

In A Nutshell
May 2022

Socialization

Greater engagement in social activities and positive social support were associated with better physical and psychological health among people with multiple sclerosis (MS) in a recent study.

The study, "Keeping it together: The role of social integration on health and psychological well-being among individuals with multiple sclerosis," was published in the journal Health & Social Care in the Community.

Certain day-to-day challenges, including mobility issues, disease exacerbations, unemployment, social stigma, or inadequate accommodations can limit social interaction for people with MS, risking isolation and loneliness

In turn, low social engagement — called social integration — and a diminished social support network affect a person's physical and mental well-being.

Three aspects of socialization — social integration, social support, and engagement in social and intellectual activities — were associated with better psychological well-being.

[Active Social Life With MS Linked to Better Physical, Psychological Health \(multiplesclerosisnewstoday.com\)](https://www.multiplesclerosisnewstoday.com)

[Keeping it together: The role of social integration on health and psychological well-being among individuals with multiple sclerosis - Latinsky-Ortiz - - Health & Social Care in the Community - Wiley Online Library](https://www.wiley.com/doi/10.1111/hsc.12700)

Just for Fun

There is no better place than The Villages to engage in social and intellectual activities.

This link will take you to the social calendar for the month of May, 2022. Seems like there is something for everyone to like. [2022-May.pdf \(districtgov.org\)](#)

And when you have some spare time check out this link that takes you to 192 pages of all the clubs. [Clubs-Listing.pdf \(districtgov.org\)](#)

The MSVP club / support group (Multiple Sclerosis Village People) provides opportunities every month for socialization. You can attend dining out, bowling, a monthly meeting or MS Walk activities. Check out our website at www.mssupportgroup.org

In The Villages there are no excuses for not getting involved with many socialization opportunities!!