

Senior Living and Well-Being:

What's the Connection?

You're familiar with many advantages of moving to a community, but did you know the lifestyle can actually help you live more healthily than you might otherwise — and perhaps even longer?

In 2008, educator and author Dan Buettner wrote a book called *Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*. The best-selling book involves a data-based approach to identifying the longest-lived places on Earth, and studying the people who live in them to determine their secrets to lengthy, healthy, and happy lives.

As the book became widely known, many senior living organizations found themselves inspired by the Blue Zones' premise to enhance their programming in a way that followed the advice outlined in the book. For The Summit of Bettendorf, those enhancements have taken the form of a well-being curriculum called Core4, incorporating four basic tenets of well-being:



There's More →

Core4

"Communities like The Summit are all geared toward natural movement, so people can easily begin to notice more energy and other improvements in the way they feel. And because social connection for older adults is also critical, playing an essential role in their mental, emotional and physical health, we'll offer events and gatherings that will help people meet organically and get to know one another."

“Everything we do, from how we design our communities and experiences to our activities and wellness programs to our dining options, is designed to help individuals thrive.”



— Shannon Draayer
Director of Health and Well-Being for WellSpire

Draayer said the Core4 illustrates WellSpire's belief that everyone should have the opportunity to live a life of continued growth, experience, engagement, and meaning, regardless of physical, social, or economic circumstances. The organization's vision is to transform the aging experience through a continuum of wellness designed to engage and empower people to live longer, healthier lives.

To that end, well-being in WellSpire communities is a focus for all team members and residents, Draayer continued.

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Eat wisely:

It's not just what we eat but also how we eat that helps us become and stay healthier. Enjoying a variety of fruits and vegetables in a mix of colors is a great place to start! The Summit's culinary focus will be on making the *healthy* choice the *easy* and *delicious* choice.

Move naturally:

The people who live the longest don't run marathons or even join gyms; they find ways to move naturally, bringing intuitive forms of exercise into their lives in a sustainable way. The Summit will offer numerous ways to exercise naturally and enjoyably!

Be connected:

Those around us greatly influence our health and well-being. Being and staying connected is all about creating and sustaining strong relationships with people who challenge, support, and grow with us.

Have the right outlook:

Research tells us having a reason to get up in the morning can help us live as many as seven years longer. We are all encouraged to connect to a purpose that adds deeper meaning to our lives!

"From the first discussion about creating The Summit, the well-being of the people who would eventually live there was foremost in the minds of everyone with a role to play in the community."



Learn more about well-being at The Summit of Bettendorf!
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The Summit
OF BETTENDORF
A WELLSPIRE COMMUNITY
WELLSPIRE IS A PARTNERSHIP OF WELLSPIRE & GENERAL HEALTH SYSTEMS