



CAMBRIDGE

Senior Housing & Healthcare Capital

125 SOUTH WACKER DRIVE | SUITE 1800 | CHICAGO, IL 60606 | M 312-357-1601 | F 312-357-1611

WWW.CAMBRIDGECAP.COM

PRESS RELEASE

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AARP REPORT ON AGING STRESSES NEED FOR SOCIAL CONTACTS

Here's a compelling argument for those attempting to sell reluctant parents on the vicissitudes of senior living communities: the social contacts your loved ones make may help them stay mentally sharp as they continue to age.

Cambridge Realty Capital Companies Chairman Jeffrey A. Davis says a new report co-sponsored by AARP and the Global Council on Brain Health (GCBH) finds that it's not uncommon for social networks to shrink in size as we get older. The report quotes Dr. Marilyn Albert, professor of neurology and director of cognitive neuroscience at Johns Hopkins University in Baltimore and Chair of the GCBH.

"The report, <http://stayingsharp.org>, provides many helpful suggestions about the things seniors can do to improve the quality of their relationships with family and friends, which may be beneficial in maintaining mental abilities," she said.

Mr. Davis said the report discusses the social benefits of having pets, how age-friendly communities boost social ties, how close relationships benefit both physical and mental health, and how social media – including Facebook and Skype – helps older adults maintain social connections.

In related news, a separate AARP survey found nearly four in 10 adults aged 40 and older say they lack social connections. Those people also reported worse brain health.

Sarah Lock, an AARP senior vice president and GCBH's executive director, says both organizations recognize that loneliness and isolation can increase physical health risks for older people. The GCBH's consensus that those who are socially engaged have a lower risk for cognitive (mental) decline shows us just how important social connections are to brain health," she said.

Cambridge is one of the nation's leading senior housing/healthcare lenders and acquires properties through its Cambridge Investment and Finance Co. subsidiary. Mr. Davis says the optics for senior care facilities have changed dramatically in recent decades.

"A great deal of emphasis is now being focused on social programs and activities that are designed to stimulate and enhance both mind and spirit," he added.

Privately owned since its founding in 1983 as a real estate investment banker specializing in commercial real estate properties, Cambridge today has three distinctive business units: FHA-insured HUD loans, conventional financing, and investments and acquisitions. The company is one of the nation's leading senior housing and healthcare debt and equity capital providers, with more than 400 closed senior housing transactions totaling more than \$4.5 billion since the early 1990's, when the firm began its specialization in providing senior housing capital.

Cambridge has consistently ranked among the country's top five FHA-insured HUD lenders (now HUD Lean) over the last 15 years and offers an array of conventional lending options, including permanent construction and interim loans on either a floating or variable rate basis. The company's principal investment strategy includes direct property acquisitions, joint ventures and sale/leasebacks. The company has acquired 16 facilities totaling approximately \$60 million.

Cambridge is the creator of *The Signature Experience*[™], a four-step process designed to transform the traditional lender/borrower relationship and identify "ideal" capital solutions for worthy projects. The company has a national origination office in Los Angeles, and numerous correspondent and brokerage relationships nationwide.

Cambridge publishes the bi-monthly Capital Wisdom(R) electronic newsletter, which delivers company news and feature stories via e-mail to corporate friends and clients as well as monthly updates of other relevant news and breaking trends. Additional information is available on the Cambridge website, www.cambridgecap.com, and Cambridge can be reached at (312) 357-1601 or via e-mail to info@cambridgecap.com. The firm also has embraced social media and networking via Twitter at <http://twitter.com/cambridgecap>, via Facebook at <http://www.facebook.com/cambridgecap>, via blog at www.cambridgecap.com/blog and via LinkedIn at <http://www.linkedin.com/companies/454232>, where information on the firm and its employees can be found.

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Contact:

Evan Williams

Phone: [\(312\) 521-7610](tel:(312)521-7610)

Fax: (312) 357-1611

E-Mail: ew@cambridgecap.com