

Finding Happiness and Longevity in Community Living



ÉLAN
Westpointe

A fulfilling life is often measured not just by its length but by the depth of joy and connection one experiences along the way. For older adults, a lifestyle shift to community living can be a profound source of happiness and vitality. Far from being a mere change of address, transitioning to a senior living community represents an opportunity to thrive within a vibrant space of connection, support, and wellness.

Our team at Élan Westpointe at New Braunfels is exploring how living within a nurturing community promotes not only a longer life but also a happier one. From physical wellness to emotional support and meaningful social connections, each element plays a critical role in enhancing individuals' lifestyles in their retirement years.



What is Community Living?

“We reside not in buildings, but in arms wide open with friendship.”

- WENDELL BERRY

Community living is a concept built on togetherness, safety, and shared experiences for older adults. It involves a thoughtfully designed building where individuals reside in private accommodations within a larger, interconnected space. Beyond accommodations, what truly sets community living apart is its focus on forging meaningful relationships, fostering a sense of belonging, and cultivating a lifestyle full of enrichment.



Imagine waking up in a place where each day brings opportunities to meet familiar faces, participate in engaging programs, and savor moments of unhurried connection. Community living at Élan Westpointe emphasizes creating an ideal blend of independence and shared experiences, enabling residents to tailor their days as they wish while knowing that companionship and support are always within reach.



It is not simply about having others nearby but also about nurturing bonds that add vitality and richness to everyday life.

The Impact on Longevity

“On average, senior housing residents experience greater longevity than the non-congregate comparison group.”

- [NIC](#)

There is a reason why researchers list social connections as a key element in the longevity puzzle. Many research institutes, such as the National Investment Center on Seniors Housing & Care (NIC), have shown that people living in nurturing social settings tend to outlive those who face isolation. Loneliness, often called an invisible epidemic, is linked to a wide range of health issues, from chronic diseases and depression to an increased risk of mortality.



Community living combats this by offering a built-in network of interactions and relationships. Whether it's over a morning coffee shared with a friendly neighbor, a lunchtime gathering with a small group, or a late-afternoon stroll accompanied by gentle conversation, the opportunities for connection are abundant.



Residing in a vibrant community also tends to promote greater mental and physical activity, both of which correlate with longer life. It's a lifestyle that inspires movement, curiosity, and camaraderie, which collectively create conditions for thriving.

Did You Know...

A [2010 study published in PLOS Medicine](#) found that social relationships increase the likelihood of survival by 50%.

How Community Life Helps With Mental Health



Peace of mind often comes not from solitude but from knowing others hold you in their thoughts and care. For many older adults, the mental health benefits of community living are profound. Engaging in shared conversations, participating in intellectual games or discussions, and simply being surrounded by warm interactions are known to enhance cognitive abilities and emotional well-being.

Human beings are inherently social creatures, and even brief interactions provide a mental and emotional boost. Community living ensures that no day passes unnoticed or unmarked, as each is filled with opportunities to interact meaningfully with others. Purpose replaces loneliness when individuals feel their contributions and presence matter within a larger group.



Mental stimulation is also woven into daily life within communities. Whether through puzzles, gardening, or creative workshops, cognitive needs are addressed in ways that foster mental resilience and help stave off decline.

Did You Know...

Research from the [National Institute on Aging](#) indicates that loneliness and social isolation can increase the likelihood of dementia by nearly 60%.

Connection Promotes Physical Wellness

Movement and physical activity become far easier and more enjoyable when shared among others. Community living often includes curated spaces for wellness, such as fitness studios or walking trails, that inspire a healthy lifestyle. Beyond infrastructural amenities, the spirit of participation is what makes developing a wellness habit natural and sustainable.



Whether it's a guided yoga class, a group tai chi session, or a casual walk after lunch, at Élan Westpointe, there's a sense of joy in doing physical activity alongside others. These shared endeavors not only improve muscle strength and flexibility but also make a healthy lifestyle feel achievable and even delightful.



Daily movement isn't limited to formal exercise. The freedom to stroll through manicured gardens, dance during a musical evening, or join friends on an excursion keeps physical wellness deeply embedded in day-to-day living.

