



From loneliness to living large.

Comparison Guide

How your choice in retirement living
can impact your life in a big way.



Here for you. Not for profit.

43% of seniors
feel lonely on a
regular basis.*

If you're concerned, you're not alone.

It's become an epidemic in the United States.

Loneliness is a growing trend among seniors, and numerous studies prove it comes with damaging health repercussions that range from increased risks of dementia and heart disease to a shortened lifespan.

According to research, even those who live with spouses or extended families are at serious risk of isolation and the debilitating effects that result from feeling lonely.

It's exactly why careful consideration is essential when weighing the options about where and how to live as you or your loved ones approach retirement. The choice can affect quality of life, length of life and overall health.

There's a lot to consider.

Read on to learn more about the health risks of loneliness and to better understand how to make a wise decision about your future.

*Source: <https://www.hrsa.gov/eneews/past-issues/2019/january-17/loneliness-epidemic>



Loneliness may speed the onset of dementia.*

Everyone wants to feel vibrant, inspired, engaged—at every point in life. However, at this particular juncture, it's vital to your well-being.

Consider the wellness of the whole person.

Your choice will affect you—body, mind and spirit. Because loneliness can impact seniors in so many ways—physically, mentally, emotionally and spiritually—the whole person must be considered. While some retirement living choices may emphasize one aspect over others, you may want to seek a community with more robust offerings.

Environment and experience both play a part.

Simply basing your choice on a well-appointed apartment may not foster a person's well-being. Ultimately, experiences matter most to lessen feelings of loneliness. And, keep in mind, some environments are designed to inspire interaction.

This guide can help you weigh your options.

Many possibilities exist for retirement living. We've only explored a few categories in this downloadable guide to help jump-start your thought process. We hope it helps you make a wise choice for yourself or your loved one.

Print it out, take it with you.

You can even access it from your mobile device. Use the following questions to seek input from family, to inquire at a potential retirement community, or to ask yourself questions if you're seeking to live your brightest possible future.

*Source: <https://www.theguardian.com/society/2012/dec/10/loneliness-dementia-link>

6 questions to ask when making a decision about retirement living.



1. What social opportunities are available for engagement and connection?

Home: A senior who lives at home or with family may have limited connection with others. In fact, research notes that even married couples can feel extreme loneliness. When living with extended family such as children and grandchildren, activities may not intentionally revolve around the senior. Sometimes an older adult may feel like a bystander or a burden to the family.

For-Profit Retirement Living Centers: Typically, communities that are concerned about profit may not be as concerned about people. It only makes sense when they're thinking dollars and cents. Possible cost-cutting due to shareholder expectations sometimes results in the elimination or reduction of special programs. Or, it's possible investments aren't put into large-scale programs in the first place. In addition, a luxury apartment without an inspiring social life can create ongoing isolation.

Immanuel Communities: At Immanuel, your social life isn't online, it's in action. Our communities are designed to invite you into a true social life, throughout your day. A full schedule of on-site opportunities allows each individual to choose what interests them most. Experiences may include art classes, yoga and fitness, bocce ball, gardening, movie night, billiards, fine dining, dancing—all of which foster connection, friendships and fun.

From loneliness to laughter.

1 in 3 seniors
is lonely.*

2. Are there wellness programs devoted to ending loneliness?

Home: If you live in your own home or with family members, a wellness or fitness program may require traveling to a gym or community center. While attending these types of classes may help lessen feelings of loneliness, the effort to create a healthy, active lifestyle may not be sustainable for you or your family. Transportation, fees and memberships, as well as serious commitment are often required.

For-Profit Retirement Living Centers: Many living facilities or communities have wellness programs, but often they're rooms filled with fancy equipment but no instructor, or the fitness instructor is a part-time staffer. Schedules, too, might be occasional, and the variety of classes may be limited. Structure, enthusiasm and participation are sometimes lacking.

Immanuel Communities: Thrive by Immanuel offers a wellness program, spa, fitness center and a variety of daily activities to create a vibrant lifestyle for residents. Our full-time wellness director and team are specially trained to work with seniors. They provide individualized fitness programs unique to your needs, as well as an ongoing schedule of daily classes to choose from, such as yoga, exercise and wellness education. Groups gather, friendships are made, health is enhanced. That's life at Immanuel.

*Source: <https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>



From loneliness to lifestyles.

