



# **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

"Went to Wellness" profiles

## Asbury Solomons: Maximizing opportunities as a waterfront wellness destination

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

by Jack King, MS

This article is part of ongoing coverage of the winners of the ICGA NaACP Best in Wellness Awards. A joint endeavor of the International Council on Active Aging and NaACP, LLC, the awards program honors 25 of North America's up-and-coming communities as winners of the ICGA NaACP Lifetime Award, recognizing them as industry leaders in creating robust wellness environments. The top five Lifetime Award winners also receive the ICGA NaACP Platinum Award, which honors the exceptional efforts of the recipients. The five winners are also awarded in the Platinum's Wellness Narrative and Wellness Director categories.

Fishing the Potomac River near the Chesapeake Bay in Solomons, Maryland.

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 to residents enjoy—and reinforces the community's positioning as a wellness destination.

Observes Dennis Porcinski, 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 Milton, founder and CEO of the International Council on Active Aging (ICAA). This market segment refers to "[b]uilt environments proactively designed, built and operated to support" holistic health, according to a 2025 Global Wellness Institute report.<sup>1</sup> It's also a segment whose growth for our people others in the global wellness economy, representing a significant opportunity for

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While Asbury Solomons' well-being model, residents know they have a comprehensive set of opportunities to live their best life everyday here," says Well-Being Director Dennis Porcinski. One popular resource is fishing.

## Asbury Solomons: Maximizing opportunities as a waterfront wellness destination

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

- a wellness center featuring an indoor pool, fitness center, personal training and group exercise classes
- an art gallery, woodworking shop and art and craft studio
- a library and computer center, plus an auditorium, outdoor chapel, and meeting rooms
- a dog park, labyrinth, garden and resident garden
- a wheelchair-accessible pier, beach and waterfront walking trail

Recreational spaces are available to play billiards, Wii, bowling, games and picnic, while dining options include the Riverview Restaurant and Toxide Pub and Grille.

In addition, abundant programming opportunities that facilitate multidimensional wellness have created a thriving ecosystem. Porcinski points out, "Our residents and associates are 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 resident-led programs—all designed to foster connection and belonging. Asbury Solomons houses more than 90 resident-run clubs, from the Co 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.

### Launching Kinnconnections

For senior living communities considering transitioning to a wellness model, Paul recommends first engaging all stakeholders to gather input and promote alignment and investing in team training. Additionally, she mentions the wisdom of introducing scalable wellness programs "to demonstrate success and build momentum" (see the sidebar "Success with wellness" on page 52 for all her recommendations).

An essential component of EngAge Well, for example, is the Kinnconnections brain health program. Developed by experts in brain health, memory care, occupational therapy, neuroscience and other 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 lifestyle recommendations, along with referrals to other health professionals if necessary
- follow-up coaching and mentoring

Program participants use the SMARTER caregiving system and Dementia Sensual-task training technology to simultaneously strengthen their brains and bodies. Most mind-body connections come in the form of yoga, guided meditation and breath

ASBURY  
KINNECTIONS  
BRAIN HEALTH

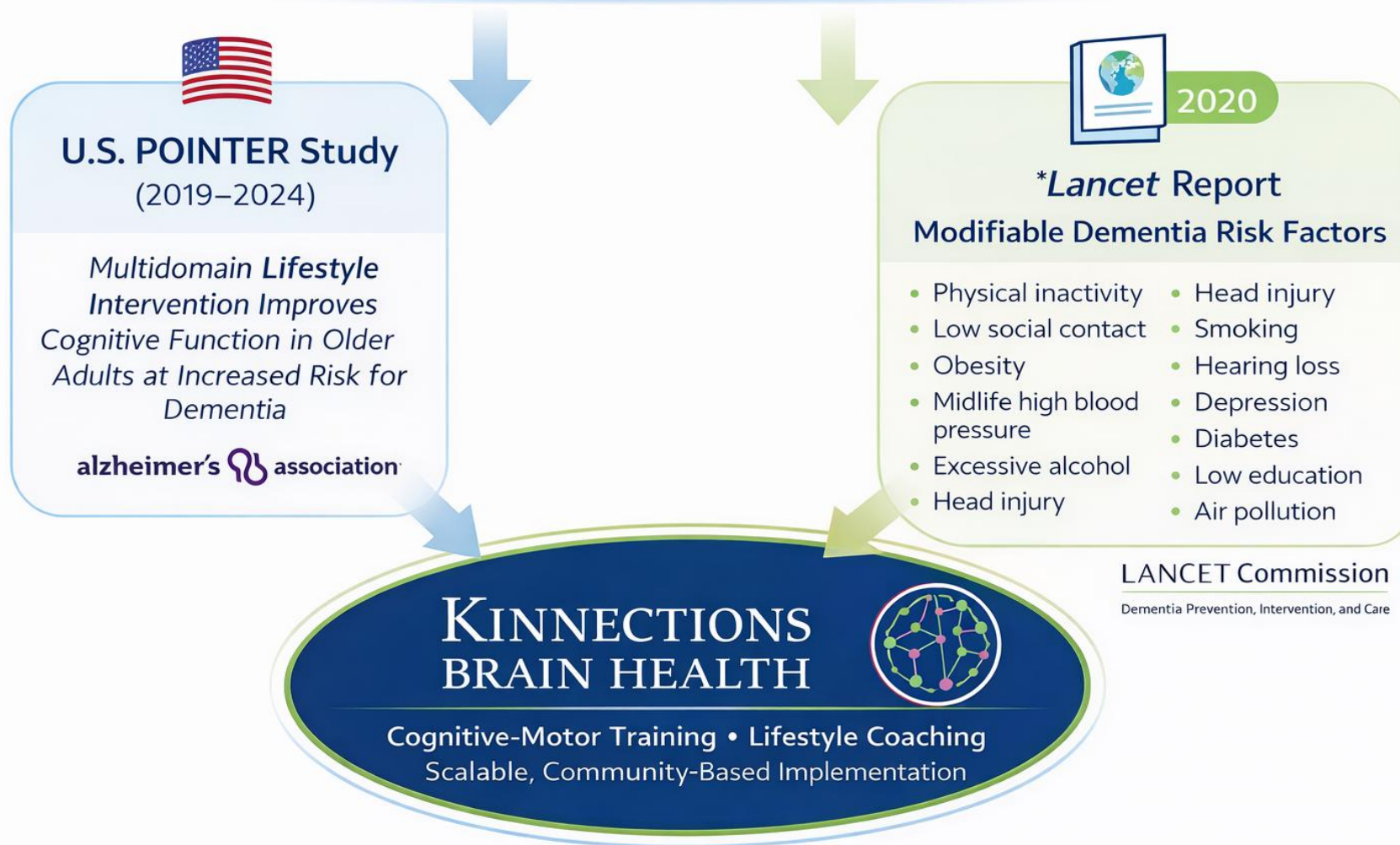
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Anticipate More





