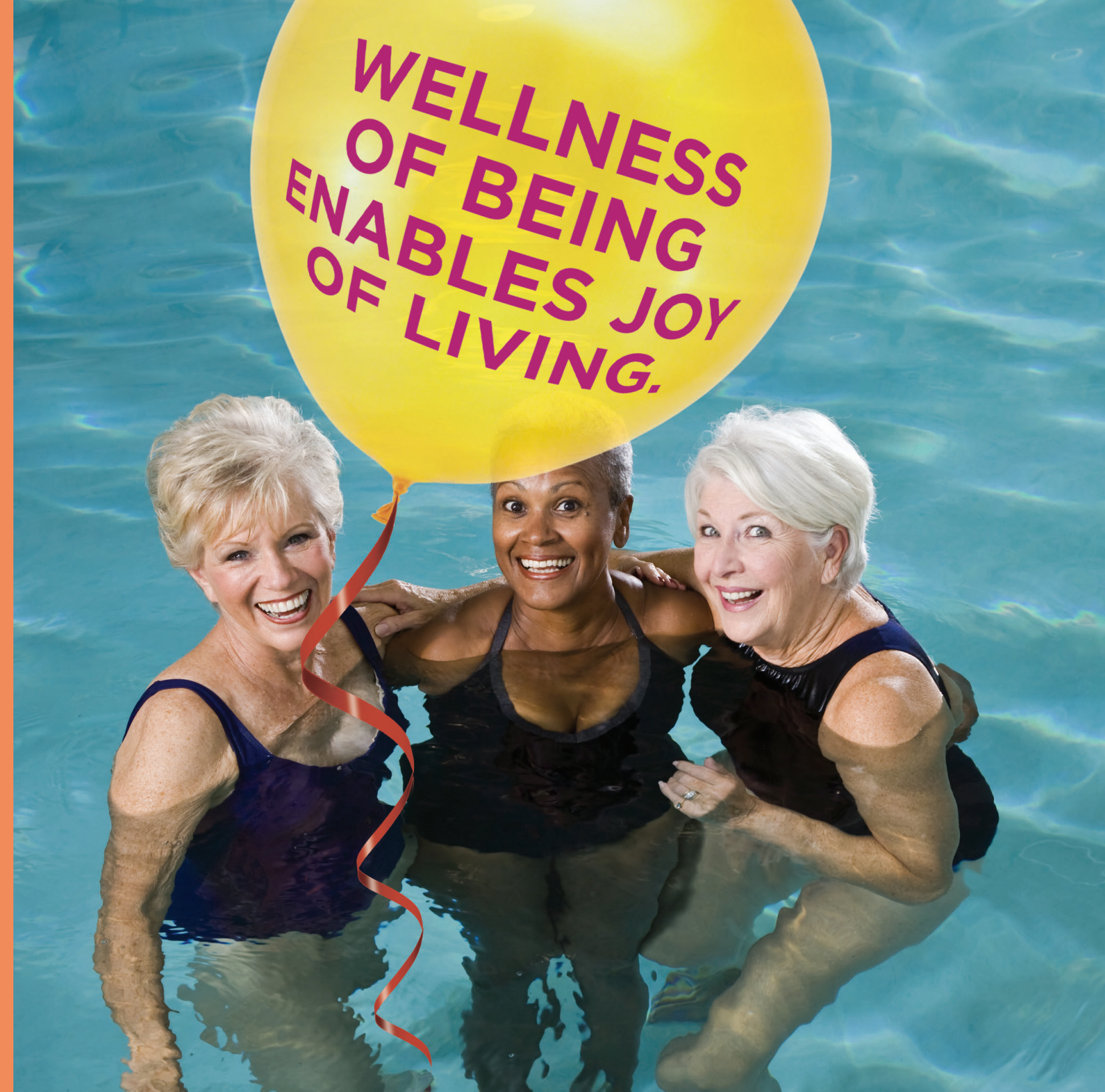




**LIVE HAPPY.
LIVE HEALTHY.
LIVE LONG.**

Research indicates well-being and longevity are closely linked. Studies show that lifestyles that promote wellness in all its dimensions—physical, spiritual and emotional—can actually help you live longer. Acts retirement communities offer a superb wellness-focused lifestyle that enhances socialization, physical and brain fitness, spirituality, nutrition, and stress reduction, all supported by top-quality health care. These are the foundation upon which our residents experience the full joy of living, for as long as possible.





