



Well-being and Brain Health Update

at Asbury Bethany Village

2025 ICAA Pinnacle Awards



Top 5 Wellness Community

- Asbury Methodist Village

Top 5 Wellness Director

- David Shoffler, Asbury Riverwoods

Journal of Active Aging

"Work in Wellness" profile

Asbury Solomons:

Maximizing opportunities as a waterfront wellness destination

This award-winning community draws on its enviable location, abundant amenities and robust wellness culture to expand the possibilities for residents to live their best lives.

By Julie King, MS

This article is part of ongoing coverage of the winners of the ICAA's Newcomer in Wellness Awards. A joint initiative of the International Council on Active Aging® and NextStep, LLC, the award program names 25 of North America's top senior living communities as winners of the ICAA's Newcomer Award, recognizing them as industry leaders in creating vibrant wellness environments. The top five Newcomer award winners also receive the ICAA's NextStep Pinnacle Award, which honors the exceptional efforts of the recipients. This feature article is also awarded in the Pinnacle's Wellness Advocate and Wellness Director categories.

Hiking the Patuxent River near the Chesapeake Bay in Solomons, Maryland.

Continued on page 46

Asbury Solomons is the only waterfront life-plan community in the southern part of the state. The river serves as a reminder of the wellness benefits of nature its residents enjoy—and reinforces the community's positioning as a wellness destination.

Observes Dennis Pernetti, Well-Being Director at Asbury Solomons, "We offer an unusually beautiful location that affords an exceptional range of possibilities for retirement living. People choose us for our location and these opportunities."

"Many of us are familiar with wellness real estate," says Colin Miller, founder and CEO of the International Council on Active Aging® (ICAA). This market segment refers to "[l]iving environments specifically designed, built and operated to support" holistic health, according to a 2023 Global Wellness Institute report.¹ It also represents a segment whose growth far surpasses others in the global wellness economy, representing a significant opportunity for



With Asbury Solomons' well-being model, residents there "do have a comprehensive set of opportunities to live their best life everyday here," says 1968-born Dennis Dennis Pernetti. One popular initiative is birdwatching.

www.asburysolomons.com 2025, Volume 24, Issue 6 | The Journal on Active Aging 45

Asbury Solomons: Maximizing opportunities as a waterfront wellness destination Continued from page 47



Asbury Solomons' 45-acre campus supports residents in leading healthier, more active and engaged lives through amenities such as the Piscine Well-Being Center, which includes heated pool and fitness center.

- a wellness center featuring an indoor pool, fitness center, personal training and robotics-led programs—all designed to foster connection and belonging.
- an art gallery, woodworking shop and arts and crafts studio
- a library and computer center, plus an auditorium and church chapel, and meeting rooms
- a dog park, labyrinth, gardens and resident gardens
- a wheelchair-accessible pier, beach and waterfront walking trail

Residential spaces are available to play billiards, Wi-Fi bowling, games and poker, while dining options include the RiverView Restaurant and Toquie Pizzeria and Grill.

In addition, wellness programming opportunities that facilitate multifunctional wellness have created a thriving ecosystem. Pernetti points out, "Our residents and associates for well-being as part of the fabric of this community and know they have a comprehensive set of opportunities to live their best life everyday here."

Social interaction is encouraged through group activities, clubs, wellness coaching, and robotics-led programs—all designed to foster connection and belonging. Asbury Solomons houses more than 50 resident-run clubs, from the Go Green Committee to computer and art clubs to The Asbury Solomons Players theatre group. Beyond clubs, there are continuing education classes, lectures, concerts, trips, volunteer work and more to support residents in staying engaged and to enrich their experience of life.

- an essential component of EngAge Well. For example, it is the Kinnections brain health program. Developed by experts in brain health, memory care, occupational therapy, geriatrics and older adult well-being, the innovative program is designed to optimize cognitive function. It includes:
 - a five-part neurocognitive assessment
 - an individualized engagement plan developed by the on-site certified brain coach
 - brain healthy dietary guidance and wellness coaching
 - targeted exercises, activities and lifelong reminiscence, along with referrals to other health professionals if necessary
 - follow-up coaching and monitoring

