

FOR IMMEDIATE RELEASE
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KAVOD SENIOR LIFE WINS 'BEST IN WELLNESS' BEACON AWARD (NORTH AMERICA)

Denver, Colorado - **Kavod Senior Life (Kavod)** was awarded one of 25 **Beacon Awards for "Best in Wellness"** from a joint venture between the **International Council on Active Aging (ICAA)** and **NuStep, LLC**. The Beacon is awarded to senior living communities across North America that successfully create an environment that supports wellness for all who live and work there.

Kavod was the only organization that won from Colorado.

"It is a pleasure to honor the top 25 wellness communities," says **Jane Benskey, marketing communications specialist at NuStep, LLC** (a manufacturer of recumbent cross trainer exercise equipment used in healthcare, senior living and fitness settings). "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."

The Beacon winners were chosen for empowering both staff and residents to improve their quality of life weaving wellness into the fabric of their communities. Some of Kavod's winning elements included its on-site health and wellness center, robust staff health benefits, full activity calendar and much more.

"We are very pleased to receive this award," commented **Mandie Birchem, Director of Health and Wellness at Kavod Senior Life**. "We're not just putting together health-related services here, but working as an entire organization to establish optimal health for everyone who comes through our doors. I am grateful ICAA and NuStep for putting the importance of this work."

Wellness is typically defined by seven key dimensions: emotional, physical, intellectual, social, spiritual, vocational and environmental. These dimensions improve a person's quality of life when they are nurtured and prioritized as a whole. Award recipients like Kavod are seen as beacons for the industry, going above and beyond to bring wellness to many nuances of daily living at their communities,

Listed below are all 25 "Best in Wellness" ICAA NuStep Beacon Award winners for 2019 - Kavod Senior Life is #15:

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)

6. Vi Communities (Chicago, Illinois)
7. Touchmark on South Hill (Spokane, Washington)
8. Touchmark at the Ranch (Prescott, Arizona)
9. Galloway Ridge at Fearrington (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)

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About Kavod Senior Life

www.kavodseniorlife.org

Kavod Senior Life is a nonprofit organization serving older adults with quality housing, activities and support services in Denver, Colorado. Kavod offers affordable Independent and Assisted Living in Cherry Creek along with outreach programs to older adults living in the greater Denver area.

About NuStep, LLC

www.nustep.com/

NuStep, LLC designs, manufactures and distributes recumbent cross trainer exercise equipment. NuStep products, accessories and adaptive equipment empower users of virtually all functional abilities and fitness levels to engage in exercise that helps build strength, enhance independence and improve health outcomes.

About the International Council on Active Aging (ICAA)

www.icaa.cc

ICAA is a professional association that leads, connects and defines the active-aging industry and supports professionals who aspire to develop wellness cultures for adults over 50. This support includes creating wellness environments, programs and services. The association

is focused on active aging-an approach to aging that helps older adults live life as fully as possible within all dimensions of wellness-and provides its members with education, information, resources and tools.

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