

Many factors contribute to emotional well-being and brain fitness. Staying mentally active and socially engaged with family and friends helps maintain and strengthen brain health and memory.

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Article

## **Your Healthiest Self ~ Social Wellness Toolkit**

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

## **How Does Social Connectedness Affect Health?**

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **Sharing Your Family Story**

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Links

## **GetSetUp ~ Live classes for older adults, by older adults**

GetSetUp supports older adults to learn new skills, connect with others and unlock new life experiences. Older adults have incredible knowledge to share and new mountains (literally and figuratively) to climb, but until now they haven't had their own place to pursue their passions and continue creating, growing, and giving back.

Source

[GetSetUp ~ Live classes for older adults, by older adults](#)

Links

## **CareScout**

Source

[CareScout](#)

Links

## **Coalition to End Social Isolation and Loneliness**

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## **Libby App: Free library reading app**

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Links

## **Internet Archive: Free Books, Movies, Software, Music**

Source

[Internet Archive: Free Books, Movies, Software, Music](#)

Article

## [8 Ways to Boost the Health Benefits of Gardening](#)

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

Source

[AARP](#)

Links

## [Aging in Place: Your Home, Your Community, Your Choice](#)

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

Source

[Aging in Place: Your Home, Your Community, Your Choice](#)

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