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To: Kester, Tonykester@aging.sc.gov
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Subject: Overcoming Loneliness and Isolation in Seniors

December, 2015

NEWS YOU CAN USE

BY COMFORT KEEPERS®

Loneliness and Isolation Can Affect Senior Health

According to the U.S. Census Bureau, 11 million, or 28% of people who are aged 65 and older, now live alone. Consider these facts from the Administration on Aging:

- People over 65 have an average life expectancy of almost 20 more years, which is a long time to live alone.
- While 72 percent of men over 65 are married and living with someone, only 45 percent of women are married, and 37 percent are widows.

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Reducing the Risk of Pneumonia in Seniors

Pneumonia may be caused by bacteria, viruses, or fungi, and results in inflammation and decreased circulation to one or both of the lungs. As circulation to the lungs decreases, oxygen in the blood declines.

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Winter Health Risks for Seniors

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Fast Facts

Loneliness in seniors can cause early death as often as alcoholism, obesity, and heavy smoking.

Pneumonia is the 8th leading cause of death in the U.S. with 350,000-620,000 seniors hospitalized each year.

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. It's important that they, and those who care for them, take certain precautions at this time of year.

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Three office locations to better serve you:

Pee Dee Area (843) 656-1056

Sumter, Manning, Camden (803) 773-0099

East Columbia (803) 462-1808

30 degrees Fahrenheit in 30 miles per hour wind has the cooling effect equal to 15 degrees Fahrenheit.

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