

LIFESTYLE COMPARISON

As we get older, maintaining our home and lifestyle can become more challenging.

Consider how senior living offers a worry-free way to manage these challenges and live more independently.

LIVING AT HOME		SENIOR LIVING
Fewer opportunities to socialize with friends. Increased isolation and less involved in outside interests	SOCIALIZATION	Opportunities for socialization with neighbors every day. Stimulating social and cultural events to keep you engaged in life!
Dependent on others to get where you need and want to go.	TRANSPORTATION	Scheduled transportation service available for medical appointments, errands, and outings.
Eating alone and often eating less. Consumption of prepackaged meals for convenience. Reliance on others to provide meals.	DINING	Dining with friends. Increased consumption and better nutrition. Fresh menu options.
The burden of cleaning, laundry, and home maintenance. Wasted time and energy.	HOME MAINTENANCE	Worry-free living with professional housekeeping and maintenance staff to assist in taking care of your home.
Anxiety about being alone. Concerns about if, or when, help will be available in an emergency.	MEDICAL EMERGENCY	24-hour personal monitoring system to alert personnel to an emergency.
Lack of motivation. Limited access to fitness programs and equipment.	PHYSICAL ACTIVITY	On-site fitness center. Exercise and wellness opportunities to improve health, mobility, and strength.
Feeling like a burden. Dependence on family and outside help for assistance. Decrease in independence and pride.	INDEPENDENCE	Encouraged independence. Support provided by caring, trained staff as needed.

THE RETREAT AT LEISURE LIVING

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