

LIFESTYLE

CAN A MOVE STRENGTHEN YOUR SOCIAL NETWORK?

Social networks aren't just important for your professional life; they actually help you live longer. As reported by the AARP Foundation, this is especially true as we age.

It's no secret that staying active and social, day to day and over a lifetime, has health benefits. A new AARP-backed study has found proof that social networks (the physical community of people you surround yourself with) help you live longer.

Our bodies don't like being alone, and they tell us in a thousand ways—through higher blood pressure, more stress hormones, greater inflammation, poor sleep and depression. This is especially concerning as we age and our social networks shrink.

Lack of personal connections can actually increase the odds of dying early, so it's no wonder that informed older adults—married empty-nesters and single individuals alike—are making the move to age-restricted lifestyle communities in record numbers. Throw out any old notions of “retirement homes.” These are anything but that. They're a brand-new, amenities-focused category in apartment living that creates a perfect setting for building and maintaining friendships.

Organizations like Affinity Living Communities deliver a condo-



like apartment plus an extra 30,000 square feet of living space for one low rent that includes all utilities. All of this without any need to “buy in” or sign a lengthy contract, and with no maintenance fees.

Scott Scelfo, Affinity's Asset Manager, says that his team saw “a huge hole in the apartment-living market—a need for affordable, quality living opportunities for active people who are 55+.”

Travelers and full-time residents alike love the simplicity, freedom and comfort of life at Affinity—where friends are always right next door.

30,000 Square Feet of Living Space

Studio, 1- & 2-Bedroom Apartments • Utilities, WiFi & TV Paid • Garages & Carports Available • Pet Friendly • Non-smoking Community

Great opportunities to check it out. Age-restricted communities host fun parties and events for residents and the public. Here are some upcoming events for anyone exploring a move!

AFFINITY GIVES BACK—NOVEMBER FOOD DRIVE

As the holidays draw near, bring in canned food to support the Billings Food Bank. Affinity at Billings is collecting food through Tuesday, November 21. For every item donated you'll receive a raffle ticket for a grand prize drawing! Drawing will be held on 11-21-17.

EMERGENCY PREPAREDNESS SEMINAR

Thursday, November 16 • 1pm

It's important to be prepared for any emergency. The Billings Fire Department will be at Affinity to teach you how to take preventative steps for safety.

COOKIE BAKE OFF OPEN HOUSE

Monday, November 20 • 1–3pm

This competition smells delicious! Join Affinity for a cookie bake off, to test your skills or help judge who's got the best bake. Stay to tour Affinity.

ELF-FINITY HOLIDAY BAZAAR

Saturday, December 2 • 9am–2pm

All your holiday shopping in one place. Support your community by purchasing local, handmade gifts and goodies!

RSVP or schedule a tour today at (855) 815-0827.

AFFINITY AT BILLINGS

4215 Montana Sapphire Drive, Billings, MT 59106



Monday–Sunday, 8:30am–5:30pm

(855) 815-0827

AffinityatBillings.com

