Vi WINS 2019 ICAA NUSTEP BEACON AWARD FOR “BEST IN WELLNESS”

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CHICAGO (PRWEB) October 11, 2019 -- Leading national developer, owner and operator of high-end continuing care retirement communities Vi has won the 2019 ICAA NuStep Beacon Award, honoring the “Top 25 'Best in Wellness' senior living communities in North America.” Vi is recognized as best-in-class for successfully fostering a wellness-centered environment to benefit all who live and work in their communities. The award was created as a joint effort between the International Council on Active Aging (ICAA) and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness.

“We are honored to have earned the coveted title of ‘Best in Wellness’ from the ICAA,” says Jolene Moore, Corporate Director of Lifestyles. “Wellness permeates all elements of life at a Vi community, as our Living Well philosophy is foundational to who we are. Vi is dedicated to providing the utmost quality of life to our residents, and that starts with encouraging a holistic approach to their health and wellbeing.”

Vi’s Living Well philosophy is focused on nurturing mind, body and spirit for the residents. Vi arranges intellectually stimulating activities, such as discussions on current events, learning lectures, trivia contests and science-based memory training classes, as well as a variety of exercise programs and nutritional classes. Vi’s Living Well program also provides residents with social activities including art and music classes, resident clubs, volunteer opportunities and a myriad of other gatherings and events that encourage social connection and interaction.

ICAA CEO and founder Colin Milner says, “Senior living communities have long been aware of how important wellness is for the health and wellbeing of their residents, but in recent years, wellness has evolved from being a programming option to becoming a way of life.”

With a burgeoning population of older adults seeking a better quality of life, decisions about where to live is of critical importance as wellness can have a significant effect on health and longevity. The 2019 ‘Best in Wellness’ Beacon award is an acknowledgement by ICAA that Vi is leading the way in the wellness sphere. By continually partnering with residents and staff, Vi cultivates meaningful opportunities for seniors to invest in and improve their health and wellness.

To learn more about Vi communities, visit http://www.viliving.com.

About Vi
Headquartered in Chicago, Illinois, Vi operates 10 continuing care retirement communities (CCRCs) across the United States. With more than 30 years of experience as the owner and operator of residential communities for older adults, Vi continues to work toward providing quality environments, services and programs to enrich the lives of those they serve. In 2019, Vi was recognized by Great Place to Work and Fortune as one of the Best Workplaces for Aging Services.

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About NuStep, LLC
NuStep, LLC designs, manufactures and distributes recumbent cross trainer exercise equipment. NuStep products, accessories and adaptive equipment empower users of virtually all functional abilities and fitness levels to engage in exercise that helps build strength, enhance independence and improve health outcomes. From 1998 to 2018, NuStep sponsored the Pinnacle Award to recognize senior communities and senior centers transforming lives through whole-person wellness programming. The award also served as a vehicle to educate and encourage senior organizations to integrate whole-person wellness into their programming.

About the International Council on Active Aging (ICAA)
ICAA, a professional association that leads, connects and defines the active-aging industry and supports professionals who aspire to develop wellness cultures for adults over 50. This includes creating wellness environments, programs and services. The association is focused on active aging - an approach to aging that helps older adults live life as fully as possible within all dimensions of wellness and provides its members with education, information, resources and tools. As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the US Administration on Aging, the National Institute on Aging (one of the US National Institutes of Health), the US Department of Health and Human Services, Canada's Special Senate Committee on Aging, and the British Columbia (Canada) Ministries of Health and Healthy Living and Sport.
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