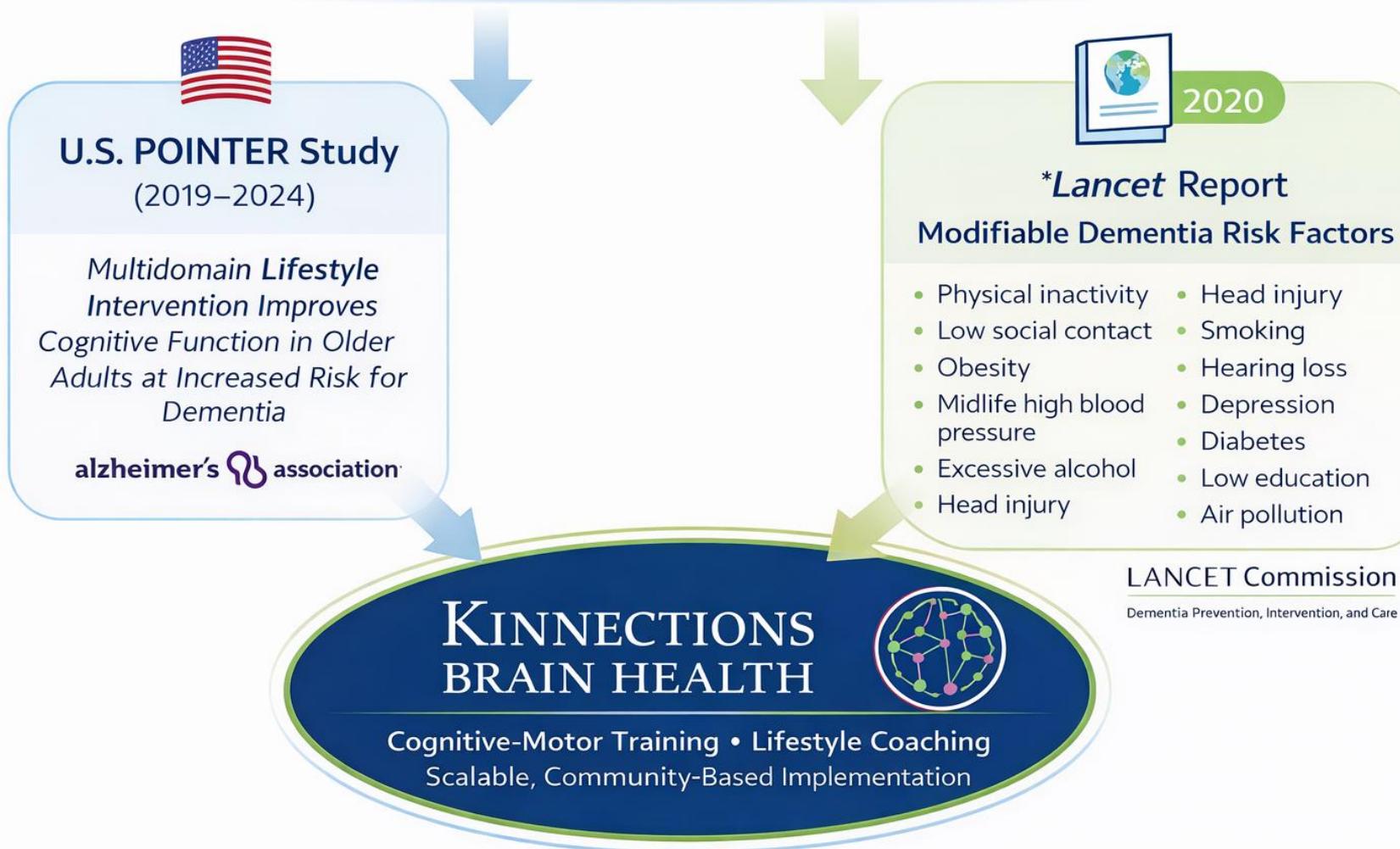
Program participants use the SMARTIE computer system and DODAR Sensory-aided training technology to simultaneously strengthen their brains and bodies. Most mind-body connection comes in the form of yoga, guided meditation and forest

ASBURY
KINNECTIONS
BRAIN HEALTH



Anticipate More

Kinnections is Based on a Robust Evidence Base



Neuroplasticity and Lifestyle Interventions

- Novel Activities, new learning, and graded challenges
- Sleep, nutrition, E-M wellbeing, smoking cessation, chronic disease management, sensory optimization, socialization
- Exercise- neuromotor, resistance training, cardio, balance, agility
- **Secret Sauce-** Dual Task Training



Kinnections Program

- 5 Part Assessment
- Brain Health Coaching Model
- Individualized Engagement Plan
- Small group DTT



Brain Health Matrix



Normal/MCI Activity Matrix

Activities	Global Cognition	Attention	Memory (Encoding)	Executive Function	Processing Speed	Language	Sensory Motor	Social Cognition
Cognitive Training		X	X					
Dance	X							
Mindfulness		X						
Yoga		X						
Tai Chi	X	X	X					
Dual-Task		X						
<u>Exer-gaming</u>	X							
Resistance Training								
Drama Therapy	X							
Music Therapy	X							
Aerobic Exercise	X		X					
Memory Training			X					
Open Skill Training		X						
HIIT	X							



Exergaming

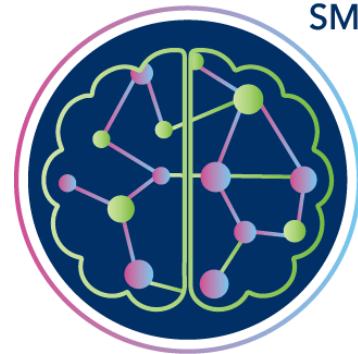


Boxing



Rock Wall

ASBURY KINNECTIONS BRAIN HEALTH



Anticipate More

KINNECTIONS DATA

PRESENTED BY: Dr. Sue M. Paul OTR/L, MBA

Senior Director of Well-being and Brain Health
Asbury Communities



Internal Data Disclaimer

Understanding the Scope of Our Data

- The results presented today reflect data collected from residents participating in Asbury's Brain Health Program. These findings provide valuable insights into the impact of our initiatives within our communities; however, it is important to note that they are specific to Asbury and do not represent national or industry-wide trends.
- Individual experiences and outcomes may vary based on a variety of factors, including personal health history, engagement levels, and other external influences.
- While this data helps us assess and refine our program's effectiveness, it should not be interpreted as a universal benchmark for brain health results beyond our organization.