Loneliness is as
damaging to health
as smoking 15
cigarettes a day.*



3. Does the architectural design help to foster fun, interaction and engagement?

Home: Houses can be adapted to accommodate aging needs. Safety bars, alert systems and stair lifts are all examples of ways you can retrofit a home to help you age in place. But how can you change your home to help you connect with others? You can set up in-home services and meal delivery, but if no one stops by, seniors could be left feeling invisible and forgotten.

For-Profit Retirement Living Centers: If profits are a concern, a retirement living center may be designed with a low budget in mind, rather than to encourage the greatest level of interaction. The architectural focus may also be on attracting those leaving larger homes and enticing them with spacious, luxury apartments. The problem is, you may be replacing one isolated situation with another. Ask yourself, is square footage what you need? Or is it lively friendships?

Immanuel Communities: Immanuel offers upscale apartment living with premier amenities. However, we place an even greater emphasis on an overall architectural design that brings residents out of their spaces and creates an enlivening community. Cozy gathering spots, collaborative classrooms, coffee shops, patios, gardens and upscale dining rooms are thoughtfully designed to encourage interaction, friend-making and vibrant living.

*Source: <https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>

From loneliness to liveliness.



There's a proven link
between loneliness and
heart disease.*

4. How do dining experiences help assuage feelings of loneliness?

Home: We all know how challenging it can be to make inspiring meals for ourselves and our family members three times daily. Not to mention, how difficult it is to gather everyone together for a family meal. When that task falls upon a senior who is living alone and eating alone, mealtime can increase feelings of loneliness.

For-Profit Retirement Living Centers: If the emphasis is on profit, delicious, freshly prepared food may not be the norm. You may have limited options for meals, and cooks may take a more institutionalized approach to feeding residents. Buffet-style self-service could feel more like a cafeteria, rather than a dining experience.

Immanuel Communities: At Immanuel, dining is an event and another way residents gather and socialize. Our executive chefs prepare fresh daily meals, with menus that allow residents to select from a wide range of options. Remarkable, restaurant-quality cuisine at every meal brings excitement to mealtime. A fine dining experience encourages friends to gather and connect.

*Source: <https://www.webmd.com/heart-disease/news/20160419/lonely-isolated-people-may-be-prone-to-heart-disease-stroke#1>

From loneliness to luncheons.

5. What travel and outings allow for connection with the wider world?

Home: It happens to all of us. We can easily become homebodies in the comfort of our homes. As time goes on, though, and we start to age, it can become more challenging to make friends or get out and attend an event. Even when living with families, a senior may wait for someone to accompany them on an outing.

For-Profit Retirement Living Centers: Sometimes living centers offer occasional outings, yet still rely on family members to take a senior out for the day. Seniors can get stuck inside the walls of an upscale community, without connection to the outside world. A full schedule of planned trips and events requires a dedicated staff that a for-profit facility may not be willing to invest in.

Immanuel Communities: Exciting experiences are part of the lifestyle at Immanuel. Events range from day trips to art galleries, evenings out at local restaurants and the symphony, travel destinations to places like Las Vegas and Alaska, plus outings to sporting events, shopping venues, church groups, museums and the theater. By connecting with the local community in groups, residents connect with each other, forming meaningful relationships.

*Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4383762/>



From loneliness to longevity.



6) What level of spiritual support is available to increase feelings of connection?

Home: As a senior living at home or with family, chances are you may only attend Sunday service. Transportation is necessary to receive the spiritual support that's vital to your well-being. Sometimes, spiritual outreach can be arranged with a pastor or other church member who will visit your home.

For-Profit Retirement Living Centers: It's wise to ask whether the living center you're visiting revolves around your spiritual life. It may not. It's possible that pastoral services are offered on an occasional basis, or just on Sundays. If you're a senior, you may want the sort of life-affirming support that ongoing spiritual guidance brings.

Immanuel Communities: At Immanuel, we know that your spiritual life is what helps you feel even more connected with the world. We welcome all faiths and backgrounds, and support individuals in their unique spiritual journey. Our pastors are active and integrated members of our communities, leading Bible studies, community worship and spiritual educational activities. Our communities have a rich Christian heritage, and spiritual nourishment is a vital part of the Immanuel lifestyle.



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**For more information, call 402.682.8184
or visit [Immanuel.com](https://www.immanuel.com)**

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From loneliness to a new lease on life.