

# WELLNESS INFORMATION KIT



## DISCOVERING THE FOUNTAIN OF YOUTH

Many people think of wellness in terms of physical health alone. The word naturally evokes thoughts of nutrition, exercise, weight management, blood pressure, etc. Wellness, however, is so much more than just physical health. It is the pursuit of continued growth and balance in the various aspects of well-being: physical, mental and spiritual which, if integrated successfully, will lead to a better quality of life.

At Moorings Park Communities, the notion of “wellness” also has an entirely new meaning. While a continuum of care continues to be a unique proposition and widely popular in Life Plan communities across the state, retirees – especially Baby Boomers – are looking for so much more.

In their search for the proverbial Fountain of Youth, Moorings Park Communities’ residents find experienced, integrated wellness guidance from a myriad of professionals. Guidance that is delivered in impactful ways and designed to promote longer, healthier and happier lives.





Rubberized bicycling and walking paths are found on all three campuses

## CHANGING THE WAY AMERICA AGES

Much of Moorings Park Communities' success stems from a desire to be truly innovative ... to be the UN-retirement community. For more than 40 years, the management team has been steadfast in its resolve to create an unparalleled wellness experience. Our personalized, holistic approach to wellness is something you can't achieve at home, let alone find at another community. Residents, guided by our highly specialized healthcare and wellness experts, practice proactive wellness rather than reactive medicine. This integrated approach involves a dedicated team of not just physicians but trained exercise physiologists, an Integrative Food and Health Coach, and more. This unique approach, along with

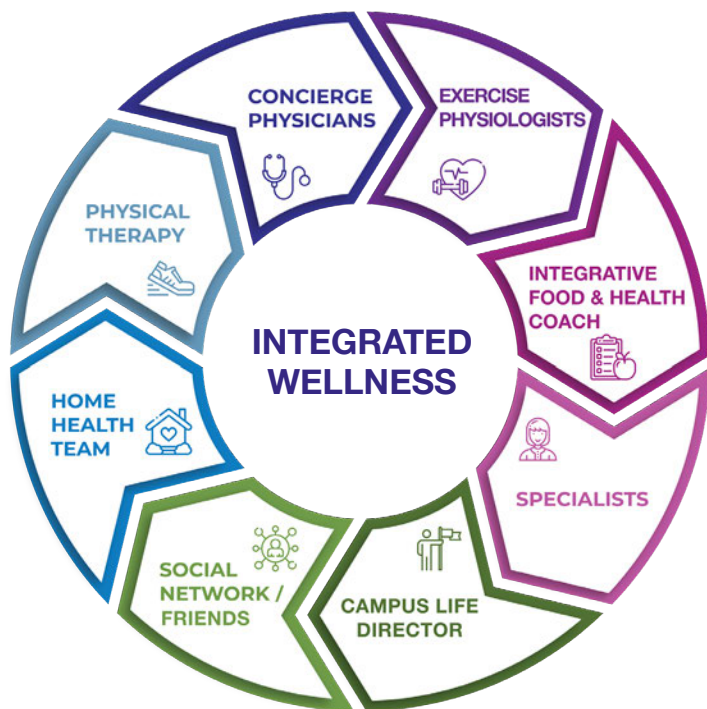
Moorings Park Communities' commitment to services, programs and environments that support a wellness culture, has resulted in our organization being recognized with the Beacon Award as the top senior living provider in wellness by the International Council on Active Aging.

As CEO Dan Lavender recently stated, "We constantly challenge the status quo on aging. We believe in doing things differently. Yes, our healthcare is among the very best in the country, but everything we do is designed to keep you out of those higher levels of care. We focus on well-care rather than sick-care. Simply put, our goal is to change how America ages."

## AN INTEGRATED APPROACH TO HEALTHY LIVING

The wealthiest, most educated CEOs in the country take advantage of executive healthcare programs where a day-long baseline assessment leads to a prescribed wellness plan that requires the CEO to then apply what they have learned through the program to their everyday life without the hands-on coaching of healthcare specialists.

