

# lifespace

## life

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All 11 Lifespace communities have earned the CARF-CCAC accreditation, recognizing the highest level of service to seniors.

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Delectable dishes and exciting new venues make dining at Lifespace Communities a true delight.

**Lifespace Communities**  
**Mission Statement:**  
**Creating communities**  
**celebrating the lives**  
**of seniors.**



*We did it!*

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# life

## The Mark of Excellence: All Lifespace Communities earn accreditation!

Lifespace Communities is proud to announce that *all* of its 11 senior living communities have earned the industry's most prestigious "mark of excellence" for quality care: accreditation by the Commission on Accreditation of Rehabilitation Facilities and the Continuing Care Accreditation Commission (CARF-CCAC).

**"Very few communities in the country are able or willing to go through the intensive process of an accreditation review. It's a major accomplishment for the communities who receive it."**

—Susan Ganson, Resource Specialist for CARF-CCAC

This honor distinguishes Lifespace communities as the best in the business, meeting rigorous standards for everything from quality of services to financial stability.

In previous years, nine of the Lifespace communities earned the accreditation. In 2009, the two newest communities — Deerfield in Des Moines, Iowa, and Grand Lodge at the Preserve

in Lincoln, Nebraska — were fully accredited as well. They are the only communities in Iowa and Nebraska to earn CARF-CCAC accreditation.

CCAC, "Accreditation not only reaffirms the quality of care and services provided, it also ensures transparency of the community's financial operation and stability."

Following the review process, CARF-CCAC reports cited the strong "sense of community" at all Lifespace Communities locations. Staff members know the names of the residents and understand their family situations, the reports noted. And residents and staff genuinely care about each other, creating a close-knit environment. Other remarks related to the appearance of the grounds and housing.

Equally important, Lifespace Communities received "exemplary" ratings in finance, which reflects well on the overall financial stability of the organization.

While accreditation from CARF-CCAC remains in effect for five years (until 2014), reports from each community are required annually. To fulfill ongoing requirements for compliance, each community must submit documentation that details finances, quality improvement plans and service standards.

"It's a great deal of work and takes a true devotion to quality, which is something everyone at Lifespace believes in," says Coder.



"CARF-CCAC accreditation is like the gold standard in senior living communities," says Sydney Coder, Lifespace Corporate Board Secretary. "It's especially fulfilling to now have all of our properties in this category of excellence."

According to Susan Ganson, Resource Specialist for CARF-

According to Ganson, less than 15% of the nation's senior living communities have earned CARF-CCAC accreditation, due to the rigorous standards and requirements. CARF-CCAC reviews more than 1,300 different standards at each community and performs on-site surveys.

### 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.**



## Moments of Truth: Honoring Lifespace Communities residents and their life stories.



The Waterford

### Russell Eberwine: A Sweet Life

Always a straight A student, Russell entered college at age 16 and graduated two years later with a degree in chemical engineering. After working for a year at his father's bakery, he was hired by a large baking company, which produced the popular Wonder Bread brand.

At the time, a loaf of bread cost 11 cents, and the average wage was 32 cents an hour. Russell made \$20 a week, plus commission. "I was making a pretty penny for that time," he says.

Russell stayed with the company, where he worked in sales, production and management. When he retired as a divisional vice president, he was in charge of ten plants and a bakery.

**At age 103, Russell Eberwine credits a fulfilling career and healthy diet (except for Twinkies) to his longevity.**

Early in his career, Russell helped develop the cream filling for the original Twinkie snack cake — a recipe that hasn't changed to this day. While he believes it's still the best filling on the market, he hasn't enjoyed many Twinkies over the years. A diabetic since age 20, he's followed a strict sugar-free diet.

One of the original residents at the Waterford in 1982, Russell is still at home in the kitchen, where he prepares his own breakfast and lunch each day.



Harbour's Edge

### Simon Konover: A Survivor's Remarkable Contributions

Simon Konover's life changed forever in 1939 when German soldiers arrived in his hometown in Poland. Just 16 years old, he was taken to a labor camp. After surviving a daring escape, he found refuge with relatives, including his brother, Harold.

Working odd jobs and living in constant fear of the German army, Simon and Harold wound up in Stalingrad. After being drafted into the Soviet army and driving trucks, Simon was charged with disobeying orders and sentenced to three years of hard labor in Siberia.

The harsh punishment ended up saving Simon's life, as his former

convoy was destroyed by German fighter planes.

**"If you would have told me I'd have a normal life with children, grandchildren and great grandchildren, I would have said you must be out of your mind." –Simon Konover**

When the war ended, Simon and Harold learned their older brother, David, had immigrated to the United States, but the rest of the family was gone, killed along with 6,000 other Jews from their hometown.

With virtually no money, Simon traveled to the U.S. and began



Abbey Delray South

### Ruth Cline: A Lifetime of Service

Born to missionary parents in Africa, 90-year-old Ruth Cline experienced the joy of helping other people during her childhood. Working with her parents among the Wakamba tribe in Kenya, she loved her East African playmates and spoke their language fluently.

