

Residents experience countless opportunities to participate and engage.

FOR OLDER ADULTS LIVING ALONE, SOCIAL ISOLATION CAN BE DETRIMENTAL TO BOTH PHYSICAL AND MENTAL HEALTH.

THE LONELINESS EPIDEMIC

In 2023, the Surgeon General, Dr. Vivek Murthy, issued a warning to the public about the dangers of isolation, noting that in recent years it's become a serious issue. More specifically, he noted that "those who are more socially connected live longer, while those who experience social deficits, including isolation, loneliness, and poor-quality relationships, are more likely to die earlier, regardless of the cause."

THE BENCHMARK DIFFERENCE

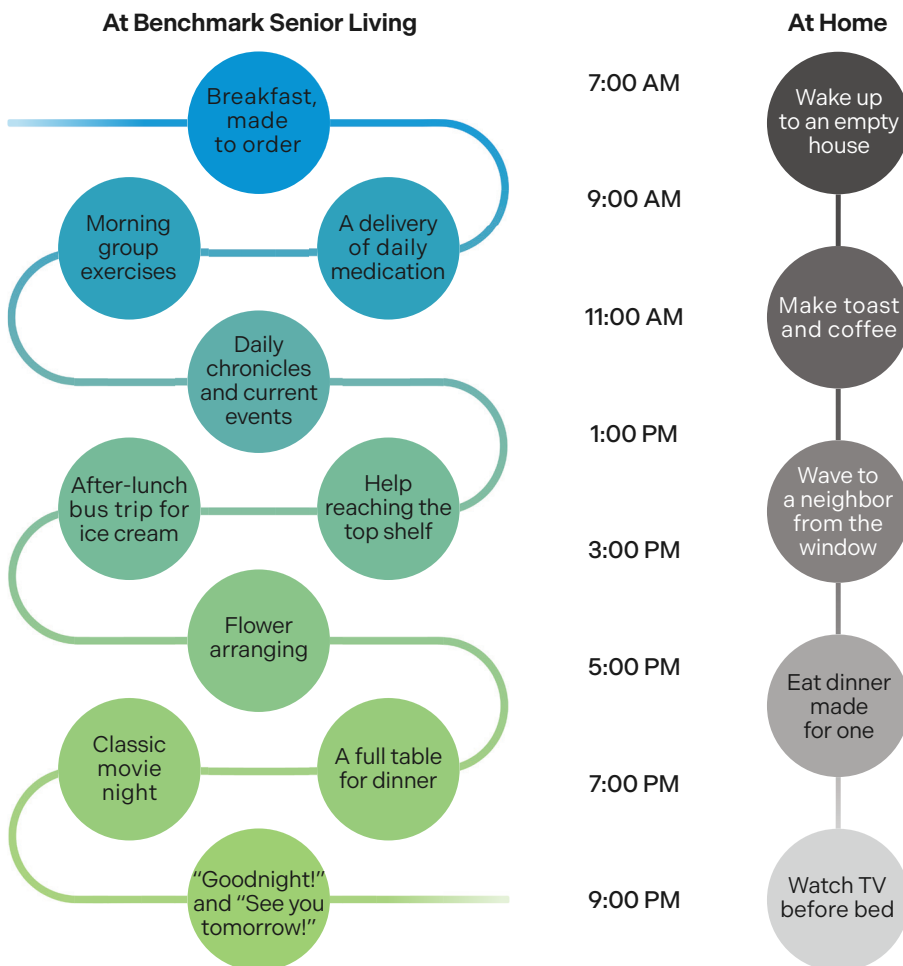
Life at Benchmark means our residents' days are filled with connections. **Residents experience countless opportunities to participate and engage**, allowing them a multitude of opportunities for meaningful moments, social touch points, and support when needed. Our residents truly feel like they're part of a community, surrounded by neighbors and friends who make them feel right at home. Here, smiling faces and genuine engagement are always within arm's reach.



Source: Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

A DAY IN THE LIFE OF A BENCHMARK RESIDENT

At Benchmark, every day is full of opportunities to connect. Between our programming, social clubs, shared mealtimes, and group outings, there's always something to bond over. Add in moments of care along with spontaneous catch-ups and laughter, and suddenly a resident's day is not only full, but meaningful.



More connections to make.



More life to live at Benchmark.