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Introducing Lifespace Communities – new brand, renewed promise.

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Assuring the greatest possible efficiency and accuracy in medical records documentation.

Lifespace Communities

Mission Statement:
Creating communities celebrating the lives of seniors.

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life

L I F E S P A C E

C O M M U N I T I E S

Brand new name; Renewed promise

On October 1, 2009, Life Care Retirement Communities officially becomes Lifespace Communities. “The new name more appropriately represents our brand and the impact of the name change goes far beyond the words themselves,” says Bill Cook, Lifespace Board of Directors Chairman. “Lifespace represents a renewed and refined promise to meet the individual needs of the residents we serve as we continue and expand our leadership position in the evolving senior living industry.”

“Lifespace, as an organization, creates a place, a space in life for our residents,” adds Cook,

“that’s created out of a strong belief that by a certain age, people have earned three things: an opportunity to enjoy the good things in life, a break from the logistics of life, and security against the surprises in life.”

“Our new name or brand as we call it,” states Scott Harrison, Lifespace President and CEO, “is more descriptive of our approach to serving people. We are solely focused on honoring the individual – one person at a time – listening to individual needs – with the highest degree of personal service. Our mission, core purpose and values will always reflect this.”

Over 30 Years in the Making

Life Care Retirement Communities, Inc. (LCRC) was established in 1976, in Des Moines, Iowa. LCRC was founded as a guiding sponsor for newly developed retirement communities. The goal was to help create exceptional, financially sound communities where people could enjoy a more rewarding and secure retirement. LCRC grew over the years to become the seventh largest provider of not-for-profit communities nationwide while managing a network of 11 communities in seven states. These include Florida, Iowa, Illinois, Kansas, Minnesota, Nebraska, and Pennsylvania.

Strategic Planning for the Brand

The name change process took place over a year’s time. It began by seeking to understand how LCRC was viewed in the marketplace. Extensive research was conducted among current residents, prospective residents, staff, board members, industry leaders and consultants in the field.

Results indicated that while LCRC was well known for its services, reputation, financial stability and high levels of resident satisfaction, visibility and clear understanding of the organization and how it had evolved were lacking.

Mission

Creating communities celebrating the lives of seniors.

Core Purpose

Realize the limitless possibilities of senior life.

Core Values

**Commitment to excellence and innovation.
Anticipating needs and exceeding expectations.
Passionate attention to detail.
Responsible stewardship.**



The facts are that LCRC had made significant strides in the last four years toward community management as well as development. Expertise was added at the corporate level for community management. One example is the development of a new IT system that includes a provision for use of electronic medical records, allowing for more efficient documentation and use of staff time. The movement toward more strategic operations was not widely apparent to all the publics LCRC served.

Harrison adds, “We wanted to initiate a brand name that better reflects and aligns our organization’s strengths, its capabilities and unique advantages to better position us for future growth. We firmly believe that Lifespace Communities better reflects our holistic approach to all the people we serve – from the residents in our communities to

people employed in the industry.”

What’s in the Name

The background research and industry trends indicate that changes in needs, wants and perceptions will continue to evolve. For example, the organizations behind communities are perceived as playing an increasingly important role in the minds of prospective residents.

The name Lifespace offers an opportunity to reshape, redefine and restructure our position in the industry as it continues to evolve. While the commitment to true Life Care continues as a hallmark of Lifespace Communities, new energy and new excitement will embody life-affirming experiences and connections in our communities. Focusing on the celebration of life, we will communicate the brand promise of extraordinary communities, extraordinary people

and extraordinary stories of our residents.

The term Lifespace contains three components:

Life – its celebration and the things that affect it.

Space – the relevance and importance of personal connections within communities.

Pace – recognition of personal efforts and programs that support or improve personal well being.

Some Things Remain the Same

“While we’re very excited to bring the Lifespace name to our communities,” adds Harrison, “it’s important to note that some things won’t be changing at all. Our not-for-profit status, ownership, management and financial structure continue as they have – with an eye toward continuous strategic improvement and growth.”

The Board of Directors will continue to be an eleven member, forward thinking group including professionals in management, finance, health care administration, insurance, accounting, marketing, construction, real estate and food service.

All eleven communities will continue to operate under their own names, but as Lifespace Communities. Staffing, amenities and core services will remain the same – with select new services being added – such as our new comprehensive wellness program. “Lifespace will bring new excitement and energy to our service to residents. We’re optimistic about our new direction, our industry stature and our renewed commitment to celebrate the lives of seniors across the country,” concludes Harrison.

LIFESPACE

COMMUNITIES

ABBEY DELRAY | 
A LIFESPACE COMMUNITY

FRIENDSHIP VILLAGE OF BLOOMINGTON | 
A LIFESPACE COMMUNITY

ABBEY DELRAY SOUTH | 
A LIFESPACE COMMUNITY

FRIENDSHIP VILLAGE OF SOUTH HILLS | 
A LIFESPACE COMMUNITY

BEACON HILL | 
A LIFESPACE COMMUNITY

GRAND LODGE AT THE PRESERVE | 
A LIFESPACE COMMUNITY

CLARIDGE COURT | 
A LIFESPACE COMMUNITY

HARBOUR’S EDGE | 
A LIFESPACE COMMUNITY

DEERFIELD | 
A LIFESPACE COMMUNITY

THE WATERFORD | 
A LIFESPACE COMMUNITY

VILLAGE ON THE GREEN | 
A LIFESPACE COMMUNITY

FLORIDA · ILLINOIS · IOWA · KANSAS · MINNESOTA · NEBRASKA · PENNSYLVANIA

Technology helps simplify the accreditation process

Due to the number of requirements and standards that must be met to become CARF-CCAC accredited, the application process becomes very detail-oriented and labor-intensive for each community. During the initial preparation phases for accreditation, the communities began working together closely and came up with a number of innovative ideas to simplify and streamline the process using today's technology.

