

## SENIOR APARTMENT COMMUNITIES...

...do more than provide housing—they serve as the foundation for residents' safety, health, and emotional well-being. As aging adults seek meaningful ways to stay connected, engaged, and active, it is critical that communities offer regular social and wellness-based activities. HST (Helping Seniors Thrive), a nonprofit organization, proposes a collaborative partnership to design and deliver high-impact, affordable programming directly to your residents.

2

## SAMPLE ACTIVITIES WE OFFER

- Wellness classes (e.g., chair aerobics, nutrition talks)
- Tech training for seniors (how to use smartphones, social media)
- Monthly themed socials (e.g., bingo nights, holiday parties)
- Mental health check-ins and discussion groups
- Life skills and educational workshops

## NEXT STEPS

Let's connect to create a customized program plan for your community. Our services can be contracted monthly, quarterly, or per event. We are happy to meet with your management team or resident services coordinator at your convenience.

## OUR CONTACT:



281-699-9991



[www.helpingseniorsthrive.org](http://www.helpingseniorsthrive.org)



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**Helping Seniors Thrive**

# Engage Us To Engage Your Residents



## BENEFITS TO THE APARTMENT COMMUNITY

- Stronger resident retention through improved quality of life
- Increased occupancy appeal as prospects seek communities that offer vibrant lifestyles
- Positive community reputation and potential for media coverage or recognition
- Reduced incident reports due to more engaged, supervised, and connected residents

## WHY ACTIVITIES MATTER

- Improved mental health and reduced rates of depression and anxiety
- Enhanced physical wellness, including better balance, mobility, and strength
- Lower healthcare costs by reducing isolation-related illnesses and chronic disease exacerbation
- Greater resident satisfaction, leading to longer tenancies and improved reputation for the property



## WHY PARTNER WITH A NONPROFIT LIKE HST

Contracting HST to provide these services offers unique advantages:

- Mission-driven approach – As a nonprofit, our priority is community impact, not profit.
- Affordable pricing – Our services are supported by donations, grants, and volunteers.
- Cultural and local relevance – We tailor programs to fit the background and needs of your residents in Harris and Fort Bend Counties.
- Program flexibility – From educational talks to chair yoga, gardening, or digital literacy, we create events that your residents truly enjoy.
- Compliance-ready – We provide documentation, reports, and liability coverage as required for community partnerships.