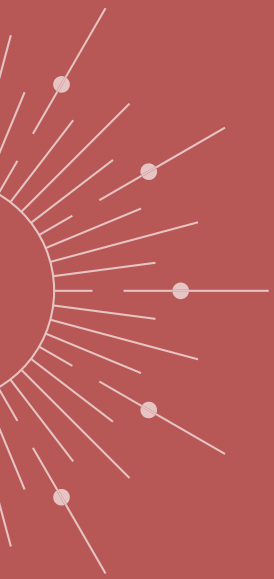
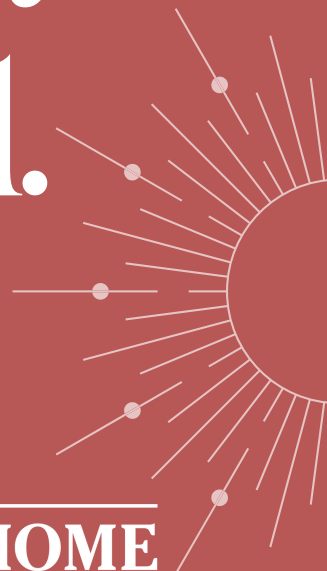


GREAT IDEAS



HAPPY, HEALTHY
& THRIVING:

5 Keys to
Live Well at
60 & Beyond.



89 SOUTH
Senior Living Community

BERKSHIRE PLACE
A Tradition of Caring Since 1888

AT HOME
with Berkshire Place

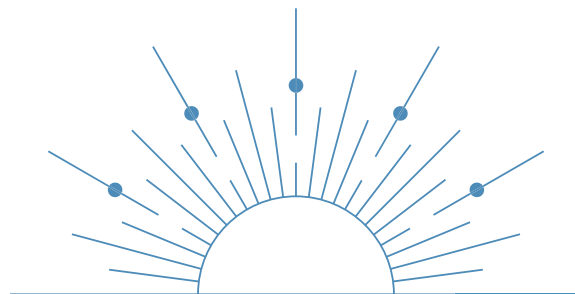
BERKSHIREPLACE.COM

Introduction

Living a healthy and happy life isn't about perfection — it's about making small, intentional choices that help you feel your best every day.

Discover five simple ways to nurture your body, mind, and spirit so you can stay strong, connected, and joyful in every season of life.

These ideas are simple but easy to ignore: it's a challenge to take time and energy to take care of ourselves. See what you can do today to enhance your daily routine.

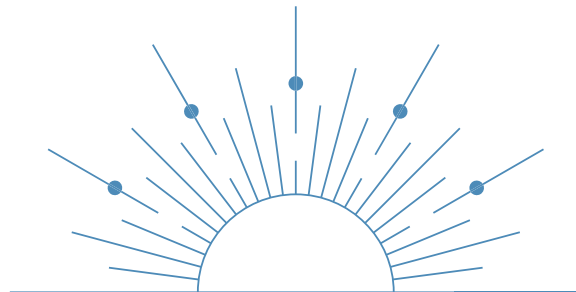


1. Move for Joy

Why it matters: Movement keeps your muscles strong, improves balance, and boosts mood.

Simple ways to start:

- Take a short walk after meals
- Try gentle yoga, stretching, or tai chi
- Use light weights or resistance bands to stay strong
- Pro tip: Choose activities you enjoy — that's the key to stay consistent.

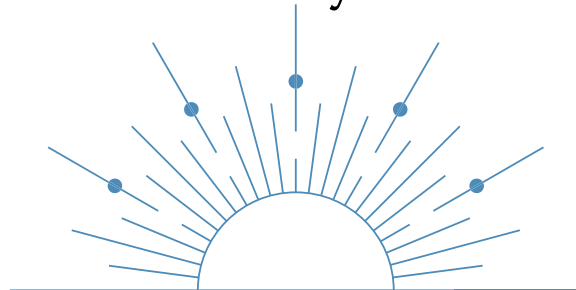


2. Eat for Energy

Why it matters: Nutrition supports your heart, brain, and energy levels.

Simple ways to start:

- Fill half your plate with colorful fruits and vegetables
- Stay hydrated — water helps everything work better
- Choose whole grains, lean proteins, and healthy fats
- Pro tip: Plan small, balanced meals to maintain steady energy throughout the day.



3. Stay Connected

Why it matters: Social connections protect against loneliness, depression, and cognitive decline.

Simple ways to start:

- Schedule regular calls or visits with friends
- Join a community group, book club, or volunteer program
- Learn something new — classes or online groups can spark connection
- Pro tip: Building community is one of the best ways to stay young at heart.



4. Practice Mindfulness

Why it matters: Stress can affect sleep, memory, and health — mindfulness helps calm the mind and lift the spirit.

Simple ways to start:

- Try deep breathing or guided meditation for 5 minutes a day
- Keep a gratitude journal
- Spend time in nature, even just sitting outdoors
- Pro tip: Focus on what you can do each day, not what you can't.

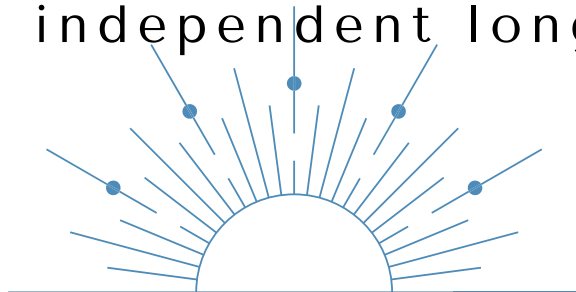


5. Create a Supportive Home

Why it matters: Your home should make life easier, safer, and more enjoyable.

Simple ways to start:

- Reduce clutter for safety and calm
- Improve lighting and clear walkways
- Add cozy, comforting touches that make you smile
- Pro tip: Small updates — like grab bars or non-slip rugs — can help you stay independent longer.



What Do You Think?

Healthy aging isn't about adding more to your to-do list — it's about choosing what matters most to you.

Start with one small step this week, and celebrate every success.

Remember: You deserve to live well, feel good, and enjoy every day.

When you're ready for supports to help you live your best life, Berkshire Place's family of services are here for you. We offer a continuum of care:

- **The Residences at 89 South** — Senior Independent Living Community
- **At Home with Berkshire Place** — In-home non-medical care
- **Berkshire Place**
 - Inpatient Rehabilitation & Skilled Nursing
 - Outpatient Rehabilitation
 - Long-Term Care
 - Memory & Dementia Care