



FOR IMMEDIATE RELEASE

### **Luther Oaks Helps "Solo Agers" Find Community During the Holidays**

**Bloomington, Ill. – December 10, 2024** – As the holiday season approaches, the importance of connection becomes even more significant, especially for older adults. For “solo agers,” those who are living alone in their senior years, finding a community that fosters a sense of belonging is essential. **Luther Oaks**, a Life Plan Community in Bloomington, Illinois, is dedicated to ensuring its residents have a supportive and engaging environment to celebrate this season and beyond.

With roughly 27% of U.S. adults aged 60 and older living alone, many solo agers are choosing to plan their futures in communities that provide an increased social network, easy access to wellness and fitness and most importantly, a plan for their aging journey ensuring they’ll be in trusted hands no matter what changes lie ahead.

“With nearly 40% of people 65 or older being single, Life Plan Communities are where it’s at,” explains **Jennifer Darnell**, Vice President of Sales and Marketing at Lutheran Life Communities. “By joining Life Plan Communities like Luther Oaks, solo agers can ensure they have access to friends, activities and support, especially during the holidays.”

**Luther Oaks** has recently welcomed **Dave Spader**, a new resident who moved from another community in Pennsylvania three months ago. Reflecting on his experience, Spader shares, “Luther Oaks provides a better sense of community, is more caring and is much nicer than my previous residence. It provides as much interaction as I want. There’s just a stronger sense of community here.”

For new resident Spader, the friendly atmosphere created by both residents and team members has been a highlight. “I’m really impressed with how the team members remember my name,” he notes, adding that he appreciates the community’s exercise center, where he stays active and healthy.

The Luther Oaks community offers a full continuum of care that empowers people to live independently while having access to additional services should their needs change. “Choosing a Life Plan Community is invaluable for solo agers. Our residents have the freedom to engage as they wish, with resources and amenities to support them year-round,” continues Darnell.

In addition to a strong sense of community, Luther Oaks supports a “lock-and-go” lifestyle, offering residents the freedom to travel or spend time away from campus, knowing their homes and belongings are secure. This added peace of mind means residents can travel wherever they choose, without concerns about the safety of their residence and a big bonus is during the winter months, when the maintenance crew is taking care of shoveling snow and icy walks.

Luther Oaks invites solo agers to experience first hand the warmth and comradery by attending one of their fun events, including the upcoming “Single, Jingle, Mingle” holiday party for people who are looking to increase their social circle while enjoying a Christmas-themed happy hour. RSVPs can be made at [LutheranLifeLiving.org](https://lutheranlifeliving.org). From holiday events to wellness activities, Luther Oaks is committed to creating an environment where residents can enjoy a fulfilling life surrounded by friends and supported by compassionate team members.

### **About Luther Oaks**

If you are an active, independent person aged 62+ who’s looking for a beautiful lifestyle within minutes of Bloomington-Normal, and yet in the country, Luther Oaks is for you. As part of the non-profit Lutheran Life Communities, the campus shares the commitment to providing exceptional care and services to enhance residents' lives.

For more information, visit: <https://lutheranlifeliving.org/>

Media Inquiries: [3rd3rdPRTeam@3rd3rd.com](mailto:3rd3rdPRTeam@3rd3rd.com)

###

### **Media Contacts:**

**Jennifer Darnell**, Vice President of Sales & Marketing with Lutheran Life Communities  
Jennifer.Darnell@lulife.org, (224) 735-4036

Or

**Shonne Fegan-Ehrhardt**, PR, 3rdThird Marketing  
shonne@3rd3rd.com, (847) 962-9879

PHOTOS:

