



healthy living

By **Marcy Cole**, Director of Sales and Marketing, The Nottingham

THERE ARE LOTS OF REASONS TO MOVE INTO A SENIOR LIVING COMMUNITY: BUT DON'T TAKE MY WORD FOR IT!

As Director of Sales and Marketing for The Nottingham, people often ask me, "What are the benefits to living in an independent living community?"

But before we tackle the perks, it is important to understand what exactly is an independent living facility or community?

Independent living is a type of senior living where residents live largely independently but in a residential-like setting. These seniors tend to be physically independent and enjoy living in a community-type environment with people of their own age. An independent living community is dedicated to providing a home-like lifestyle where you can continue to live the way you're used to, but it is coupled with services and amenities to allow you to live freely without the hassles of owning a house. Residents enjoy social outings, activities, travel and fine dining and friendship.

So, back to the benefits! Of course, I have plenty of answers. But, don't take my word for it! I asked some of our own residents at The Nottingham Independent Living Community to explore some of their personal reasons.

Here's what some of our residents had to say:

"My daughter always tells people, 'It's like he's on a cruise ship.' It's a vibrant community of interesting people and interesting things to do. The food is very good. The other day I had coq au vin for dinner, and I asked to speak to the chef. I had to tell him it was as good as being in a French restaurant!" – Richard

"I love the friendliness of the staff and residents. It really feels like a family here." – Shirley

"All the connections I've made. It's like everyone has a mutual understanding and respect for one another, and we are all just open-minded. With how tight-knit of a community we are..." – Harold

"I like how many programs there are available. Personally, I love reading. They have an amazing library here that anyone can use. I don't think I would be as safe or as healthy as I am now if I lived anywhere else." – Fung Chan

"Since this is independent living, you can choose how busy or calm you want your schedule to be. No one is making you go to the activities, but you do because they're so fun." – Janet

"Sometimes people hesitate about moving in fear of losing independence. I've found it to be the opposite. There are things you have to give up, but you are gaining so much more. Take the leap, it's worthwhile!" – Joe

So, whether you choose to take the leap or not, know that independent living communities are an excellent option where older adults thrive.

Ready to picture yourself in your new home and live your very best life?

Contact Marcy today at (315) 413-3104 to experience luxury living at The Nottingham.




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