



The Life of an Artist
pg. 22

suburban life

+
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Top dentists,
summer camps,
and more

Residents of Acts Retirement-Life Communities find inspiration, connection, and long-term well-being.

page 38



In the ZONE

RESIDENTS OF Acts Retirement-Life Communities FIND INSPIRATION, CONNECTION, AND LONG-TERM WELL-BEING.

Sunny afternoons at Gwynedd Estates, a premier Acts Retirement-Life Community in Gwynedd, Pennsylvania, are always active, no matter the season. Residents laugh and chatter as they engage in exercise, activity, and socializing all across the scenic campus. The sense of friendliness and well-being is almost palpable. This is a place where people seem healthy, happy, and certainly up for having a good time.

The feeling extends well past Gwynedd Estates to all five of the Acts-Retirement Life Communities in Montgomery County—Fort Washington Estates, Brittany Pointe Estates, Normandy Farms Estates, Spring House Estates, and Gwynedd Estates—where active retirees can enjoy the good life with maintenance-free living, superb amenities, exceptional recreational opportunities, and a foundation of loving kindness, that fosters friendship and prioritizes care at every level. In these communities, residents stay optimistic and engaged throughout their retirement. This is a lifestyle very similar to “Blue Zones.”

“Blue Zones” are areas of the world where people not only live longer but also enjoy a high quality of retirement. The term was first coined in 2004 by Dan Buettner, an explorer, National Geographic Fellow and journalist who traveled the world to specific areas with the highest percentage of centenarians. After analyzing demographic data and interviewing numerous people over the age of 100, he and his team identified five regions that stood out. These areas were identified as Blue Zones, where people were 10 times more likely to reach the age of 100.

It is a fascinating conclusion: People living in these areas, while geographically scattered thousands of miles apart, share similar lifestyles of close connections, purpose, natural movement throughout the day, and more.

Without even realizing, the residents of the Gwynedd Estates and the other Montgomery County Acts communities follow many of these same principles of longevity simply by living there, where they have access to friendship, activity, purpose, and healthy lifestyle choices. New research suggests that residents at Acts Retirement-Life Communities may fare better in wellness than seniors in the community at large. A Mather Institute study—that included participation from seven Acts communities—surveyed 8,228 people living in continuing care retirement communities and reported significant wellness benefits. Residents enjoyed better physical, emotional, intellectual, social, and vocational wellness than their “age in place” peers.

This is largely because of their social connections, reduced stress, and access to superb health care.

Photos courtesy of Acts Retirement-Life Communities



Acts Retirement-Life Communities in Montgomery County offer many opportunities for residents to stay active, make meaningful connections, and devote their time to things that bring them joy.



“We now have data that affirms our intuition and what residents have anecdotally told us all along,” says Bill Tamulonis, Managing Director of Acts Center for Applied Research.

With a wide variety of social activities and events, fitness classes for every ability, and green spaces, the Acts Retirement-Life Communities in Montgomery County offer myriad opportunities for residents to stay active, make meaningful connections, and devote their time to things that bring them joy, whether treasured old hobbies or brand new interests.

Worry-free living allows Acts residents to downshift, another Blue Zone characteristic. With household maintenance taken care of and the peace of mind that comes with knowing that Acts Life Care® will provide for future care in today’s dollars, residents can relax and devote their retirement to the things they really love.

Additionally, several studies have found people with a stronger sense of purpose enjoy numerous health benefits including longevity, physical wellness, and a reduced risk of car-

diovascular disease and cognitive decline.

“Making residents feel needed and important is key to their well-being and mental health as well as their physical health,” says Terry Alburger, Life Engagement Coordinator at Brittany Pointe Estates in Lansdale. “When residents move in, they gain a new family, and a large support network.”

Jim Petty, Senior President for Strategy and Mission for Acts Communities, says, “We’ve been very successful offering the best of today’s healthy lifestyle while providing long-term peace of mind and security. And increasingly retirees that come to Acts are hungry to share their talents in service of the greater good, whether through advocating, volunteering, taking care of others, or simply shifting their focus to something bigger than they are, that continues to provide real purpose, meaning, and inspiration.”

At Acts Communities, creating environments where retirees can thrive is more than just a promise; it is built into the philosophy.

“Acts takes such good care of us,” says Gwen Blackwell, a resident of Normandy Farms Estates in Blue Bell. “Their mission is to make us happy.” ■

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Gwen Blackwell, a resident of Normandy Farms Estates in Blue Bell



To learn more about Blue Zones and how you might find yours at an Acts Retirement-Life Community, visit AboutActs.com/SuburbanPA or call (888) 772-8312.

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