

Benefits of Socialization

Many times the experiences we get the most out of are the ones that we share with people we care about. Experiences like having a heart to heart with a sibling or laughing so hard you cry with a group of friends. We thrive on these moments because they remind us that we are loved and make us feel connected. Unfortunately, this is often less prevalent in an elder's life. Their friends and family members might die off or become unable to reach them, leaving them to feel isolated. If you have an elderly loved one who has lost almost everyone, try to encourage or help them to meet new people so they don't fall into a state of extreme loneliness or depression. Social interaction has many benefits. Some of these benefits are:

- Interacting with others can offer a greater sense of belonging and purpose.
- There's no end to learning new things and gaining new insight from fresh faces.
- Compassion may become stronger as your loved

one shares his or her story and listens to the stories of others.

- Your loved one will be surrounded by people who understand what he or she feels.
- Even nearing the end of his or her life, your loved one will appreciate being able to create new memories and experiences.
- A gift or talent that has not been used in a while could come out of hiding due to encouragement from others.
- Your loved one will feel alive again as he or she laughs and cries with some new found friends.

Our Trilogy campus understands how important community involvement and social interaction are for your aging loved one. We have plenty of opportunities for your loved one to get involved, and for you to share in with them. For more information on this, visit: <http://www.trilogyhs.com>.