

Benefits of social connectedness



Improved mental health

Feeling isolated is one of the leading causes of depression among seniors. While the impact on the mental health of seniors following the worldwide pandemic has not been fully realized. Spending time with others is not only fun, it has proven, lasting benefits for mental and physical health.

Sense of belonging

Feeling like we belong somewhere is just as important during our senior years as it was during adolescence. Nurturing social connectedness with other people can help cultivate new friendships and lasting bonds as you participate in meaningful life events together.



Purposeful living

When we have somewhere to go, something important to do and people to see, it helps us feel purpose. Make an effort to volunteer at a local community center or church. Or, try organizing social activities on your own and include seniors who might be experiencing isolation or loneliness. The strong connections we have with others create meaning in our lives and give us a greater sense of fulfillment.

We're here for you!