

Vitality Overview

What you do

- Collect stamps and claim prizes by
 - ✓ Doing daily physical, food intake, and social activities
 - ✓ Providing log information weekly
- Takes only a few minutes a day
- Can be done in your own home or room

What you get

- Instruction in program and activities
- Weekly personal contact
- Improved physical and mental health
- Reduced risk of falls and injury
- Logs, coupon books, stamps (like S&H Green Stamps), prizes

Requirements to participate

- Age 55 or older
- Able to walk
- Able and willing to keep log and report results
- Live in region served by either EH Spencer or Lighthouse Homecare

If interested, contact

William Gingold
217-344-1937
PO Box 3579
1717 Philo Rd., Suite 217
Urbana, IL 61802
wgingold@activeseniorsoptions.com

Active Seniors Options
Attn: William Gingold
PO Box 3579
1717 Philo Rd., Suite 217
Urbana, IL 61802

Invitation to Participate



An enjoyable way to promote three key aspects of successful aging:

- Physical activities
- Nutrition
- Socialization

Earn coupons and prizes
No cost to participate



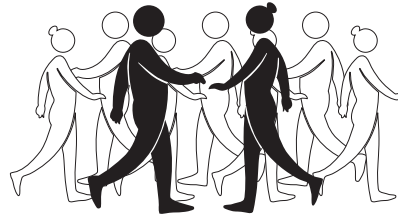
Sponsored by
Active Seniors Options
U.S. Department of Health and Human Services

How Vitality in Aging Works

Record your Activities

To begin your program you will receive about 20 minutes of personal or small group instruction explaining in detail how the program works and the activities involved. Then you will keep track of your daily activities in three areas:

- **Physical activity.** We provide a series of “creative walking” activities to increase strength and balance.
- **Nutrition.** No fancy calories to count; simply record the times you eat and drink.
- **Social Activity.** Any human contact counts, including phone conversations.



Collect Stamps, Claim Prizes



Each week a contact will be in touch to collect your weekly log in person, by phone, or via email. You will receive a number of Vitality Stamps according to the number of Vitality activities you have recorded in your log. You collect the stamps and redeem them for prizes that you choose from a catalog. The Vitality Prize Catalog varies, but the items tend to be practical items that you are sure to use.

Where to Contact

If you are interested in participating, contact:

William Gingold

217-344-1937

PO Box 3579

1717 Philo Rd., Suite 217

Urbana, IL 61802

wgingold@activeseniorsoptions.com

Thanks to our sponsors, there is no cost to participate

- **EH Spencer Foundation** is a not-for-profit organization in Port Byron, IL dedicated to maintaining our neighbors in need as independent members of society.
- **Lighthouse Homecare** is a private homecare agency serving the greater Quad City area. Lighthouse supplies non-medical services to seniors continuing to live at home and assistance to care giving families.
- **Active Seniors Options, Inc.**, a not-for-profit company established in Urbana, Illinois for enhancing successful aging through collaborative efforts in education, training, research, and community service.
- **U.S. Department of Health and Human Services.** This project is partially supported by funds from the Department of Health and Human Services (DHHS), Health Resources and Services Administration, the Bureau of Health Professions (BHP), Division of Nursing (DN), under 7 D62HP07836-01-00 “Comprehensive Geriatric Education Program”. The information or content and conclusions are those of the authors and should not be construed as the official position or policy of nor should any endorsements be inferred by the U.S. Government, DHHS, BHP, or the DN.