



WILLIAMSBURG LANDING®

## Tips on the Social Benefits of Senior Living Communities

According to experts, maintaining social ties to others and participating in activities can be essential to the overall health of older adults. Today, one of the primary benefits of senior living communities is the social benefits that come from the wealth of socialization activities, companionship and sense of community they provide.

Specifically, there are three valuable social benefits associated with the engaging lifestyles found in senior living communities, including:

- **Improved Self-Esteem** – Joining a group of people with the same interests makes life more fun. Looking forward to activities you enjoy can provide a reason to get up every morning and start the day with a positive attitude. Feeling helpful and needed can make a huge difference in anyone's life, regardless of age.
- **A Sense of Purpose and Belonging** – The combined advantages of active socializing can enhance quality of life considerably and add years to one's expected lifespan. Older adults are able to make new friends and strengthen existing relationships when they are engaged in activities they love with others who have similar interests.
- **Improved Physical and Mental Health** – Spending time positively engaged with others is life-affirming and raises self-confidence. So does keeping up with current news and trends. Anything that boosts self-esteem and self-confidence can contribute to a positive mental outlook, which in turn encourages the release of "good" hormones. These health-promoting chemicals help the body to fight off illness and disease while also making us feel better. Additionally, regular interaction and engagement with peers helps to keep the mind sharp.

In contrast, lack of social interaction and isolation frequently lead to more rapid physical and emotional decline. Specific outcomes associated with loneliness and lack of social engagement include:

- A 73 percent increase in the chance of suffering a stroke
- A 14 percent higher risk of premature death
- Higher blood pressure
- Increases in the stress hormone cortisol
- Less restful, restorative sleep
- Increased rates of depression
- A decreased sense of living a meaningful life



## WILLIAMSBURG LANDING®

### **Welcome to Williamsburg Landing**

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at **Williamsburg Landing**.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

**To learn more or schedule a tour, please [contact us](#) today!**