Special kudos go to Rob Salierno at Beacon Hill in Lombard, Illinois, and Tiffany Gwinnup at The Waterford in Juno Beach, Florida. Their technology expertise made everyone's job easier.

Intranet links to policies and procedures
One of CARF-CCAC's major requirements is to provide the survey team with written documentation for a wide variety of policies, procedures and manuals. Much of this information is posted on the Lifespace Gate Intranet. Based on the required documentation in "Appendix B" for each area, Rob Salierno, Assistant Administrator at Beacon Hill, created links to the appropriate Lifespace documents which has saved considerable time and effort for both the communities and the survey team. Instead of trying to track down each required document and printing it out for the survey team to review, the documents are easy to find – organized by the requested standards and can be reviewed electronically.

Podcasts of conference calls available
To provide all Lifespace Communities with easy access to important information discussed during CARF-CCAC conference calls, each call has been recorded and posted as a Podcast on the Internet by Tiffany Gwinnup, HR Assistant at The Waterford. Directors, department heads and other staff members can easily locate the call(s) by topical area. The audio discussions are available at their convenience via Podcast technology. Approximately 21 conference calls have been recorded and are currently available for review. The directions for accessing the online Podcasts were sent to all communities, but if you need assistance, please contact Tiffany Gwinnup at 516.627.3800.

Earning a prestigious seal of approval for quality care



Throughout America, only about 15% of the nation's retirement communities have earned the industry's most prestigious "seal of approval" for quality care. Previously, the honor was known as CCAC accreditation from the Continuing Care Accreditation Commission. In 2003, when CCAC was acquired by the Commission on Accreditation of Rehabilitation Facilities (CARF), the seal of approval became known as CARF-CCAC accreditation. CARF-CCAC accreditation is widely regarded as the premier mark of quality for retirement communities and aging services. According to CARF-CCAC, "To earn accreditation, organizations (communities) must demonstrate that they meet or exceed our standards, which are recognized as a tool for enhancing quality in the aging services field. These standards cover critical areas such as the organization's governance structure, financial status, and quality of services provided to residents and other persons receiving services from the organization."

CARF-CCAC is not a government agency, regulatory body or state licensing entity. Rather, it is an independent, third-party, non-profit organization founded on the belief that accreditation promotes and maintains quality and integrity in accredited organizations. Today, only about 340 organizations in America have earned the CARF-CCAC seal of approval. Lifespace Communities is proud to be in this select group.

Accredited Lifespace Communities

"In 1999, all nine of our communities were awarded with CARF-CCAC accreditation," said Sydney Coder, Corporate Board Secretary. "The accreditation must be kept current on an annual basis, and then renewed every five years. So in 2004, our communities went through the accreditation process again, with the exception of Grand Lodge and Deerfield which were operating as new start-up communities at the time. This year, all 11 of our communities will be surveyed individually for CARF-CCAC accreditation beginning in August and ending in November."

Coder explained that it takes a great deal of work and preparation at each community to apply for and go through the accreditation process. "CARF-CCAC evaluates and assesses a community's performance on many

different levels," said

Coder. "They

audit policies, procedures, programs, financial health, quality of care, governance and many other aspects of the operation."

Onsite Surveys Conducted

In addition to requiring written documentation of policies, procedures and financial information, two CARF-CCAC representatives will visit each community and perform onsite surveys. During the two and a half day visit, the CARF-CCAC representatives observe the operation, inspect the facilities, review documentation, and conduct interviews with staff members and residents. At approximately the same time, a CARF-CCAC representative works with the Lifespace corporate office to review the community's financial statements.

"The CARF-CCAC representatives take a comprehensive look at each community's operation," said Coder. "Essentially, they need to determine if our communities are meeting and exceeding the specific standards of quality that are outlined in the CARF-CCAC manual. There are approximately 1,000 different standards within the manual."

Preparation is Key

While Lifespace Communities continues to run excellent operations, it has been important for them to plan ahead and prepare for the accreditation process and survey.

The preparation included bi-weekly conference calls with CARF-CCAC so their representatives could explain the standards to the Lifespace Communities. And to further assist with the preparation, all of the Lifespace Communities began scheduling weekly conference calls to discuss the standards and share information.

"During our internal conference calls with the communities, we went through each of the standards again and discussed them in detail," said Coder. "It was a collaborative effort by the team to make sure each community had the necessary documentation, policies and procedures in place to receive accreditation. And thanks to the assistance of Rob Salierno and (continued on page 5)

Honoring second-generation residents at Lifespace Communities

One of the greatest compliments a Lifespace Community can receive – as well as an endorsement of quality care – is when a resident's child chooses the same community for their home. Many Lifespace Communities are experiencing this rewarding trend and are honored to serve second-generation residents.

