



## BENEFITS OF MEMBERSHIP

### **Love Living at Home is a different kind of neighborhood.**

Love Living at Home is a vibrant caring community of Tompkins County residents. It is not a physical neighborhood. It is a community of neighbors that live somewhere in Tompkins County.

### **TAKING CHARGE OF OUR FUTURE TOGETHER**

Join us to experience the benefits of membership right here in Tompkins County.

A University of California, Berkeley research study of 115 villages found that the impact on the lives of their members was remarkably positive. Out of 1753 respondents, village members reported:

#### Social Connections

- 79% know more people than they used to
- 60% feel more connected with other people
- 41% feel less lonely
- 37% leave their homes more often

#### Health and Well-Being

- 51% report improved quality of life
- 46% say they are happier
- 35% say their health is better

#### Access to Services

- 82% are more likely to know how to get assistance when they need it
- 77% know more about community services

\*Do Villages Promote Aging in Place? by Carrie Graham, Andrew E. Scharlach, and Elaine Kurtovich, Center for the Advanced Study of Aging Services, School of Social Welfare, University of California, Berkeley, August 13, 2016, published in the Journal of Applied Gerontology, 2016.