

10 Secrets to Successful Living



Ohio Living

FAITH + COMPASSION + COMMUNITY



Successful living is possible at any age – it just requires a few key elements. As you age, though, the idea of successful living takes on new importance. It has a significant impact on not only the quality of the life you live, but on all aspects of your physical, spiritual, social and intellectual well-being – which are cornerstones of our philosophy. That’s why it’s so important to incorporate these 10 secrets for successful living into your daily life.



1. Happiness

Do things that bring joy to you and to others. For some, this may mean going to the theater to watch a movie or play. For others, it may be about finding ways to be on stage and in front of an audience.

It can be putting models together, painting portraits or traveling the world. It can be baking, crafting, working with wood or countless other activities and pastimes. Find the things that make you happy and incorporate them into your daily life whenever possible.

2. Self-Worth/Inner Peace

A strong sense of self-worth allows you to age without feeling the need to apologize for being who you are. It's one of the most important aspects of successful living to keep in mind. Embrace yourself for who you are and learn to understand your worth – to yourself and others.

Psychology Today recommends that you should “be yourself, unapologetically,” and they are on to something. Not only is it the fastest track to true inner peace, but it promotes happiness, which we already discussed is another important secret for successful living.

3. Finding Balance

Sometimes, people spend their lives at odds with what they *want* to do and the things they feel they *need* to do. Multiple work, family and community responsibilities can leave you feeling overwhelmed. That can add stress which robs you of the very happiness these things are meant to create.

At Ohio Living, we believe in pursuing fulfillment which comes from having balance in all aspects of your life including social, intellectual, physical and spiritual well-being. When you have that balance you can enjoy true fulfillment, which helps you live a longer and happier life.

4. Giving Back/Volunteering

Volunteering and giving back to the community helps you in more ways than simply feeling good about helping others. It provides a sense of purpose. According to the Corporation for National and Community Service, older adult volunteers are more likely to receive mental and physical health benefits from their service.

Volunteering also gives older adults an opportunity to make new social connections. A strong sense of community and assuredness about your place within that community helps you stay happier, which in turn can keep you healthier.





5. Move it or Lose It!

Could something this simple be a key secret for successful living? *Forbes Magazine* seems to think so. In fact, exercise is listed as a vital tactic that should be used daily for anyone interested in living a long and successful life. The good news is that exercise comes in many forms and can actually be fun. From Wii Bowling tournaments and line dancing lessons to entering marathons, there are many ways to defy stereotypes while getting the exercise you need to keep your mind and body healthy and in shape.

An added benefit of being active is that it helps to keep the body strong. Strong bodies are able to enjoy more quality of life and avoid many of the chronic health conditions that bring people in poor health down. *Consumer Reports* suggests that you should begin with a physical therapy evaluation and aim for 30 minutes of cardio activity five days per week, then add training for strength and balance.



6. Stay Connected

Social connections are critically important. You're far less likely to fall victim to boredom if you have an active social life. The more grounded you are in social connections with friends, family and community, the more reasons you have to get up, out and about day after day. Having a pet to care for can lessen loneliness and provide a sense of purpose.



For many people, living in a community where there are planned social activities daily as well as larger opportunities for social contact with the greater community provides socialization while allowing for independent and private time as well.

Some find social connections in community service organizations and religious groups, as well as through volunteer activities. Still others take on more traditional routes for building social connections by taking classes, getting part time jobs or joining clubs that involve activities they enjoy.



The Internet also helps us maintain close family ties – even from a distance through venues such as Skype, Facebook, Instagram and more. Taking the time to learn how to use technology to enhance connections and communicate with family near and far is a great way to expand social connections and is a strong force for successful living.

7. Spirituality

Psychology Today stresses the importance of faith and spiritual practices for both physical and mental health as well as for overall happiness. Whether it's a religious belief or simply a belief that there is something bigger than yourself in the universe, spirituality is important for many people as a source of purpose and inspiration.