Ruth attended a boarding school miles away, then traveled to America for high school. As a co-ed at Wheaton College in Chicago, she studied nursing and became friends with a classmate named Billy Graham and his girlfriend, who later became his wife.

As a single missionary nurse, Ruth returned to Africa during WWII and opened a leprosy colony in Burundi. Her nursing station was a crude table on a bare mountaintop, where grass huts housed the first patients.

A Danish engineer named Knud Dahl was hired to oversee construction of a hospital, church and hydroelectric plant. He became Ruth's husband and father of her three children. Eventually, tribal warfare forced Ruth and her family to leave Africa and travel to Denmark. While there, she taught English as a second language to earn income for the family.

Years later, Ruth moved to Boca Raton, Florida, with three teenagers. To support herself, she worked as an insurance agent. One of her first customers, Harry Cline, became her second husband. The couple volunteered with the Gideon ministry, distributing bibles to hotels, hospitals, prisons and military personnel.

When it came time to retire, the Clines looked at various communities and chose Abbey Delray South as their new home. Ruth continues to live happily at Abbey South, where she enjoys the great service and neighbors.



the center's first faculty chair with a \$1.5 million gift.

working at his brother David's flooring company. In the decades that followed, he built one of the most successful development companies in the Southeast, encompassing hotels, office buildings, apartments and more than 100 shopping centers.

Simon also is a founder of the United States Holocaust Museum in Washington, D.C., and a recipient of numerous awards, including the Prime Minister's New Life Award from the National Committee for Israel Bonds.

The Konovers are founding supporters of the University of Connecticut Center for Judaic Studies and Contemporary Jewish Life, endowing

Now 87, Simon continues to work and travel. His wife Doris, an avid bridge player, is busy with her family, travels, and friends at Harbour's Edge. Together, the Konovers have built a "normal life," which by any measure is quite remarkable.

# space

## Helping Hand

After two major snowstorms in Des Moines, IA, last December, Deerfield resident Phyllis Hoyt headed out with a shovel and broom to clear the snow off the Christmas lights on her patio. Just five feet tall, she couldn't navigate the drifts.

Just then, Harold Kavan, a Lifespace Communities employee, walked by. "What kind of trouble are you up to?" he asked Phyllis. Borrowing her shovel, he marched through the drifts and removed the snow from her lights.

When Phyllis found out that Kavan works in Risk Management, she "was horrified," she says. "An old lady out in the snow toting a shovel and a broom...how risky is that?!" Everyone had a great chuckle, Phyllis says. "And once again, I can express my appreciation for living at Deerfield, a Lifespace Community."



## Florida Communities Respond to Tragedy in Haiti

The devastating earthquakes in Haiti earlier this year hit home for many employees at Florida's five Lifespace communities: Abbey Delray, Abbey Delray South, Harbour's Edge, The Waterford and Village on the Green.

**"This is a tragedy of proportions not easily understood until sitting with people who have just lost their entire family..."**

—Theresa Bertram, Executive Director, Harbour's Edge

Some employees lost many family members, some saw the devastation of all the homes in the neighborhoods where their families live and others received no news at all soon after the earthquake.

At all five of the Florida communities, employees and residents made cash donations to the Red Cross and other charitable

organizations, supported by Lifespace Communities corporate office.

In addition, they donated non-perishable food items, water, supplies for babies and paper products. A prayer service and grief counseling also were offered to employees whose lives were affected by the tragedy.

To date, thanks to the generosity of the Florida communities, donations raised by residents, staff and Lifespace corporate for the Red Cross, an employee assistance fund and other charities involved in the relief effort total nearly \$47,000.



AP Photo/Gerald Herbert



## Saluting Our All-Star Employees

Residents of Lifespace Communities rave about our employees who go the extra mile, always share a smile and seem like family members. While there are countless staff members who do that every day, we proudly present the following individuals who have earned special recognition:

**Wilmer Mariena, Floor Technician at The Waterford EMPLOYEE OF THE YEAR**

"We can always count on Wilmer and he does such an outstanding, professional job no



matter what is needed or when — often working on weekends and late at night," said supervisor John Kelly. "Wilmer is like the franchise football player on our team."

**Greg Welch, Environmental Services Aid at Friendship Village of Bloomington 20-YEAR EMPLOYEE**

"The residents tell us how much they appreciate Greg's assistance, willingness to help in any way and exceptional service," noted his supervisor



## Abbey Delray: Beauty on the Wing



When Catherine Marshall was growing up near Wayne, Pennsylvania, she was the one person allowed in her grandfather's formal garden. There, working her own small plot of soil, she developed a love of nature that's endured throughout her life — and now benefits the residents of Abbey Delray.

In a corner of the campus that was once nondescript, Catherine took it upon herself to create a flowering

oasis and butterfly garden. Thanks to her efforts, the area now bursts with color and natural beauty.

