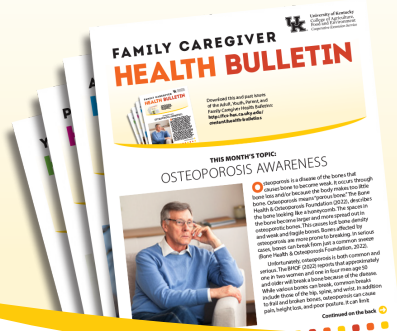


# FAMILY CAREGIVER HEALTH BULLETIN



**AUGUST 2025**

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## THIS MONTH'S TOPIC

# CREATING A LONGEVITY PORTFOLIO



**S**imply put, longevity refers to a long life. Genetics, environment, and lifestyle all play a part in how long we live. Research shows that taking care of your body plays a vital role in living longer and staying healthy. When asked if you want to live to 100, many people say yes ... if they can be 100 and healthy and of sound mind. To nurture health and well-being over time, Ramsey Alwin, the president and CEO of the National Council on Aging, stresses that people need to create a longevity portfolio. A longevity portfolio is a survey of assets that are critical to aging well.

According to Ramsey, a longevity portfolio should include information about "health, skills and work options, relationships and social connections, community resources and finances." Alwin believes that starting and supporting these assets is vital to longevity and personal resilience.

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## Health

- **Nutrition and hydration.** Doctors from Harvard Health say plant-based, Mediterranean diets that include vegetables, fruits, nuts, whole grains, legumes, and fish support overall cell health and longevity. Staying hydrated is needed for the body to function efficiently. Hydration supports longevity by aiding brain health, muscle and joint function, energy levels, skin health, digestion, nutrient absorption, and circulation.
- **Physical activity.** Moving more and sitting less supports overall health and well-being. Being active also decreases your risk of chronic disease and conditions. According to the CDC, the physical activity guideline for adults is to get at least 150 minutes a week of moderate activity or 75 minutes a week of vigorous movement or an equivalent combination of both. Adults should also try to strength train at least two days a week.
- **Don't smoke and limit alcohol.** Smoking shortens lifespans. Too much alcohol increases risks of disease and serious accidents.
- **Sleep.** People who get quality sleep tend to live longer than those who do not. According to Harvard Health, poor sleep can raise the risk of chronic health problems. Sleep experts advise adults to sleep between seven to nine hours a night.

## Skills and work options

- **Think positively.** The right outlook helps longevity.
- **Learn new skills.** Cycling in and out of jobs, careers, and the workforce will continually require new skills, which also contribute to job satisfaction and a sense of purpose.

## Relationships, social connections, and community resources

- **Socialization.** Meaningful social connections and active social lives are linked to longer and healthier lives, according to Harvard Health. When life happens — job transitions, loss, grief, health issues, celebrations, etc. — it is the love and support of friends and family who help get you through the good and bad times. Such social support has positive effects on overall physical and mental health.
- **Community involvement.** Being a part of a community is a social activity that supports a

sense of belonging, purpose, and accountability. It can provide cognitive stimulation. Being a part of a community can motivate you to embrace a healthy lifestyle. A strong community can also provide emotional and physical support during life transitions. A network of resources from the community can help you navigate life's ups and downs with greater resilience and improved outcomes.

## Finances

- **Financial well-being.** Maintaining financial well-being for a long life is essential for preserving dignity and ensuring quality of life. When doing the math, be sure to build income that can grow over time and factor in inflation, taxes, fluctuation in investments, and rising health-care costs. Be sure to have a financial strategy that supports your desired lifestyle over time. Keep in mind that what worked in previous stages of life may not apply in old age because of fixed income and health-care needs.

Go over your longevity portfolio and change it when and as needed. Like going to a doctor to make sure you are taking the right steps to be healthy or a financial planner to be sure you are making proper savings or investments, Alwin stresses regular checkups to your longevity portfolio. Make sure you are also paying proper attention to your control over longevity.

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