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A passion for health

Dr. Kenneth Cooper
lives his mission

Elixir of interdependence

Balancing autonomy with
connection as we age

**Altered spaces,
workforce changes**

Pandemic impacts on the
workplace & what they mean
for mental health

*Dr. Kenneth H. Cooper,
MD, MPH, 'Father of Aerobics'*



Greenberry's Coffee Co. provides a modern, inviting space to grab a coffee and socialize at The Center at Belvedere in Charlottesville, Virginia. Credit: Virginia Harwick Photography. Image courtesy of The Center at Belvedere

and TFAH to focus attention on the health and well-being of older adults. The two-day event in September “connected attendees to the latest science, best practices, and innovative interventions to improve the lives of older Americans.”

To access the ODPHP’s Healthy Aging page, visit <https://health.gov/our-work/national-health-initiatives/healthy-aging>. The symposium sessions are available at <https://health.gov/news/202109/healthy-aging-symposium-sessions-now-available-demand>.

Oakmont unveils fall-risk assessment program

Oakmont Senior Living in Irvine, California, recently introduced OakBalance, a new fall-risk assessment program and another investment supporting active aging. Utilizing VirtuSense, a touchless, automated, computer-based program, OakBalance debuted at 12 California-based Oakmont communities in fall 2021. The program uses artificial intelligence technology to evaluate residents for balance issues in under three minutes. Individuals can participate in the program at no charge.

Offered in partnership with Select Rehabilitation, OakBalance begins with a short screening that assesses deficits in balance, gait and function, which are the three main factors in fall risk. The assessment includes biofeedback and interactive computer programs. The data are used to create customized physical therapy and exercise programs for residents to help improve their physical abilities and areas of concern.

In a VirtuSense case study, participants in a similar program experienced 95% improvement in at least one area of risk, and falls were reduced by as much as 73%. In addition, 80% of participants who returned for a second screening showed improvement in overall mobility.

Oakmont Senior Living currently serves more than 4,000 residents across 46 communities in California and Nevada. A further five communities are in development.

Architects win merit award for The Center at Belvedere

The American Institute of Architects (AIA) has awarded Charlottesville,

Virginia-based Bushman Dreyfus Architects the prestigious Design for Aging Review Award of Merit for The Center at Belvedere, a nonprofit that works to improve the health and well-being of older adults. This award recognizes advanced design concepts, research and solutions sensitive to the needs of an aging population. In announcing the award, AIA representatives hailed The Center as a new prototype and model for similar centers. Calling the robust offering of activities and level of layout and detailed design “exceptional,” the jury noted, “Every aspect of the site, program and building reflects a strong desire to be comfortable, safe and life-enriching for its users ... This is not a classic senior environment and works hard to break stereotypes.”

The 47,000-sq.-ft. building, which has also garnered an Interior Design Excellence Award, was completed in March 2020. Along with accommodating programming for the seven dimensions of wellness—core to The Center’s healthy aging model—the design ensures sustainability of the organization’s business model, which relies on a diverse revenue stream from earned income

and philanthropy. Located in Albemarle County's urban ring, The Center houses a Sentara Family Medicine practice and Greenberry's Coffee Co. Amenities include group exercise studios, an equipped fitness center, a performing arts auditorium, classrooms, conference rooms, and outdoor spaces for programs and events.

"Creating a building to enhance and promote healthy aging meant reimagining what a 'senior center' could be," says Jeff Dreyfus, the Bushman Dreyfus lead partner for the project. "It required new thinking of how The Center could better serve older adults and the larger community, how it should serve the environment, and how it could maximize available resources. Leaving behind preconceptions of what design for aging is supposed to look like, The Center is modern and open," Dreyfus continues. "It provides a variety of opportunities for learning, meeting and engaging with others." He adds, "Indoor and outdoor spaces appeal to all ages, making The Center a multigenerational nexus for our entire community."

Also, key to The Center's appeal and accessibility was the insight provided by Lifespan Design Studio, senior center and universal design specialists. "The entire project team designed and delivered an exceptional resource for our community," states Peter Thompson, executive director of The Center. "It's a testament to the power of collaboration among experts and community stakeholders who understand the impacts of healthy aging."

Mental health community mourns loss of therapy pioneer

The Beck Institute for Cognitive Behavior Therapy in Bala Cynwyd, Pennsylvania, recently announced the passing of its cofounder, Aaron Temkin Beck, MD, who died at home on November 1, aged 100. Beck is widely known as the "father of Cognitive Behavior Therapy" (CBT), an evidence-based form of psychotherapy used to treat an array of psychiatric problems, psychological disorders and medical issues.

Since Beck developed CBT in the 1960s, the practice has become one of the most prevalent forms of psychotherapy and has been demonstrated effective in more than 2,000 studies, according to the Institute. Throughout his career developing, researching and teaching CBT, Beck authored or coauthored more than 600 published works related to the field. In addition, he received over 50 academic awards for his research and contributions to the mental health field.

Beck and his daughter, Dr. Judith S. Beck, cofounded the Institute in 1994. The nonprofit's mission is to improve lives worldwide through excellence and innovation in CBT training, practice and research.



Melissa Bossert recently became chief operating officer at Strive Senior Living, based in Apopka, Florida. Image courtesy of Strive Senior Living, LLC

Industry veteran to help Strive advance to next phase of growth

Strive Senior Living, LLC, has hired Melissa Bossert to oversee the Central Florida company's day-to-day administration and operations as chief operating officer. Bossert has been involved in the senior living industry for over 26 years. She started as a resident lifestyle facilitator, spending 17 years creating experiences for more than 300 residents, writing articles for the

senior living industry, and giving lectures on how to create well-rounded wellness programs for older adults. Then, after leading her community as an interim executive director, Bossert took on the position full-time while also working as director of operations. Most recently, she worked for Legend Senior Living as regional director of operations, overseeing all operational aspects for 10 assisted living and memory care communities.

"We are beyond excited to have someone with Melissa's experience join Strive Senior Living to help advance us to the next phase of growth for our brand," says CEO Trey Vick. "At Strive we are focused on delivering exceptional care in a vibrant environment to allow our residents to live life to the fullest. Melissa will continue to focus on refining best practices, integrating our multiple communities into a unified operating platform, and most importantly ensuring our resident experience is best in class."

Wellness initiative launched in affordable seniors housing in New Jersey

Two nonprofit senior living providers in New Jersey, Parker Health Group Inc. and Springpoint, have joined forces to create

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