

NEWSLETTER

February, 2026



Better My Meds
Medication
Management Services



At **Better My Meds**, we focus on providing you with information that'll help you stay healthy. I guess we all know that as we age, our definition of "good health" also needs to change. We'll never be as strong, as resistant to disease, maybe even as thin as we were as young adults. To me, good health in older age means the physical and mental abilities to do the things that fulfill us and make us happy.

Whatever your definition of good health, it's likely you want to do everything you can to get there (or stay there). And we want to help. If you have medication and health-related topics you'd like to see more information about, please let us know. Or if you have specific questions about your own health and medications, we'd like to help with that, too. Just [contact us](#) and we'll be in touch!

Upcoming Events

Milan Seniors for Healthy Living
3/9 11 am
AND
Saline Area Senior Center
3/9 2 pm

Digestive health: Diet, fiber, probiotics, and medications can support digestive health. Join us to learn how to keep your digestive system running smoothly and comfortably.

News You Can Use

And Speaking of Staying Healthy and Strong...

A [study published earlier this month](#) indicates that muscle strength can make a big difference in how long we live. The study looked specifically at women between the ages of 63 and 99, and was done by researchers at the University of Buffalo. They found that those with stronger grip strength in their hands, and those who could quickly get up from a chair were more likely to live longer than other study subjects.

Current physical activity guidelines suggest we should all get 150 minutes of aerobic activity every week. These study results point to the importance of including strength training in those guidelines. The authors suggest that using free weights is one option, but there are plenty of other options that don't require going to a gym. Our muscles are what allow us to go places and do things, so keeping them strong makes sense. The authors concluded that "Healthy aging probably is best pursued through adequate amounts of both aerobic and muscle-strengthening physical activities."

*Enjoy the last
month of winter!*

