

Shining examples:

ICAA and NuStep name 25 'Best in Wellness' communities



Twenty-five communities have been recognized with the 2019 ICAA NuStep Beacon Award honoring their “Best in Wellness” achievements. The Beacon Award was created as a joint venture between the International Council on Active Aging (ICAA) and NuStep, LLC, a longtime partner of ICAA and a manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness settings. Both organizations have long supported, and advocated for, older-adult wellness.

Launched in 2019, the ICAA NuStep Beacon Award program is awarded to communities that successfully foster a wellness culture and an environment that supports wellness for all who live and work there. Wellness is typically defined by seven key dimensions: emo-

tional, physical, intellectual, social, spiritual, vocational and environmental. These dimensions improve a resident’s quality of life when they are nurtured and prioritized as a whole.

Among the Beacon Award winners, the top five communities have also received the ICAA NuStep Pinnacle Award for their particularly exceptional contributions. This reenvisioned joint program carries on NuStep’s vision for its original—and groundbreaking—award.

Honoring achievements in wellness

Winners of the 2019 Beacon Award demonstrate strength in resident-staff partnerships that create meaningful opportunities empowering participants to



In Harrisonburg, Virginia, Sunnyside Retirement Community Wellness Director Annie Shaffer (right) and colleagues celebrated their ICAA NuStep awards. Image courtesy of Sunnyside Communities

improve their quality of life. The recipients achieve this by weaving wellness into the fabric of their communities. By doing so, they can provide innovation, inspiration and motivation for engaging residents and staff in a wellness culture and journey.

“It is a pleasure to honor the top 25 wellness communities,” says Jane Benskey, marketing communications specialist at NuStep, LLC, and longtime judge for the NuStep Pinnacle Award. “Their recognition of the value and importance of creating cultures where wellness is not a program in a room, but rather a way of life, is having a lasting and positive impact on many lives.”

ICAA CEO Colin Milner agrees. He adds, “Although there are only 25 winners of the 2019 Beacon Award, every community that enters the awards contest, and every older adult or staff member whose life improves due to that community’s wellness culture, is already a winner.”

Beacons for the industry

The 2019 ICAA/NuStep award recipients are beacons for the industry, going above and beyond to bring wellness to many nuances of daily living at their communities. They are:

Winners of the 2019 ICAA NuStep Beacon Award/ICAA NuStep Pinnacle Award

1. Moorings Park (Naples, Florida)
2. Senior Resource Group: Maravilla (Santa Barbara, California)
3. Presbyterian Village North (Dallas, Texas)
4. John Knox Village of Florida (Pompano Beach, Florida)
5. Sunnyside Retirement Community (Harrisonburg, Virginia)

Winners of the 2019 ICAA NuStep Beacon Award

6. Vi Communities (Chicago, Illinois)
7. Touchmark on South Hill (Spokane, Washington)
8. Touchmark at the Ranch (Prescott, Arizona)
9. Galloway Ridge at Fearington (Pittsboro, North Carolina)
10. Sun Health Life Care (Sun City West, Arizona)
11. Touchmark at Harwood Groves (Fargo, North Dakota)
12. Vesta Properties: King Point (Sun City, Florida)
13. Senior Resource Group: Maravilla (Scottsdale, Arizona)
14. Still Hopes Episcopal Retirement Community (West Columbia, South Carolina)
15. Kavod Senior Life (Denver, Colorado)

16. The Hacienda at the River (Tucson, Arizona)
17. Juniper Village at Brookline (State College, Pennsylvania)
18. Touchmark Vancouver (Vancouver, Washington)
19. Friendship Village of Bloomington (Bloomington, Minnesota)
20. Touchmark in the West Hills (Portland, Oregon)
21. Westminster Woods on Julington Creek (St. Johns, Florida)
22. The Meth-Wick Community (Cedar Rapids, Iowa)
23. Willow Valley Communities (Lancaster, Pennsylvania)
24. Berwick Comox Valley (Comox Valley, British Columbia, Canada)
25. Tapestry at Wesbrook Village (Vancouver, British Columbia, Canada)

Recipients have each received a crystal award trophy to display in their communities—a symbol of excellence to inspire residents and staff daily. The award-winners will also feature in *Journal on Active Aging*® articles throughout the year.🎉

Applications will be accepted for the 2020 ICAA NuStep Beacon Award as of January 31, 2020. To learn more about what’s involved, visit <http://beaconaward.icaa.cc>.