

WHY CONSIDER SENIOR LIVING?

HERE ARE
6 REASONS

Seniors, particularly those living alone, face numerous challenges: not having loved ones nearby, losses of friends and family members, caring for a home, health-related mobility issues, and lack of transportation.

A senior living community can free you from the resulting worry, fear, and loneliness so you can live the joyful life you are meant to live. Consider these:

- 1. Multiple living options.** Senior living communities offer a variety of living options, as well as supportive services like assisted living, skilled nursing and rehabilitation services, and memory care—all at one convenient campus. And we design our communities from the ground up to ensure a safe, comfortable, and healthy environment.
- 2. Supportive, personalized care.** Even if you're healthy and independent right now, things change. Our staff will talk through your needs and guide you to a personalized care plan that ensures you live with purpose now—and they'll continue to personalize your care into the future.
- 3. "Seniors first" mindset.** It's all about you! Our approach is to listen to your goals, dreams, and wishes and put you at the heart of everything we do—whether it's thoughtfully preparing a changing menu of nutritious meals for you to eat, creating fun and interesting activities for you to do, or making sure your living space is safe.



- 4. Worry-free living.** No more worrying about maintaining a home, cooking meals, or getting groceries. Our onsite transportation team will take you to doctor's appointments, shops and stores, cultural events and more. Your only worry now will be how to pack in as much as you possibly can.
- 5. Socialization with others.** Make new friends by participating in engaging events and activities, such as Bible studies/prayer groups, book and current events discussions, and gardening and other hobbies. You can also learn new skills or chat over a cup of coffee in one of our beautiful outdoor spaces.
- 6. Holistic approach to wellness.** Your overall well-being cannot be stressed enough. That's why we take a holistic approach with services and activities designed to stretch your mind, body, and spirit. We're here to help you light up, limber up, and lighten up.

Learn more about Astral at Auburn
visit us at www.AstralatAuburn.com
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