At Moorings Park Communities, we have applied this same approach, but have one significant advantage over an executive healthcare program. Our concierge physicians and personalized healthcare programs, in conjunction with Naples Community Hospital (NCH), offer you the highest level of personalized primary care and is an integral component of our integrated approach which coordinates your fitness and wellness plan with your primary doctor. This is possible because your physician, exercise physiologist and Integrative Food and Health Coach all work together in a tightly coordinated system with one goal - keeping you healthy.



## AN ENVIABLE LIFESTYLE

Socialization is a key factor in healthy living. It also just makes life fun. At Moorings Park Communities, socialization takes place in our restaurants, lounges, cocktail parties, in the hallways of our common areas and by participation in various resident clubs and group activities. Daily activity calendars include events that are too numerous to list but range from bridge and mahjong tournaments to kayaking trips and museum hopping. Simply put, at Moorings Park Communities, there is always something to do and someone to do it with.

- ▶ Full-time Campus Life Team to facilitate monthly calendars of exciting social events, club and group meetings, wide variety of outings and more
- ▶ Art studios for painting, woodworking and sculpting
- ▶ Card, crafts and party rooms across the three campuses
- ▶ Libraries, computer clubs and training classes
- ▶ Moorings Park's famed Bower Chapel is home to weekly non-denominational services, as well as an annual concert series
- ▶ As a non-profit organization, Moorings Park Communities' residents and partners volunteer frequently with local charities

## CREATING YOUR PERSONALIZED WELLNESS AND HEALTH PLAN

Our experienced and highly trained wellness team makes it easy to discover and implement the most up-to-date principles on healthy living. As members of the International Council on Active Aging (ICAA), our professionals are educated on the newest wellness practices and findings. In fact, our communities are consistently winners of the ICAA's top award for wellness communities in North America. Your day-to-day health is also a priority, and we have concierge healthcare professionals and services available 24/7 for your well-being.



Together, these tools help you embrace the concepts of a body that is understood and well cared for, a mind that is nourished and exercised and a spirit that is joyfully connected to positive living.



## WELLNESS AND HEALTH SERVICES

- ▶ A baseline assessment to determine areas of opportunities for your physical and cognitive fitness
- ▶ Wellness professionals to help you create a customized plan for living your best life now and into the future
- ▶ Health fairs, screenings, informational interactive presentations
- ▶ Convenient health and wellness services
- ▶ Nutritional services available by Integrative Food and Health Coach
- ▶ Home Health, Physical Therapy, Assisted Living, Skilled Care and Memory Support services available



## A MINDFUL APPROACH

Weighing in at just three pounds, the human brain is an awe-inspiring feat of engineering. Throughout our lifetime, the brain changes more than any other single part of your body. From the moment of gestation to that of old age, its networks and pathways are ever-evolving: connecting, severing and in some instances, re-connecting.

There are many ways to strike a balance between life span and health span including pursuing intellectually stimulating activities and staying socially active. At Moorings Park Communities, a host of programs and services ensures a healthy mind including our:

- ▶ Institute for Continuous Enrichment: Ongoing programming featuring a variety of lectures with fascinating speakers and other educational opportunities to expand knowledge and skills
- ▶ FGCU Academy: Programs presenting lifelong personal revitalization for adults through learning, creativity and social engagement. Based on the premise that learning should never cease, that keeping the mind intellectually, creatively and culturally active fundamentally enriches and invigorates our lives
- ▶ Cognitive Zone: Provides cognitive screening, educational presentations, curriculum-based training courses, Best Friends memory classes, Dakim Brain Fitness and more
- ▶ Music Therapy: This form of therapy uses music to address the physical, emotional, cognitive and social needs of individuals of all ages to improve quality of life
- ▶ Weekly lectures delivered in a TED Talk format