Abbey Delray and Abbey Delray South in Delray Beach, Florida; The Waterford in Juno Beach, Florida; Harbour's Edge in Delray Beach, Florida; and Beacon Hill in Lombard, Illinois, all have second-generation residents.

To offer a glimpse of why so many residents chose to live in their parents' communities, here's what several second-generation residents at Abbey Delray had to say.

Abbey Delray's Second Generations

Millie Donovan As part of Abbey Delray's 30th Anniversary, Millie Donovan is celebrating two years as a resident, and her mother's eight years at the community. "I visited my mother almost daily at Abbey Delray, where many of the employees who cared for her so lovingly are still on the job," said Millie. "So it's been wonderful for me to move into the community and see so many friendly faces who remembered my mother and me. Returning to live at Abbey Delray was like coming home, and it still is."

Among a few of Millie's favorite things about living at Abbey Delray are the swimming pool, the friendly residents and staff, and the Health Center. "Because of my mother, I have a soft spot in my heart for the Health Center, where I volunteer every Friday," explained Millie. "At 3:00 on Fridays, they organize entertainment for the residents and a little 'cocktail party.' And it's really a joy to see all of the smiling faces as they sing and remember the words to the old songs. I feel so at home there and it's very special to be around so many wonderful, caring people."

Diane Sisler Diane Sisler's mother, Clarice "Ricci" Newsome, moved to Abbey Delray in 1985. "I lived in New York City and began visiting my mother right after she moved in, then regularly over the years," said Diane. "During my visits, I got to know the place very well. My mother had 19 great years here, and enjoyed it so much. Her experience at the community and my many visits made it an easy decision for me to choose Abbey Delray as my next home."



"With so many activities going on around here, you really can't get bored," said Diane. "From the concerts, social activities, bridge games and fitness programs to the great food, well-maintained facilities, and excellent transportation services that I use because I don't drive, I enjoy many aspects of the community. We also have a nice library where I like to volunteer. Everyone here, from the residents to the staff are so nice and friendly. That creates a wonderful atmosphere that I absolutely love."

Joy Wiles When the Abbey Delray facilities were under construction, Joy Wiles' parents, Vern and Alice Hedlund, purchased and helped design their own villa. "Their villa turned out so nice, the builders wanted to use it as a model for others in the community," said Joy.

"Those frequent visits with my mom and dad gave me a lot more exposure to Abbey Delray. I became very familiar with the people here, the staff and the facilities. I could easily see why my mom and dad really enjoyed this community."

As Joy went on to explain, "The visits with my parents really helped when it came time for me to make a decision about a retirement community. Abbey Delray had become my second home, because I had spent so much time here. So now I'm enjoying all of the wonderful things about Abbey Delray that my parents loved so much."

A Vote of Confidence

"Whenever a child of a resident chooses to live in their parent's community, it speaks volumes about the ongoing commitment to excellence and innovation at every Lifespace Community," said Scott Harrison, President and CEO of Lifespace Communities. "Second-generation residents experienced the community firsthand through the eyes of their parents, so the decision to move in is a tremendous vote of confidence. We are honored and blessed to have so many second-generation residents. And we hope to share their insight, understanding and appreciation of the lifestyle we offer to even more potential residents – especially to those who may not be aware of the many wonderful advantages of our Lifespace Communities."

(Seal of Approval continued from page 4)

Tiffany Gwinnup, we utilized some innovative technology to help streamline the process."

Surveys Began in August

The first onsite survey conducted by CARF-CCAC was August 31st – September 2nd at Claridge Court in Kansas City. All other communities will be surveyed in

the following weeks and months. "We feel confident that all of our Lifespace Communities will receive accreditation with flying colors," said Coder.

Benefits for Residents and Communities

As a mark of excellence, accreditation from CARF-CCAC can give all residents, their families and potential residents even greater

peace of mind. Accreditation is assurance that the community meets rigorous guidelines for service, quality and financial stability.

What's more, CARF-CCAC accreditation gives each community an important differentiating factor when marketing the communities.

"By demonstrating that our communities utilize the best practices in the industry and have

earned the CARF-CCAC seal of approval, we have an excellent competitive advantage," said Coder. "Only a select few retirement communities in America have earned CARF-CACC accreditation, so it helps set Lifespace Communities apart from all others."

space

Lifespace spotlight

Lights, Camera, Action!

Lifespace & Friendship Village of Bloomington Play Starring Roles

As part of a video/TV production for the American Association of Homes and Services for the Aging (AAHSA), Lifespace has been chosen as one of 10 leading retirement community organizations to be featured in the program. Friendship Village of Bloomington will play a starring role in the show when a production crew arrives at the community to film a segment on its wellness efforts. The AAHSA video program will debut at the annual meeting in Chicago November 8 – 11, 2009.

Ziegler Strategy & Finance Conference: September 30 – October 2, 2009.

Scott Harrison, President and CEO of Life Care Retirement Communities, officially unveils the new Lifespace brand to the industry at this year's conference in San Diego, California. Harrison will join three other executives for a panel discussion on senior housing.

Long Term Care Summit: December 6 – 8, 2009.