**“Whenever we see a butterfly on campus, we can thank Catherine. She has made our life here at Abbey truly more colorful!”**

**–Shawn Perrigo, Executive Director, Abbey Delray**

Catherine visits the butterfly garden daily to trim the plants and keep track of her brilliant winged



Catherine Marshall's butterfly garden provides an inviting place to sit and enjoy the surroundings at Abbey Delray.

friends. She also worked with the community's staff to add a table, chairs and a weather-resistant sighting book for visitors to write down their observations. Catherine's love for gardening can also be seen

at her apartment, where a light shines on small clay pots of milk thistle. And outside her sliding glass door, flowers border the patio, along with more seedlings for her butterflies.

## Friendship Village of South Hills: "One of the Best Places to Work"



Every year, readers of the Pittsburgh Business Times conducts a popular feature: surveying employees throughout the metro area to determine the best places to work.

Organizations with the highest rankings are recognized with a special award.

Within the “large company” category, Friendship Village of South Hills in Upper St. Clair, PA, won first place in 2009.

“We're lucky to have the ability to offer many things to the

employees,” says Bobbi Jo Haden, Senior Executive Director of Friendship Village.

Along with great benefits and competitive wages, the community provides employees with additional perks, such as a year-end bonus for working safely.

The community also holds an employee party, and residents have an employee appreciation fund, which raises money to contribute to employees during the holiday season. The amount of the gift

is based on the number of hours the employee has worked during the year.

To foster a positive attitude in the workplace, Friendship Village makes a concerted effort to reward and keep employees motivated.

“We strive to create an environment where employees know they're supported, appreciated and valued,” Haden says. “I want them to enjoy their work and reflect their positive energy to our residents.”

Ray Richarson. “All of us are very lucky to have had him here for 20 years.”

**Senida Delahmet,  
Lead Housekeeper  
at Deerfield**

**EMPLOYEE OF THE YEAR**

“Not only does Senida have a great attitude and work ethic, she leads by example and asks her team for the same quality of work as if they were cleaning their own homes,” stated Vicki O' Brien, Director of Human Resources.



**Mary Henning, Care  
Plan Coordinator,  
Claridge Court**

**EMPLOYEE OF THE YEAR**

“As a former director of nursing who has so much knowledge and experience, Mary is the person who everyone goes to for advice,” commented Debbie Mackey, Director of Human Resources. “Mary personifies excellence in every way with hard work, mentoring others and a personality that inspires all of us.”



**Jackie Hill,  
Housekeeping Staff,  
Abbey Delray**

**BLUE ANGEL AWARD**

“Jackie was awarded our December Blue Angel Award for reporting a concern for one of the people she was housekeeping for,” says Shawn Perrigo, Executive Director of Abbey Delray. “She noticed a marked difference in his ability and quickly got him needed health care.”



*Continued on page 11*

## a year in review

LIFESPACE<sup>SM</sup>  
COMMUNITIES

## Superior Resident Satisfaction

Lifespace Communities hires an independent research firm on a regular basis to survey residents about their satisfaction levels regarding the friendliness of staff members, quality of dining, activities offered and many other services.

**According to 2009 survey results, the average overall satisfaction at Lifespace communities was 91.4%. Significantly above the industry average, this illustrates the extraordinary commitment to quality at all Lifespace communities.**

### Overall Satisfaction Rating\*

Lifespace  
Communities  
Average **91.4%**

National Community  
Average/  
Benchmark **88.6%**

\*Source: Holleran, one of the nation's leading research firms for senior living communities.

## All communities using electronic medical records

In 2009, electronic medical records went digital, replacing manual charts at all of our health centers.

Nurses, therapists and other care center staff members now carry small mobile computers to enter medical information at the point of care. The data is then sent to a main computer via wireless technology.

The improved efficiency and reduced paperwork provides a direct benefit to residents: staff members have more time to spend with them one-on-one.



## A Message from Scott Harrison, Chief Executive Officer



As I look back on 2009, our team's accomplishments are characterized by hard work and great achievements. This was one of our busiest years with regard to reinvestments in our communities and special projects. With leadership from the Board of Directors, all of us at Lifespace are committed to making our communities the best places to live and work, and we do this with a financially responsible approach. I'm proud to say we've enhanced those goals throughout the past year. Highlights include:

- The best overall resident satisfaction scores in our history.
- Steady sales and occupancy throughout all of our communities.
- Conversion to a new information technology system, including the installation of electronic medical records in our health centers.
- Achievement of accreditation for all of our locations.
- Continuing solid financial performance of the corporation.

In this annual report, we're happy to show you how we're reinvesting in our communities with our "Go Green" strategy, highlight the commitment of our employees and recognize our Board of Directors. We also feature the continuing expansion of programs that enhance the mind and body for our residents and staff.

At Lifespace Communities, we're excited about the years ahead as we pursue our ultimate goal — helping residents realize the limitless possibilities of senior life.