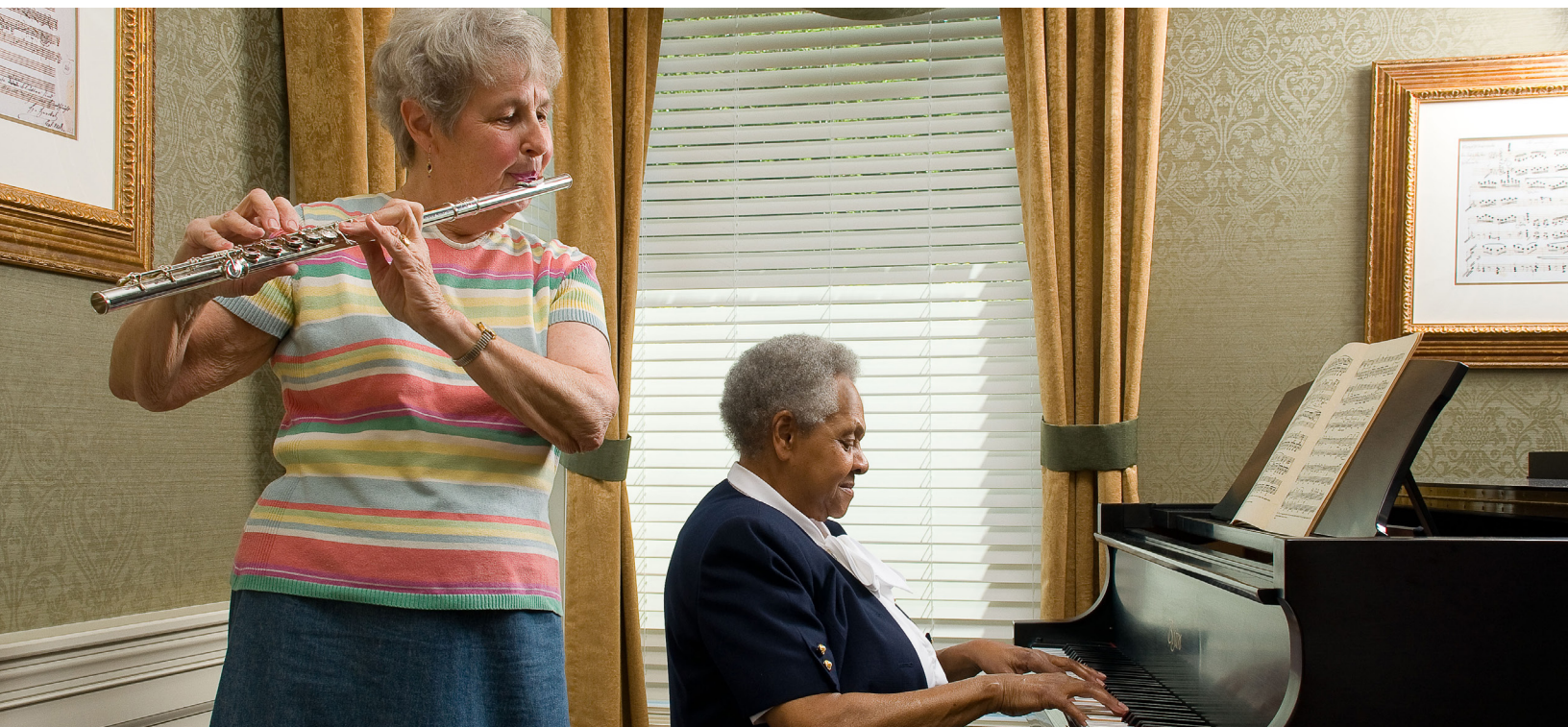




8. Seek New Knowledge

There are an amazing number of opportunities for people of all ages to continue learning, gain new knowledge and challenge their brains. From college classrooms to community centers and online courses, education is available to anyone interested in pursuing it. Many public libraries offer learning opportunities, and of course, books are available for those who learn well independently.

Don't forget that learning is more than book study. There are educational vacations that explain the history of areas as well as their geographical significance. You can learn to play musical instruments or learn new languages. The mind is an instrument and you need to continuously pluck its strings to keep it working in harmony with the rest of the body.





9. Set and Plan to Accomplish Goals

Ultimately, successful living is also about setting and achieving goals, then creating new goals to accomplish. It's about defying expectations and blowing the stereotypes of aging out of the water. Successful living is all about consistently striving for more. Setting goals gives you an opportunity to measure more and see it in action.

10. Challenge Yourself

According to the *Huffington Post*, challenges give perspective and can help you be even happier as a person. It's not only about the challenges themselves, but about how you deal with the challenges that makes all the difference. It's about continuously developing and refining coping mechanisms, problem solving skills and productive tactics for facing and overcoming challenges as they arise.

