

# LET'S GET SOCIAL!

## STAYING CONNECTED IS ESSENTIAL TO HEALTHY AND HAPPY AGING



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Maintaining an engaged and active lifestyle becomes increasingly more important as we age. Building new relationships and participating in meaningful activities is essential for our health – mentally, physically, and emotionally.

According to the National Institutes of Health, social engagement is strongly associated with our well-being later in life. Staying connected with others can help combat depression, anxiety, and loneliness, lower the risk of heart disease and high blood pressure, and help our minds stay sharp. Older adults who are active in their community often have a greater sense of purpose. They feel happier, more fulfilled, and experience a better quality of life overall.

### FINDING COMMON GROUND

There is no doubt that engaging with life is a vital factor for successful aging. At Springfield Crossings Enhanced Senior Living, we are fortunate to be located in the vibrant community of Springfield, PA. This means there is no shortage of unique opportunities to team up with groups or organizations whose interests align with our residents.



For instance, several of our seniors are talented musicians. So, to celebrate Valentine's Day, we joined forces with the New Horizons Glee Club for a special live performance called "Songs of Love." This ensemble of adult singers and instrumentalists spreads joy by connecting with senior centers and communities in the greater Philadelphia area, performing memorable classics and hits from Broadway and films. The collaboration was in perfect harmony with our music-loving residents, who spent a delightful afternoon enjoying familiar tunes and singing along to their favorites.

### UPLIFTING OTHERS

Community service projects offer the chance for seniors to come together to support people and causes that truly matter to them. In

honor of National Women's History Month, our resident-run Jewelry Club created handmade gifts and positive messages for residents of Mothers' Home, a local shelter that provides a haven for vulnerable pregnant women in crisis. The initiative united our jewelry-making residents around a mission to uplift women in the community. And delivering the gifts in time for Easter was something they could feel good about, too.

Whether it's volunteering with a local organization, participating in group activities, or partnering with others who share a particular passion, staying engaged and connecting regularly with your social community is one of the most important ways to maintain your health – and live your life to the fullest!

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