

HOW LIFE PLAN COMMUNITIES HELP ENRICH LIVES



PRESBYTERIAN
SENIOR LIVING

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Today's seniors have multiple choices for retirement living—one is known as a *life plan community*. Sometimes referred to as a *continuing care retirement community or CCRC*, these communities offer a full range of housing and care services for seniors including independent living, assisted living/personal care, memory support, transitional care, respite services, skilled nursing and rehab, and end-of-life comfort care. This housing option meets an older adult's needs now and into the future.

For older adults, a life plan community brings peace of mind. It also combines maintenance-free living with a vibrant array of social and recreational opportunities. This means residents have time to relax and engage in activities and amenities that encourage a more purposeful life.



In this guide, we'll share a few of the many reasons why a life plan community helps older adults live a fuller, healthier life. From well-balanced meals to access to safe transportation and on-site caregivers, the list of benefits is a long one.

Then we'll talk about how staying active and engaged promotes successful aging. Finally, we'll review all of the opportunities residents of a Presbyterian Senior Living (PSL) life plan community have for connecting with others. It is easy to see why PSL communities are so popular with seniors and the family and friends who want them to enjoy their best life during retirement.

WELLNESS BENEFITS OF LIFE PLAN COMMUNITIES

When an older adult is engaged with the world around them, they reap the benefits that socializing provides. And there are plenty of them! But the benefits are more than improved mental and physical health. For example, being active and connected on a daily basis makes for a less sedentary or isolated life. This is especially important because isolation has been linked to a range of health issues including heart disease, diabetes, and early mortality. The same holds true for being too sedentary.

When you or a loved one are contemplating a move to a life plan community, there are numerous benefits to be mindful of, in addition to mental and physical wellness:

- ✔ **More certain future:** The peace of mind that comes from knowing you have a guaranteed plan for your future is priceless. If your needs for care and support change over the years, the community can accommodate those changes. Less time spent worrying about the future means less stress and a healthier you.



WELLNESS BENEFITS

- ✓ **Predictable financial planning:** When living in a private residence, unexpected expenses can be tough on the budget. Life plan communities offer a more predictable cost of living. Monthly fees are set for the year, and increases are easier to anticipate.
- ✓ **Promote wellness:** At PSL life plan communities, you will find an environment designed to nurture the body, mind, and spirit. It's a holistic approach to wellness proven to promote healthy aging. From well-balanced meals to on-site fitness programs.
- ✓ **Opportunity to socialize:** Congregate housing allows people to socialize in both formal and informal ways. Friendships often develop among neighbors over a cup of coffee or a walk around the community. Residents also build bonds by participating in the same activities.
- ✓ **Lifelong learning:** Research shows that continuing to learn new things, whether it is a new language, a musical interest, or an art form, promotes brain health. Life plan communities offer a variety of activities and programs to appeal to every interest.





- ✔ **Advocate for a cause:** Studies show that older adults who volunteer enjoy longer, healthier lives. Researchers believe the sense of purpose that volunteering provides might be the reason. Residents of life plan communities have opportunities to contribute on campus as well as in the local area.
- ✔ **Transportation services:** When a person feels it's necessary to limit or give up driving altogether, finding safe, affordable options for transportation can become a barrier to living a full life. It can impact everything from going to medical appointments to attending local events. In a life plan community, transportation services are widely available.

At Presbyterian Senior Living, residents play a key role in developing programs and activities that promote a vibrant, healthy retirement. And with several generations of older adults residing in PSL communities, the result is a diverse calendar of life enrichment opportunities that meet the needs and interests of all ages and backgrounds.

Next, let's take a closer look at the social side of a life plan community.

CONNECTED LIVING DURING RETIREMENT

Psychologists say that the need to belong is universal. Human beings want to establish positive relationships and feel connected to others. As we grow older, however, that can be difficult to do. Friends move away to live closer to an adult child and spend more time with their grandkids. Work friendships may fizzle after retirement. Social circles often shrink as time goes by.

At PSL, we understand the importance of affiliation and friendship and how difficult it can be for seniors to feel included. This is why we strive to create diverse communities that offer a wide variety of social events and enrichment activities. We know they provide opportunities that allow residents to connect and bond.

Hobbies and pastimes can benefit seniors in very specific ways. For instance, listening to music has demonstrated therapeutic benefits:

- ✔ Reducing anxiety, stress, and physical pain
- ✔ Boosting the spirit, changing moods, and improving self-esteem
- ✔ Promoting social interaction and involvement with others
- ✔ Connecting adults with dementia to their memories
- ✔ Decreasing the need for medication



Bird watching is another example of a popular activity that offers many benefits. Besides the sheer joy of engaging with nature, it's an activity known for reducing anxiety and stress. Memory support communities often have bird aviaries because of the pleasure that watching our feathered friends provides to people living with Alzheimer's. Bird watching also encourages walking and stimulates brain health.

With a seemingly limitless supply of activities ranging from woodworking and stained glass to bridge club, gardening, greenhouses, movies, art and exercise classes, seniors have a chance to pursue new passions and reconnect with old ones.

Curious about what a typical day looks like in a life plan community? Here's a peek at how residents spend their days.



A DAY IN THE LIFE OF A PSL RESIDENT

A typical day at a PSL life plan community finds residents participating in as many or as few activities as they choose. It might begin with a stretching or Zumba class in the morning and an afternoon art workshop. Or it could be a relaxed start to the day followed by cards with friends after lunch. Everyone is free to choose how to spend their time.

There are always ample opportunities to engage and connect. Residents will find a number of activities to join everyday ranging from those that take place in small groups to large community-wide events:



A DAY IN THE LIFE

- ✓ Afternoons at the movies with shows that include newer comedies to classics like Casablanca
- ✓ Drum club and piano music
- ✓ Bible study and other devotional offerings
- ✓ Bingo, bridge, Wii bowling, ping-pong, and other games
- ✓ Yoga, tai chi, strength training, meditation and aquatic fitness programs
- ✓ Craft clubs, watercolor, drawing, and other hands-on activities
- ✓ Lecture series and seminars or continuing education classes
- ✓ Language classes
- ✓ Art classes such as pottery and fabric arts
- ✓ Fishing, biking, hiking, putting greens and other outdoor activities
- ✓ Group outings to popular local destinations, such as shopping malls, zoos, and museums



What's important to know is that residents drive life enrichment programming. They play an integral role in making suggestions on what programs to offer and quite often you will find resident led programming and entertainment. They use their skills to teach others and share experiences. Residents are often involved in deciding which speakers and entertainers to invite to the community. Because PSL is home to a diverse group of residents, the input they provide results in an engaging array of choices.

..... MAKE NEW FRIENDS



MAKE NEW FRIENDS AT PSL

Socializing that leads to new friendships happens every day at PSL life plan communities. While scheduled activities and events help nurture these bonds, friendships also develop in other ways. It might be from small talk over lunch that two residents discover a shared passion for rose gardening. Or during a stroll across campus on a sunny day that neighbors might find their grandchildren attend the same school.

These informal opportunities to get to know one another allow residents to expand their circle of friends. Before long, a person who was lonely on their own has such a busy social calendar that family members need to book ahead to spend time with them!

SCHEDULE A VISIT TODAY

The best way to learn more about a life plan community is to schedule a personal visit to Presbyterian Senior Living today. Call one of our locations in Pennsylvania, Maryland, Ohio, and Delaware to set up a time today.

[View Our Community List](#)



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