



# Age Old Wisdom

## **SHEER BLISS**

When mythology expert Joseph Campbell urged people to “find your bliss,” he was talking about a state of mind. For younger adults, the road to contentment begins with personal and professional achievement that rewards with satisfaction. Later, family and children bring their own rewards. As for seniors, our bliss is the sort that envelops us after hard-won battles and conflict has given us the wisdom that shapes our everyday disposition and mood. We arrive at a time in our lives when calmness, serenity, and assured self-confidence smooth any bumps in the road and each day begins with promise. We take pleasure in the people and circumstances around us and appreciate our place in life. We have found our bliss.

Deutsches Altenheim’s experienced and caring staff understands the importance of creating an environment that helps our senior residents feel content and comfortable. We treat our seniors like family members.

A playful mindset keeps you stimulated, your plans exciting, and your companionship rich.