Participation in Asbury's Kinnections Brain Health Program leads to measurable global cognitive improvements.



After reassessment at one year, **88% of residents showed measurable improvement** or maintained scores on the MoCA test!

The Kinnections Brain Health Program is making a measurable impact on specific cognitive functions like attention, memory, and executive function, with residents demonstrating both improvement and stability in their cognitive assessments.



On average, residents improved their CNSVS Composite Scores by **3.6 points**

A majority of residents are experiencing positive change for dual tasking, which is important for lowering fall risk.



The average improvement in Dual Cost on the TUG Cognitive test was a **1.3 point improvement**, indicating improved mobility and lower fall risk.

(50 residents)

1.3 improvement

Asbury Residents value Kinnections and the impact the program is having on their brain health.



370

residents participate in Kinnections throughout the Asbury system



95%

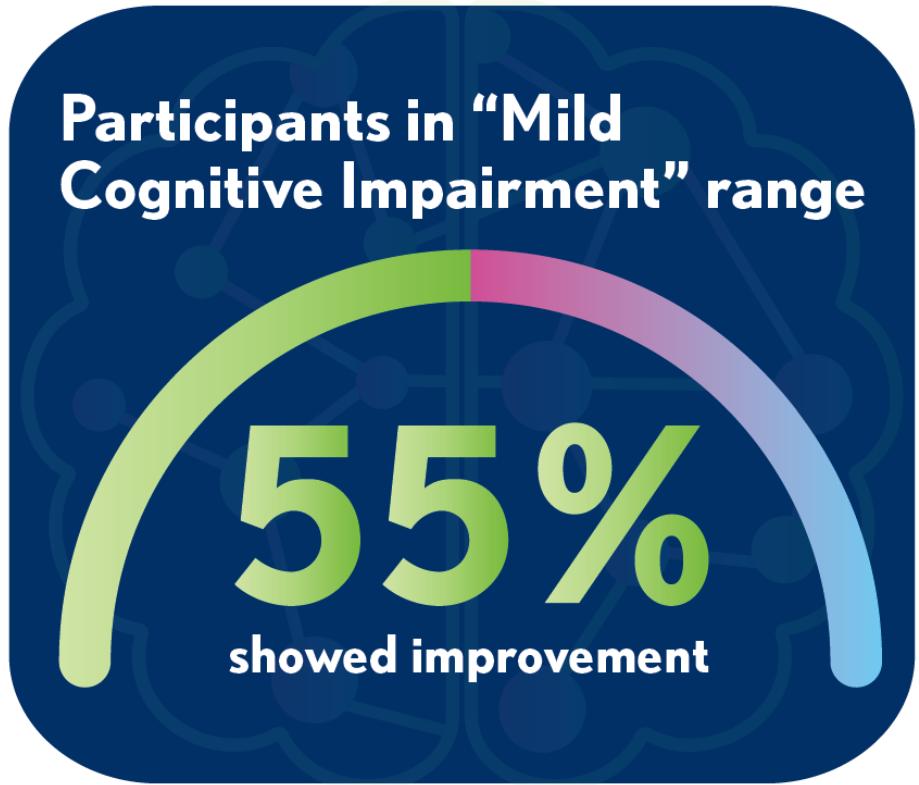
of residents continue to invest in their brain health and renew their membership annually at Asbury Methodist Village

— “

The effects of consistently exercising the mind and body muscles together, in this fun and challenging way, spill over into my everyday and I feel more alert.”

” —

Kinnections is helping residents who are at risk of developing dementia



55% of residents who scored in the “Mild Cognitive Impairment” range **improved to “Normal Cognition” range or maintained their score** and did not decline.

(50 people total, 27 improved or maintained their score - MoCA)

Frontiers AMV Kinnections Study: One-Year Outcomes

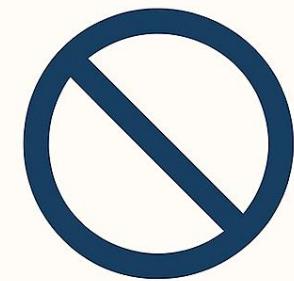
- Evaluate the feasibility and cognitive impact of a year-long, facility-based brain health program
- Combining dual-task training (DTT) and exergaming in a senior living community
- 75 residents (mean age 82)



Global and composite cognitive performance improved



Significant gains in processing speed and EF



No cognitive domains declined

Coming Soon