Sincerely,

Scott Harrison  
CEO of Lifespace Communities

## New board members elected



**E. LAVERNE EPP** is Chair and President of Lawrence-Douglas County Biosciences Authority in Lawrence, Kansas. Previously, he was President of Bethel College and founding principal and CEO of Retirement Management Company. He has a Doctor of Jurisprudence from the University of Nebraska and is a member of the Kansas Bar Association.



**ROBERT C. KEHM**, who lives in Kansas City, was a Partner with KPMG and Arthur Andersen before he retired in 2003. He has a B.S. in Business Administration and a Master of Arts in Accounting from the University of Nebraska. He is a Certified Public Accountant.

A highly qualified Board of Directors oversees the operation, strategy and mission of Lifespace Communities. Members include professionals with backgrounds in management, finance, health care administration, legal issues, insurance, accounting, marketing, construction, real estate and food service.

All Lifespace Communities board members are committed to ongoing involvement and dedicated management of the organization. Their many responsibilities include:

- Meeting quarterly to review detailed reports from each community, overseeing financing, strategic planning and investment decisions for financial strength.
- Staying up-to-date on important industry issues by completing continuing education courses online.

"We are very fortunate to add these two distinguished board members," says Bill Cook, Board Chairman. "They bring a world of experience that will help guide Lifespace Communities as a leader in senior housing."



# Prestigious accreditation for all Lifespace Communities

In 2009, all 11 Lifespace communities earned CARF-CCAC accreditation. This includes our two newest communities in Iowa and Nebraska. Only 15% of the senior living communities in the nation have qualified for accreditation from the Commission on Accreditation of Rehabilitation Facilities and the Continuing Care Accreditation Commission (CARF-CCAC), which is recognized as the most prestigious mark for quality care among senior living communities. For more details, see page 2.

## A snapshot of strong financial performance

**2009 Lifespace Communities Consolidated Totals\***  
(all communities combined)

Revenue	\$168,032 M
Expenses	162,430 M
Surplus Available for Reinvestment	5,601 M

Total Assets	\$580,585 M
Total Cash and Investments	165,703 M
Capital Expenditures	39,121 M

\* Unaudited

### The financial stability of Lifespace Communities is evidenced by the sales activity in 2009.

- 386 new residents
- 321 sales
- 277 closings and move-ins

## Lifespace Communities gives back

In 2009, Lifespace Communities reinvested surplus funds to provide residents with substantial financial support, including:

- \$530,000 in charity care (provided to residents whose financial resources were depleted)
- \$3 million for unreimbursed care

### Charitable efforts

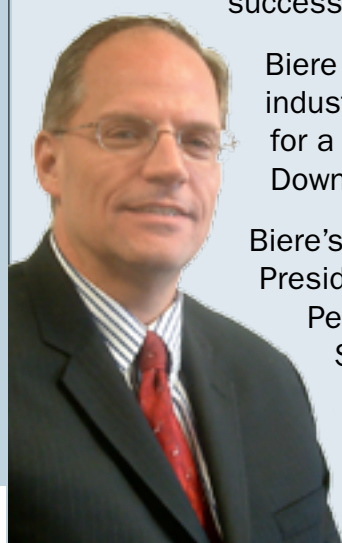
Committed to corporate citizenship, Lifespace Communities is proud to support a wide variety of charitable causes through the Lifespace Foundation. The 11 communities also organize their own charitable efforts, such as:

- The Brede-Wilkins Scholarship Program, started by Ellen Brede and her brother, Leonard Wilkins, at Village on the Green in Longwood, FL. Residents have continued the program, offering college scholarships to 75 employees each year.
  - Donations to the Red Cross and other charities from residents at the five Florida Lifespace communities (supported by a corporate gift) to help with relief in Haiti. To date, donations total nearly \$47,000.
  - Sponsorships for the Alzheimer's Association, totaling \$49,000 in 2009.
    - More than 75,000 hours of volunteer time from residents and staff.
    - Numerous scholarships for education of clinical staff.
    - English as a Second Language classes for staff.



## Jay Biere joins Lifespace Communities

In November 2009, James (Jay) A. Biere joined Lifespace Communities as Vice President and Chief Operating Officer. He is responsible for overseeing the operational excellence and success of all 11 communities.



Biere has held management positions in the health care industry beginning in 1979. Most recently, he was COO for a large operator of senior living communities in Downers Grove, Illinois.

Biere's background also includes serving as Vice President Operations Midwest and Vice President People Services for ARAMARK/ServiceMaster Facility Services of Downers Grove. In addition, he holds a variety of professional certifications and is a graduate of Northern Illinois University. Biere's wealth of experience is a valuable new addition to the operation of Lifespace Communities.

