

Vitality at Every Age

The Power of Community-Based Wellness



 **VALLEY VIEW**
SENIOR LIVING



10 *Essential* Senior Health Tips

Senior health is crucial not just for physical well-being, but also for fostering emotional and mental health, ultimately improving the overall quality of life



Stay Physically Active

Aim for at least 30 minutes of moderate exercise most days of the week to maintain muscle strength, flexibility, and balance.



Eat a Nutritious Diet

Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.



Stay Hydrated

Seniors often need to be more mindful of drinking enough fluids to support digestion, prevent dehydration, and maintain energy.



Focus on Joint Health

Engage in low-impact exercises to protect your joints. Strengthening muscles around the joints also helps.



Prioritize Sleep

Aim for 7-9 hours of quality sleep each night. Creating a calming bedtime routine can improve sleep quality.



Protect Your Skin

Aging skin is more sensitive, so moisturizing and avoiding prolonged sun exposure is critical.



Manage Medications

Review medications regularly with your healthcare provider to avoid interactions and ensure you take them correctly.



Focus on Fall Prevention

To reduce the risk of falls, practice exercises that improve balance, such as tai chi, and make home modifications.



Keep Your Mind Active

Mental stimulation can help reduce the risk of cognitive decline. Enjoy activities that challenge the brain.



Stay Socially Connected

Regular social interactions with family and friends or through community activities can improve emotional well-being.



The Results Are In! **We Help Seniors** **Stay *Strong***

Living in a senior living community isn't just easier—it's healthier, too! With professional support and wellness programs, seniors are more likely to stay active, avoid hospitalizations, and enjoy safer, healthier lives.

67%

Percentage of senior living residents who participate in **exercise programs** at least 3 times a week, compared to just 31% living at home.

1,500+

Average number of **more steps walked daily** by senior living residents compared to their peers who live at home

25%

Reduction of senior living residents requiring **emergency room visits** for falls compared to seniors living at home

19%

Reduction in **fall risk** after engaging in on-site rehab and balance screenings

11%

Improved balance, helping residents regain confidence with each step

55%

Improved walking speed of residents engaged in on-site physical rehab



Select Rehabilitation at Valley View

Contact us to learn more about the premier onsite physical therapy provided by our wellness partner, Select Rehabilitation



Let's Get *Physical*

And Social! And Intellectual! And Spiritual!

Staying fit means more than just exercising your body. It's a host of activities that flexes the mind, body, and spirit. Here's a taste of how we keep our residents healthy and engaged daily.



Let's Get Together!

Daily Activities & Social Clubs

Every day, we create an inviting atmosphere of fellowship and our activity programs bring fun and exciting experiences to life.

- Gardening Club
- Art & Crafts Classes
- Cooking Classes
- Music Programs & Resident Choir
- Religious Worship Services
- Scheduled Outings to Local Restaurants, Museums, Shopping, and More

Let's Get Active!

Daily Fitness Programming

Regardless of your fitness level, our various programs unite our residents daily through movement and good times!

- "Fit for You" Group Seated Exercises
- Walking Clubs
- On-site Fitness Center
- On-site Physical Therapy Available
- Flexibility/Balance Classes
- Tai Chi and Chair Yoga
- Cardio Drumming

Let's Get Challenged!

Daily Mental Exercises

We keep our residents' brains sharp and improve cognition, memory, and focus with our mentally stimulating and fun activities.

- Intellectually Engaging Activities
- Mahjong, Cards, and Puzzles
- Reminiscing and Discussion Group
- Cultural and Language Study
- Journaling and Creative Writing
- Local Expert Guest Lectures
- Legacy University
- Volunteer Programs



**Learn More
About Our
Wellness
Program**

At Valley View, passion is the pulse of everything we do, driving us to provide seniors with the best quality of life possible. We invite you to visit us and see how we keep our residents engaged daily.



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As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



SCAN TO CONTACT US



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