

Fitness and friends are two secrets to longevity

DOROTHY SALE, who's edging up on 99 years old, remembers hitting an all-time low right before she discovered SilverSneakers®, a Kaiser Permanente exercise program for Medicare members. "I was 86 and had pneumonia. I was caring for my daughter, who'd had bariatric surgery, and I'd just lost my volunteer job, delivering homemade cookies at Harborview Medical Center twice a week. I was really upset about that. I was like a ship without a rudder."

That's when her personal physician jumped in. "She treated my pneumonia, got me on an antidepressant, and suggested I join an exercise class," Sale says.

She remembers that as a turning point. "Everyone in the class was really friendly, and the second time I went they all greeted me by name. We had fun exercising together, and once a week we had lunch together after the class. Exercising helped me improve my physical strength, and the social part of the class gave me something to get up for in the morning. We all became friends, and a support system for each other."

Sale is still an active member of the class after 12 years, even though she has a spine condition and vision loss. "A lot of our longtime members were still coming to class well into their 90s, and



Dorothy gets together for tea and conversation with a friend.

one was 100. I think our exercise group has definitely contributed to our longevity."

Sale has been a Kaiser Permanente* member since 1967, when she and her husband first moved to the Seattle area. "When I started working at the University of Washington in 1969 they offered me other health coverage but I wouldn't switch. I was happy with my health care."

As for tips for making it to 99 and beyond, Sale says: "Don't smoke. Don't drink. Stay active and engaged with friends or neighbors. And keep exercising. It's best to start when you're younger than I was!"

* Formerly Group Health

Join us for our December program

Presented by Kaiser Permanente and the Senior Caucus, Advocates for healthy aging
Friday, December 1

Legislative Update

Presenter: Melissa Putman, director of Policy, Advocacy, and Government Relations

What's New With Our Medical Group?

Presenter: Executive leader of Washington Permanente Medical Group

The program will be held at our Capitol Hill Campus:

201 16th Avenue East
Room D649 (6th floor)
Seattle, WA 98112-5260
10:30 a.m. to noon

For more information, contact Member Participation:
Call 206-630-2197
Email memberparticipation@ghc.org