Lifespace Communities' President, Scott Harrison, will address industry leaders at this national conference in Boca Raton, Florida. Harrison's subject is "Electronic Medical Records Conversion: The Benefits for Residents and Communities."

We celebrate these special Lifespace Communities anniversaries. They reflect the years, in fact, decades of experience Lifespace provides residents in terms of an active lifestyle, safety and security.



Friendship Village of Bloomington celebrates 30th Anniversary

As the first LCRC community, the residents and staff of Friendship Village of Bloomington enjoyed a week of very special events to mark the community's 30th Anniversary in June. "Our theme, 'Celebrating the Lives of Seniors for 30 Years,' was developed to honor the great community of residents that has developed here since 1979," said Rick Meyer, Executive Director.

The week of June 14th was filled with a variety of great events, speakers and activities. Ruth Lyons, Friendship Village Resident Council President said, "The week appropriately began on Sunday with Vespers, which included a poem by Alice Mae Defenbaugh. It was appropriate, because residents initiated Vespers 30 years ago and it continues today. Vespers is part of our culture."

Other anniversary highlights included keynote speakers such as Colin Milner who discussed "Top Trends in Active Aging." Terry Eckmann, PhD, presented "Boosting Lifelong Learning and Brain Health," and "The Healthy Aging Survival Kit." A Monday gathering featured 40s and 50s music from the High Performance Quartet. The Wednesday evening party offered great food and music from The Southside Aces. Keynote speaker Janet Hively highlighted Thursday's activities. The first annual F.V.B. walk event, followed by a delicious picnic, steaks and musical entertainment concluded the 30th Anniversary celebration.

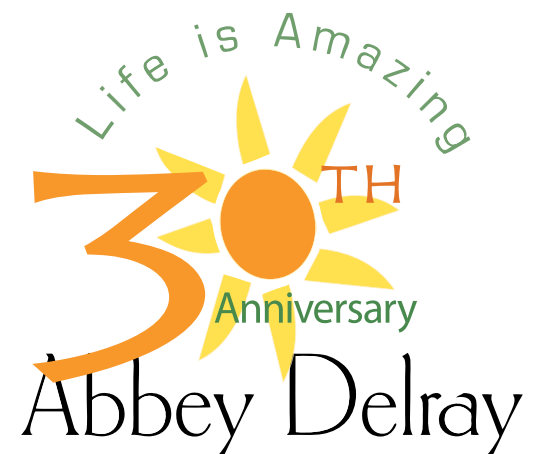
"It was a wonderful week, and the resident participation reached an all time high!" added Lyons.

Abbey Delray's 30th Anniversary celebrates the past and future

"As we approach our 30-year anniversary at Abbey Delray in Florida, it's both a celebration of the past and the future of our community," said Shawn Perrigo, Executive Director. "One of the things that will make this anniversary even more special and heart-warming is that we're proud to have three second-generation residents living at the community today."

Abbey Delray's week-long anniversary celebration begins the week of October 4th. A few of the highlights include: a Super Sunday Brunch, a Mexican Fiesta on Tuesday, a Magical Musical show on Thursday, an Anniversary Roast on Friday,

and a climactic finish with the Anniversary Gala on Saturday featuring dinner, dancing and music by Will Bridges and Company.



25 years of excellence at Beacon Hill

"Our yearly anniversaries are always major events at Beacon Hill," said Rob Salierno, Assistant Administrator. "So when you're celebrating a landmark occasion like our 25-year Anniversary, the community went all out this summer with a huge lineup of exciting events and activities." Executive Director Blaire Goldstein adds, "This very special anniversary

offers an opportunity to celebrate our residents as well as the longevity of the community itself."

The week-long celebration at Beacon Hill kicked-off on Monday, August 17th with a mini-memory walk, followed by many other events including a director's skit, activity fair, the start of a Wii bowling tournament, and a resident talent show. Tuesday

featured a garden display and health center picnic. A resident/staff picnic was hosted on Wednesday, plus there were giveaways, employee games, more Wii bowling competition, and a Beacon Hill Group Showcase. The fun continued on Thursday with an arts and crafts display and bake-off sale. The week-long celebration ended on Friday,

August 21st with anniversary cake, a talent show, delicious dining and the Anniversary Gala with music and prizes.

"Everyone, including our residents and staff, had a fantastic time," said Salierno. Overall, the entire week was a great and memorable way to look back and celebrate 25 years of excellence at Beacon Hill."



Deerfield brings the Iowa State Fair to its community

As one of the largest state fairs in the United States, the Iowa State Fair in Des Moines, Iowa, has become a favorite summer time event and family tradition since 1878. Each year, more than one million people attend the week-long Iowa State Fair to enjoy everything from mouth-watering food, carnival rides, and musical entertainment, to livestock shows, produce judging and countless exhibits and attractions, including the famous life-size "butter cow" sculpture.

As in years past, Deerfield Retirement Community in Urbandale, Iowa arranged to have the Fair come to Deerfield.

The Deerfield State Fair has become a new, annual event at the community and begins a few days before the Iowa State Fair in August.

This year's Deerfield State Fair included indoor and outdoor activities. Many of the classic fair attractions were featured, such as a small replica of the famous butter cow sculpture, a petting zoo with animals, bingo, beer judging, a ring toss game, a candy jar guessing contest, and an ice sculpture. As another state fair tradition, residents brought in their home-grown vegetables, delicious baked goods, as well as arts and crafts created by hand.



