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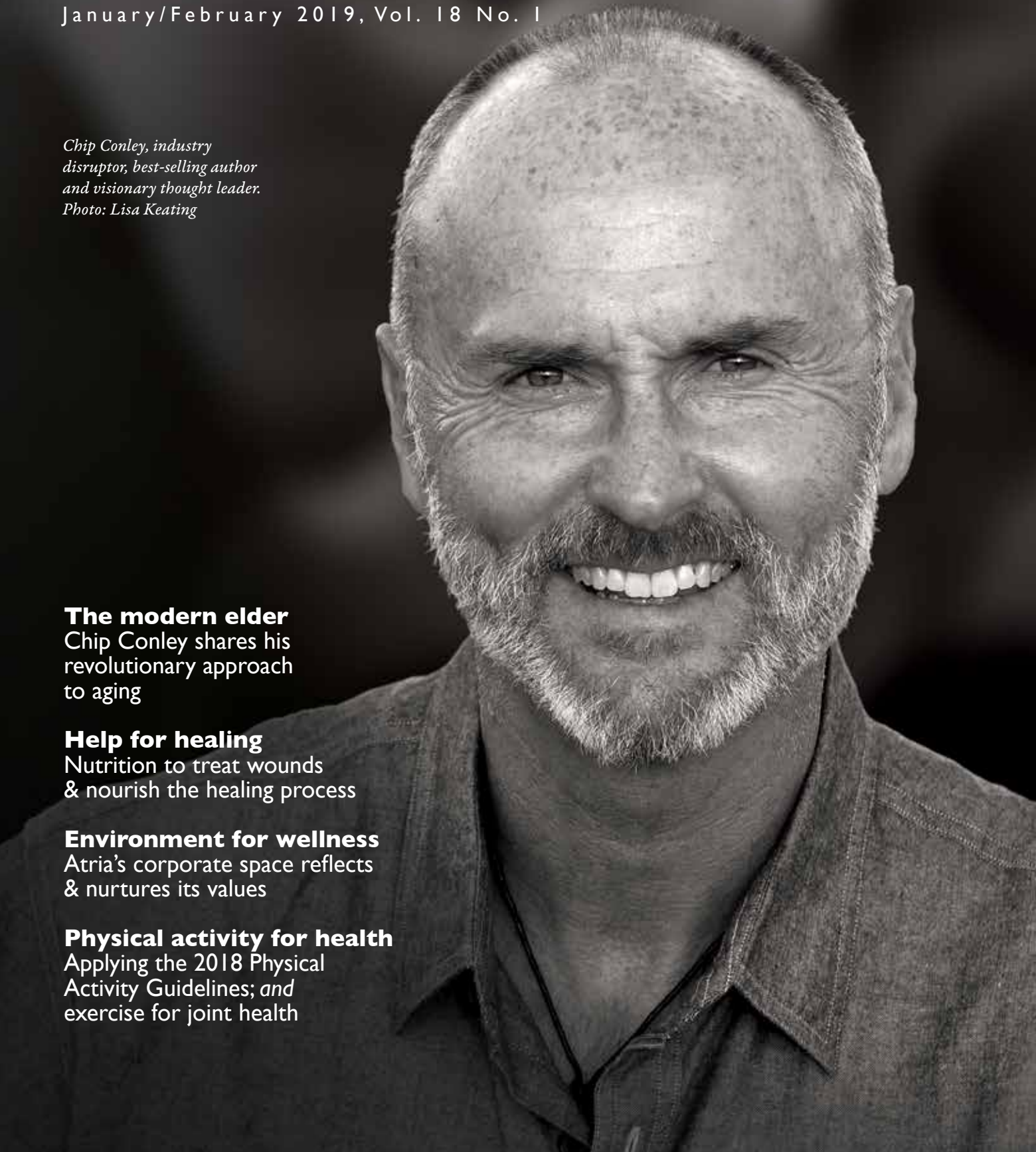
*Chip Conley, industry  
disruptor, best-selling author  
and visionary thought leader.  
Photo: Lisa Keating*

**The modern elder**  
Chip Conley shares his  
revolutionary approach  
to aging

**Help for healing**  
Nutrition to treat wounds  
& nourish the healing process

**Environment for wellness**  
Atria's corporate space reflects  
& nurtures its values

**Physical activity for health**  
Applying the 2018 Physical  
Activity Guidelines; and  
exercise for joint health





Work on *The Center at Belvedere* in Charlottesville, Virginia, is underway after its November 2018 groundbreaking. Envisioned as a ‘welcoming, warm community hub,’ the building will be the new home of *The Center*, a nationally accredited organization that has served the area’s older adults for nearly 60 years. Rendering: *Bushman Dreyfus Architects*. Image courtesy of *The Center*

## Groundbreaking heralds ‘new era for active aging and community health’ in Virginia

In November 2018, *The Center* (formerly the Senior Center) in Charlottesville, Virginia, broke ground on its new home, *The Center at Belvedere*, with a traditional shovel ceremony that was streamed live from the building site. Local officials and supporters then traveled the short distance to the existing venue for further festivities with Center staff, board representatives, volunteers and members. The day included refreshments, presentations and a 3-D virtual tour of the new building.

Site work began in December on the USD\$24-million project, which will provide more than 48,000 sq. ft. when completed. *The Center at Belvedere* will encompass a performing arts auditorium with rehearsal space; a fitness and wellness wing with two group exercise rooms and an equipped fitness room; an educational wing with flexible classroom

spaces; a volunteer center to support area nonprofits; an art studio; a game room; and a travel office to serve the community. *Greenberry’s Café* and a *Sentara Martha Jefferson Primary Care Clinic*, both on site and open to the public, will serve multiple generations.

Designed by *Bushman Dreyfus Architects* in Charlottesville, *The Center at Belvedere* is projected to open in spring 2020. A video of the groundbreaking ceremony is posted at <https://www.youtube.com/watch?v=BxxMoQiFTbg&feature=youtu.be>. Also available are a project overview and a six-minute virtual tour at <https://thecentercville.org>.

## Club operator to create ‘dementia awareness’ among workers

Leisure center operator GLL, a charitable social enterprise in the United Kingdom, announced in January 2019 that it will train its 14,000 employees to make them more aware of the impact of dementia,

reveals an article by Tom Walker in the UK magazine *Health Club Management*. Training will take place at staff conferences, in partnership with the Alzheimer Society, after which workers will become “Dementia Friends.” The Alzheimer’s Society UK developed the “Dementia Friends” initiative to educate people about dementia and encourage them to “turn understanding into action.”

Physical spaces will also change at GLL’s network of leisure and sports centers—for example, dementia-friendly signage will simplify navigation for individuals. The London-based organization aims to ensure those who are living with the condition can access its public facilities.

“GLL exists to provide inclusive, accessible facilities in communities across the UK, so it is crucial that our centers are accessible and welcoming to all,” states Corporate Health Manager Caitlin Thomas. “Having so many of our staff take part in Dementia Friends sessions shows commitment to understanding the specific needs of our visitors, to help get more people more active more often.”

Separately, the Alzheimer’s Society has worked with Sport England on a dementia-friendly sport and physical activity guide. Designed to help the sector support active living for individuals with dementia, the guide provides practical information, tools and resources to help increase understanding of dementia, address barriers to activity and assist people with the condition to stay active. The document may be downloaded free at <https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/organisations/dementia-friendly-sports>.

## Hiker embarks on ‘age disrupting adventure’ and seeks age 50+ supporters

Michael Fagan, a 71-year-old fitness/wellness expert from Clarksdale,