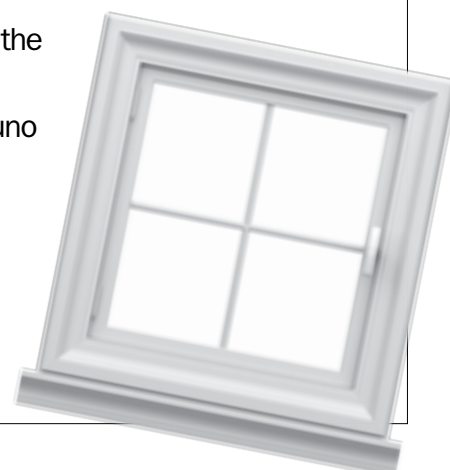


## Reinvesting for the future and going green

As an organization looking to the future, Lifespace Communities is focused on utilizing "green" construction and the latest technologies for greater efficiency, financial stewardship and a healthy environment. Continuous reinvestment in the communities will enhance operations and ensure a higher quality of life for all our residents.

During 2009, a wide variety of projects were funded at various communities with earth-friendly solutions in mind. Here are a few of the projects completed:

- Installation of 1,000 energy-efficient windows at Friendship Village of Bloomington in Bloomington, MN
- 1½ acres of reflective roofing at Harbour's Edge, Delray Beach, FL, which resulted in a \$50,000 rebate from Florida Power and Light, lowering energy costs
- Spectacular dining room renovation at Village on the Green, Longwood, FL
- Health Center construction at The Waterford in Juno Beach, FL, with windows, walls and flooring all designed for energy efficiency
- Pocket personal computers carried by staff members to chart electronic medical records at all communities, providing greater accuracy



## Deerfield: Bill Hall, Unveiling Hidden Talent

A retired accountant, Bill Hall hadn't put any effort into drawing since he was in fifth grade. But that changed when he met Deb Ames, an artist who teaches charcoal and pastel drawing at Deerfield in Des Moines, Iowa.



Bill now is taking his third art class. And while the 87-year-old's artwork has already been featured in a Des Moines Register newspaper article, he feels he's just getting started.

"The first class almost defeated me," Bill says. "It was a bottle with an apple and some fabric. The fabric was a killer."

According to his teacher, Bill's work is "phenomenal. He has a wonderful eye for composition," Deb says, "and he wants to get better and better."



## Grand Lodge at the Preserve: Something to Crow About

A piano quintet known as "Four Chicks and a Rooster" provided an evening of holiday musical entertainment last December to residents of Grand Lodge at the Preserve.



"The piano quintet captivated and delighted our overflowing audience," noted Kelley Ballue, Activity and Event Coordinator. Jack Way served as emcee and led the crowd in sing-a-longs of everyone's all-time favorite carols.

Playing Christmas carols and traditional songs on multiple pianos were Grand Lodge at the Preserve residents Jean Patoka, Buford Jones, Barbara Dinsdale, Marjorie Clements and Faye Berry.

"The Grand Lodge is blessed with many talented residents, and we're grateful they're generous enough to share their musical gifts," says Ballue.



## Let's Talk: Cyberspace Connections at Beacon Hill

Let's Talk, Beacon Hill's online magazine, has people talking...and viewing. Since the Web site launched in late May, it's received thousands of "hits." Not only are current residents enjoying the wealth of interesting and educational information, but people from across the country have paid a virtual visit to Beacon Hill in Lombard, IL.

The Steering Committee meets bi-weekly to brainstorm content ideas, and the Web site changes frequently throughout each month to keep it current and interesting to visitors.

Rosalie Loeding, a resident of Beacon Hill since 2005 and member of the resident Steering Committee, helped guide the design and content development of the Web site. "I got involved because it sounded like fun – and I'm into fun these days!" the semi-retired music professor exclaimed. In addition to being a regular Let's Talk visitor, Loeding is also a contributor, having written three local restaurant reviews.

Mark Zullo, Director of Sales and Marketing at Beacon Hill, says, "This online magazine is one of the first of its kind in the senior living industry. It's a great, innovative way to let people know about the culture of the community – and the personality of the people who live here at Beacon Hill. The Web site reflects the friendly reputation that Beacon Hill is known for."

Check out Beacon Hill at:

[www.letstalk.beaconhilllombard.com](http://www.letstalk.beaconhilllombard.com).

## Friendship Village of South Hills: Active Leaders

Richard and Donna Heilman have lived at Friendship Village of South Hills in Upper St. Clair, PA, for almost five years. Richard is President of the Residents' Association, and Donna serves on the Food and Chaplain's Advisory committees.

"It took a little while to get so active," Richard says. But they felt at home immediately, especially since 65 members of their church also live at Friendship Village.

As part of his duties, Richard meets regularly with representatives from other senior living communities to compare



notes. His conclusion? Friendship Village has done an outstanding job.

"The activities and recreation staff are unparalleled," he says, "and there's a complete transparency of finances. We know where the money goes, and we're confident that it's being spent wisely."

