



Age Old Wisdom

APPLES TO APPLES

Changing perceptions about aging and the aged have led a great many people to regard seniors as more active and capable than the familiar stereotypical images of frail and absentminded elderly individuals we are used to seeing. This change in attitude reflects new realities. The fact is that people in their 90s today are mentally sharper than their counterparts of just a decade ago. Today's nonagenarians do better on tests of mental abilities and daily activities, and they are likely to live longer than 90-year-olds did ten years ago. Many of these gains can be attributed to healthier living. Today's seniors are quick to embrace exercise and a healthy diet (Mediterranean-style), which are known to increase their quality of life.

Deutsches Altenheim realizes that seniors are living longer, more productive lives. We understand that their needs and abilities can change – even overnight. We offer a wide range of options that allow all of our seniors to achieve and maintain their 'personal best'.

P.S. Remaining intellectually and socially active is proven to avert mental decline among seniors.