

The Benefits of Community Living for Seniors



Are you a senior, or do you have a loved one who is a senior living in their own home but facing challenges? Sometimes for seniors living in their own home alone this can be isolating and at times unsafe. Community living can have many benefits, with increased activity, more socialization and 24 - hour care staff on hand you or your loved one can start living a more balanced and healthier lifestyle.

Isolation and loneliness can lead to depression and other mental conditions. Staying social by spending time with friends, participating in card games, board games, music therapy and many other recreation activities can improve your mood, memory and significantly decrease the risk of depression. Physical activity can be challenging and unsafe when doing it alone. All seniors living

homes offer exercise classes, group outings and many even have a fitness center. Staying physically active has been proven to reduce the risk of stroke, heart attacks and other serious conditions.

Safety as we age is always a concern! If daily tasks such as cooking, cleaning, and maintaining your property are starting to become too much to handle, it is time to consider the benefits community living can offer. Peace of mind is priceless, and with all of the benefits included it could be more affordable than you think. Information is often available online, or you can call most homes for a no obligation tour.

Submitted by Desiree Armstrong, Community Relations Coordinator, The Hamlets at Westsyde



Studio, 1 bedrooms, 2 bedroom suites available
Rates starting at **\$1870** /month

Call Today For a Tour,
250-579-9061 ext. 20113
or visit www.thehamletsatwestsyde.com
3255 Overlander Drive, Kamloops, BC V2B 0A5

ASSISTED LIVING RENT INCLUDES:

- Meals prepared onsite by a red seal chef
- 24 hour care staff
- Emergency call bells
- Weekly housekeeping and laundry
- Extra care packages available



OTHER FEATURES

- Close to shopping and walking trails
- Fitness room
- Hair salon
- Spa room
- Media room
- Secure courtyard
- Flat walk ways
- Library
- On site medical equipment and supplies, weekly lab services
- Massage therapist