



## Dementia and the Power of Socialization

For a loved one living with Alzheimer's disease and dementia, staying socially active and engaging with friends and family on a regular basis can help support brain health. Social interaction may also minimize isolation and reduce the risk for depression.

### Five reasons to help your loved one stay socially active:

1. Social interaction may slow symptoms and cognitive decline associated with dementia and Alzheimer's.
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

At three Legacy communities, our Thrive Memory Care program incorporates each individual living with Alzheimer's disease and dementia into the rhythms of daily living, creating mindful moments that inspire longevity and well-being. Certified through the National Council of Certified Dementia Practitioners, specially trained caregivers known as *Nayas* provide customized care 24/7 in a supportive environment that cultivates a deep sense of community, connection, and peace of mind for the entire family.

### Coping with Your Loved One's Dementia

Watching someone you care about experience symptoms of Alzheimer's and dementia can be difficult and emotional, to say the least. You're not alone – we're here to answer your questions, and support you and your loved ones every step of the way.

**Call your Legacy community to learn more and request a private tour today.**



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