Socialization

Research from the University of Miami suggests social ties may be even more influential than genetic factors in preventing illness among seniors.¹ As we age, maintaining social relationships becomes increasingly important to both mental and physical health. Other recent studies confirm that socialization can have a positive impact on the immune system, blood pressure, brain health and memory, and the ability to cope well with chronic pain. The Acts lifestyle promotes healthful social connections by encouraging residents to interact regularly with friends and neighbors, and to enjoy dining and many other fun, shared activities.

Physical Fitness

The Centers for Disease Control reports that people who are physically active for seven hours a week are 40% more likely to live longer than those who are active for just 30 minutes a week.² A World Health Organization report confirms even more benefits for those who exercise:³

- 20%–40% reduction in breast cancer
- 30% lower risk of colon cancer
- 25%–30% lower risk of stroke
- 50% lower risk of heart disease

Other studies have shown physical activity can improve mood, reduce stress and depression, alleviate anxiety, and slow cognitive decline.⁴ Our fitness programs, our many leisure activities, and even our campus layouts that promote walking will keep you fit and happy.





Brain Fitness

Taking care of your brain is as important to longevity as taking care of your body. A recent study in the journal *Neurology* showed that maintaining frequent cognitive activity was associated with a reduced incidence of cognitive impairment and less rapid decline in cognitive functions.⁵ Researchers also discovered that people who are cognitively inactive are 2.6 times more likely to develop Alzheimer's disease than those who stay cognitively active throughout their lives. Through ongoing social interactions and abundant information resources, activities and learning opportunities, Acts communities give you countless ways to stay engaged and mentally sharp.

Spirituality

Living a spiritual life promotes health and longevity. An analysis of 42 separate studies confirms that people with a high religious involvement are likely to live longer than their nonreligious peers.⁶ By alleviating stress and increasing optimism and hope, spirituality can support the immune, cardiovascular, and nervous systems. Other studies show people with strong spiritual beliefs have lower blood pressure, cope better with arthritis, diabetes, heart disease and cancer, and heal faster from surgery. Acts communities have full-time chaplains and spiritual programs for individuals and groups, along with peaceful, private locations for individual contemplation. Living here is good for your body *and* soul.





Nutrition

The World Health Organization has confirmed that diet affects disease and mortality risk factors throughout life and may have an even greater impact on older people.⁷ Especially strong is the correlation between diet and degenerative diseases to which seniors are particularly susceptible, including cardiovascular disease, diabetes and cancer. The National Institutes of Health confirm that a healthy diet in later years reduces the risk of high blood pressure, heart disease, osteoporosis and certain cancers.⁸ Acts gives you a choice of highly nutritional meals, with many prepared fresh from seasonal ingredients. All are as delicious as they are healthful.

Stress Reduction

The Mayo Clinic reports that chronic stress can wreak havoc on the body and is a significant risk factor for cancer and heart attacks.⁹ It can damage brain cells, disrupt digestion and cause migraines. Stress can also contribute to fatigue, loss of memory and concentration, and it can increase the risk of anxiety and depression. The Acts lifestyle reduces stress in many ways. With Acts Life Care,[®] you'll have no worries about long-term care. With predictable monthly fees you'll have no worries about your nest egg. And with full services and maintenance-free living, you'll have no worries about unexpected expenses. What you will have is healthy peace of mind.