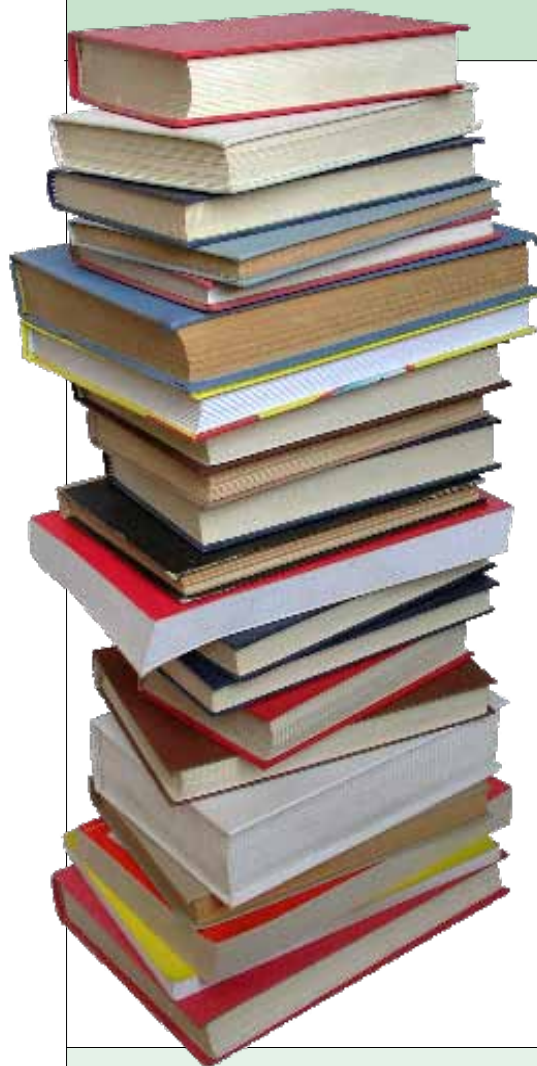
## 25-Year Employees



**Tom Lenz**, Director of Facility Services

**Larry Munsch**, Manager of Maintenance Services

**Pat Andrews**, Dietary -Salad/Pantry



## Claridge Court: A Century of Books

Ruth Bell, a resident of Claridge Court in Kansas City, celebrated her 100th birthday last November. A long-time librarian for two local school districts, she was joined by former co-workers and officials at her party.

Thanks to Ruth's work, school libraries became a focal point of Blue Valley schools, said former superintendent Jim Thompson.

Because of Ruth, Blue Valley schools are now built with the library as the physical center of the building.



Ruth also made sure Blue Valley students could access technology and helped ensure that the district was one of the first to have computer labs.

In addition, Ruth led a significant renovation in the Shawnee Mission North Library and served in library associations on the state and national levels.

Ruth retired in 1995 after 18 years in the Blue Valley School District. Appropriately, her birthday celebration took place in a room that used to be a school library media center.

"I'm just overwhelmed," Ruth said. "I couldn't have dreamed any of this. I love it."

## Friendship Village of Bloomington: Conversation Pieces on Display

On the first of each month, a question surfaces at Friendship Village of Bloomington in Bloomington, MN: What will be featured in the display case for the weeks ahead?

The case, located near the dining room, showcases a different collection from a resident or employee each month. Those collections have included:

- Key chains
- Vintage valentines
- Polished and rough stones
- Shot glasses
- Scandinavian porcelain and crystal
- Cigar labels
- Glass paperweights
- Rare knives
- Knitting items by the Friendship Village Knitting Group

A photo and brief biography of the exhibitor appear with each display. "It's another way we create conversation and new friendships, adding a new dimension to life in Friendship Village," says Karen Lloyd, Director of Wellness Programs.

Last December's holiday display at Friendship Village of Bloomington included stained-glass Christmas story figures made by one of the residents, plus Madonna figurines and crèches.



# pace

## Coming to Your Community Soon!

The Dakim system was first installed in three Lifespace Communities:

- Claridge Court in Prairie Village, KS
- Friendship Village in Bloomington, MN
- Beacon Hill in Lombard, IL

Feedback has been so favorable that Lifespace has decided to incorporate the system into its wellness programs at its eight additional communities.

If you haven't already tried a Dakim BrainFitness workout in your community, contact your wellness director or look forward to the program's arrival in 2010.

### Brain Fitness Champions

According to Liz Doyle, Dakim Ambassador for Dakim Brain, Friendship Village of Bloomington was the top user of Dakim in the 12-state Midwest region in January of this year. A total of 26 residents completed at least 11 Dakim sessions during January. The participants received a "Brain Fitness Champion Recognition" certificate, qualifying them as a "Champion User and Brain Athlete."

Congratulations to all the Brain Athletes at Friendship Village of Bloomington and other Lifespace communities!



"Our recent brand change to Lifespace Communities means more choice in wellness programs for our residents. So choosing an engaging brain fitness program is yet another compelling advantage our residents have access to in our communities."

– Scott Harrison, President and CEO of Lifespace Communities

## Dakim BrainFitness: A Workout for the Mind

Residents of three Lifespace communities are exercising in a new way, thanks to a program that keeps them mentally fit.

With a focus on maintaining and enhancing brain power among seniors, the Dakim BrainFitness System provides daily mental stimulation that's challenging, entertaining and downright fun.