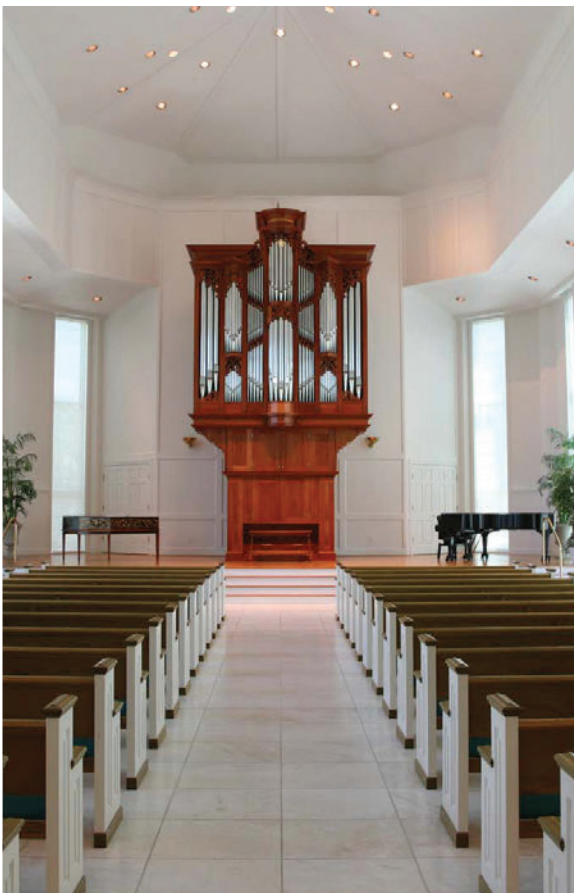


## IT'S YOUR BODY. TREAT IT WELL.

A healthy body is made possible through a combination of a healthy diet, good nutrition and regular exercise. A healthy body also means maintaining good physical health which includes regular checkups by a physician in order to prevent illness or treat it during early stages. Moorings Park Communities' preventative approach to wellness features a number of programs and services designed to keep residents living their best lives possible:

- ▶ Activities abound at Moorings Park Communities. From bocce ball tournaments to tennis matches, putting and chipping contests, there is an activity for everyone on our three campuses
- ▶ State-of-the-art fitness centers feature the latest in technology including Keiser pneumatic equipment, HUR pneumatic equipment utilizing smart technology, stationary bikes and golf simulators. Professionally trained staff members provide daily oversight and personal training
- ▶ Daily schedule of group fitness classes including Pilates, Barre Sculpting, Yoga, Tai-Chi, Aqua Tone and more
- ▶ Miles of rubberized walking paths, bird-watching posts and serenity gardens offer residents plenty of places to connect with their environment
- ▶ Farm-to-table dining in a variety of casual and fine dining venues
- ▶ Concierge physician services and personalized healthcare delivered by trained geriatricians
- ▶ Fitness assessments to identify fitness needs and the crafting of individual plans
- ▶ Balance and mobility programs to facilitate improvement in sensory integration and reception, balance, lower-body strength, functional mobility and balance-related self-confidence





## THE CULTURE OF WELLNESS

At Moorings Park Communities, wellness is not an activity, it's a culture. With an eye toward healthy living, we provide you with Simply the Best® amenities and services wrapped within our core values of respect for each other, ethical behavior, integrity and accountability. And of course, doing so while being open to innovation. As CEO Dan Lavender recently stated, "Taking care of yourself leads to a higher quality of life."

A wellness-based life at Moorings Park Communities is a holistic integration of physical, mental and spiritual well-being to fuel the body, engage the mind and nurture the spirit. While optimal health is the goal, creating a lifestyle and personalized approach to living allows you to lead the best life possible.



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Call 239-643-9111 for more information.



Moorings Park Communities is a nationally accredited, non-profit, Medicare-certified organization and one of the only Life Plan providers with A or A+ ratings from Fitch and S&P Global Ratings.

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