



## Frequently Asked Questions

2Life Communities, a nonprofit organization founded in 1965, operates on the belief that all seniors should have the opportunity to live a life full of connection and purpose in a dynamic, supportive environment – a model we call *aging in community*, which directly combats the growing public health crisis of social isolation and loneliness among older adults. At 2Life Communities, residents can step out the doors of their own apartments and find friendship, community, physical and intellectual stimulation, and a helping hand day or night. Serving a diverse population of nearly 1,600 older adults, 2Life creates communities with a laser-sharp focus on affordability – a tremendous concern given that Massachusetts has the 2nd largest gap in the U.S. between seniors’ median income and the cost of living.

### Who lives at 2Life Communities?

- Across our six campuses, nearly 1,600 residents live in our 1,368 apartments. The median household income is only under \$12,000, of the 94% of residents living in subsidized apartments.
- Our residents are 67% female, 33% male. Their average age is 80, and they come from 43 countries and speak 22 languages.
- Only 1.1% of 2Life residents move to nursing homes each year. On average, they do so at 87 years old versus a national average of 79.

### Where does 2Life Communities have buildings?

- Nine-four percent of households live in income-qualified apartments. All 2Life Communities housing is available on an equal opportunity basis.
- Our Brighton campus with four connected buildings—Ulin, Leventhal, Kurlat, and The Harry and Jeanette Weinberg Houses—serves nearly 950 people in 762 apartments. In addition, a new 142-unit J.J. Carroll House will open in 2023.
- Our two campuses in Newton—Golda Meir and Coleman Houses—serve 375 people in 345 apartments.
- Our Brookline campus, Brown Family House, serves 72 people in 60 apartments.
- Our community in Framingham—Shillman House—serves 159 people in 150 apartments.
- Our Devens Campus, Shirley Meadows, has 57 residents in 58 apartments.

**Defiantly joyous aging.**

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- We maintain our properties to the highest standards with on-site maintenance and emergency response in each building 24/7, 365 days per year.

### **What kind of Programs and Services does 2Life offer?**

- Resident Services Coordinators (RSCs) know each of our residents and work to ensure that everyone has access to the services and benefits they need. RSCs are culturally competent and fluent in the main languages spoken by our residents. They promote resident-led activities such as book groups and current events discussions.
- Each 2Life Communities campus has a staffed Fitness Center or/and access to equipment and fitness classes that provide residents with skills to prevent falls; mitigate arthritis, osteoporosis, and other diseases; remain active, and have social connection.
- Intergenerational programs include extensive volunteer opportunities with local schools and community members, including computer tech support, conversation classes, and tutoring.
- Lifelong learning is a key element of 2Life Communities. Communities often host classes, lectures, and discussions featuring professors from local colleges, authors, thought leaders, and experts from around the globe.
- Art, music and other cultural appreciation events are part of one's daily life at 2Life Communities.
- We host holiday celebrations throughout the year honoring our diverse residents' traditions.
- Volunteers make meaningful contributions to our residents' lives and to our campuses. 2Life Communities hosted numerous volunteers throughout the year.

### **Does 2Life offer Mental Health and Memory Care assistance?**

- 2Life is keenly focused on the well-being of older adults living in its communities, with the goal of supporting all residents to stay healthy, and live as independently and engaged in community for as long as possible. This includes supporting residents with memory loss, and those coping with mental health challenges.

#### Mental Health

- Address gaps in mental health services and systems and unmet behavioral health needs of older adults. We do this by 1) Expanding access to mental health services and supports, and 2) Providing training and education to

residents and staff to raise awareness and reduce the stigma associated with utilizing behavioral health services

*Mental health wellness is synonymous with physical wellness and our shared goal is to provide the support and services to help residents age as successfully as possible.*

### Memory Care

- We employ a broad, multi-pronged approach that aligns with the Alzheimer's Association Habilitation model to support residents living in our community with dementia by promoting positive emotions and a sense of well-being.
- At the centerpiece of our efforts is *Joyful Connections*, an afternoon drop-in program for residents on the memory loss spectrum. *Joyful Connections* relies on the power of expressive arts therapy to engage residents regardless of where they fall on the memory loss spectrum.
- Other components of our memory care strategy include adult day health, care coordination, assistance with activities of daily living, fitness, spiritual care and wellness nursing.

### **How is 2Life funded?**

- The majority (~94 percent) of our 1,368 fully-equipped apartments are subsidized to be affordable to seniors in need; the other 6% are offered at reasonable market rates.
- While government resources fund building operations, 2Life Communities relies on private donations, philanthropy, and public funding to support the programs and services that transform our properties into engaging and caring communities.