

# The Power of Community



**GATHER TO BOOST BODY, MIND, AND SPIRIT**

The idea of community can have a profound impact on older adults. However, as we age, social connections can be difficult to maintain. Here are some of the ways we can make a difference:



### **Social Connection**

Older adults who are engaged in a vibrant community often experience reduced feelings of loneliness. Regular interactions with peers can provide support and a sense of belonging.



### **Sense of Self-Worth**

Contributing to community life, such as participating in clubs or volunteering with local organizations can enhance self-esteem and provide a feeling of accomplishment.



### **Mental and Emotional Health**

Being part of a community can enhance mental health by providing a sense of purpose and engagement. Group activities and social events help keep the mind active.



### **Cognitive Engagement**

Community activities like group discussions, challenging games, and educational programs help stimulate mental activity and maintain cognitive health.



### **Safety and Support**

Older adults in a community often benefit from the support of friends and neighbors. This can include practical help with daily tasks or emotional support.



### **Family and Social Integration**

A strong community can positively impact relationships with family members, making them feel more at ease knowing their loved one is part of a supportive community.

Life's Better *Together*

Contact us to learn more about how we help our residents stay connected, engaged, and happy.