# 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



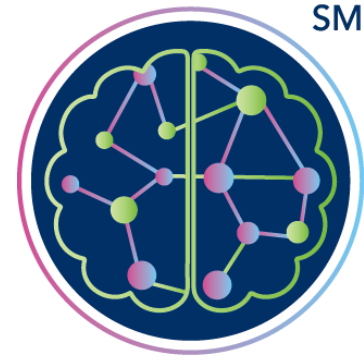


Rock Wall



# ASBURY KINNECTIONS BRAIN HEALTH

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## 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

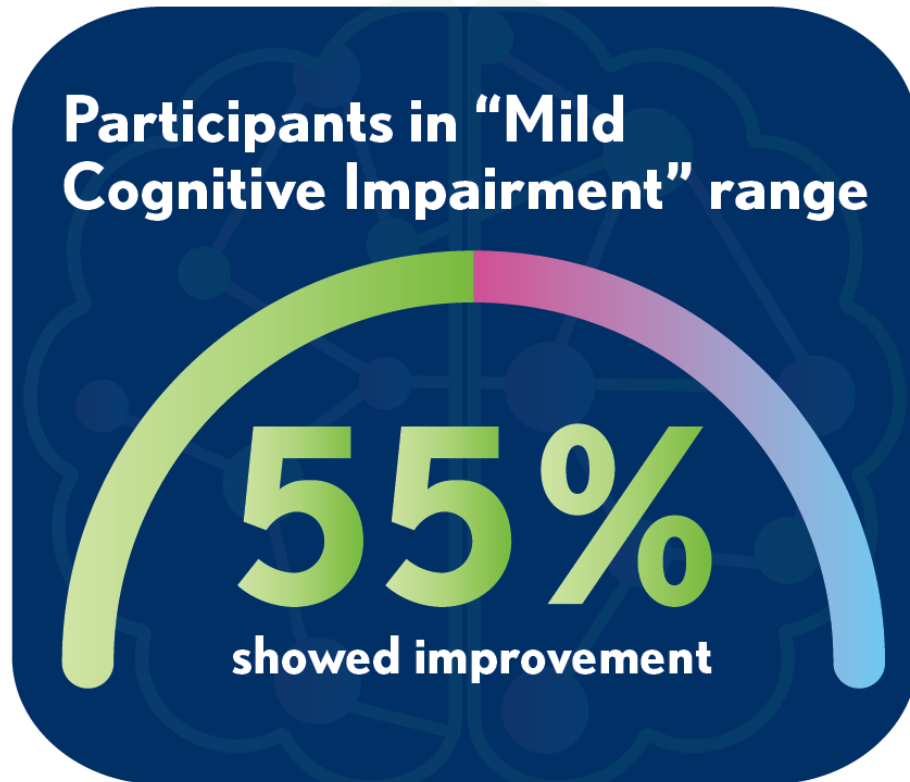
“

*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



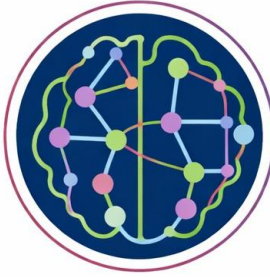
Significant gains in processing speed and EF



No cognitive domains declined

# Coming Soon


ASBURY  
KINNECTIONS  
AT HOME



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