



# MAKING THE MOVE

## TO *Senior Living*

*Five-part series from Solstice*

### STEP 5

### *Celebrate With Your Community*



Making the move to senior living is an achievement to be celebrated! Your neighbors will be excited to welcome you to your new home.

Many communities have orientation programs in place to help you adjust to your new routine and get to know the other residents. For example, each Solstice community hosts a New Resident Orientation.

A few examples of what new residents can expect from their community include:

- A favorite meal in the dining room
- Coffee and pastries with a member of the Solstice team
- A fun activity or game night with your neighbors
- A mini photoshoot to share first memories in your new home with your friends and family



By the time orientation ends, you'll be a fully integrated member of the community. There are also some steps you can take to learn more about your new home and start developing a routine. Here's a list of things you can do during your first few weeks to help ease the transition.

- Make sure you know when and where to pick up your mail delivery.
- Confirm there are no maintenance issues, and if your community includes a cable television service, confirm that it's in working order.
- Learn whom you can contact if you're experiencing any issues with your apartment or have any topics you'd like discussed with leadership.
- Find out if your community has any resident-led committees or a Resident Council, and see when those meetings take place.
- See if there are regular fireside chats or monthly coffees available with the Executive Director.
- Ask if there are regular meetings with the Culinary Director to provide feedback as a group.
- Ask about the transportation schedule, so you can plan your errands and medical appointments. Also find out about any upcoming outings you may want to join!
- From here, you get to continue enjoying the friendships you'll make and the life you've built.



“

I like the activities we can do together every day. We have nice people here, especially all the staff that help us a lot.

**DORIS A.**

*Solstice at Grapevine*

”

## GET TO KNOW YOUR NEIGHBORS

Now that you are fully moved in, you have probably begun meeting your neighbors. Friendship is a key component of living independently, and there are opportunities to make new friends every day.

Whether you meet someone at a planned activity, in the hallway or over a delicious meal in the dining room, you are bound to run into your neighbors or staff everywhere you go.

Solstice and many other communities plan daily activities for their residents to give everyone an opportunity to get to know each other and have a good time. Be sure to check the activity calendar regularly, so you never miss out on the fun!

As you are enjoying meals and making plans with your new neighbors, here are some questions to keep the conversations flowing.

- How long have you been a part of this community?
- What is your favorite meal in the dining room?
- What is your favorite way to spend a Saturday?
- Where are you from?
- Do you have family in the area?
- What is your favorite family tradition?
- What is your favorite event or excursion you have attended?
- What are some of your hobbies?
- Do you have any favorite restaurants or shops nearby?
- What clubs or committees are you involved in?
- What is your favorite social activity?
- What is a favorite memory of your time here at this community?



**From now on, all you have to do is take advantage of the opportunities and amenities your new home has to offer!**

To learn more about Solstice and our communities and services, visit our website at [SolsticeSeniorLiving.com](https://SolsticeSeniorLiving.com) or call 1.833.969.3731.

