



# Your Guide to Aging Gracefully



Some say to age gracefully is to simply accept that you are getting older instead of fighting against it. Others say it's about finding ways to make sure aging doesn't stop you from living the life you want.

## **We think it's a bit of both.**

As for how; we've got some great tips on the ways in which you can fully embrace getting older. And some real-life stories of graceful aging in action.

We'll also let you in on a little secret... there's often a common theme, when it comes to aging gracefully: the where. Senior living may not initially come to mind as a place where you can defy the expectations of aging. But senior living communities have truly evolved and so should your expectations.

There has been a shift from a purely clinical focus to one of engagement and wellness for the whole person; not just the physical, but also your social, spiritual and emotional well-being. And because of the more active, convenient and carefree lifestyle, people are moving to these communities earlier than ever.



**Still skeptical?**  
Read on for a pleasant surprise!

Everyone talks about "aging gracefully," but what does that really mean? More importantly, how exactly do you do it?





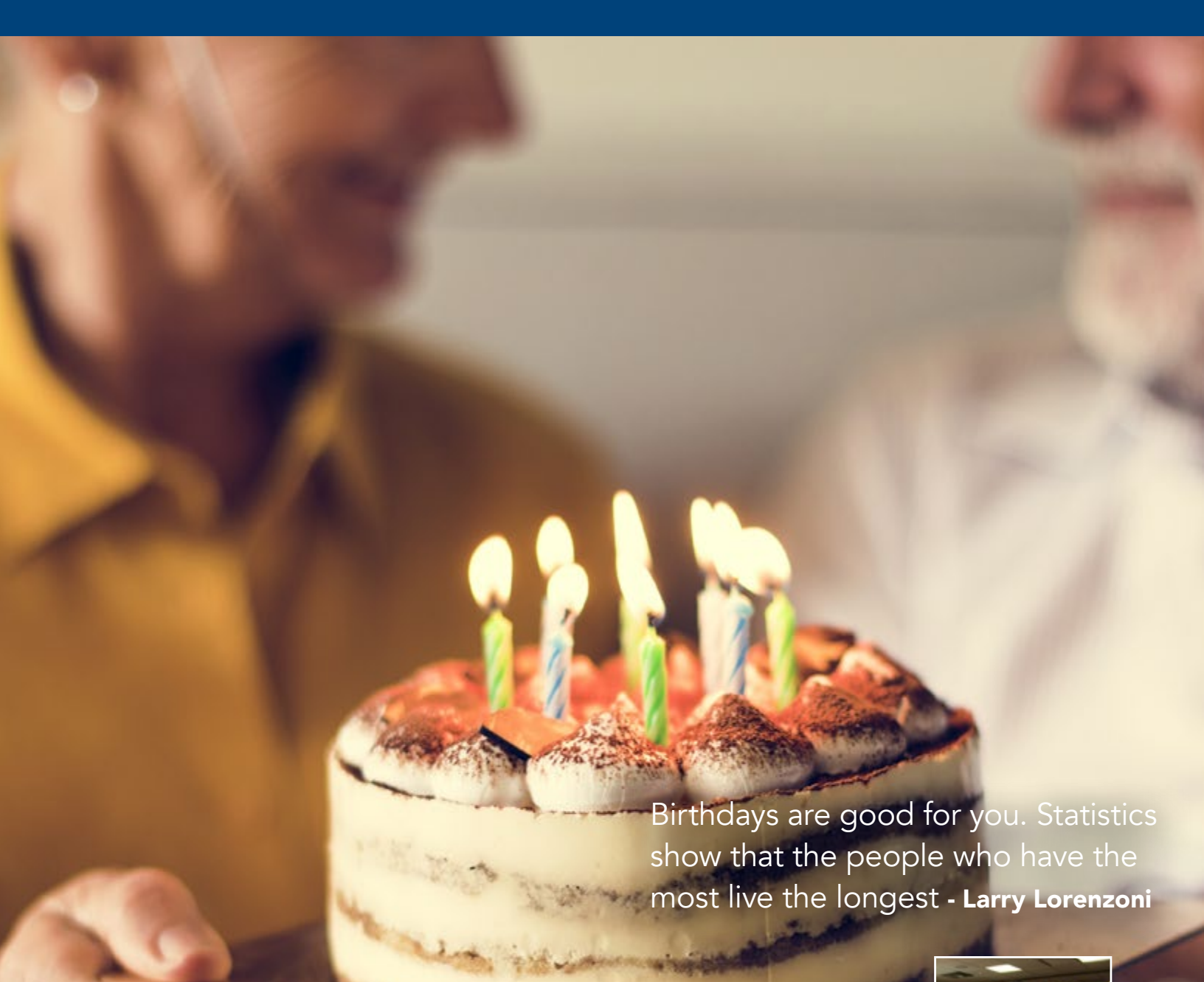
## Tip #1 – The Power of Staying Connected

