

Blue Zones Project recognizes Moorings Park

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Moorings Park, a nationally accredited, nonprofit, Medicare-certified community, and the only A+ S&P and Fitch rated Life Plan community in the country, was recently named a Blue Zones Project recognized organization.

The Blue Zones Project movement is an initiative designed to support longer, better lives through permanent changes to environment, policy and social networks.

On the top floor of Moorings Park's Center for Healthy Living, a group of residents attended the ribbon-cutting ceremony and listened to brief remarks from Dan Lavender, CEO and president of Moorings Park, and Dr. Allen Weiss, president and CEO of Naples Community Hospital.

"Since its inception, Moorings Park was designed around the concept that its residents would live longer, happier and healthier lives, which perfectly emulates the concept behind the Blue Zones Project," said Lavender to those gathered for the historic event.

Moorings Park joins more than 60 other Southwest Florida companies and businesses engaged in the Blue Zones Project movement, which was launched in Southwest Florida in October 2015, but originated from years of research done by National Geographic Fellow, Dan Buettner.

According to the Blue Zones Project's engagement lead, Kate Walter, Moorings Park was recognized because it integrated Blue Zones Project's principles into the community, including habits shared by the world's longest-living people, such as moving naturally, eating with a plant slant, and having a healthy social circle.

"As an example, the clubhouse at Moorings Park incorporates Blue Zones inspired choices into its daily

menu options," said Walter. "The programs and activities for residents also highlight our main principles, strengthening the community's mission to attain successful aging for each person they serve."

According to Walter, Moorings Park incorporates the Blue Zones' philosophy through such programming as its massage and spa treatments, fitness programs, educational presentations, healthy menu options and opportunities for socialization, such as the annual concert series at Bower Chapel.

"The community's Center for Healthy Living is the heart of the Blue Zones initiative," stated Lavender. "Offering an integrated approach to wellness, the resident-focused, physician-based amenity improves health care delivery to residents, expands knowledge of the aging process, and introduces new approaches to care that celebrate the positive aspects of aging while optimizing vitality and happiness."

The center offers personalized physician services, integrated rehabilitation programs, and licensed professional staff. Its features include customized cardio and strength programming geared toward seniors, as well as cognitive and memory training.

The Center for Healthy Living also includes the Sheffield Theatre that hosts both feature films and lectures, the Rejuvenate Salon and Spa, and a Max-Wellness retail store staffed by trained wellness advocates with products ranging from natural vitamins and supplements to fitness items and mobility devices.

For more than 35 years Moorings Park has set the standard when it comes to Southwest Florida retirement communities offering luxury residences, world-class amenities and outstanding healthcare services. Moorings Park's mission is to provide *Simply the Best* facilities and services for successful aging within an environment where residents can thrive physically, mentally, emotionally and spiritually.

Visit MooringsPark.org.



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Moorings Park's 37,000-square-foot Center for Healthy Living played a key role in the Life Plan Community becoming a Blue Zones Project recognized organization.

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