

# **Now is the perfect time to move to Assisted Living before Winter arrives**

**It is that time of year for holidays, baking, cozy nights. While many people love the winter months, for seniors the cold, icy, snowy, frigid weather creates many challenges, especially if they live alone in their own home.**

**If you have been thinking about moving your parent or loved one into assisted living, now would be the perfect time to consider a move before winter arrives. Aging adults have to be extra careful during winter in order to stay safe.**

**Living in assisted living provides seniors many benefits throughout the year, but especially in the winter months:**

- **No need to worry about the “what-ifs” - if the pipes freeze, if you lose power, if the furnace breaks, if you get snowed in.**
- **Reduce risk of injury from falls from ice, snow, & slippery walkways.**
- **Lower potential for illness and injury – 24 hour caregivers and nursing on-site.**
- **No need for risky winter grocery shopping – all delicious and nutritious meals are included.**
- **Lots of Socialization to prevent isolation and loneliness during long winter months indoors.**
- **Benefits of companionships – endless opportunities to enjoy time with other seniors.**

## **Woodview Estates Assisted Living**

**5030 Unami Blvd., Mays Landing**

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**[www.woodviewestates.com](http://www.woodviewestates.com)**