

*Healthy Lifestyle & Wellness*



The Riverside County Office on Aging provides an array of programs and services designed to assist older adults with maintaining their overall health and wellness as they age.

Through a combination of **FREE** physical fitness programs, chronic disease self-management programs, congregate and home delivered meals, nutrition education, and activities that promote social engagement and connection with others, Office on Aging assists older adults with understanding what a critical role good health plays in the quality of their lives.



## Healthy Options Program (HOP)

*Did you know that...*

- ⇒ According to the National Council on Aging, nearly 92% of older adults in the U.S. have at least one chronic condition, and 77% have at least two?
- ⇒ By 2030, 6 of every 10 Boomers in the U.S. will be living with multiple chronic conditions?
- ⇒ Chronic diseases account for 75% of the money our nation spends on health care, yet only 1% of health care dollars are spent on public efforts to improve overall health?

The Healthy Options Program (HOP) is an evidence-based Chronic Disease Self-Management Program developed by Stanford University, which consists of a series of 2.5 hour workshops taught once a week for six weeks in community settings such as senior and community centers, 55+ housing communities, libraries, hospitals, or places where older adults gather.

**Classes & Materials are FREE!**

Office on Aging also has three (3) Master Trainers on staff who offer **FREE Leader Training** to those who want to teach the classes

People with chronic conditions attend workshops facilitated by 2 trained leaders, who are not health care professionals, that also have chronic diseases.

This evidence-based program is participatory and has been proven highly effective in clinical studies.




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Riverside County Office on Aging



## Health Promotion & Social Engagement Programs

- HEALTHY OPTIONS PROGRAM
- WALK WITH EASE
- BINGOCIZE
- New** FIT AFTER 50
- NUTRITION EDUCATION
- SNAP EDUCATION
- MENTAL HEALTH LIAISONS

*Be Strong & Live Long!*

## Did you know that...

- ⇒ According to the American Academy of Family Physicians, almost every older adult, regardless of age or ability level, can benefit from some kind of physical activity?
- ⇒ Lack of social connection is a risk factor for functional decline, and early death in adults over age 60 is associated with high blood pressure, coronary heart disease, a diminished immune response, depression, sleep difficulties, cognitive decline and dementia?

### Bingocize



**Bingocize** is a hybrid movement program that combines the classic BINGO game with intermittent physical movement between every few calls and at the conclusion of each game.

Using fun and energetic music, participants of the game are free to choose the type of movement and level of intensity. Participants can get up and move around the room or stay seated.

#### The key is to MOVE & HAVE FUN!

By offering Bingocize, the Office on Aging is encouraging older adults to remain active and social, engage with family and friends, and to maintain the social connections that are crucial to overall health and wellness.



Office on Aging provides one set of Bingocize materials to participating sites for **FREE**.

### Fit After 50

*New & Improved*



**Fit After 50** is a **FREE** exercise program that improves strength, balance, and mobility through stretching, upper and lower body resistance, and core exercises.

The program has been operating in Riverside County for more than 10 years and is proven to prevent falls, reduce injuries and mortality rates, to prevent or decrease the effects of chronic illnesses, and to prolong independence. Groups of people have been coming together to have fun, socialize and improve their health.

Starting in 2016, the Office on Aging began updating and improving the program based on new research from the Arthritis Foundation\*. The overall program remains the same, with just a few changes to the exercises designed to improve outcomes.



**\*Training, certification, & equipment for the New and Improved program is FREE from Office on Aging.**

## Be Strong & Live Long!

### Walk with Ease



**Walk with Ease** is a **FREE** community-based walking program developed by the Arthritis Foundation. Group sessions meet three times per week for six weeks in community settings such as senior and community centers, 55+ housing communities, libraries, or places where older adults gather.

Trained Office on Aging staff, who are certified Fitness Educators, begin each evidence-based session with a pre-walk discussion covering a specified topic related to exercise, arthritis, and pain management, followed by a 10 to 40 minute walk that includes both warm-up and cool-down periods.

Participants will be asked to take an assessment before and after the six week sessions to evaluate the program's effectiveness.

After the initial six weeks, participants can continue the walking program on their own with **FREE ongoing support from the Office on Aging**.

### Nutrition Education

Though a trained and certified Health Educator and a Registered Dietitian, the Office on Aging provides quarterly health and nutrition education at all of our congregate meal sites and through our contracted providers along home delivered meal routes. The Registered Dietitian also oversees site menus and trains meal providers about proper food preparation and storage procedures. In addition, the Nutrition Educator provides general nutrition information and materials at fairs, senior and community centers, and housing communities for older adults.




### SNAP-Ed SNAP Education

The Office on Aging participates in a county-wide Supplemental Nutrition Assistance Program Education (SNAP-Ed) initiative to improve the

likelihood that persons eligible for SNAP will make healthy choices within a limited budget and choose active lifestyles. The program offers nutrition classes and information to low income older adults, who may qualify for the benefit, and encourages them to apply for food assistance.

### Mental Health Liaisons

Though a partnership with  Riverside University Health System Behavioral Health, counseling staff are imbedded in the Office on Aging to assist older adults with navigating the behavioral health system.