

Dementia and the Power of Socialization



Staying socially active and engaging with friends and family on a regular basis can help support brain health for loved ones living with Alzheimer's disease or dementia. Here are five reasons why:

1. Social interaction may slow symptoms and cognitive decline associated with dementia and Alzheimer's disease.
2. Individuals living with dementia may revert to living in the past, but socialization can provide structure and help the brain connect to the present.
3. Social interaction and regular physical activity help keep the blood flowing and can increase the chemicals that protect the brain.
4. Staying socially engaged can help boost self-esteem, which may translate to better eating habits, more exercise, and better sleep.
5. Increased social engagement can help minimize an individual's sense of loneliness, isolation, stress, and other factors that may contribute to cognitive decline.

An Empathy-Based Approach to Memory Care

Our supportive and welcoming Thrive Memory Care program specializes in caring for individuals living with Alzheimer's disease and dementia. Certified through the National Council of Certified Dementia Practitioners, specially trained universal caregivers known as *Nayas* incorporate each resident into the rhythms of daily living, cultivating a sense of community, connection, well-being, and peace of mind for the entire family.

Contact us today to learn more and schedule a private tour.
You're not alone – we are here to help.