Ohio Living life plan communities are designed to encourage you to pursue successful living at every turn. We provide opportunities to challenge yourself daily through new and exciting learning opportunities, creative outlets, social circles and planned activities. We also have a supportive and encouraging team of professionals who will work with you to establish and accomplish your own personal goals. Ohio Living is committed to supporting your successful living.



Ohio Living

FAITH + COMPASSION + COMMUNITY

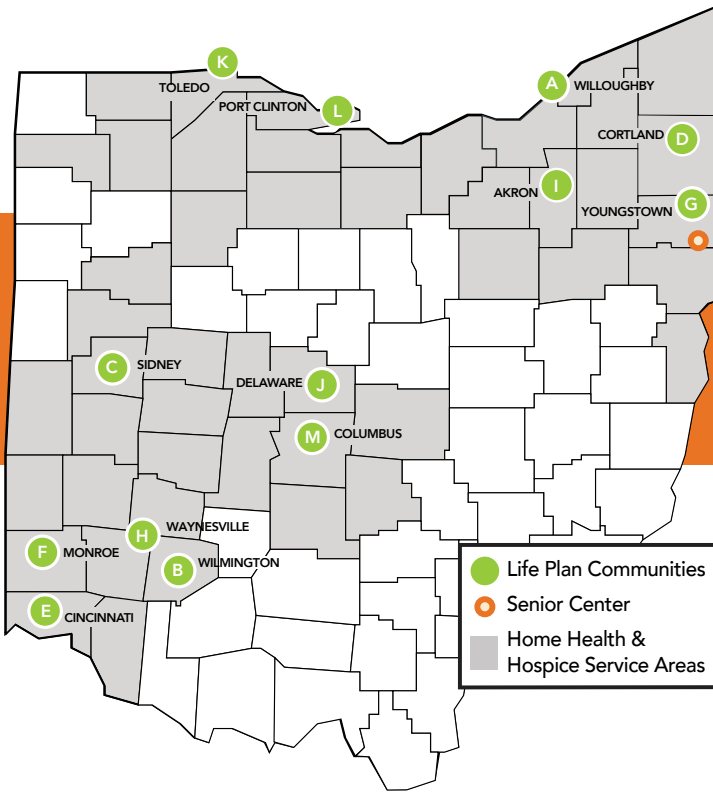
At Ohio Living, we believe in serving the whole person — physically, mentally and spiritually. Every day, life at Ohio Living takes on a new energy. Enjoy the style of living you desire and the peace of mind you deserve.

Ohio Living Corporate Headquarters

1001 Kingsmill Parkway | Columbus, Ohio 43229
614.888.7800 | ohioliving.org

Ohio Living Foundation

1001 Kingsmill Parkway | Columbus, Ohio 43229
614.888.7800 | ohioliving.org



Life Plan Communities



Ohio Living Breckenridge Village
Willoughby | 440.942.4342



Ohio Living Cape May
Wilmington | 937.382.2995



Ohio Living Dorothy Love
Sidney | 937.498.2391



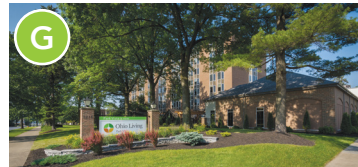
Ohio Living Lake Vista
Cortland | 330.638.2420



Ohio Living Llanfair
Cincinnati | 513.681.4230



Ohio Living Mount Pleasant
Monroe | 513.539.7391



Ohio Living Park Vista
Youngstown | 330.746.2944



Ohio Living Quaker Heights
Waynesville | 513.897.6050



Ohio Living Rockynol
Akron | 330.867.2150



Ohio Living Sarah Moore
Delaware | 740.362.9641



Ohio Living Swan Creek
Toledo | 419.865.4445



Ohio Living Vineyard on Catawba
Port Clinton | 419.797.3100



Ohio Living Westminster-Thurber
Columbus | 614.228.8888

Home Health & Hospice

Greater Akron
330.873.3468

Greater Cincinnati
513.681.8174

Greater Cleveland
440.953.1256

Greater Columbus
614.433.0031

Greater Dayton
937.415.5666

Greater Toledo
419.865.1499

Greater Youngstown
330.533.4350