

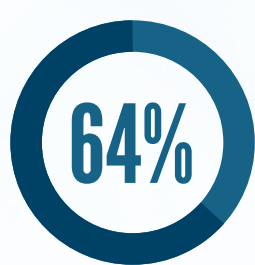
Seniors are happier during the holidays when living in a senior community.

Festive parties. Family traditions. Loved ones surrounding us. The holidays can be filled with warmth and excitement, but for many seniors, this time of year can bring about feelings of loneliness and depression. Colder weather and shorter days, paired with the yearning for holidays of the past, may leave you wondering, what can I do?

Seniors who live in a senior living community are surrounded by the sights and sounds of the season with lively festivities, activities with friends, and delectable cuisine.



It's lonely by yourself.



Seniors who suffer from loneliness have a **64% higher** risk of dementia.²



Loneliness can also increase the risk of mortality by **50% higher** than the effects of air pollution, obesity, and excessive alcohol use.³



Lonely seniors have a **59% higher** risk of physical and mental health decline.²



31% of older adults feel lonely during the holiday season and nearly half (**43%**) have worried about a friend or family member who was lonely during the holidays.⁴



15 CIGARETTES

Loneliness can be as dangerous as smoking **15 cigarettes** per day.¹



280 MILES

On average, seniors are **280 miles** from their nearest child, and the average distance between family members is growing.

Living in a senior community helps make the season bright.



When a loved one moves into a senior living community during the holidays, they can meet new friends, have the opportunity to participate in a variety of social activities, all while feeling safe and secure.



80% of seniors feel that social activities increase their knowledge, help them gain self-confidence, and provide an opportunity to try new things.⁵



Activities contribute to seniors' emotional well being by **90%** and helps them relieve stress by **85%**.⁵



For every decrease in social activity, motor function decreases by roughly **33%**, within an average of **5 years**.⁵

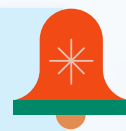


The rate of cognitive decline was reduced by an average of **70%** in older adults who are frequently socially active.⁵



Older adults who participated on a daily or weekly basis in social activity had a **40%** reduced risk of developing dementia compared to those who didn't participate.⁵

Seniors are happier in senior living.



94% of residents in senior living communities say they are happy with their overall quality of life.⁶



90% of residents are satisfied with the care and services they receive.⁶



99% of residents in senior living say they feeling completely safe.⁶

We know that change is hard for anyone and as we think about the upcoming holidays, it might not seem like the right time to move a loved one into a senior living community, but the holidays are actually a great time to be part of a community.

Ease the transition.

Moving into a community during the festive holidays makes the transition to senior living easier and helps seniors battle feelings of guilt, depression, and loneliness.

Combat holiday anxiety.

A senior living community can lessen the feelings of being a burden and the nervousness of decorating, shopping, and being alone.

Eliminate caregiver's guilt.

Adult children can have peace of mind as they juggle busy holiday schedules while their parent is enjoying the comfort of high-quality care and joy-filled days.

Accommodate needs.

In senior living, older adults can enjoy festivities that may otherwise be challenging without adaptive accommodations.

Enjoy onsite care and maintenance-free living.

Seniors and families find greater peace of mind and comfort in knowing that care is on-site 24/7 and that they are freed from home maintenance and care.

At MBK Senior Living, we encourage ageless exploration toward a life of meaning, fulfillment, and happiness and we invite you to come home for the holidays and experience all we have to offer this holiday season.



1. <https://fortune.com/well/2023/06/15/loneliness-comparable-to-smoking-up-to-15-cigarettes-a-day> • 2. <https://www.welbi.co/blog/the-dangers-of-senior-loneliness-and-isolation>

3. <https://www.ncoa.org/article/navigating-social-isolation-and-loneliness-as-an-older-adult> • 4. <https://www.aarp.org/pri/topics/social-leisure/relationships/holiday-season.html>

5. <https://www.walkermethodist.org/blog/benefits-of-social-programming-for-seniors> • 6. <https://submitinfographics.com/all-infographics/infographic-the-big-decision-living-at-home-or-assisted-living.html>