



Your Guide to Aging Gracefully

Some say to age gracefully is to simply accept that you are getting older instead of fighting against it. Others say it's about finding ways to make sure aging doesn't stop you from living the life you want.

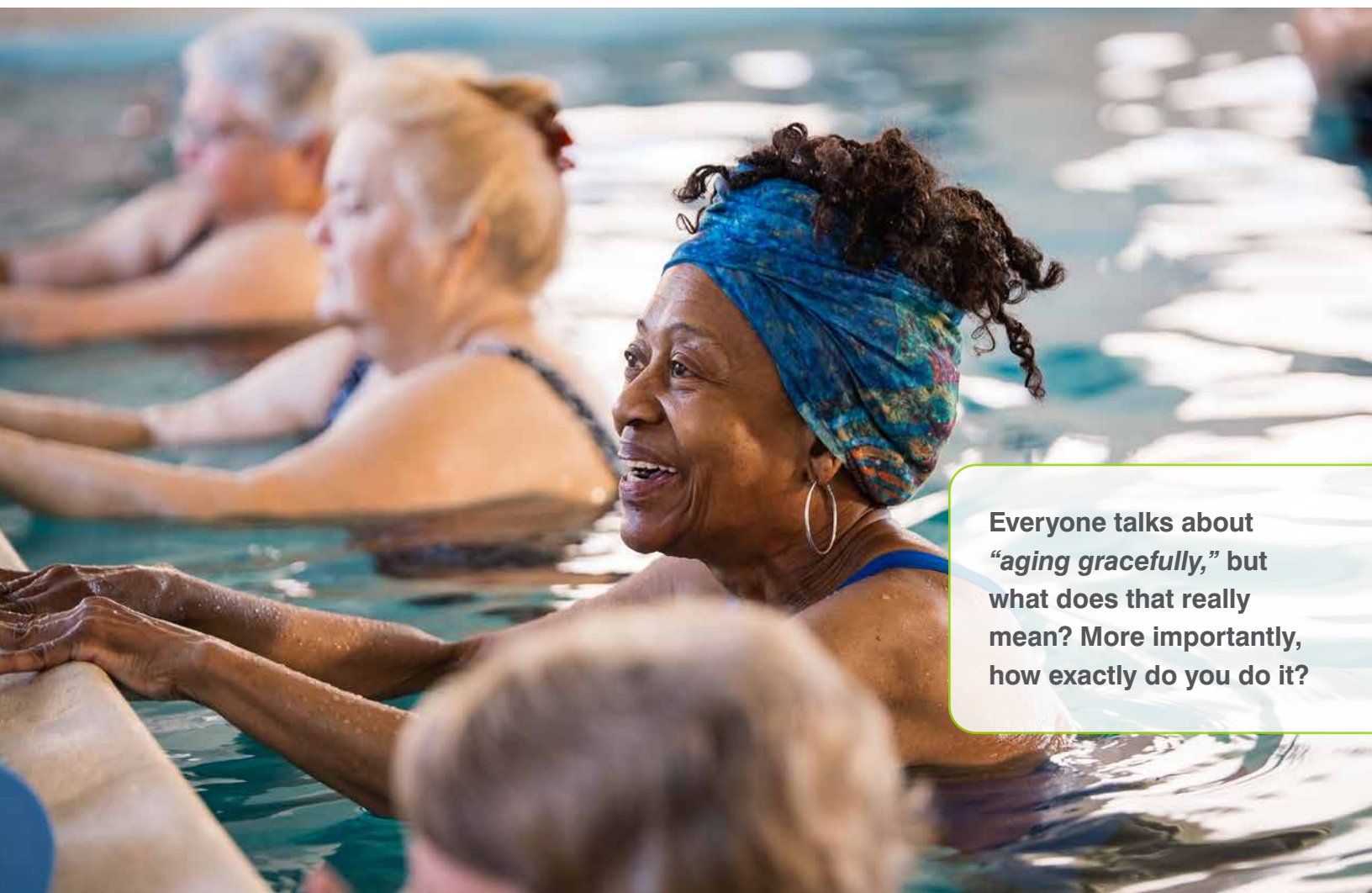
We think it's a bit of both.

As for how; we've got some great tips on the ways in which you can fully embrace getting older. And some real-life stories of graceful aging in action.

We'll also let you in on a little secret...there's often a common theme, when it comes to aging gracefully: the where. Senior living may not initially come to mind as a place where you can defy the expectations of aging, however they have truly evolved and so should your expectations.

There has been a shift from a purely clinical focus to one of engagement and wellness for the whole person; not just the physical, but also your social, spiritual and emotional well-being. And because of the more active, convenient and carefree lifestyle, people are moving to these communities earlier than ever.

Still skeptical? *Read on for a pleasant surprise!*



Everyone talks about “aging gracefully,” but what does that really mean? More importantly, how exactly do you do it?



TIP #1

The Power of Staying Connected

Research has found that maintaining social connections as you age has a number of health benefits including a slower rate of memory decline, and senior living communities are taking note. Residents should have no worries about loneliness or isolation like you might at home. In fact, social opportunities are one of the biggest draws of senior living. Typically you have a dedicated Lifestyle Director to ensure there's always something active and engaging to do; often a full calendar of options. From educational and enrichment programs to organized activities and outings to enjoy, it's easy for new neighbors to become fast friends. Plus, with numerous indoor and outdoor common areas, there's plenty of space to host friends and family.