Diversity and wellness go hand in hand

BY CHAPLIN RON ARFLIN | ABBEY DELRAY SOUTH

Executive Director, Tim Smith, of Abbey Delray South in Delray Beach, Florida, tells of the jeweler who was on premises for a sale on two different occasions. The lady remarked that during her first visit she was taken with how happy and pleasant the residents were. She assumed she was here on a really good day. On her second visit, she found the same attitude and realized this is the true nature of our residents. The assumption may be that our residents must be a homogeneous group. But the reality is there is much diversity. Residents come from many geographic locations within and outside the United States. Their cultural, religious, social and life experiences are quite diverse. Yet, they have been able to develop true community.

A popular teaching says: seek

first to understand and then to be understood. It appears many of our residents practice this philosophy. Around 80 residents attended a recent inter-faith dialog where panelists from four different religious faiths presented information and then answered questions. There is a great desire to learn and understand beliefs and practices of other faiths.

One resident commented that there was new information even concerning faiths he thought he knew. Residents have attended several inter-faith events over the past three years, on campus and at other sites.

It is not unusual for residents of one faith to invite those of another faith to attend religious services with them. One group of residents has been meeting weekly for over two years to discuss issues of

philosophy, religion and science. The makeup of the group includes diverse perspectives, from those of very devout faith to those who claim no religious faith. The remarkable thing, notes one of the members, is that there has never been an argument. Each member has the opportunity to express opinions in a conversational setting.

In an August 17th article from Reuters entitled "Faith Rites Boost Brains, Even for Atheists", Religion Editor Tom Heneghan quotes Andrew Newberg, head of the Center for Spirituality and the Mind at the University of Pennsylvania, "In essence, when you think about the really big questions in life – be they religious, scientific or psychological – your brain is going to grow." The article is discussing the

practice of meditation and prayer and Heneghan concludes, "Whether the mediator believes in the supernatural or is an atheist repeating a mantra...the outcome can be the same – a growth in the compassion that virtually every religion teaches and a decline in negative feelings and emotions."

It should be noted that more than 80 residents volunteer for service to others within the community itself and many volunteer hours are given by residents in the larger community – a sign of compassion.

Could it be that Abbey Delray South residents are experiencing growth from thinking about the really big questions in life and finding happiness in the process? Wellness has many dimensions.

Grand Lodge at the Preserve celebrates five wonderful years

"It's hard to believe, but Grand Lodge at the Preserve in Lincoln, Nebraska, recently marked its five-year anniversary," said Lisa Henning, Executive Director.

She continues, "On August 16, 2004, the first residents began moving in, and over the past five years, our wonderful community has continued to grow. Many of the original residents are still enjoying the fantastic amenities that attracted them here initially, along with great new programs and activities."

Two big events have been planned to celebrate the five-year anniversary at Grand Lodge. On September 17th, Chef Shaun and his staff will prepare a formal dinner followed by local entertainment. On October 3rd, Grand Lodge will host a barbeque, inviting the residents, their families, and other friends to join in the celebration.

Earlier this summer on August 16th, Grand Lodge hosted a fundraiser for the American Cancer Society. "We're happy to report the event was a huge success!" said Henning. "Many residents and people from the community attended Bubbles and Beethoven – a Sunday morning champagne brunch featuring a variety of Chef Shaun's delicious dishes and two violinists. The event raised over \$1,200 with all proceeds benefiting the American Cancer Society."



Village on the Green selected for "Top 100 Companies" award

Each year, the *Orlando Sentinel* newspaper invites family-friendly companies in Central Florida to submit applications for the "Top 100 Companies for Working Families" competition.

In 2009, Village on the Green in Longwood, Florida, was proud to be 19th in the top 100 companies for working families (in the 249 employees or less category). The award was presented to staff members at a luncheon in August and was announced in the *Orlando Sentinel*. "We were very honored and pleased to receive the award, which reaffirms our commitment to employee satisfaction and making Village on the Green an employer of choice within our community," said Gail Wattlely, Administrator at Village on the Green.

Participating companies were judged on a variety of factors, such as family-related benefits, work environment, communication and training. An independent panel of local human resource experts reviewed the applications, then determined scores on a point basis. There were two categories: companies with 249 employees or less, and companies that have 250 employees or more. Companies with the highest scores received awards and recognition.

Village on the Green provides a wide variety of unique employee benefits including one free meal to all employees each day of the week; college scholarships to dining room servers as well as other employees and their dependents; use of the fitness center; free turkeys at Thanksgiving; use of the computer lab; and employee recognition programs.

"Our outstanding employees also give back to the community in many ways," said Wattlely. "Their participation in the annual Alzheimer's Walk, donations to the Red Cross, food donations to Second Harvest Food Bank, and donations of cell phones to overseas military personnel demonstrate our staff's generosity. Our clinical staff also volunteers at a not-for-profit medical center called Shepard's Hope. We have an amazing team of talented and compassionate individuals working here."

Other Lifespace communities receiving top ratings include Friendship Village of South Hills in Pennsylvania which has repeatedly been designated one of the "Best Places to Work" by the *Pittsburgh Business Times*.