Did You Know...

Regular physical activity can reduce the risk of heart disease and stroke, according to the [Centers for Disease Control and Prevention](#).

Community Living Fosters Emotional Support



Navigating the complexities of aging is far less intimidating when buoyed by the kindness of others. One of the most impactful, often untold benefits of community life is the abundance of emotional support it provides. Living in a nurturing setting where others face similar journeys is a source of great comfort.

Be it sharing stories about cherished family members, reminiscing about life's adventures, or finding solace in shared losses, residents often feel profoundly heard in ways that soothe the soul. Emotional well-being is not only preserved but also enhanced when individuals know that there's always someone to turn to.



The presence of empathetic companions fosters greater resilience, making everyday moments more joyful and challenges more bearable.

Deepened Social Connections in Community Living

Connections formed within a senior living community are unlike any other. They are organic yet intentional, growing stronger every day through shared laughter, memories, and experiences. Whether it's a casual chat while savoring the morning sun on a veranda or friendships flowering over shared meals, these bonds add a rare kind of vibrancy to life.



Social ecosystems within communities often extend to planned gatherings, celebrations, and even interest groups. Residents discover shared hobbies, explore creative pursuits, and celebrate milestones. These ventures are not mere diversions but meaningful ways to build lasting friendships and create collective joy.



Moreover, these relationships foster mutual support systems. Between knock-on-the-door moments and small acts of kindness, community members know there's someone who cares deeply within arm's reach.

Did You Know...

Studies reveal that having numerous close social connections can enhance immune responses, lower stress levels, and even reduce the risk of premature mortality.

Experience a Longer, Happier Life at Élan Westpointe at New Braunfels

Our senior living community redefines what a retirement lifestyle means by creating a vibrant, luxurious setting that enhances happiness and longevity. Our neighborhood is more than just a beautiful place to reside; it's a nurturing and inspiring space designed to support active, social living. Residents in our assisted living and memory care community receive personalized care and services tailored to their needs. We strive to redefine senior living by fostering a distinctive lifestyle that sets a new standard of excellence.

We offer an array of services and amenities that foster independence and well-being. Residents can indulge in culinary delights crafted by a personal chef, partake in engaging leisure programs, and cultivate meaningful friendships.

Our amenities include:



Resort-style community with outdoor courtyards and breathtaking views



Diverse leisure programs for engagement and wellness



Culinary experiences prepared by a professional chef



Seamless access to healthcare and shopping



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Our programs, including the Salus™ wellness philosophy and signature Valeo™ memory care programs, empower residents to lead fulfilling lives. We commit to a holistic approach by catering to four components of wellness—physical, social, intellectual, and spiritual—tailored to each resident's needs.

Through AgeWell Solvere Living's management, we integrate our signature programs to empower residents to reach their fullest potential.

Our Salus™ wellness philosophy focuses on fostering engagement and connection, creating a meaningful path to senior living through:



PHYSICAL WELLNESS:
encouraging a healthy
and active lifestyle



INTELLECTUAL WELLNESS:
stimulating the mind and
nurturing interests



SOCIAL WELLNESS:
promoting connections
and friendships



SPIRITUAL WELLNESS:
revitalizing the spirit and
promoting inner peace

We are passionate about serving older adults with the highest level of care, providing them with the most fulfilling life possible. At Élan Westpointe, every detail is meticulously designed to ensure your parent not only enjoys a long life but also the happiest and most fulfilling one they deserve.

Choosing Joy and Connection

A life lived with meaningful connections and filled with joy is the reward of community living. It's about choosing not just where to live but how to live—with purpose, with joy, and with enduring bonds. The richness of this lifestyle extends beyond tangible benefits, offering a renewed sense of vitality that touches every corner of life.

Experience the difference a supportive, thriving community can make for yourself. The key to happiness and longevity may be closer than you think. Open the door to the possibility of a brighter tomorrow. Now is your time to take that first step forward. At Élan Westpointe, every day is a chance to surpass your expectations and live your best life. Reach out to our team of senior living experts today!



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