### Research has found that maintaining social connections as you age has a number of health benefits

including a slower rate of memory decline, and senior living communities are taking note. Residents should have no worries about loneliness or isolation like you might at home. In fact, social opportunities are one of the biggest draws of senior living. Typically you have a dedicated Lifestyle Director to ensure there's always something active and engaging to do; often a full calendar of options. From educational and enrichment programs to organized activities and outings to enjoy, it's easy for new neighbors to become fast friends. Plus, with numerous indoor and outdoor common areas, there's plenty of space to host friends and family.

An archaeologist is the best husband any woman can have: the older she gets, the more interested he is in her - **Agatha Christie**



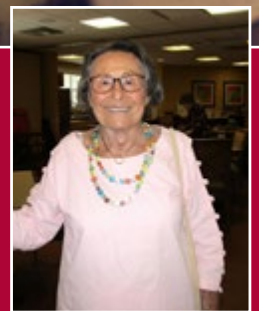


Birthdays are good for you. Statistics show that the people who have the most live the longest - **Larry Lorenzoni**

## Graceful Aging in Action

### Resident Spotlight – Marion S.

Marion has been a resident for several years at Allegro and she's just as active as ever. She's on the Independent Council, the Food Committee, Activity Committee and is the head of the Walking Club. She exercises every day, takes chair yoga and strength and balance classes and also loves the Reminiscence Class to stay mentally active. When asked the secret to a long a healthy life she exclaims, *"Attitude! A person must be positive and enjoy being around nice people. And you need to feel useful and successful. I get that feeling when I make a difference in someone's life. She goes on to say, "Purpose means fulfillment to me. I get that here through my interactions with great residents and an extraordinary staff."* Marion's advice for staying active in your senior years, *"Don't be afraid to try new things."*



## Tip # 2 – Keep On Moving

Another way to aging gracefully is to get off your you know what. You've likely heard it before; seniors who exercise appear to live longer and have a lower risk of disability.

But what you may not know is that those benefits are seen not only in individuals who maintain an existing level of physical activity, but also in those who begin exercising between ages 70 and 85. So, it's never too late to get started! Residents in senior living communities thrive because they're in an atmosphere where their personal wellness comes first. From yoga, Tai Chi, cardio and strength training to education on a range of health topics to a network of local physicians and healthcare professionals, these communities help you to stay active and vital.

### Graceful Aging in Action

#### Resident Spotlight – Donna N.

Donna started swimming about 25 years ago. After retirement, she slowly increased the amount of time and frequency of her swims. She's now swimming 40 minutes each day in her community and says, "It's easier here because I don't have to get in the car and drive anywhere. I just walk outside and the pool is right there."

Donna has arthritis, a condition her mother also had, and she saw firsthand how much swimming helped her. That was her initial inspiration to start swimming, but beyond the physical it's also a time she uses to connect spiritually. "Donna's secret to a long and healthy life, *"Use it or lose it!"*



## Graceful Aging in Action

Chef Spotlight –

Dining Services Director, Joe DeLuca Allegro believes in creating food that is good for you and nurtures your body. Experts across the country have recently highlighted several trends in senior living communities, chief among them: upgraded dining experiences. Allegro is leading the trend here by providing a unique dining experience featuring multiple dining options, outdoor dining, and seasonal menu options. The latest dining trends with fresh, sustainable foods and farm to table elements are now becoming a part of the signature dining culture of Allegro.



