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National Kidney Month: A Celebration of Movement and Resilience for Older Adults

March ushers in National Kidney Month, a time to reflect on the unsung heroes tucked inside us, our kidneys, and how we can nurture them, especially as we age. At Aging Care Connections, we're passionate about supporting older adults, and this month, we're shining a spotlight on kidney health. Did you know chronic kidney disease (CKD) touches over 37 million Americans, with older adults at greater risk as the years add up? Aging, paired with common culprits like diabetes or hypertension, can quietly challenge these vital organs. But here's the silver lining: we're not powerless, and a little movement goes a long way.

A 2019 study threw open a window of hope, showing that exercise isn't just for the young and spry, it's a game-changer for older adults with CKD. Regular activity can lift energy levels, strengthen muscles, and even ease the burden on kidneys, all while boosting overall health. It's not about running marathons or lifting heavy weights; it's about gentle, purposeful motion that fits into real life. And that's where Aging Care Connections steps in, with fitness offerings crafted to keep older adults thriving, safely, joyfully, and on their terms.

Picture this: **Chair Yoga**, where every stretch unfolds from the comfort of a seat, coaxing tight muscles to relax and breathe. It's a quiet rebellion against stiffness, perfect for kidney health without risking a tumble. Or **Balance and Strength Classes**, where each step and lift builds a sturdy foundation, because staying upright matters when falls are a top concern for seniors with CKD. Then there's **Qi Gong**, an ancient dance of slow, flowing moves that feels like a whispered secret from the ages, stirring vitality and calm in equal measure. These aren't grueling workouts, they're invitations to feel good, designed with older adults in mind. Plus, they're opportunities to spend some enjoyable time with like-minded fitness friends.

And now, we've added a twist of fun to the mix with **Bingocize**, our newest program that's equal parts game night and gentle gym. Imagine calling out "B-12" while stretching an arm skyward, or marking "N-34" with a toe-tap. Bingo meets exercise in a delightful mash-up. It's laughter and movement rolled into one, a social spark that keeps bodies and spirits light. Participants don't just play; they strengthen their cores, flex their joints, and support their kidneys, all while chasing that winning card. Who knew fitness could be this fun?

This National Kidney Month, we're celebrating resilience, the kind older adults show every day, and the kind their kidneys deserve. At Aging Care Connections, we're here to make staying active feel

less like a chore and more like a gift. Whether it's the meditative sway of Qi Gong, the grounded power of a balance class, or the cheeky charm of Bingocize, there's a way for everyone to move toward better health. Join us! Check out our class schedule and register today at AgingCareConnections.org. Let's honor our kidneys, and ourselves, with every step, stretch, and smile.

About Aging Care Connections

Aging Care Connections is a nonprofit organization dedicated to enriching the lives of older adults and their families. Located in La Grange, Aging Care Connections serves over 13,000 older adults, and their caregivers and family members each year, from 38 communities in the Lyons, Proviso, Norwood Park, Riverside, and Leyden townships. With a mission *"to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well,"* our comprehensive programs are delivered by a team of highly skilled, objective, and unbiased experts. If you need assistance, please do not hesitate to contact us at 708-354-1323 or visit our website at AgingCareConnections.org.

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