Village on the Green ranked 19th for companies with less than 250 employees. August 9, 2009

Several Village on the Green staff members were on hand to accept the "Top 100 Companies for Working Families" award. Pictured from left to right is: Wayne Swaynos, Ron Streitler, Michele Carpenter, Margaret Robinson, Chas Kelly, Gail Wattlely, Maureen Carroll, Ann Cook, Angela Chavers and Ansley Holt.

*"It is impossible to live pleasurably without living wisely, well and justly, and impossible to live wisely, well and justly without living pleasurably."
Epicurus 341-270 B.C.*

25th Anniversary at Friendship Village of South Hills honors residents and employees

“We’ve seen so many wonderful things happen over the last 25 years at Friendship Village of South Hills,” said Bobbi Jo Haden, Executive Director. “There’s been tremendous growth in terms of residents, facilities and employees. But most importantly, we’ve grown as a community and neighborhood that is sharing a great lifestyle for even more people to enjoy.”

Friendship Village of South Hills celebrates its anniversary each year, but 2009 is a major milestone. “During our 25th Gala Celebration, we’re honoring the success and satisfaction of both residents and employees – especially the individuals who have been

with us for 25 years,” said Haden. “To have residents and employees who have lived and worked here since the very beginning shows just how much our people love this community.”

The 25th Anniversary celebration began informally on September 16th with a fall picnic, featuring entertainment, a cook-out, beverages and plenty of fun. The festivities continue during the month of October with additional anniversary parties and events. An elegant anniversary dinner will be hosted on October 20th, complete with delicious food, excellent music, and a silver and black gala theme. Residents will also enjoy

an anniversary cocktail party on October 22nd, with a live band, dance floor, open bar and appetizer buffet.

“Our 25th Anniversary is not only a look back on how the community has grown,” said Haden, “we’re also celebrating our future and the exciting things to come in the years ahead. While the current recession has created challenges for everyone, we still have excellent resources to draw upon, a strong foundation, and Friendship Village of South Hills has unlimited potential to accomplish even more great things.”



25-Year Residents:

Bryson Schreiner

Helen Krugh

Allison Mackay

25-Year Employees:

Tom Lenz,
Facility Service Director

Larry Munsch,
Maintenance Manager

Pat Andrews,
Food Service



Hurricane preparedness ensures resident safety and peace of mind

Memories from Hurricanes Katrina, Rita and Ike in 2005, remind everyone just how devastating such storms can be. But thanks to the hurricane preparedness plans that have been developed for our five Florida communities, the residents who live there can feel safe and secure knowing they’ll be protected and cared for in the event of a severe storm.

In addition to having comprehensive disaster plans in place at all Lifespace communities, staff members stay in direct contact with city and county disaster preparedness agencies. So whenever a hurricane is threatening, the communities are ready to take immediate action.

When the hurricanes were especially dangerous in 2005,

The Waterford and Harbour’s Edge were asked to evacuate. Residents didn’t have to worry about boarding up their windows, bringing in lawn furniture or fighting traffic on the busy interstate. The staff took care of everything. At The Waterford, several buses were chartered, residents were picked up at their front doors and transported to an inland hotel. A telephone hotline and Web site were established so residents’ families could reach their loved ones and learn of important updates, such as the duration of the hotel stay and any damage to the community’s facilities.

The Waterford’s full staff, including on-call nurses, accompanied residents to the hotel to ensure everyone was cared for, had hot meals, comfortable accommodations and assistance,

if needed. Once the hurricane had passed, a team of experts was dispatched to The Waterford to assess the damage and make sure the property was safe. Many repairs were made before the residents returned home.

Upon arrival after the storm, residents had a delicious meal waiting for them along with staff members to answer questions and handle any issues. If homes or villas were too damaged to live in, those residents were given guest rooms until repairs were made. Of course, all of the services were provided free of charge, including the chartered transportation, hotel lodging, community clean-up and home repairs.

Hopefully, this hurricane season will be mild. But if the conditions become severe, all Lifespace

Communities in Florida are prepared with a plan. Expert staff will keep a close eye on each storm – ready to ensure the safety, security and comfort of all residents.

FLORIDA LIFESPACE COMMUNITIES

Abbey Delray
Delray Beach

Abbey Delray South
Delray Beach

Harbour’s Edge
Delray Beach

The Waterford
Juno Beach

Village on the Green
Longwood

pace

Capital campaign efforts

In order to secure the necessary resources to expand fitness and wellness efforts, several Lifespace Communities are either establishing or exploring the potential of a capital campaign. At Friendship Village of Bloomington, a capital campaign is in the works. "With more than 200 residents taking weekly classes, many of them have expressed interest in the need for a larger wellness and fitness facility," said Rick Meyer, Executive Director of Friendship Village of Bloomington. "So we've conducted a feasibility study, set a goal of about \$2.5 million, and now have a campaign manager and chairman of the steering committee. Once we have everything in place, we're hoping to launch the campaign in October or soon thereafter."



"Time is the most valuable thing a man can spend."

Theophrastus 278 B.C.

New six-dimensional wellness program for Lifespace Communities

"According to numerous research studies and firsthand experience, when residents stay active, exercise regularly and are involved in a wide variety of activities, they lead healthier, happier and more fulfilling lives," said Craig Goscha, Director of Planning and Program Development for Lifespace Communities.

