



Saluting standouts

Two longtime champions of active aging and wellness name North America's 'Best in Wellness' senior living communities for 2021

With the global pandemic fostering an increased emphasis on the importance of preserving health and pursuing wellness, senior living communities are facing both greater expectations and opportunities. In fact, a 2018 survey conducted by the International Council on Active Aging® (ICAA) found that 59% of senior living communities intended to shift their business

model to be wellness-centered with care services—rather than traditional care-based communities with options for wellness—by 2023.¹

For the third year, ICAA and NuStep, LLC, are celebrating this industry-shifting movement by naming 25 senior living communities in North America as the “Best in Wellness” with the 2021 ICAA NuStep Beacon Award. Designed to showcase organizations that embrace wellness as a way of life for all residents and staff, these awards recognize outstanding commitment, creativity and culture.



A spring 2021 celebration of Japanese culture included taiko (drumming) group Odaiko Sonora at Splendido at Rancho Vistoso in Tucson Arizona. Image courtesy of Splendido at Rancho Vistoso

From 1998 to 2018, NuStep, a leading manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness settings worldwide, sponsored the NuStep Pinnacle Award program to recognize senior centers and senior communities that enrich lives through comprehensive wellness programming. In 2019, ICAA and NuStep partnered to create the ICAA NuStep Beacon Award to reward the “Best in Wellness” senior living communities.

Wellness as a way of life

No longer a nice-to-have, wellness now is a vital way of life, encompassing seven key

dimensions: emotional, physical, intellectual, social, spiritual, vocational and environmental. When prioritized and cultivated, these dimensions collectively can enrich well-being, quality of life, overall health and longevity.

Further, addressing wellness serves to extend healthspan, which is about living better longer. A holistic approach not only is instrumental in increasing longevity, but also in expanding the number of years lived in good health and free of disability. Through this person-centered model, ideally individuals realize they are the driving forces in their wellness journeys.

“Aging well today involves more than simply programs and special events, but requires an intentional, ongoing pursuit of potential and possibilities,” says Colin Milner, ICAA founder and CEO. “We commend senior living communities that excel at fostering an optimistic mindset and environment that emphasize promise and opportunity.”

Highlighting excellence

As examples that illuminate a path for senior living communities and the active-

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Bocce enthusiasts play a game on the Moorings Park courts in Naples, Florida. In 2021, the community repeated as a top five 'best in wellness' community with another ICAA NuStep Pinnacle Award. Image courtesy of Moorings Park

Resources

ICAA NuStep Beacon Award

<https://beaconaward.icaa.cc>

International Council on Active Aging (ICAA)

www.icaa.cc

NuStep, LLC

www.nustep.com

aging industry, the ICAA NuStep Beacon Award winners have successfully pioneered effective strategies, staffing, environments, programs and philosophies in the ever-evolving area of wellness.

The Beacon Award serves to applaud staff and organizational innovation and efforts. The award also can enhance recruitment, attract potential investors and add impact to marketing materials. Each recipient receives a crystal award trophy as a visible reminder of its commitment to excellence that can inspire staff and residents daily.

The top five communities that earn the ICAA NuStep Beacon Award also receive the prestigious ICAA NuStep Pinnacle Award for exemplary performance and

exceptional contributions. NuStep's vision for its original Pinnacle award program carries on in this reenvisioned joint award. For 2021, the following communities have achieved top five rankings to win both Beacon and Pinnacle Awards:

- Tapestry at Victoria Harbour (Victoria, British Columbia, Canada)
- Sunnyside Retirement Community (Harrisonburg, Virginia)
- Splendido at Rancho Vistoso (Tucson, Arizona)
- Friendship Village of Bloomington (Bloomington, Minnesota)
- Moorings Park (Naples, Florida)

ICAA and NuStep congratulate these recipients along with all the winners of


the 2021 Beacon Award (a full list appears on this page). Thanks go to everyone that entered the recent awards contest. Their efforts to foster robust wellness cultures demonstrate how commitment and creativity are advancing senior living.

‘Lighting the way’

People who live and work in wellness-based communities share a foundation designed to help them thrive. Recipients of the ICAA NuStep Beacon Award are standouts in cultivating that foundation.

“By growing and sustaining a culture of wellness that not only serves, but also engages, their entire community, the 2021 award-winners truly exemplify what it means to be a beacon, lighting the way for other communities,” says Jane Benskey, marketing communications specialist for NuStep.

Since the award-winners serve as positive influences on senior living and the active-

aging industry, more about the recipients will follow in upcoming articles in the *Journal on Active Aging*. 

Applications are now being accepted for the 2022 ICAA NuStep Beacon Award; the deadline is July 15, 2022. The 25 winning communities will be announced in November. To learn more about the awards, to discover if your community qualifies and to apply, visit <http://beaconaward.icaa.cc>.

References

1. Ryan, P. (2018). Visions of the future. ICAA Active-Aging Industry Trends Survey 2018. Vancouver, BC: International Council on Active Aging. Available at https://www.icaa.cc/listing.php?type=industry_research.

Be a Beacon

Does your community cultivate a true wellness culture for all who live and work there? Are you intentionally focused on developing ongoing opportunities for residents and staff to pursue wellness and thereby empower and enrich their lives?

You’re invited to apply for a 2022 ICAA NuStep Beacon Award, and you may be recognized as a “Best in Wellness” community for your achievements, contributions and commitment. Plus, the top five winners also earn the ICAA NuStep Pinnacle Award as an additional commendation of outstanding performance.

For additional information, or to determine if your community qualifies and apply for a Beacon Award, visit <https://beaconaward.icaa.cc>. The deadline to apply is July 15, 2022.

‘Best in Wellness’: Celebrating 25 award-winning communities

The 2021 recipients of the ICAA NuStep Beacon Award are as follows:

ICAA NuStep Beacon Award/ICAA NuStep Pinnacle Award winners

1. Tapestry at Victoria Harbour (Victoria, British Columbia, Canada)
2. Sunnyside Retirement Community (Harrisonburg, Virginia)
3. Splendido at Rancho Vistoso (Tucson, Arizona)
4. Friendship Village of Bloomington (Bloomington, Minnesota)
5. Moorings Park (Naples, Florida)

ICAA NuStep Beacon Award winners

6. Tapestry at Wesbrook Village (Vancouver, British Columbia, Canada)
7. Moorings Park Grande Lake (Naples, Florida)

8. Shell Point Retirement Community (Fort Myers, Florida)
9. The Forest at Duke (Durham, North Carolina)
10. John Knox Village of Florida (Pompano Beach, Florida)
11. Tapestry Village Gate West (Toronto, Ontario, Canada)
12. Maravilla Santa Barbara (Santa Barbara, California)
13. Maravilla Scottsdale (Scottsdale, Arizona)
14. Berwick Qualicum Beach (Qualicum Beach, British Columbia, Canada)
15. Tapestry Arbutus Walk (Vancouver, British Columbia, Canada)
16. Galloway Ridge at Fearington (Pittsboro, North Carolina)
17. Still Hopes Episcopal Retirement Community (West Columbia, South Carolina)
18. Touchmark on West Prospect (Appleton, Wisconsin)
19. Sharon Towers (Charlotte, North Carolina)
20. Meadowood Senior Living (Worcester, Pennsylvania)
21. Touchmark at Wedgewood (Edmonton, Alberta, Canada)
22. Matthews Glen (Matthews, North Carolina)
23. The Village at Northridge, a Senior Resource Group Community (Northridge, California)
24. Meadow Lakes, a Springpoint Community (East Windsor, New Jersey)
25. Heritage Community of Kalamazoo (Kalamazoo, Michigan)