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Balanced Living by Brio Living Services Offers Holistic Approach to Health

Chelsea Retirement Community Pilots Enhanced Wellness Experience for Residents

Chelsea, MI, Jan. 3, 2024 – Brio Living Services announces the pilot of a new branded health and wellness program at Chelsea Retirement Community (CRC), its flagship campus in Chelsea, Michigan. Balanced Living by Brio Living Services will kick off in January 2024 for older adults across CRC’s continuum of care, including Independent Living, Assisted Living and Memory Care, and short- and long-term skilled care.

Balanced Living is designed with The Seven Dimensions of Wellness as its guide, according to Tylene Costello, Director of Lifestyle and Health at CRC. “Balanced Living is a holistic approach that will integrate each of these seven facets, including Environmental, Intellectual, Vocational, Emotional, Spiritual, Physical, and Social wellness. Studies show that if one dimension is neglected for too long, it can adversely affect a person’s health. Through Balanced Living, we aim to provide opportunities for our residents to explore all dimensions of wellness to contribute to their own quality of life.”

The program’s mission statement is: Balanced Living bridges connections for a service model that elevates and creates holistic resident experiences. We foster a collaborative approach to plan our lifestyle offerings with our expert team invested in resident well-being. By breaking down the silos, Balanced Living cultivates life enriching programs and experiences!

Brio Living Services partners with National Institute for Fitness and Sport (NIFS) and employs NIFS fitness experts, including Costello, in many of Brio’s residential senior living communities. “As our fitness management partner, we will utilize NIFS’ resources and expertise to bring this framework to CRC,” said Costello. “Assuming we see positive results from this pilot at CRC, we will expand Balanced Living to our other Brio communities as well.”

“At Brio we believe the field of aging services must grow beyond the traditional ‘activities calendar’ and embrace the desire of residents to experience meaningful engagement, holistic wellness, and lifelong learning,” said Brio’s Chief of Residential Services, Nicole Maag. “Our vision at Brio is ‘a world in which all are empowered to age well’. Balanced Living furthers this

vision by creating environments and fostering opportunities for residents to grow, experience, and engage!”

“Through the Balanced Living program, NIFS team members will collaborate with our Life Enrichment and Spiritual Life team members, as well as Dining,” said Kathy Russell, Executive Director for CRC, The Pines, and The Cedars of Dexter communities. “Together, we will engage our residents with a variety of activities across the seven dimensions and create a cohesive wellness experience for our residents.”

Russell added, “The social and spiritual part of wellness is also a key component of Balanced Living and will set CRC apart from wellness programs at many other communities.”

Cristina Manly, Director of Sales for CRC and The Cedars of Dexter, agreed. “The program not only enriches the overall wellness of our residents, but it also provides the ability to be engaged through social connections. You feel part of a community, a family, which encompasses who we are as an organization and a community.”

CRC’s state-of-the-art McMullen Wellness Center, completed in 2019, is a showcase for a variety of physical health activities for CRC residents, including swimming and water aerobics, fitness classes, a walking track, and NuStep machines. The McMullen Wellness Center receives an average of between 1,400 and 1,600 resident visits per month.

Balanced Living will kick off in January 2024 at CRC. Each month will have its own theme that team members across the campus can plug into as they plan their activities. “January’s theme is Fresh Start in Balanced Living,” said Costello. “Each area of campus will have a kick-off party. Some of the activities will include an emotional wellness presentation, blood pressure checks, and a spa day with massages.”

Said Russell, “We are excited about ways that Balanced Living will enhance overall wellness for residents across our campus. Residents can expect to see a similar wellness experience across our continuum of care. This is important, especially as our residents require more care and move to different care areas of our campus, that they see familiar faces and can continue to enjoy wellness activities that enrich their quality of life.”

For more information on Balanced Living by Brio Living Services, visit www.chelsearetirementcommunity.org.

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*Building on a foundation of over 165 years of combined service to older adults, **Brio Living Services**, formerly UMRC & Porter Hills, is a faith-based, nonprofit organization whose mission is: Welcoming all, partnering together, enriching lives. Its vision is: A world in which all are empowered to age well. Brio Living Services represents the second largest nonprofit senior living organization in Michigan and serves the most economically diverse population of older adults. With a tradition of exceptional quality and a commitment to cutting-edge care, Brio Living Services and its affiliates serve approximately 8,000 older adults each year, from 23 locations and service lines, across 22 counties in Michigan’s lower peninsula. 734.433.1000 | 616.949.4975 | MyBrio.org*