebrating Women's History Month. From pioneers and suffragettes, to the iconic Rosie the Riveter, we would like to pay homage to all of the women who have come before us. To honor the unrelenting strength of character and valiant nature of the women who have paved the way for the women of today, we are grateful. For those of us here at Active Aging 365, we believe the best way to show our gratitude is by living a long and healthy life.

Here at Active Aging 365, we were inspired by the *Because of Her Story*, featured alongside *American Women's History Initiative*, referenced by and through the Smithsonian Institution. We want to add to this idea here on our site. The idea is to amplify women's voices in order to honor the past, inform the present, and inspire the future. (Reference <https://womenshistorymonth.gov/> )

Do you have an inspiring story to share? Are there any women in your life that should be recognized? Send us your story, and you might be chosen as our spotlight this week! Inspiration is one of the greatest gifts we can be given.

Oscar Wilde said, "To live is the rarest thing in the world. Most people exist, that is all." Here at Active Aging 365, we want you to live! Not only to live, but to thrive, so let us help you by providing an individualized, Comprehensive Health Compass. We strive to help you configure your own Road Map for your future. So, let's go!

Of course, we must begin by answering the following question. Why do you need a Road Map when planning for your future? Let us help you understand and evaluate the reasons.

First, the average life expectancy has increased from 68 years old in 1950 to 78.6 years in 2017. This means Americans are living more than 10 years longer, which requires more planning on our part to save and ensure we receive the healthcare we need to live and thrive longer. The reason people are living longer, is in large part due to the reduction in mortality at older ages. Second, the number of Americans ages 65 and older is projected to nearly double from 2018 to 2060, making the total population rise 7 percent. Next, older adults are working longer. In 2018, approximately 24 percent of men and 16 percent of women ages 65 and older are

still in the labor force, and these numbers are only projected and expected to rise. Last, in many parts of the country, men and women are able to age in place. (The aforementioned statistics were found at <https://www.prb.org/aging-unitedstates-fact-sheet/> )

Now that we have established that people are living longer, we need to discuss how health and wellness factor into the equation. After all, people are living longer due in large part to advances in modern medicine and new technology. However, eventually most people go for regular visits to their doctor, or, unfortunately, they end up in the hospital.

Allow us the opportunity to educate you so that your Health Compass is directed to ensure that you are in the driver's seat when talking about your Road Map. Now, in order to live and thrive, there are some simple things you need to know when you go to the doctor or are in the hospital. These are honestly really simple ideas, but most definitely ideas that as you go about your day to day living, you probably don't think about. This is yet another reason to let us here at Active Aging 365 help you and direct your Health Compass. I am going to list just a few ideas that become very important at your doctor or at the hospital.

If you don't understand something, ask! Or, if you simply have a question, ask it! You and your family are the best advocates of and for your health. Another necessity is to have a summary of your updated medical information readily accessible. It is better to have it and not need it than the other way around. Hospitalizations or unexpected trips to the ER are very stressful. The way to ensure optimal care and understanding is to have your information readily accessible; it will ease stress and anxiety as well as ensure your safety.

Another tip is to ask how long your doctor has been working that day or that week to ensure they are not burned out, thus neglecting your needs or missing a key part of your health and road to recovery. You have to remember that doctors and nurses are people too. If this person gets offended, you probably need to switch anyway!

Huffington Post tells us, "Everyone in the hospital can help you in some way, so take advantage of their expertise. Calman recommends keeping a spiral notebook on hand during your stay to keep notes in. Keep track of who comes into your room to talk to you, who gives you medication and what drugs are being administered. Also use that notebook to write down questions. It can be overwhelming when you only get a small amount of time to talk to a doctor and

jotting down your thoughts ahead of time can help you remember when the time comes.”

From [https://www.huffpost.com/entry/hospital-facts\\_n\\_4856009?guccounter=1&guce\\_referrer=aHR0cHM6Ly93d3cuZ29vZ2x1LmNvbS8&guce\\_referrer\\_sig=AQAAAEpAaHelSRya91xxW1epEv6FMWM\\_j\\_PT0LYoa77XxYVlcXdfPh89HCipHyo5Lk-CaGlKxvQ1OEggz43fi0SqtIL1b5IEuITotFJm0Ov3MVFU1AqaVLKaXIIItHII\\_91aVhR3NYLMT684DwFK1MxB6Lgi7Uq-DmDD\\_29QO1vW88dch](https://www.huffpost.com/entry/hospital-facts_n_4856009?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2x1LmNvbS8&guce_referrer_sig=AQAAAEpAaHelSRya91xxW1epEv6FMWM_j_PT0LYoa77XxYVlcXdfPh89HCipHyo5Lk-CaGlKxvQ1OEggz43fi0SqtIL1b5IEuITotFJm0Ov3MVFU1AqaVLKaXIIItHII_91aVhR3NYLMT684DwFK1MxB6Lgi7Uq-DmDD_29QO1vW88dch)

Those were just a few helpful hints and ideas that we at Active Aging 365 specialize in. It is our job to help keep you living and thriving, but also, to keep you prepared. We want to ensure that you live your best life.