“Birthdays are good for you. Statistics show that the people who have the most live the longest.”— Larry Lorenzoni



Mildred Patteson recently celebrated her 101st birthday!

Mildred is a longtime resident and enjoys going out for dinner at Club Friendship (our award-winning on-site restaurant and bar), Jazz Concerts on the outside patio, and Classic Movies (romantic ones) in our Community Room! She was excited to receive her COVID-19 vaccines, and encourages all residents to participate in the Friendship community and in LIFE!



TIP #2

Keep On Moving

Another way to aging gracefully is to get off your you know what. You've likely heard it before; seniors who exercise tend to live longer and have a lower risk of disability.

But what you may not know is that those benefits are seen not only in individuals who maintain an existing level of physical activity, but also in those who begin exercising between ages 70 and 85. So, it's never too late to get started! Residents in senior living communities thrive because they're in an atmosphere where their personal wellness comes first. From yoga, Tai Chi, cardio and strength training to education on a range of health topics to a network of local physicians and healthcare professionals, these communities help you to stay active and vital.

Donna Lily has enjoyed exercising and soaking in our indoor heated pool for the last seven years.

Donna actively participates three days a week in our water exercise classes (Silver Sneakers Splash) and loves every minute of it! She looks forward to the fun fellowship, motivating music, and benefits of the exercises. Here at Friendship, our saltwater-chlorinated pool is kept at 101 degrees which helps with osteoporosis and helps heal aching muscles. Donna encourages everyone to come and give the pool a try!



TIP #3

You Are What You Eat!

Eating a well-balanced diet is important at any age, but particularly for those 65 and older. Not only can it help you maintain a healthy weight and keep up your energy, getting the right nutrients also lowers your risk for chronic health conditions, such as heart disease and diabetes.

But here's the kicker, your nutritional needs, appetite and food habits can shift as you age. Decreased metabolism, changes in taste and smell and slower digestion can make it more challenging to maintain the diet you need; all at a time when preparing fresh food three times a day is more of a challenge in and of itself! Eating at home can often become lonely and many seniors cannot or do not want to prepare a meal when it is just themselves. Luckily residents of senior living communities are free of this burden. Menus are prepared by a chef that understands restrictions and/or preferences of seniors, often in collaboration with a nutritionist or dietician. Even better, team members at these communities go the extra mile to ensure dining is more than a meal, it's an occasion to celebrate. Whether it's breakfast, lunch or dinner, residents can enjoy chef-prepared selections in a restaurant-style setting that features daily entrees, an a la carte menu, Soup of the Day, and scrumptious desserts.



Graceful Aging in Action

Chef Spotlight - Certified Pastry Chef and Restaurant Manager, Denielle Morrison at Club Friendship

Friendship believes in creating food that is good for you and nurtures your body. Experts across the country have recently highlighted several trends in senior living communities, chief among them: upgraded dining experiences. Friendship is leading the trend here by providing a unique dining experience featuring multiple dining options and seasonal menus all under the leadership of certified chefs.



What are you doing with your life?

That's often a question you hear during the teen or young adult years as you figure out the direction for the life ahead of you.

But, just because those years are long behind doesn't mean your passions or your sense of fulfillment and meaning should be as well. The ability to make a difference doesn't have an age limit!

In fact, finding a purpose in life is a big part of graceful aging. Research suggests that having a sense of purpose can help you live longer, reduce stress, lower blood pressure and decrease depression.

A senior living community is an ideal place to find your purpose. Not only can you pursue hobbies, find new interests and learn new skills through the various clubs, daily activities and enrichment opportunities, these communities are plugged in locally in ways hard to achieve on your own. They partner with churches, schools and any number of charitable organizations making it easy to find opportunities to tutor, mentor and to help with animals, hunger relief or virtually any interest you may have.



“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn

Ginny Coleman is an avid volunteer with a servant’s heart.

Ginny has participated in our “Healing Ceilings” to paint tiles for Carilion Hospital, she has learned to knit with our Yarn Circle, and is creating winter hats for “Meals on Wheels” participants. Along with her church, she also participated in our partnership with RAM House to help feed the homeless. Activities that provide a sense of purpose are what interests Ginny here at Friendship!





Words to Live By

You can see there's no one thing or one specific way to age gracefully. Rather, the key is to allow yourself the options and the support to embrace aging in a way that benefits your health and vitality. Can you do that on your own? Sure. Would it be easier and a lot more fun to do so in a senior living community?

We'd like to think so!

Ultimately, the what, how and where of your path to graceful aging is up to you. But should you need additional information, help in exploring your options or, or simply to have your questions answered, we're here for you.

Visit our website friendship.us to learn more about our community and speak to one of our team members.





About Friendship

Friendship offers diverse senior living accommodations, award-winning care, innovative services as well as specialized rehab and therapy, to over 900 residents and patients. Located in the Shenandoah Valley and nestled by the Blue Ridge Mountains, the community offers beautiful views, paired with enjoyable amenities and close proximity to favorite shops, restaurants, local churches and more.

The community opened its first building in 1966, and has grown to offer the full continuum of healthcare, including an adult day care center, home care services, an on-site pharmacy, physician clinic, salons and full-service restaurant and bar.



To learn more or to arrange a personalized tour please call **540.385.8720**

friendship.us