"As part of our overall strategic plan for the future, one important goal and area of emphasis is to help each of our communities optimize their wellness programs," continued Goscha. "To help achieve that goal, we are in the process of finalizing and rolling out a comprehensive Lifespace wellness program that includes guidelines, recommendations and best practices for all communities."

Scott Harrison, President and CEO of Lifespace Communities adds, "By combining best practices, our approach to wellness will be a truly life-enhancing program that we can take to all communities as a corporate initiative. By taking the best of the best, it will be the most effective wellness solution we can design and implement."

Wellness is More Than a Fitness Center

Although the term "wellness" used to be associated primarily with fitness centers and exercise programs, wellness has a much broader meaning today. "Wellness is about the whole person, their mental and physical health, well-being and lifestyle," explained Goscha. "That's why our Lifespace wellness program incorporates, blends and balances a six-dimensional model of wellness that includes physical, intellectual, social, emotional, spiritual and vocational programming. This a more holistic approach to wellness and health, which addresses the physical, psychological and spiritual needs of residents on many different levels."

The Benefits of Wellness are Clear

Aging is a process too often associated with decreases in physiological and functional capabilities. Specifically, age-related loss in muscle strength, balance and flexibility lead to impaired functional mobility in older adults.

(Continued on back cover)



Puzzle Page

Solutions and answers will be posted on our web site www.lifespacecommunities.com after October 1.

ENIGMA

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "H" = "T"

"HEL WZAL YQDS WDCGGW IZDSOLW FLH XQDSOLW GQJLW; WV, YELJL ZTWLDIL XQOOW Z OQHHOL OVKL, QH GZDW Z PJLZH VDL."

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | 7 | | | 4 | 1 | 5 |
| 6 | | 4 | 9 | | | | | |
| 2 | | | 8 | 5 | | | 9 | |
| | | | | | | 6 | 2 | 7 |
| | | 6 | | 2 | | 9 | | |
| 1 | 7 | 2 | | | | | | |
| | 6 | | | 3 | 8 | | | 4 |
| | | | | | 5 | 1 | | 9 |
| 4 | 3 | 1 | | | 9 | | | 8 |

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CROSSWORD PUZZLE

ACROSS
 1 "Lorna Doone" character
 5 Sinbad's bird
 8 Demolish: Brit.
 12 Idea (Fr.)
 13 Alas
 14 Cheese
 15 Leg ends
 16 Burmese knife
 17 Taro
 18 Small S.A. rabbit
 20 Pilgrim
 22 Skin vesicle
 23 Veneration
 24 Beginning
 28 Blaubok
 32 Public vehicle
 33 54 (Rom. numeral)
 35 Israelite tribe
 36 Ringed boa
 39 Reading desk
 42 Abdominal (abbr.)
 44 Have (Scot.)
 45 Female falcon

48 Butterfly
 52 State (Fr.)
 53 Television channel
 55 Endearment
 56 Mine (Fr. 2 words)
 57 Rom. first day of the month
 58 Per. poet
 59 Maid
 60 Compass direction
 61 Foreign (pref.)

11 Turk. title
 19 Jap. fish
 21 Intimidate
 24 Amazon tributary
 25 Grab
 26 Kwa language
 27 "___ Abner"
 29 "Fables in Slang" author
 30 Rhine tributary
 31 Television channel
 34 Car
 37 Insect
 38 Presidential nickname
 40 Helper
 41 Caddy (2 words)
 43 Male duck
 45 Loyal
 46 Hindu soul
 47 Cella
 49 Crippled
 50 Dayak people
 51 Aeronautical (abbr.)
 54 Low (Fr.)

DOWN
 1 Breach
 2 Design
 3 Profound
 4 Hate
 5 Fanatical
 6 Wood sorrel
 7 Rudderfish
 8 Flat molding
 9 "Cantique de Noel" composer
 10 Kemo ___

| | | | | | | | | | | | | | |
|----|----|----|---|--|----|----|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | |
| 12 | | | | | 13 | | | | | 14 | | | |
| 15 | | | | | 16 | | | | | 17 | | | |
| 18 | | | | | 19 | | | 20 | 21 | | | | |
| | | | | | 22 | | | 23 | | | | | |
| 24 | 25 | 26 | | | | 27 | | 28 | | 29 | 30 | 31 | |
| 32 | | | | | | 33 | | 34 | | | 35 | | |
| 36 | | | | | 37 | 38 | | 39 | | 40 | 41 | | |
| | | | | | 42 | | | 43 | | 44 | | | |
| 45 | 46 | 47 | | | | | | 48 | | | 49 | 50 | 51 |
| 52 | | | | | | | | 53 | 54 | | | 55 | |
| 56 | | | | | | | | 57 | | | | 58 | |
| 59 | | | | | | | | 60 | | | | 61 | |

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A2

Electronic medical records provide greater efficiency, accuracy and resident care

As one of the country's leading retirement community organizations, Lifespace is making an important transition to further improve resident care. "Right now, we are in the process of helping all of our communities switch from paper charting to electronic medical records," said Chris Andersen, Health Center Administrator at Beacon Hill in Lombard, Illinois. "Electronic charting is the future of long-term care."

