

How Life Plan Communities Can Improve Your Quality of Life



As we age, we may tend to not put as much focus on our social life. This is a mistake that can negatively impact your or a loved one's well-being. Studies have shown that older adults who maintain an active social life show improved mental and physical health. Here are three reasons why staying social is good for you!



Life Plan Communities can be a wonderful place for you or a loved one to thrive. A warm, loving, happy community can provide you with a life of choices, fellowship and flexibility. Discover three ways moving to a Life Plan Community can improve your quality of life.

1. Social interaction

Life Plan Communities have no shortage of social events, activity options and opportunities to build friendships. Living alone can sometimes get lonely and quiet. In this community, you have the option to be alone or to be social, depending on your mood! Residents can get involved in crafts, volunteering, or wellness groups, or they often discover new passions! There is always the opportunity to socialize and make new friends. With all members of the community similar in age, residents often bond and connect over similar life experiences. Human interaction and regular engagement can do wonders for quality of life.

2. Physical activity

We are all aware of the importance of staying physically active as we grow older. Some may not know how or where to go to stay active. Most Life Plan Communities provide you with access to a gym, along with classes to take, training on proper form and more. You could find a new love for yoga or for running. You may bond with other members of the community over similar interests in activity. The opportunities are endless!

3. Help when you need it

Most Life Plan Communities have qualified nurses for residents' needs. Some communities even have on-campus health clinics. Having that extra help in such a convenient proximity can make all the difference in providing peace of mind. In the event of an accident or emergency, help is readily available, meaning an overall safer living environment for you or your loved one.

Call 540-486-2956 or visit: www.thevillageatorchardridge.org



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