

you've got a friend

Help your senior family member thrive in a community of friends

One of the biggest decisions families are likely to make is helping a senior family member choose where to live. Studies have shown that participation in social networks leads to better health, happiness and longevity for aging citizens.

In fact, a study by the National Institute on Aging reported that 90% of seniors felt their health was better after a year of participating in a community senior center. Spending time with others is invaluable!

At 12 Oaks Senior Living, we enjoy seeing friendships grow and have a full calendar of social activities at each of our communities that are especially designed to bring our

Residents together. Our Residents enjoy being part of a friendly community, where they have a supportive

environment in which to live. Each of our managed properties offers the convenience of numerous gathering and recreation areas, in addition to charming bistros and/or spacious dining rooms that our Residents love!

Good friends are one of life's most precious gifts. They help us relax, laugh, face difficulties, and remember what's important. Good friends provide a different level of

understanding and communication than family, positively affecting wellness and feelings of connectedness.



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Be a Friend

Making new friends starts with *being* a friend. Here are a few ways to endear yourself to others.

Listen. Listening is different from hearing. When we truly listen, we seek to understand and appreciate the concerns of others.

Be real. Honesty is an important trait of a good friend. When we admit our own shortcomings, it helps others trust us.

Give. Giving is more than buying presents. Giving of our time, energy, or expertise shows others we care.

Be loyal. Be positive about friends when speaking to others, and always assume the best. Quickly reconciling any misunderstandings or hurts can help strengthen the bonds of friendship.