

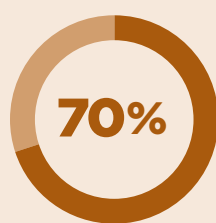
CHARTWELL

Whether you're taking a walk in the park with a friend or participating in a group volunteer activity, socialization is an important part of your overall wellness. The benefits of regular social engagement are not just emotional or mental in impact either, but can also manifest physically. There are therefore many reasons to form meaningful friendships and seek out social opportunities—read on to learn just a few of them.

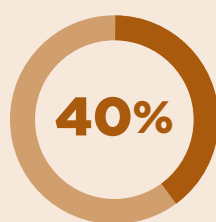
SOMETHING TO THINK ABOUT

Frequent Socialization—which can encompass anything from dinner with a friend, a long phone call or participation in group activities like exercise classes or volunteering—is believed to boost the brain's cognitive functions and promote strong mental wellness.

DID YOU KNOW?



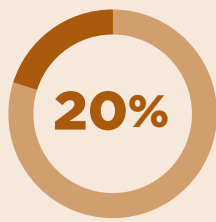
The rate of cognitive decline drops by an average of **70%** in seniors who are socially active frequently, compared to seniors who are not.



Older adults who take part in social activities on a daily or weekly basis have a **40%** less chance of developing dementia.

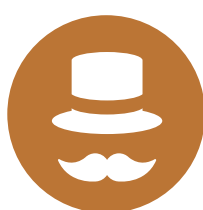
MORE HAPPINESS, LESS STRESS

The percentage of seniors reporting enjoyment and happiness without a lot of stress and worry increases more than 20 percentage points between those with no hours of social time the previous day and those with three hours.



SEEKING OUT SOCIAL OPPORTUNITIES AT CHARTWELL

There are a wide variety of programs, classes and community gatherings reflective of interests in which seniors can participate in at all levels of fitness. Here are some unique activities to consider adding to your social calendar:



Men's club



Bookclub



Volunteer



Knitting circles



Education course



Walking group

SOCIALIZATION AND EXERCISE

Socialization can also have direct health benefits as well. Individuals feeling isolated are less likely to take part in group activities like exercise, which has many health benefits, including:



Lowering your blood pressure



Reducing your risk of osteoporosis



Reducing your risk of cardiovascular disease



Reducing your risk of rheumatoid arthritis

SOCIALIZATION AND EMOTIONAL WELLBEING

Socialization becomes more important as we age. A Statistics Canada report found that the more a person participates in social activities, the more likely they have a positive sense of self-perceived health and lower dissatisfaction with their lives. Socialization may also be a factor in reducing stress and strengthening the immune system.



CHARTWELL
retirement residences

Visit www.chartwell.com to learn more about life as a Chartwell resident. This may not be reflective of every Chartwell residence. Visit property specific web pages or call our contact centre at 1-855-461-0685 for more information on what is offered.

Sources:

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