THE BENEFITS OF SOCIALIZATION

As humans, we share a fundamental need to interact with other people. We need social connections to thrive – no matter our age. However, research has proven that social support plays a particularly significant role in overall health and well-being as people age. It's been shown that connecting with others can boost quality of life, including both physical and mental health.

Therefore, it should come as no surprise that a lack of social connectedness can have the opposite effect – loneliness and social isolation increase certain health risks among older people. In fact, according to AARP, the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. And social isolation is a growing health epidemic among older adults. One in five adults 65 and older are socially isolated, putting them at risk of poor health. Health problems related to social isolation include impaired mental performance, a compromised immune system and an increased risk for vascular, inflammatory and heart disease, as well as depression.

From a brain health perspective, research suggests that older people who are more socially engaged and have larger social networks tend to have a higher level of cognitive function. And more specifically, individuals with a strong social network generally retain more memories than peers who are more isolated.

Scientists have found that social engagement is better than a pill or medicine to counter age-related cognitive decline. At The Oaks at Flower Mound, we understand the importance of socialization and are committed to creating authentic connections and engaging experiences for the mind, body and spirit.

Our community provides daily opportunities for residents to stay active and engaged, including social events, exercise classes, arts and crafts, intellectual programming and much more. With socialization so convenient and achievable, seniors at The Oaks can realize benefits like stress reduction, better physical health and fewer psychological problems such as depression and anxiety.

Staying social into one's senior years is good for the mind, body and spirit. It starts with the decision to remain active and involved and continues with healthy lifestyle choices that open the door to making social connections more easily.

THE OAKS AT FLOWER MOUND is a convenient, inviting community offering a rich, engaging retirement lifestyle. Located just 30 minutes northwest of Dallas, our assisted living and memory care community empowers residents to live life to the fullest – providing a comfortable, contemporary environment with specialized support as needed. For additional information, please call us at **469-373-1080**.

The OAKS AT FLOWER MOUND

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