



SPARK Growth and Wellness



Creating Community, *and a place to grow*



Lifespark™

Age Magnificently

COMPLETE Senior Living™

Not just a place to go, it's a place to grow

Inspired by centuries-old friendly societies, Lifespark treats aging like a team sport, rooted in community and built on helping people live better lives. With plenty of ways to find purpose, express yourself, and stay safe at home, our Senior Living communities help you feel welcome and find your place.

The possibilities are endless. Here, wellness doesn't just happen to you, it happens with you. It's fun, competitive, and uniquely yours. You'll grow and help others do the same!

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It's such a sense of community. Every week when we compete, you can just feel the teamwork in our building. It has given residents and staff such a sense of purpose and something to look forward to.

Director | COMMUNITY LIFE & WELLNESS

A Decidedly Different View on Aging

Since 2004, Lifespark has helped seniors stay healthy at home, confidently navigating health and living fuller, more independent lives. We were built on a simple idea: health shouldn't be a revolving door of disconnected "sick care" visits.

We also saw that wrapping seniors in bubble wrap doesn't keep them well, it can shrink health and social connection. So, we flipped the script and brought that same spark to senior living. The result? Sparks flew.



*Scan to watch the Dragonflies video
or visit lifespark.com/dragonflies-video*



Keeping Each Other Safe at Home

We are stronger, healthier, and happier when we come together as a community, and we believe in helping seniors help each other improve their strength, purpose, and belonging.



Senior Lifeguards – No Pool Needed

Honoring a lifeguard's role in water safety, Lifespark Chief Independence Officer, Dr. Bill Thomas adapted a medical school geriatrics curriculum to teach residents how to support one another's well-being.

Certified Senior Lifeguards extend the reach of the community staff by helping to identify early warning signals and concerns for their friends and neighbors

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They really realize that each person is an individual. They make sure that each person feels like they belong.

| FAMILY OF RESIDENT

The SPARK Performance League

Play to Win! SPARK Performance League is a first-of-its-kind senior program with head-to-head matchups between Lifespark Senior Living communities. Our game-style events turn wellness into team spirit through friendly competition. Play, cheer, scout, analyze, or keep score, there's a role for everyone. Families are welcome to join the fun.



TRYathlon™
— TOURNAMENT —



Designed for a wide range of physical and cognitive abilities, teams compete in weekly events and compile scores to accumulate over the full competition.



With skillful use of radio-controlled soccer players, teams hone their hand-eye coordination, mental acuity and mood while reducing social isolation.

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Having outlived many friends and family, you get kind of lonesome. When you come to a place like this it's wonderful to meet another kind of family here.

Dee | RESIDENT



GRIP GAMES

Promoting grip strength, teams of four work together to pump more gallons of water than their competitors over the course of the season.



Expanding knowledge and growing together through the Lifespark Pillar Books, teams answer 10 questions each week in an epic battle of wit and wisdom.

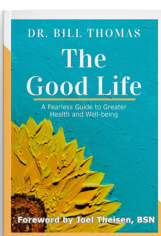
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Bette being here is a blessing for all of us. When she was at home she just stayed at home and maybe read. Now she really feels like she belongs!

| FAMILY OF RESIDENT

The Books that Guide Our Better Way

When it comes to health and well-being as we age, we literally wrote the books on it. Nationally renowned author, geriatrician, and Lifespark Chief Independence Officer, Dr. Bill Thomas has written four books to help guide elders, family caregivers, and professionals through the principles and applications of aging magnificently.



Scan the code to download the books
lifespark.com/spark-pillars

A better life experience *for our residents*



We see the people living in the communities we serve as our greatest richness. Wellness is a communal function. When you move into a Lifespark community, you have the opportunity to be part of a team, to contribute, to change the lives of the people around you.

Dr. Bill Thomas

CHIEF INDEPENDENCE OFFICER



Lifespark™

To learn more, visit
lifespark.com/spark-growth