One small hello



Loneliness is the feeling that the connection you want is missing. Social isolation means having limited contact with other people. They can happen together, but you can also feel lonely in a busy room or enjoy time alone. The National Institute on Aging explains this distinction.

Start with the kind of connection you miss: a familiar voice, someone to share a meal with, a place where people remember your name, or someone who listens.

Choose one manageable invitation this week. Call a person you trust. Ask a neighbor, “Would you like to have coffee?” Try a group built around an interest you already enjoy. The CDC recommends making regular time for supportive relationships and paying attention to their quality.

If hearing, transportation, energy, or mobility makes joining in difficult, ask for a change that would help: a quieter table, a ride, a phone conversation, or a shorter visit.

You are allowed to start small and to prefer a few meaningful connections. If loneliness is persistent or affects your everyday life, tell a health professional. You deserve support as well as company.

What kind of connection would feel good to me, and whom could I invite?

Explore the sources

NIA | Loneliness and Social Isolation

CDC | Improving Social Connectedness

Find these titles at the organizations’ websites. Links are clickable in the digital packet.

Your next chapter is yours



Later life can bring new freedom, new responsibilities, and losses you never chose. Your next chapter can hold more than one feeling at once. You do not have to feel upbeat every day to make room for something meaningful.

The World Health Organization describes healthy ageing around being able to do what you value. It does not require perfect health. The National Institute on Aging points to enjoyable, meaningful activities as one way to support well-being.

Begin with three questions: What still interests me? What do I want to learn? Who or what matters to me now?

Then choose one small experiment. Revisit a hobby for ten minutes. Share a skill or a story. Ask about a class, book group, or volunteer role that fits your interests. Allow the plan to fit your energy, abilities, transportation, and budget.

Thriving may mean building something new. It may also mean accepting help, deepening a friendship, or making a little more room for enjoyment in an ordinary week.

Review the experiment afterward: What felt worthwhile? What would I change? Progress can be personal, modest, and yours to define.

What would I like a little more of in this chapter of my life?

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Explore the sources

NIA | Participating in Activities You Enjoy As You Age

WHO | Healthy Ageing and Functional Ability

Find these titles at the organizations' websites. Links are clickable in the digital packet.

Your pain deserves to be heard

HEARD. SUPPORTED.

your pace / your priorities / one small step

Living with ongoing pain can change a day's plans and affect sleep, mood, relationships, and the activities you enjoy. Frustration, worry, and sadness are understandable. You do not need to pretend everything is fine.

Your description matters. Before a health appointment, jot down where the pain is, how it feels, when it appears, and what makes daily life easier or harder. Include something you want to be able to do, such as enjoying a visit or sleeping more comfortably.

NIH guidance emphasizes care tailored to the person. Some approaches help with pain; others help people function better. A health professional can help you consider appropriate options and review concerns about your current care.

For today, choose one manageable priority. Tell someone what would make it easier: a shorter visit, a chair nearby, help with an errand, or time to rest. A meaningful moment might be a favorite song, a conversation, or sitting outside when comfortable.

Coaching can help you name priorities, plan practical steps, and ask for support. Decisions about pain treatment belong with your health care team. Your plan should make room for your needs and for the parts of life that matter to you.

What would make today a little more manageable or meaningful for me?

Explore the sources

NIH NINDS | Pain

NIH News in Health | Chronic Pain Treatment | September 2026

Find these titles at the organizations' websites. Links are clickable in the digital packet.