

# **Pleasant Vine Home Care Highlights Ways Wilmington Seniors Can Stay Active, Connected and Independent During Healthy Aging Month**

*August 26, 2026*

WILMINGTON, DE - August 26, 2026 -

Pleasant Vine Home Care is recognizing September as Healthy Aging® Month by encouraging older adults and their families throughout Wilmington and surrounding Delaware communities to consider the everyday habits, activities, and support systems that can help seniors remain active, socially connected, and independent. The annual September observance focuses attention on the positive aspects of growing older and encourages adults to take an active role in their physical, mental, and social well-being.

The theme for September Is Healthy Aging® Month in 2026 is "Curiosity Has No Age Limit," emphasizing the idea that learning, discovery, social engagement, and new experiences can remain important throughout every stage of adulthood. Pleasant Vine Home Care says the observance also provides families with an opportunity to think more broadly about healthy aging and what older loved ones may need in order to continue enjoying meaningful and fulfilling lives.

For many older adults, remaining healthy is not limited to managing medical conditions or attending health care appointments. Daily routines, companionship, regular activity, nutritious meals, social interaction, and the ability to continue participating in personally meaningful activities may all contribute to a greater sense of independence and quality of life.

Pleasant Vine Home Care encourages families to view aging as a stage of life in which older adults can continue pursuing interests, maintaining relationships, and participating in their communities. Changes in mobility, energy levels, or the ability to complete certain household tasks do not necessarily mean that seniors must give up the routines and activities they value.

"Healthy aging is about helping people continue to participate in their own lives and maintain as much

independence as possible," said a company representative at Pleasant Vine Home Care. "Sometimes a relatively small amount of support can make it easier for an older adult to continue enjoying familiar routines, staying connected with family and friends, and doing the things that give each day meaning."

Social connection can be an especially important part of the aging experience. Retirement, the death of friends or spouses, and changes in mobility and family members living farther away can reduce opportunities for regular interaction. Older adults who once had busy schedules may eventually find themselves spending substantially more time alone.

Companionship and regular interaction can help create opportunities for conversation, shared activities, and participation outside the home. Family members can also encourage older loved ones to remain involved in hobbies, faith communities, senior centers, neighborhood activities, and other interests that provide opportunities for connection.

The 2026 Healthy Aging Month theme also encourages older adults to remain curious. Learning how to use a new piece of technology, trying a new hobby, visiting a local attraction, reading about an unfamiliar subject, preparing a different recipe or reconnecting with a former interest are examples of ways seniors can continue exploring and learning.

Physical activity may also play a role in supporting independence as people grow older. Appropriate activity will vary based on a person's health, mobility, and recommendations from health care professionals, but activities such as walking, stretching, or participating in senior-friendly exercise programs can provide opportunities to remain engaged while supporting overall wellness.

Families can also use Healthy Aging Month as an opportunity to evaluate whether an older relative's home environment and daily routine still support that person's independence. Small changes may become noticeable over time. Household chores may take longer, preparing meals may become more difficult, transportation may become challenging, or a senior may begin avoiding activities because completing them alone has become more demanding.

These changes do not always mean that a person needs to leave home. In many situations, additional assistance with certain activities can help an older adult continue living in familiar surroundings while maintaining greater control over daily routines.

Pleasant Vine Home Care provides in-home support for older adults and other individuals who may benefit from assistance with everyday activities. Depending on an individual's needs, home care can provide support with personal care, companionship, meal preparation, light household activities, and other aspects of daily living. The goal of this type of assistance is to complement the support provided by families while helping

individuals continue living as independently as circumstances allow.

Family involvement remains an important part of healthy aging, particularly when relatives maintain regular communication with older loved ones. Conversations about aging can be more productive when they focus not only on what a senior may be struggling to do but also on what the person wants to continue doing.

An older adult may want to remain in a longtime home, continue attending religious services, visit friends, maintain a favorite hobby, prepare familiar meals, or simply follow a preferred daily routine. Understanding those priorities can help families make decisions about support that are centered on the individual's goals rather than focusing entirely on limitations.

Healthy Aging Month can therefore provide a useful reminder for families to have these conversations before a crisis occurs. Discussing preferences, routines, and areas where assistance might be helpful can make it easier to identify solutions that preserve both safety and independence.

Pleasant Vine Home Care also encourages family caregivers to consider their own well-being. Supporting an aging parent or relative while managing employment, children, household responsibilities, and other commitments can become demanding. Additional home-care assistance may help families share some of those responsibilities while continuing to remain actively involved in their loved one's life.

As September is Healthy Aging® Month, which draws attention to the opportunities associated with growing older, Pleasant Vine Home Care is encouraging Delaware families to approach aging with a focus on independence, connection, and continued engagement. The organization believes that healthy aging can include adapting to changing needs while preserving the relationships, interests, and routines that make life meaningful.

Families interested in learning more about Pleasant Vine Home Care and the in-home assistance available to older adults in Wilmington and surrounding communities can visit <https://www.pleasantvinehc.com> for additional information.

###

For more information about Pleasant Vine Home Care, contact the company here: Pleasant Vine Home Care - Wilmington Pleasant Vine Home Care - Wilmington (302) 800-1008 [info@pleasantvinehc.com](mailto:info@pleasantvinehc.com) 3200 Concord Pike Ste 105 Wilmington, DE 19803

**Pleasant Vine Home Care**

*At Pleasant Vine Home Care, we are committed to delivering exceptional and compassionate care tailored to your needs. We believe in helping you maintain dignity, independence, and comfort in the spaces you love.*

Website: <https://www.pleasantvinehc.com>

Email: [info@pleasantvinehc.com](mailto:info@pleasantvinehc.com)

Phone: (302) 800-1008