According to Jessica Vestal, Wellness Director for Claridge Court, "Residents tried the Dakim system during a 30-day trial period at our community. After 30 days, there was no way we could send it back. Everyone loved it!"

### A User-Friendly Program

Each 20-minute Dakim BrainFitness session exercises short- and long-term memory, critical thinking, visual/spatial orientation, calculation and language.

Activities range from anagrams and name-that-tune challenges to interactive puzzles and narrated literary passages with follow-up questions. A friendly and humorous voice in the program explains each challenge and offers encouragement.

Played on a special touch-screen computer that requires no mouse, keyboard or computer knowledge, the workout offers original brain-building activities filled with colorful images, stories, humor, and pre-1950s film and music clips.

Games are updated automatically every few days to sustain interest. The system self-adjusts the level of challenge to the participant's abilities.



### Highlight of the Day

"The machine makes you think about things you haven't thought of in years, such as percentages and mathematical questions," says Vestal. "The games engage people in different ways, with something completely different every time. This is building new pathways in the brain."

At Claridge Court, where there are two Dakim systems, residents can play whenever they want or sign up for a specific time to play. Vestal says many residents look forward to it as a highlight of their day.

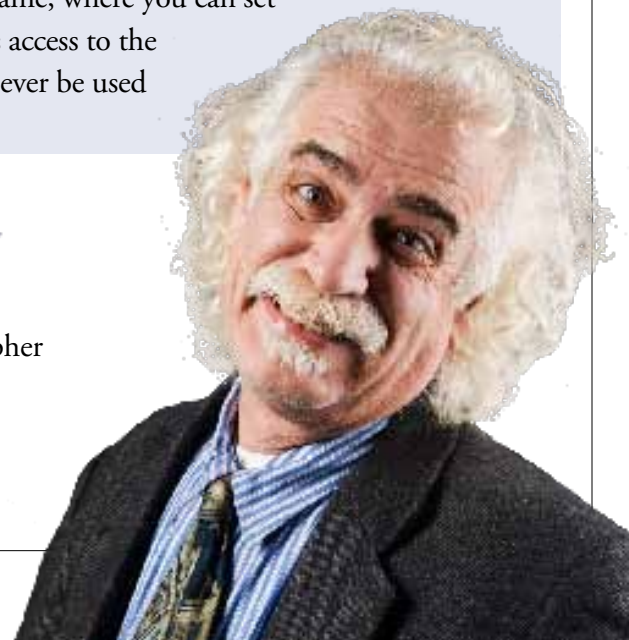
"The residents give us such good feedback," Vestal says. "One woman mentioned that the machine was giving her purpose again."

### How It Works

Residents have found that using the Dakim BrainFitness Program is simple: Touch the computer screen to start the program. Then follow the prompt to enter your initials. When your photo pops up, follow the prompt to confirm your identity. The system will take you back to your own game, where you can set goals and track progress. No one but you has access to the progress tracking, and the information will never be used as an assessment.

$$LSC = 4V^2$$

Can you break the code? See if you can decipher our equation. The answer is below.



# Puzzle Page

## ENIGMA

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

"FC FM FZPWWP D PWFVVDHUW CRFZE CS HW XWUU PWMJWZPWP, HOC CRW EUSVQ HWUSZEM CS SOV DZJWMCSVM."

PREVIOUS SOLUTION: "It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors." — Plutarch

## Sudoku

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

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

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Solutions and answers will be posted on our Web site: [www.lifespacemagazines.com](http://www.lifespacemagazines.com).

## CROSSWORD PUZZLE

### ACROSS

- 1 Israelite tribe
- 4 Biblical giants
- 8 Universe (pref.)
- 12 Stitchbird
- 13 Synthetic rubber
- 14 Table scraps
- 15 Eg. god of pleasure
- 16 Tallow (2 words)
- 18 Madame Bovary
- 20 Commotion
- 21 Padded jacket under armor
- 25 Son of Zeus
- 29 Dish (2 words)
- 32 Ganda dialect
- 33 Agent (abbr.)
- 34 Indian sacred fig
- 36 "Blue Eagle"
- 37 Ravine
- 39 Immense
- 41 Swelling
- 43 State (Ger.)

### DOWN

- 44 Medieval shield
- 46 Before (Lat.)
- 49 Culm (2 words)
- 55 Fiddler crab genus
- 56 Snake (pref.)
- 57 Unfledged bird
- 58 Centers for Disease Control (abbr.)
- 59 Love (Lat.)
- 60 Tooth (Lat.)
- 61 Exclamation

### ANSWER TO PREVIOUS PUZZLE

R	I	D	D	R	O	C	R	A	S	E
I	D	E	E	A	C	H	E	D	A	M
F	E	E	T	D	A	O	G	A	B	I
T	A	P	E	T	I	P	A	L	M	E
		S	A	C	A	W	E			
I	N	I	T	I	A	L	E	T	A	A
C	A	B		L	I	V		D	A	N
A	B	O	M	A	L	E	C	T	E	R
		A	B	D	H	A	E			
L	A	N	N	E	R	I	D	A	L	I
E	T	A	T	A	B	C	B	A	B	E
A	M	O	I	K	A	L	O	M	A	R
L	A	S	S	E	S	E	X	E	N	O

