

November 30, 2016

Dear Residents and Staff of Kendal~Crosslands Communities,

We have been in a transitional phase for the past few months after the resignation of the Program Manager of the Crosslands Wellness Center, Rachel Martin. During this time, we have been evaluating all of our Wellness Center programs at Kendal at Longwood and Crosslands, and the operational structure with our business partner, Corporate Fitness Works in order to align with trends in active older adult health and wellness programs which support our values in practice of *Wellness for Life*.

Suzanne Stevens, Wellness Center Program Manager of Kendal at Longwood has been providing oversight and leading the wellness programming in both communities these past few months. This time has afforded us the opportunity to look at the existing organizational structure with the goal of improving and expanding our wellness program offerings; in particular the Vitalize 360 Program. Vitalize 360 is a joint venture program created between Kendal and Hebrew SeniorLife, a Harvard Medical School Affiliate near Boston . It is a signature initiative for Kendal communities in 2017. This program combines an innovative, award-winning, person -directed approach to wellness coaching derived from a scientifically-grounded assessment system. The program engages challenges and inspires older adults to live full, healthy, vibrant lives and enables communities to demonstrate significant improvement in successful aging.

As a result, we will be restructuring and creating one Health and Wellness department for our campus with a single point of leadership. Suzanne Stevens will formally assume the role of the Program Manager for KCC. It is our plan to create a new position to

lead the Vitalize 360 program. To continue to provide residents and staff with exciting group exercise offerings, creative personalized exercise programs and support programming, there will also be a fitness specialist that shares time with Kendal at Longwood and Crosslands Wellness Centers; Markee Morin and Mitch Sherman are currently serving in this role. Our aquatics programs will continue to be coordinated by Christina Ruggerio at Kendal at Longwood, Melanie Williams, and Casey Glowiak at Crosslands.

In addition, we will be adding new software in our fitness centers that will help residents and staff track their participation in programs. WELLONTRACK is the management tool that Corporate Fitness Works will be introducing to KCC in the New Year.

We are excited about these changes that will enhance our program offerings and allow us to adapt to a changing wellness culture. Should you have any questions, please feel free to reach out to our Administrators, Cathy Emig, Sarah Matas or me.

Sincerely,

Donna S. Taylor, NHA  
Chief Health Services Officer