### Tip #3 - You Are What You Eat!

Eating a well-balanced diet is important at any age, but particularly for those 65 and older. Not only can it help you maintain a healthy weight and keep up your energy, getting the right nutrients also lowers your risk for chronic health conditions, such as heart disease and diabetes.

But here's the kicker, your nutritional needs, appetite and food habits can shift as you age. Decreased metabolism, changes in taste and smell and slower digestion can make it more challenging to maintain the diet you need; all at a time when preparing fresh food three times a day is more of a challenge in and of itself! Eating at home can often become lonely and many seniors cannot

or do not want to prepare a meal when it is just themselves. Luckily residents of senior living communities are free of this burden. Menus are prepared by a chef that understands restrictions and/or preferences of seniors, often in collaboration with a nutritionist or dietician. Even better, associates at these communities go the extra mile to ensure dining is more than a meal, it's an occasion to celebrate. Whether it's breakfast, lunch or dinner residents enjoy chef-prepared selections in a restaurant-style setting that features daily entrees, an a la carte menu, Soup of the Day, fresh salad bar and scrumptious desserts.





## What are **you** doing with **your** life?



**That's often a question you hear during the teen or young adult years as you figure out the direction for the life ahead of you.** But, just

because those years are long behind doesn't mean your passions or your sense of fulfillment and meaning should be as well. The ability to make a difference doesn't have an age limit!

In fact, finding a purpose in life is a big part of graceful aging. Research suggests that having a sense of purpose can help you live longer, reduce stress, lower

blood pressure and decrease depression.

A senior living community is an ideal place to find your purpose. Not only can you pursue hobbies, find new interests and learn new skills through the various clubs, daily activities and enrichment opportunities, these communities are plugged in locally in ways hard to achieve on your own. They partner with churches, schools and any number of charitable organizations making it easy to find opportunities to tutor, mentor and to help with animals, hunger relief or virtually any interest you may have.

