



Simple Science Fun Fact:

It is scientifically proven that the company of good friends reduces stress in life.

For individuals with Alzheimer's or related dementias socialization is especially important. Companionship can go a long way towards promoting emotional health in memory care residents. Here's a closer look at four benefits of residential memory care.



1. New Space, New Friends

Like any major life change, moving to a new home takes some adjustment. A welcoming atmosphere, friendly faces, and making friends makes transitioning into the new environment easier.

2. Reduces Loneliness

Dementia can be an isolating experience, and many people struggle to remain connected to loved ones. Sharing daily experiences can go a long way toward drastically reducing the feeling of isolation and loneliness while promoting physical and mental health for residents.

3. Provides Purpose

Our community offers residents opportunities to create a sense of well-being and continued self-esteem by providing ample socialization and engaging activities daily. Creating friendships can provide residents companionship and a great opportunity to thrive.

4. Regulates Sleep Patterns

Residents often have better sleep patterns because of our daily schedule of stimulating activities. When it's time to rest, they are ready for it. Another added benefit is that our staff is scheduled around the clock, this can provide your loved one with the sense that they are not alone in our community, which can also be calming and reassuring. If someone is wide awake in the early hours, they will be greeted with a friendly face to talk to until they are ready to get back to sleep.

Living where you're surrounded by peers feels great at any age, and as we grow older staying socially connected and feeling engaged with life can make a difference in both the quality and the length of life. [Click here](#) to schedule a visit and see our fun social program in action!