



NEWS FROM



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If you're considering assisted living options in the Houma area, scheduling a tour at The Homestead Assisted Living can give you a deeper understanding of our offerings and help you decide if it's the right fit for your loved one.

Call today to schedule your tour!

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Senior care facilities key in reversing loneliness, researchers find

Older adults who move into nursing homes and assisted living facilities typically turnaround previous declines into loneliness, researchers recently found.

A new national study reveals that seniors become more socially active in many ways, suggesting that fears of isolation in long-term care are unfounded for many.

Researchers uncovered greater participation in group activities (higher by 15.6%) and religious services (up 12.6%), for example, after a facility move-in. That’s compared to a steady decline of 2% to 4.7% in all social activities before making the move, researchers from the University of Colorado said.

They analyzed data from more than 600 Americans aged 65 and older who entered long-term care facilities between 2011 and 2019. The study, published in JAMA Internal Medicine, tracked five types of social participation: visiting with friends and family, going out for enjoyment, attending religious services, participating in clubs or organized activities, and volunteering.

“Long-term care communities can be an important source of help as we get older, but many are afraid of how moving to one could affect their social life,” lead author Kenneth Lam, MD, an assistant professor of geriatric medicine at the University of Colorado School of Medicine, said in an article posted on the university’s website. “This made us want to look at the data to see what actually happens to social participation when people move.

“The overall picture is that people move after their world had already started to get smaller,” he explained. “Facilities provide structured social opportunities that residents may have struggled to access when they were living at home.”

Declining mobility and barriers to leaving a senior care facility, however, could be factors in a 14.1% decline in going out for enjoyment, investigators found.

Women were more likely than men to maintain family connections and begin attending religious services. Meanwhile, Black, Hispanic and other racial and ethnic minorities were significantly less likely to go out for leisure activities — such as dinner or a movie — compared to white residents. Nursing home residents also participated less in activities than those in assisted living facilities, though that outcome could be attributable to less healthy individuals comprising the former group. “Facilities have the potential to be vibrant and inclusive communities,” Lam noted, “but access to those social opportunities is not evenly distributed.”

The researchers emphasized that addressing loneliness requires ensuring equitable access to meaningful social activities across all demographic groups in long-term care settings.

SOURCE: <https://www.mcknights.com/news/senior-care-facilities-key-in-reversing-loneliness-researchers-find/>

Our Mission

The Homestead mission is to operate a senior living community based on Christian principles where each resident can live in dignity with the support necessary to maintain the highest level of independence possible. We will offer a stimulating environment for every tenant to remain active and involved. The Homestead will maintain a safe, clean, healthy environment for both tenants and staff. Our “Team Work” philosophy includes our tenants, families and all staff committed to each other to care for each other.

WE ARE HERE TO SERVE YOU



Three Meals Daily



Housekeeping



Laundry



24-Hour Nurse Access



Medical Supervision



Transportation



Medical Appointments



Emergency Call System



Social/Recreational

We are Locally Owned and Managed

ADDITIONAL SERVICES

These services are provided if requested and are available for a fee in addition to the rent.

Medication Administration
Daily Blood Pressure Checks
Daily Blood Glucose Monitoring
Oxygen Management

Day/Night Checks
Meal Delivery
Special Diet
Assistance with Hygiene

Assistance with dressing/undressing
Assistance with toileting
Assistance with ambulation
Incontinent care

FOR MORE INFORMATION PLEASE CALL US AT [\(985\) 223-4663](tel:9852234663)
OR VISIT US ONLINE WWW.THEHOMESTEADWEB.COM