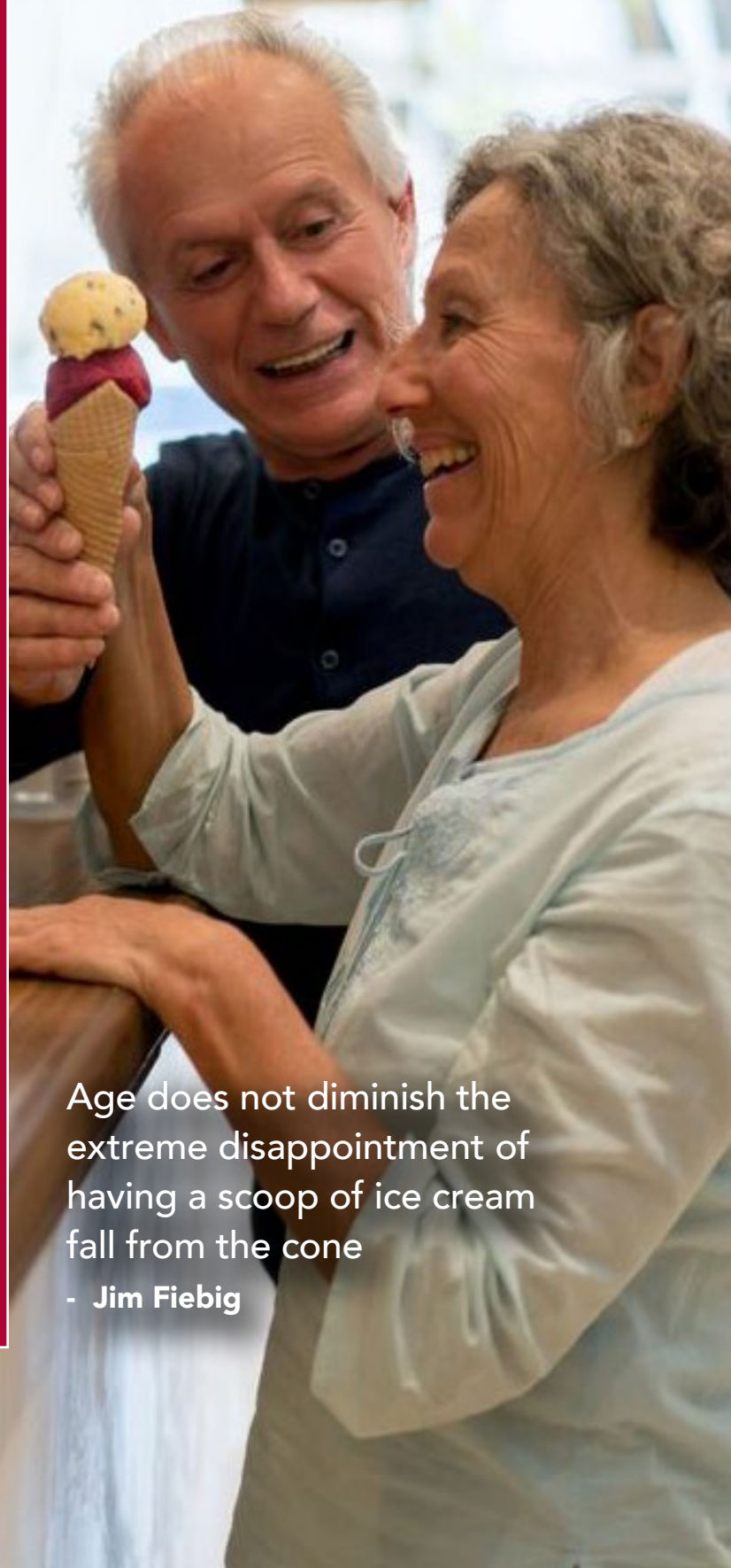
## Graceful Aging in Action

Resident Spotlight –  
Philip G.



Philip refuses to let age slow him down. A resident of three years, he participates in the Independent Council and is the chairperson of the associate committee. Volunteering has always been important to Philip. He volunteered for the Delray Police Department for 23 years as the assistant supervisor of parking enforcement. Not only does volunteering give him a sense of purpose, it also pushes him to learn new things; during his time at the police department he learned how to use a computer.

His secret to living a long and healthy life? *“Being with my family, seeing my grandchildren and great-grandchildren grow up to be productive citizens of the United States. Also, staying involved and feeling useful. I get to do that by volunteering in our community.”* You might just be able to guess Philip’s advice for seniors who are having trouble staying active, *“Two words: Volunteer Work!”*



Age does not diminish the  
extreme disappointment of  
having a scoop of ice cream  
fall from the cone

- Jim Fiebig





## Words to Live By

You can see there's no one thing or one specific way to age gracefully. Rather, the key is to allow yourself the options and the support to embrace aging in a way that benefits your health and vitality. Can you do that on your own? Sure. Would it be easier and a lot more fun to do so in a senior living community?

### We'd like to think so!

Ultimately, the what, how and where of your path to graceful aging is up to you. But should you need additional information, help in exploring your options or, or simply to have your questions answered, **we're here for you.**



**Visit our website**  
**[www.allegroliving.com](http://www.allegroliving.com)**  
to find a community near  
you and speak with one of  
our Senior Living Advisors.



## About Allegro

Allegro Senior Living specializes in the development and management of luxury retirement communities. For over 45 years we've provided a vibrant lifestyle for seniors who want and deserve more.

Each of our distinctive senior living communities reflects the surrounding neighborhood and the discerning seniors who choose to make Allegro their home. Each day, Allegro residents show that imagination, enthusiasm and happiness can not only blossom, but flourish at any age. Their passion for life and a sincere quest to live each day to the fullest serve as inspiration for everything we do.

Whether savoring a delicious meal, dabbling in a painting class, forming a book club or going out to celebrate a special occasion; Allegro delights in finding ways to make each day more inspiring than the last for our residents.

  
**Allegro**  
*inspired senior living*®

[www.allegroliving.com](http://www.allegroliving.com)