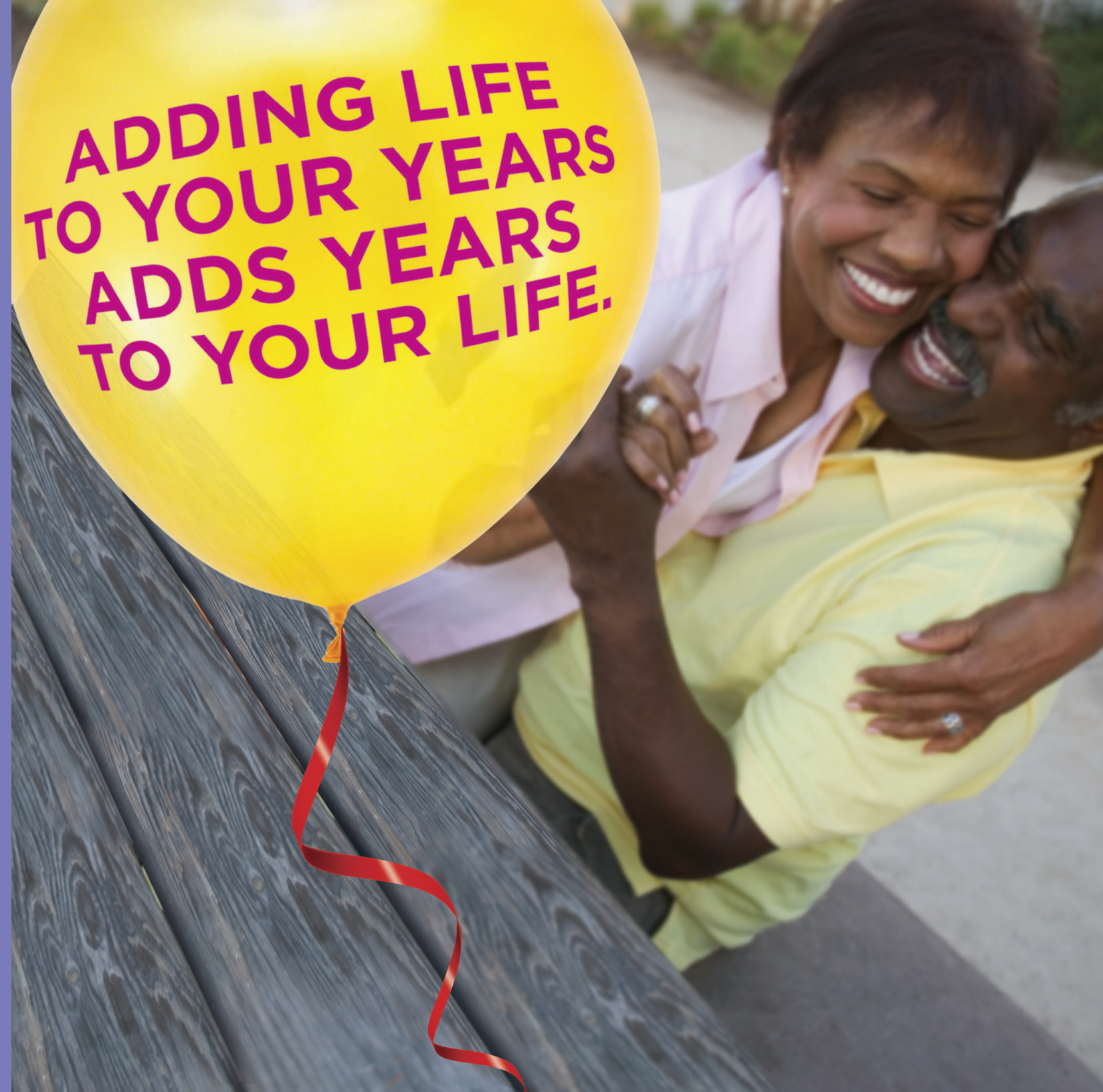


Quality Health Care

A vital part of any wellness-sustaining lifestyle is excellent health care. That's why one of the most valuable benefits at every Acts community is Acts Life Care[®], which prearranges and guarantees your future long-term care. Our personalized Signature Experience gives you a say in how you receive assisted living or skilled nursing care. To keep you independent for as long as possible, we offer rehabilitation and home health services. Our health care staff is highly trained, compassionate and committed. And our CARF-CCAC accreditation is your assurance that Acts meets the most rigorous care standards. We know keeping you healthy is essential to your joy of living.

Be well.

The saying goes that when you have your health you have everything. We could not agree more. That's why Acts retirement communities are so committed to enhancing your wellness. Helping you live healthfully frees you to live joyfully. It can also prolong the time you're able to savor what this exciting chapter of life has to offer. Which is to say, everything.



Here are some things you can do to improve and maintain wellness.

SOCIALIZATION

Initiate conversation. When you break the ice, you'll meet more people and gain rewarding friendships.

Smile. Smiling communicates that you're approachable and open to engaging with others.

Listen. Taking a genuine interest in what others have to say helps build relationships.

