

# Finding life after retirement

As many retirees discover, leaving one life to begin another can be difficult. The fact is, even though most people look forward to retirement, the sudden abundance of free time paired with the loss of professional purpose can be unexpectedly traumatic, leaving many to wonder: what do I do now?

The famous psychologist Viktor Frankl wrote, “Happiness cannot be pursued; it must ensue. One must have a reason to be happy.” With that in mind, the key to a positive retirement is to ensure whatever sense of purpose, satisfaction, or identity you associated with your former life doesn’t get lost or forgotten, but simply gets experienced in a different way. Fortunately, there are plenty of ways to make this transition to a new chapter in life meaningful and enjoyable. All it takes is a little action and discovery.



## Try new things

Feeling stuck in a routine is completely normal. In fact, we often become so caught up in our own monotonous routines that we fail to see all the possibilities that surround us every day. Breaking free of the routine and engaging in fresh, new experiences is the best way to reinvigorate your life with energy and excitement.

At Summit Vista, our community is built around the idea of creating meaningful experiences through lifelong learning and exploration. By providing opportunities to learn new skills, develop new talents, and discover new interests, not only will you find increased self-discovery and satisfaction in retirement, but you’ll also stimulate creativity, earn a greater sense of accomplishment, and get to know yourself better.

## Get and stay active

Retirees who take part in regular physical activity experience countless health benefits. But being in shape doesn’t mean bulging biceps or washboard abs. It means being able to do the things that matter most to you, like taking the grandkids to Disneyland or playing a friendly game of pickleball with friends.

For residents at Summit Vista, remaining physically, mentally, and socially active is part of the plan—and a distinctive characteristic of our Life Plan Community. We pride ourselves in being able to offer more than just a place to live; we offer an active and engaging lifestyle that promotes healthy aging, meaningful relationships, and genuine contentment in retirement.





## Volunteer your time and expertise

Work is often viewed as the way we identify as individuals, as well as how others identify us. After retirement, this aspect of our self-perspective can be easily lost. However, one of the best ways to find yourself is to lose yourself in service. Volunteering your time, experience, and wisdom not only satisfies that need for accomplishment but also fulfills that desire for purpose.

At Summit Vista, we believe people in action make the greatest impact. That's why we make a concerted effort to provide residents with every opportunity imaginable to lend their time, energy, and talents to causes that are important to them. From serving on community committees to helping with numerous organizations in the surrounding area, there are countless ways to stay active while lending a helping hand.

Interested in learning more ways Summit Vista can help you make the most of your retirement? Stop by for a personalized tour of our vibrant and welcoming community as well as to chat with our friendly staff and residents about the life that awaits you.



**Call 866-291-1842**

today and RSVP for our next community preview event.

**SUMMITVISTA**

*This is living*