

# Discover your healthy mindset

Many people associate retirement with declining health. And while the body does experience change as it ages, there is power in the mind to propel you and your retirement forward for many healthy years to come. The key is to focus your energy on the things that will keep your body strong and your mind sharp. It also doesn't hurt to have a vibrant and lively community in your corner.

## Set your mind on health

For many, finding and managing healthcare in retirement can cause a bit of heartburn. Not only are you trying to navigate a complicated healthcare system or find the right health providers, but you're also trying to eat well, exercise regularly, and chase a hobby or two—all while facing the reality of what age-related changes might be coming on the horizon.

At Summit Vista, we offer many wellness services designed specifically to remove the barriers to better health. As such, our residents benefit from on-site health care navigation, coordination, and advocacy in finding the resources and help they need to manage insurance, Medicare, and more. Additionally, we also offer a complete continuum of comprehensive health services right on campus, should you or a loved one need them at some point, as well as frequent health and wellness seminars for better education and understanding of how to age successfully.



## Set your mind on security

There's no better feeling than the comfort of knowing all of your needs will be met now and in the future. This is especially true for those who are concerned about the ever-changing needs that come with age.

When we say we offer a home for life, we mean it in every sense possible—especially when it comes to your safety and security. Summit Vista provides security coverage 24 hours a day, seven days a week, within our gated campus, and all of our response team members are CPR- and AED-certified emergency medical technicians, should assistance be needed. Additionally, our community is prepared with features such as fire safety, an in-residence emergency call system, a door access system, residence checks, and routine safety inspections.

## Set your mind on education

They say you can't teach an old dog new tricks. However, the truth is, "seasoned maturity" is often the best time to soak in something new. After all, when it comes to healthy aging, an active mind is just as important as an active body. In fact, numerous studies have shown that learning is valuable at every stage of life. Not only does it help improve cognitive skills and social connections—it also creates a better sense of self.

Within our community, we're proud to offer residents many opportunities to pursue continued education through a multitude of clubs, groups, classes, tutorials, seminars, and more. Summit Vista is also home to a satellite location of the Osher Lifelong Learning Institute, offering a complete curriculum of courses and classes on a wide range of subjects. And the best part: free membership is a perk exclusive to our residents.



### Set your mind on life

Health and wellness refer to more than just avoiding the sniffles; they refer to the whole you. An important aspect of that includes finding and maintaining balance and moderation in your physical, emotional, spiritual, and financial well-being. By simply doing something meaningful every day to reach your goals, you'll naturally gravitate toward a healthy mindset that opens the door to a life full of opportunities. And it's all within reach at Summit Vista.

Interested in learning more of what Summit Vista offers? 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 866-506-0004**

today and RSVP for our next community preview event.

**SUMMITVISTA**

*This is living*