



Why Senior Living Is Still Your Best Choice for a Secure, Fulfilling Future

In a recent study from the National Institute on Aging 67% of seniors considering a move to a senior living community listed a loss of independence and control over their routine as a primary concern. The COVID-19 pandemic has heightened concerns of isolation as media reports of visitation restrictions at nursing homes and assisted living communities made many older adults believe that they could be ‘locked down’ if they moved to a senior living community now.

Seniors living in a community where they can enjoy social connection are able to stay more active and feel more engaged with life.

Nothing could be further from the truth. Independent living residents at Asbury communities have enjoyed the freedom to come and during the pandemic, following the same state mandates as everyone else. Says resident Barbara Harbison, “This was the best place I could have been. I felt very safe because I knew the people around me were all wearing masks, they were all being very careful about where they went, we were maintaining our distancing. We were perfectly free to walk around the campus, to visit each other. I wasn’t isolated here. I still had community.”

For many seniors who are not part of a community or who live alone, safety concerns have severely impacted interpersonal relationships and their ability to stay active. Meanwhile, Asbury residents continue to enjoy social connections, join their community’s online

classes and events, and take part in distanced in-person events. Prior to the COVID 19 crisis, Asbury’s wellness teams and residents offered a wide range of programs, clubs, and events fostering emotional, physical, and intellectual wellness. By utilizing technology and CDC guidelines for safely gathering, Asbury has continued to create normalcy in these uncertain times. “Early on, we mobilized to bring our wellness programs to residents in the comfort of their own homes by streaming fitness classes on our campus TV station and using email to share brain games and fun activities to maintain that connection we crave,” explains Asbury Wellness Director, Justin Margut. “Now, we are continuing to use these channels even as we work to safely reopen some in-person offerings.”



“I know I’m much more involved than I would be if I had stayed where I was living home, alone. Asbury has an Ambassador Program that really does smooth the way, although they don’t push. They really just show you what’s available and leave it up to you.”

Laura Dotterer, resident



How emotional wellbeing is connected to physical wellbeing

According to the Society of Behavioral Medicine, mood is improved by physical and cognitive stimulation. The U.S. Centers for Disease Control and Prevention recommends these activities to support senior well-being in times of isolation.

- Physical exercise that also focuses on mental health like yoga or tai chi and relaxation exercises like meditation and mindfulness.
- Cognitive exercises such as word search , Sudoku, and crossword puzzles.
- Learning a new skill, language, or recipe
- Reading books and listening to music
- Reducing the time spent watching negative TV
- Reducing news gathering to 1-2 times per day

Getting the Facts

Asbury has earned Great Place to Work certification for three consecutive years based on associate survey feedback. In 2020, that feedback placed us among Fortune’s 20 Top Workplaces for Aging Services!



90% OF ASSOCIATES AGREED

Asbury is doing everything necessary to reduce the impact of COVID-19 on the organization and that Asbury is a physically safe place to work.

TEN REASONS TO GET MOVING!

- 1 An outstanding safety record with over 51,000 COVID-19 tests conducted in 2020 with a 1% positivity rate – compared to 8.5% nationally
- 2 Rigorous screening technology using facial recognition and medical grade sensors
- 3 Strict adherence to CDC guidelines for a safe, clean environment
- 4 Chef prepared meals for take-out, delivery, or socially distanced dining
- 5 Customized, varied in-person and virtual health and wellness events
- 6 Programs to promote brain health and emotional well-being
- 7 Caring, attentive staff providing 24/7 assistance as needed
- 8 Technology and support to stay connected to friends, family, and doctors
- 9 Beautiful surroundings for social interaction with peers of common interests
- 10 We always hear, “I should have done this sooner!”

To learn why you can anticipate more security, more support, and more connection no matter what life brings your way, visit [Asbury.org!](https://www.asbury.org)