Acknowledge others. When you make eye contact with a stranger, smile. If it's reciprocated, it's easy to make an introduction.

Maintain open body language. Avoid closed gestures such as crossing your arms, which could signal to others that you're unapproachable.

STRESS REDUCTION

Listen to music. Soothing tunes can lower blood pressure and anxiety; listening or singing to upbeat songs helps you blow off steam.

Laugh out loud. It lowers cortisol, your body's stress hormone, and boosts your brain's endorphins, which help elevate your mood.

Get moving. All forms of exercise can ease depression and anxiety and helps your brain release feel-good chemicals.

Breathe deeply. This counters the effects of stress by slowing your heart rate and lowering blood pressure.

Be grateful. Counting your blessings helps cancel out negative thoughts and worries and promotes an optimistic outlook.

SPIRITUALITY

Quiet your mind. Practice daily concentration exercises and meditation to connect with your inner self.

Think positive. Control what enters your mind—keep it open for the positive and close it to the negative.

Do spiritual reading. Read uplifting material and think about how you can use it to enrich your life.

Be joyful. Look on the bright side and try to find some joy in every situation or circumstance.

Do unto others. Develop tolerance, patience and consideration, and treat others with compassion and respect.

Practice fellowship. Spend time in study, prayer and discussion with others who share your faith.

Assert yourself. Exercising your will power and decision making gives you control over your mind and a sense of calm strength.

PHYSICAL FITNESS

Check with your doctor. If you're a smoker, overweight, or at risk of heart disease, get cleared before becoming more physically active.

Start slowly. Begin exercising at a low level and gradually work your way up to higher levels of exertion.

Exercise your whole body:

- Work your heart and lungs with aerobic exercises.
- Use light weights or resistance bands to keep muscles toned.
- Do stretching or yoga to maintain flexibility and prevent injury.

Drink water. It's important to stay hydrated before, during and after you exercise.

Have fun. Do exercises you enjoy; it makes it more likely you'll continue.

NUTRITION

Make smoothies. Blending healthy ingredients is a delicious way to make sure you get essential nutrients.

Eat Omega 3 fatty acids. The acids, found in many fish, reduce inflammation, which can lead to heart disease, cancer and arthritis.

Control sodium. Avoid frozen, processed foods and restaurant meals that are high in damaging sodium.

Get enough calcium and vitamin D. As we age, these are vital for maintaining bone health; calcium also helps lower blood pressure.

Drink water. Hydrating promotes cardiovascular health, helps muscles and joints work better, and flushes toxins from your body.

BRAIN FITNESS

Eat dark chocolate. It activates the systems in your brain that pump dopamine, which helps keep your brain sharp.

Do jigsaw puzzles. Fitting the pieces requires fine visual and spatial judgments and shifts focus from small pieces to the big picture.

Get enough sleep. Sleeping well helps your brain consolidate new information and place it effectively in your long-term memory.

Eat fish. A diet rich in fish, especially cold-water species like salmon, sardines and trout, can improve cognitive function.

Play ball. Tossing and catching a ball hones your hand-eye coordination, which has many positive effects on your brain.

Want to learn more? Here's some reading.

Many books and research studies have investigated the effects of wellness on longevity. To read the research, just do an online search of the study titles below.

THE IMPACT OF WELLNESS ON LONGEVITY

STUDY TITLE (SEARCH ONLINE)

Wellness Tips for Longevity
Source: *Fitness & Wellness News*

BOOKS

The Longevity Bible
Gary Small

Power Aging
Gary Null

SOCIALIZATION

STUDY TITLES (SEARCH ONLINE)

¹**The Benefit of Socialization for Seniors from Older Adult Communities**
Source: *University of Miami*

Senior Socialization Leads to Better Quality of Life
Source: *Appalachian Agency for Senior Citizens*

Socializing May Keep Elderly Minds Sharp
Source: *US News & World Report*

BOOKS

Conversationally Speaking: Tested New Ways to Increase Your Personal and Social Effectiveness
Alan Garner

How To Instantly Connect With Anyone
Leil Lowndes

PHYSICAL FITNESS

STUDY TITLES (SEARCH ONLINE)

²**Physical Activity and Health – A Report of the Surgeon General**
Source: *Centers for Disease Control*

³**Global Status Report on Noncommunicable Diseases**
Source: *World Health Organization*