- 10 As written in music
- 11 Mountain standard time (abbr.)
- 17 Amer. Dental Assn. (abbr.)
- 19 Pointed (pref.)
- 22 End
- 23 Auricular
- 24 Rom. historian
- 26 Build
- 27 Irish sweetheart
- 28 Hall (Ger.)
- 29 Created
- 30 Old-fashioned oath
- 31 Beer ingredient
- 35 Afr. worm
- 38 Vomiting
- 40 Drain
- 42 Amer. Cancer Society (abbr.)
- 45 Habituated
- 47 Alternating current/direct current (abbr.)
- 48 Apiece
- 49 Tibetan gazelle
- 50 Revolutions per minute (abbr.)
- 51 Exclamation
- 52 Nautical chain
- 53 Belonging to (suf.)
- 54 Manuscripts (abbr.)

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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## Lifespace All-Stars *Continued from page 5*

**Karen Lloyd,**  
Director of Wellness Programs, Friendship Village of Bloomington  
**ACTIVITY PROFESSIONAL AWARD OF EXCELLENCE**



Karen Lloyd received the 2009 Activity Professional Award of Excellence at the Minnesota Statewide Activity Professionals (MNSWAP) Convention. Karen has served Friendship Village for more than 20 years. During that time, she has fostered a lifestyle of wellness with efforts such as the "MOVE" (Maximize Our Vital Energies)

Exercise Program. She's helping to lead construction of a campus Wellness Center set to break ground this year.

**Eddie Gorvetzian,**  
Maintenance staff, Abbey Delray South  
**EMPLOYEE OF THE YEAR**



"His forethought into situations is uncanny, whether it be sending out notices for an upcoming holiday or making sure all the residents that might be affected by a service interruption are notified by phone," say his supervisors.

**Elda Montenegro,**  
TITLE, Beacon Hill  
**ELEANOR ROSS ACHIEVEMENT AWARD**



"The Eleanor Ross Achievement Award was established in memory of Eleanor Ross (C.N.A.), who lost her battle with cancer," says Chris Anderson, Health Center Administrator. "Eleanor personified exceptional customer service, positive teamwork and creativity. Her dedication and commitment to Beacon Hill were exemplified in her daily performance."

**Bob Astle,**  
Pastry Chef, Village on the Green  
**SPLENDA DESSERT FAME RECIPE CONTEST, 2ND PLACE**



Bob's winning recipe in this national contest was Almond Cake with Strawberry Coulis. He was inspired by the need for additional dessert choices for the residents at Village on the Green, in addition to the need for more sugar-free selections. Recipes can be found at [www.splendadessertfame.com](http://www.splendadessertfame.com).

# Now on the Menu: Delicious New Dining Options for Residents and Guests

From talented chefs to fresh ingredients, dining at Lifespace communities is one of the reasons for high resident satisfaction.

To build on the Lifespace Communities tradition of excellent dining, a growing number of communities now offer even more delicious options for residents, their families and guests. Here are just a few of the new additions at several communities.

## Claridge Court Somerset Café

As an alternative to the formal dining room, Claridge Court has opened an upscale yet casual café/bistro named the Somerset Café, along with a pub.

According to Jamie McCarthy, Director of Dining Services, "We wanted to offer something very different than our traditional dining room if people were interested in a more casual atmosphere. We set out to create a café feel that's similar to the Panera franchise.

The pub has also become a popular place for meeting with friends and enjoying a beverage."



## Abbey Delray South The Oasis

The Oasis is a great little spot to visit for delicious sandwiches, soups, salads and other specials. "Our excellent Reuben sandwiches, burgers and fries have become some of the most popular items," says Tim Smith, Executive Director. "The Oasis and lounge are simply fun and casual places where people can come in and dine or get a meal to go."

## Beacon Hill The Skywalk Café

Offering a casual yet elegant setting, the Skywalk Café is an exciting new dining option at Beacon Hill.

"The Skywalk Café offers a great variety of menu items, ranging from gourmet Tuscan salads and Mediterranean chicken to milk shakes and sandwiches," says Administrator Chris

Anderson. "It's become so popular we've extended the hours of operation."



Claridge Court's signature cinnamon rolls are a specialty of Sam Austin, executive chef.

## Village on the Green Dining on Demand

Residents and guests enjoy the service of an upscale restaurant when they visit the Village on the Green dining room. They can request any item they want on the menu, and each meal is made to order.

"Residents love the flexibility to order whatever they want on the menu, any time of day when the kitchen is open," says Maureen Carroll, Director of Administrative Services. "And the meals are absolutely wonderful!"



# lifespace

## Lifespace Magazine

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### Statement of Purpose

Lifespace Magazine shares articles of interest concerning residents, activities, and employees in our 11 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 senior living communities, our goal is to provide meaningful information to you.

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