



assisted living | dementia care

Epoch Bulletin

April 2024

Connection overcomes loneliness

As we grasp the profound effects of loneliness on our beloved elders, we've curated this bulletin to delve into the topic. We believe encouraging conversations is imperative in addressing this silent struggle, illuminating pathways to companionship and support in their later years.



Loneliness doesn't have to be a lifelong companion.

Expert in Assisted Living & Dementia Care

Loneliness doesn't have to be a lifelong companion.

Studies reveal that feeling alone can cloud our elders with risks - from **depression** to a yearning for connection, even making the mind vulnerable to **dementia** by up to 60%.

#ConnectionOvercomesLoneliness

Expert in Assisted Living & Dementia Care

Yet, in this knowledge lies our **power to change!**

This World Health Day, let's pledge to be the beacon for our elders. Because every heart deserves to beat to the rhythm of **connection** and care.

#ConnectionOvercomesLoneliness

"Old age loneliness quietly overwhelms casting a shadow on the well-being of our beloved elderly. Yet, heartfelt connections offer a beacon of hope to brighten their days. Let's work towards overcoming loneliness by fostering a world of connection and care for our elders."...(Contd.)

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What expert has to say!



A psychologist shares 5 ways to fight 'Gray Loneliness'

Author: Mark Travers :Contributor

"As people age, they may experience "gray loneliness" due to various factors like the loss of loved ones and reduced social interactions. Meeting social relationship expectations is crucial to combat loneliness. Key expectations include proximity to loved ones, feeling supported, emotional intimacy, making meaningful contributions, and feeling respected. Addressing these needs can significantly improve the well-being of older adults, highlighting the importance of social support and community engagement in aging gracefully."...(Contd.)

[Read the full article here](#)



Loneliness negatively affects the physical health of older adults

Author: Amsterdam University Medical Center

"Research from Amsterdam UMC and the University of Glasgow published in "The Lancet Healthy Longevity" reveals that loneliness among older adults negatively impacts physical health, leading to increased frailty and higher risks of depression, falls, and cognitive decline. Reduced social functioning, including loneliness and lack of support, contributes to physical decline. The study emphasizes the importance of addressing both social and physical aspects of aging and suggests interventions to enhance social connections among older individuals"...(Contd.)

[Read the full article here](#)

Epoch news!

Expert in Assisted
Living & Dementia Care



Epoch Gustav House

#LegacyOfCareContinues

Our 4th assisted living facility in Delhi NCR

Coming soon!



Epoch Gustav House: Legacy of care continues

"We're elated to announce the launch of our newest facility "Epoch Gustav House"- our 4th assisted living facility in Gurugram; another step towards our mission: To provide holistic, person-centered care that enables elders to have the highest quality of life. We believe in focussing on the person as much as the medical condition. With the opening of our 6th assisted living facility in India - Epoch Gustav House, the legacy of care continues, as we blend the trust and expertise of over 10 years in assisted living and dementia care to enhance the quality of life of elders with specialized needs."...(Contd.)

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