⁴**Global Strategy on Diet, Physical Activity and Health**
Source: *World Health Organization*

Exercise and Fitness Over 50: Exercise Plans to Get You Fit as You Age
Source: *Helpguide.org*

BOOKS

A Super Home Exercise Book for Seniors
Kevin Saint Clair

Move With Balance: Healthy Aging Activities for Brain and Body
Karen Anne Peterson

BRAIN FITNESS

STUDY TITLES (SEARCH ONLINE)

⁵**Influence of Late-Life Cognitive Activity on Cognitive Health**
Source: *Neurology Journal*

12 Benefits of Brain Fitness
Source: *Posit Science*

Brain Games: Do They Really Work?
Source: *Scientific American Magazine*

BOOKS

The Sharp Brains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice and Product Reviews, to Keep Your Brain Sharp

Alvaro Fernandez and Elkhonen Goldberg

Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance
Richard Restak

The Mature Mind: The Positive Power of the Aging Brain
Gene Cohen

SPIRITUALITY

STUDY TITLES (SEARCH ONLINE)

⁶**Spiritual Impact on Health: Spiritual Involvement, Longevity and Health**
Source: *NAP411 Navigating the Aging Process; Senior Information & Directory*

Longevity and Spirituality
Source: *Spirituality for Life*

Positive Spirituality: The Forgotten Factor
Source: *The Gerontologist*

BOOKS

Essential Spirituality: The 7 Central Practices to Awaken the Heart & Mind
Roger Walsh

The Essentials of Spirituality
Felix Adler

Quantum Wellness: A Practical and Spiritual Guide to Health and Happiness
Kathy Freston

The Seven Disciplines of Wellness, the Spiritual Connection to Good Health
Surina Ann Jordan and Cozzette Lyons Jones

NUTRITION

STUDY TITLES (SEARCH ONLINE)

⁷**Nutrition for Older Persons**
Source: *World Health Organization*

⁸**Nutrition for Seniors**
Source: *National Institutes of Health*

Eating for Longevity: Foods to Keep Your Heart, Brain and Bones Healthy
Source: *WebMD.com*

BOOKS

American Dietetic Association Complete Food and Nutrition Guide, 4th Edition
Roberta Larson Duyff

One Bowl: Simple Healthy Recipes for One
Stephanie Bostic

Nutrition for the Older Adult
Melissa Bernstein and Ann Luggen

STRESS REDUCTION

STUDY TITLES (SEARCH ONLINE)

⁹**Chronic Stress Puts Your Health at Risk**
Source: *Mayo Clinic*

Stress management: Examine Your Stress Reaction
Source: *Mayo Clinic*

Stress and Anxiety
Source: *American Psychological Association*

BOOKS

Stress Fitness for Seniors
Joan Vernikos

The Relaxation and Stress Reduction Workbook
Martha Davis

10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life
Claire Michaels Wheeler

Discover peace of mind and joy of living at any of these Acts Life Care Retirement Communities.

Pennsylvania

Brittany Pointe Estates	Lansdale	800-504-2287
Fort Washington Estates	Fort Washington	888-302-2287
Granite Farms Estates	Media	888-499-2287
Gwynedd Estates	Ambler	888-302-2287
Lima Estates	Media	888-398-2287
Normandy Farms Estates	Blue Bell	800-756-2287
Southampton Estates	Southampton	888-311-2287
Spring House Estates	Lower Gwynedd	888-365-2287

Delaware

Cokesbury Village	Hockessin	800-530-2377
Country House	Wilmington	800-976-7610
Manor House	Seaford	800-775-4593

Maryland

Heron Point of Chestertown*	Chestertown	800-327-9138
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North Carolina

Plantation Estates	Matthews	800-582-4316
Tryon Estates	Columbus	800-633-2718

South Carolina

Park Pointe Village*	Rock Hill	866-897-3490
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Georgia

Lanier Village Estates	Gainesville	888-654-2287
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Alabama

Magnolia Trace	Huntsville	866-476-7570
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Florida

Azalea Trace	Pensacola	800-828-8274
Edgewater Pointe Estates	Boca Raton	888-339-2287
Indian River Estates	Vero Beach	800-544-0277
St. Andrews Estates	Boca Raton	888-601-2287

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