

# ENRICHING THE COMMUNITY AT MID-COUNTY



The Mid-County Senior Center aspires to keep its community members happy and healthy in. Here are some of the most fundamental ways in which the Mobile Health Initiative can assist with that objective:

## NUTRITION

While speaking with Executive Director Sue Getman, she revealed that the community would benefit from nutritional education programs and practices. The organization has always provided meals for its patrons, but because of the shelter-in-place restrictions, Sue disclosed that, "people probably have not eaten as well so nutrition is an area of concern."



*"Having that sense of connection is the thing that I think our folks miss the most."*

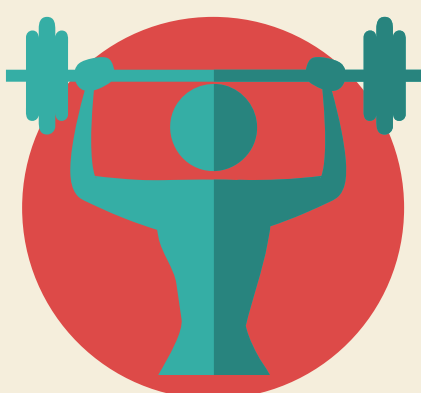


## CONNECTION

Mainly, what the Mid-County Center is looking for in its partnership with the Mobile Health Initiative is a sense of genuine connection. The members have suggested starting video chat and pen-pal correspondence with participants to promote healthy social interaction through virtual means.

## BRAIN EXERCISES & ACTIVITIES

The Mid-County Center has always offered its members plenty of mentally-stimulating games and activities to keep minds active. If participants of the Mobile Health Initiative can continue these activities in any way, it would help sustain healthy cognition of these seniors.



## FITNESS

Another pillar of health that the organization takes pride in upholding is physical health maintenance. It would benefit community members to conduct a range of at-home physical exercises. Introducing such activities would encourage the patrons to lead wholistic and well-balanced lives wherever they may be!

## MENTAL HEALTH AWARENESS

There are certain stigmas that surround the link between waning mental health and age and Mid-County wishes to dismantle them. "I do think that this whole period of isolation has had such a profound impact on people's mental and emotional well being," said the Sue Getman. The Mid-County Senior Center is now considering closely the impacts COVID-19 impressed on the older generation and what they can do to alleviate any disconsolation.



For more on Mid-County's mission, visit:  
<https://midcountyseniorcenter.org/>