Electronic medical charting is made possible when staff members such as nurses and therapists carry small portable computers which can be used to enter residents'

medical information and other reports. The small pocket PCs are linked to the community's main computer via wireless technology to store and retrieve information. For accurate identification and tracking, the resident wears an ID bracelet.

Andersen said the overall benefits of electronic medical records include less charting time, improved resident care, and the ability for staff to spend more time with residents. Other key advantages include:

- Real-time and accurate information from the point-of-care;

- Proactive care decisions and clinical alerts;
- Workflow reminders (for example, caregivers receive task lists and nursing order reminders);
- Enhanced medication administration; and
- Increased personal interaction with residents.

"Beacon Hill was the first Lifespace Community to make the conversion to electronic medical records, and we're in the process of rolling out the technology at all other communities," said Andersen. "It requires some training for the staff, but it's a very user-friendly system and easy to

adapt to. So after a small learning curve, everyone really seems to enjoy the advantages."

Also in Conversion

The electronic medical records program is linked to the financial services application which is also in conversion for all eleven communities and the Lifespace corporate office. The entire project will take a year to complete by December 31, 2009, with supervision provided by Larry Smith, CFO of Lifespace Communities.

(Six-dimensional wellness continued from page 10)

For optimal health among seniors who desire to be active and independent for as long as possible, wellness is a leading component of health management. Overall, the trend of wellness and “active aging” is growing steadily among seniors nationwide, and Lifespace Communities is embracing the concept. The six-dimensional wellness model that is part of Lifespace’s new wellness initiative promotes self-responsibility for health and well-being in all areas of a person’s life. There is much research to suggest that for many aging individuals, participation in whole-person wellness programs slows the aging process and promotes independence.

A Role Model for Wellness Programs – Friendship Village of Bloomington

“Every Lifespace community offers a variety of excellent fitness and wellness programs,” said Goscha. “We’re pleased to see that several communities, such as Friendship Village of Bloomington, are implementing some very impressive programs.”

As Goscha went on to say, “Since Friendship Village has expanded their approach to wellness on so many different levels, they’ve served as a role model when designing our corporate-wide wellness program for all Lifespace communities.”

Strengthening the Program

According to Karen Lloyd,

Wellness Director at Friendship Village of Bloomington, the community had been offering a variety of fitness and wellness programs for quite a few years. However, when she began overseeing programs for the entire campus, it was apparent they could be doing a more effective job. “We had been expanding our programs with fitness classes, physical therapy, personal training and new equipment,” recalled Lloyd. We also hired Mia Bremer, our Fitness Manager. Then in 2008, we decided we wanted to take everything to an even higher level.”



Proven Results

In January of 2008, Bremer administered the first Rikli & Jones Senior Fit Tests, which include a series of seven assessments that measure cardiovascular fitness, strength, flexibility, balance and agility in people ages 65-99. The test determined where each participating resident ranked in one of five fitness levels. Classes were then offered for each level twice a week.

Residents participated in the classes for 12 weeks and then took the Senior Fit Test again. The results were impressive. Measured

as a group, residents improved their leg strength by 14%, their arm strength by 32% and their standing balance by 40%. Lower body flexibility improved by 21% and agility by 6%.

“The individual test results showed even greater improvement,” said Bremer. “One example is a female resident who had been fairly sedentary and was placed in the Level 2 class. At Level 2, people are moving around in their daily lives but not exercising purposefully with resistance training such as weights or bands.

After the 12-week program and a second test, the woman saw her leg strength increase by 71%. Her cardiovascular fitness improved by 121% and her upper body strength by 64%. The results for other residents varied based on their starting level. Nevertheless, the 12-week program and testing confirmed what is true for all older adults, muscles respond to resistance training at any age.” Bremer was also recently honored to be named to the International Council on Active Aging’s (ICAA) Visioning Board.

“A woman I don’t even know stopped me at dinner last night and asked if I was doing the fitness classes. I said yes. She said, ‘I thought so, you’re looking great.’” – Friendship Village Resident

“My back is so much better now that I’ve been taking the Challenge Class that I forgot that it used to hurt when I got up in the morning. It doesn’t anymore!” – Friendship Village Resident

A Team Effort

“To help establish and share guidelines, ideas and best practices for wellness at all of our Lifespace communities, we pulled together a variety of individuals to create the new Lifespace wellness program manual,” said Goscha. The community representatives serving on the Wellness Programming Steering Committee include: Mia Bremer (Friendship Village of Bloomington), Karen Lloyd (Friendship Village of Bloomington), Rick Meyer (Friendship Village of Bloomington), David Randazzo (Claridge Court), Mike Schmidt (Abbey Delray South), and Jessica Vestal (Claridge Court).

“We appreciate and acknowledge everyone’s expertise, perspective and contributions when creating the wellness programming manual,” concluded Goscha. “We’ll be refining and enhancing our wellness program in the months ahead, with the goal of providing all Lifespace residents with the finest wellness options available to help them enhance their health, happiness and everyday lifestyles.”

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Statement of Purpose

Lifespace Magazine shares articles of interest concerning residents, activities, and employees in our eleven retirement communities. Whether you are part of the Lifespace family, residing in one of our communities or serving our residents in some capacity, or if you are contemplating making your home in one of our life care communities, our goal is to provide meaningful information to you.

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