

Live well, Age well, Be well

We're Happy to Be Together – Even While Staying Safely Apart.

With COVID-19 and physical distancing, many people are wondering, “Why would I even think of moving to Aspired Living of Prospect Heights right now?”

The answer comes from people who know – our residents. To them, it’s all about feeling safe and secure, surrounded by friends and people who care – *even while we’re all socially distancing.*

With safety measures firmly in place, our residents are staying active, involved and social. They’re enjoying a variety of programs and activities, sharing new experiences, smiles and laughs. Being together is helping us all get through this challenging time.

In fact, our residents tell us that they are experiencing less stress and loneliness because they are living under one roof in a community of support and feel a true sense of being in this together. Our frontline caregivers are available to meet their physical and emotional needs, while families continue to find creative ways to connect and stay in touch.

We are in this together, in every sense of the words. COVID-19 may have altered the way we do things to protect the health and safety of every resident, but it certainly hasn’t stopped us from socializing. While VIVA!SM Programming might look a little different, finding purpose and remaining engaged and active is made possible with proper safety measures. Interactive programs like hallway happy hours, mobile dance parties and sing-alongs encourage residents to stay in touch and have fun with neighbors from a safe distance. Residents are accessing musical performances, museum tours and continue to experience lifelong learning content online from their personal devices or ones borrowed from the community.

As we look towards the future, our small group programs will consist of six to eight people who are able to connect and engage from a safe distance with every team member and resident wearing medically approved surgical masks.

We continue to closely follow CDC guidelines, refer to local, state and federal protocols to prevent the spread of COVID-19 and rely on the guidance from scientists and health professionals.

While the world navigates uncertain times, our mission remains the same. *We believe that a vibrant, meaningful and purpose-filled life is achievable at any age.*