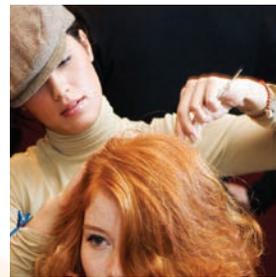
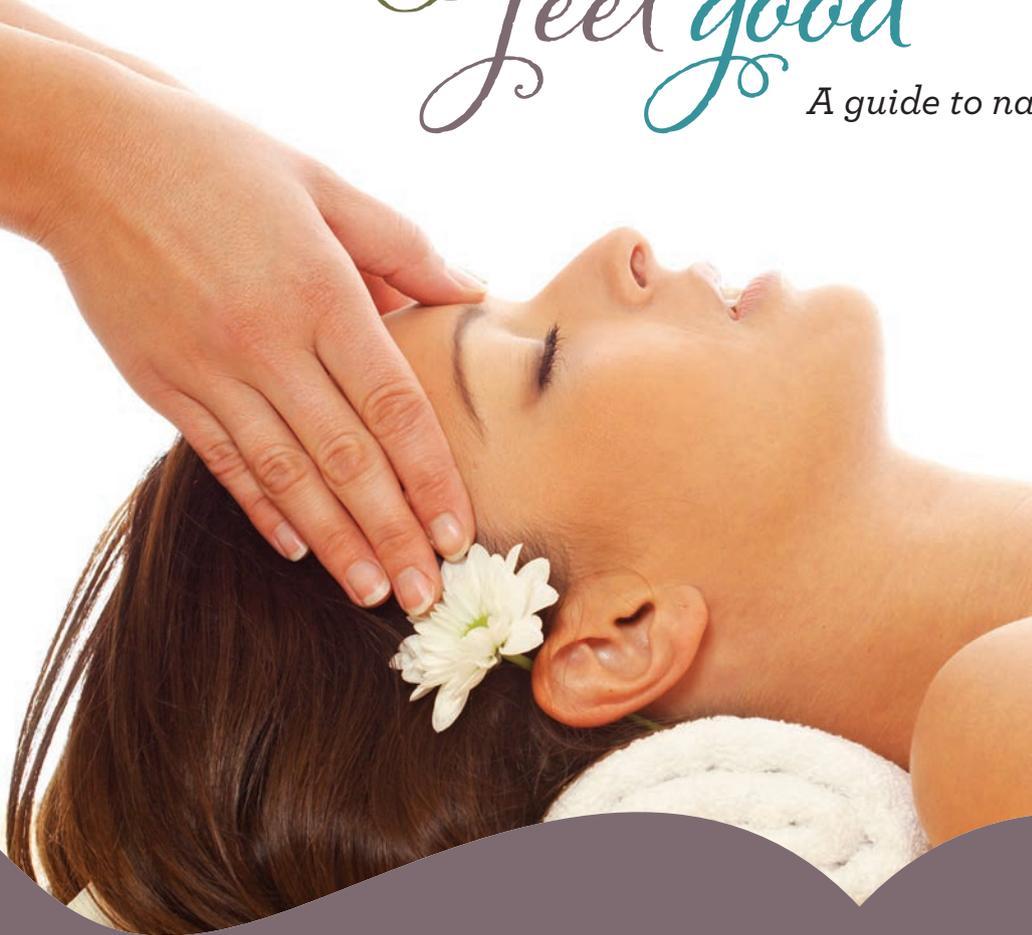


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## Fitness Center Open to Community

With the goal of growing relationships and helping people gain and maintain healthiness as they age, Bell Trace Senior Living Community relocated its fitness center to its main apartment building at 800 N. Bell Trace Circle in September. To further broaden accessibility, the fitness center is open to residents of Bell Trace and to the community at large. "We want to be a place where people in the Bloomington community can come when they want a unique, one-on-one experience with a personal trainer," says Executive Director Joy Harter.

Bloomington resident Wendy Rubin has had a long relationship with the Bell Trace Fitness Center, originally becoming a member in January 2012. "I am religious about coming four days a week," she says. "I keep coming back because of the interpersonal relationships and the one-on-one assistance that is readily available." Rubin adds that working out at Bell Trace is an intimate experience with compassionate care, and the fitness routine is a vital part of her day. "I can receive the maximum benefit of exercise without all the added stress," she says.

Bell Trace's new fitness center director, Alyssa Jackson, is a recent Indiana University graduate and recipient of the American Kinesiology Association's Undergraduate Scholar Award. Early in her education, Jackson was motivated by her health coaches and instructors to pursue her passion for helping other people move well and more often. "Being active is important because it improves people's overall quality of life," Jackson says. "We are really focused on building relationships with our members. It's more than me

Bell Trace resident Bernadette Boehmer looks on while Fitness Center Director Alyssa Jackson (right) works with community member Wendy Rubin.  
*Photo by Martin Boling*



telling them what they're supposed to do. I'm doing the exercises with them and forming a strong bond with each and every one of our clients."

After completing a thorough, comprehensive fitness assessment to help people know where they are fitness-wise, Jackson focuses on listening to members' goals, giving appropriate feedback, and creating personalized programs. "One person may have the goal of running a 5k and another person may just want to get on the floor and play with their grandkids," she says. "It's completely customizable to what their goals are."

Harter also plans to start a wellness series, while continuing balance, movement, and yoga classes. "Wellness isn't just fitness," Harter says. "Wellness is everything from your brain to your nutrition to movement." For more information, call 812-332-2355.

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## Joy in Every Day

The Legacy at Hearthstone offers more than memory care services for people with Alzheimer's and other forms of dementia. "We offer our residents the opportunity to find joy in each day," says Brittany Hanson, communications specialist with Trilogy Health Services. "Much of life's joy can be found in the little things: a smile shared between friends, a particularly beautiful view, or an unexpected discovery. When a person begins a memory loss journey, these moments may become harder to find. Confusion and frustration replace comfort and happiness, and navigating each day can be exhausting and unrewarding."

Hanson adds that the right care and support can help people with memory loss experience happiness and fulfillment in their day-to-day lives. She explains that The Legacy at Hearthstone offers highly trained caregivers who are committed to exceeding residents' expectations, because the residents deserve much more. "They deserve people who will learn their pasts, who know their favorite foods, and who can call their family members by name," Hanson says. "They deserve listening ears, helping hands, and hearts that are honored to hold their stories. They deserve a life full of things to look forward to."

Hoping to encourage joy and connection for each resident, The Legacy offers the Daily Rhythms program, which creates a comforting and purposeful schedule that may include enjoying time in the manicured courtyard, creating works of art, or exploring the outside community.

Hearthstone Health Campus is located at 3043 N. Lintel Dr. Visit [trilogyhs.com](http://trilogyhs.com) or call 812-333-7622 for more information.

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## Sensory Reduction for Better Health

As a therapist, Joseph Gerbofsky often wondered if therapy benefits continued after people left his office. “People have busy lives and don’t always have the power to put therapy strategies in place,” Gerbofsky says. Looking for answers, he learned about sensory reduction tanks, in which clients float on thick salt water to combat stress, anxiety, depression, and post-traumatic stress disorder, as well as physical ailments like fibromyalgia, arthritis, and migraines.

Gerbofsky decided to open Serenus Float and Wellness Center, located at 410 S. Landmark Ave., with help from his manager, Derrick Ball. Besides mental and medical benefits, floating also helps muscle recovery, improves memory, aids plasticity of the mind, and offers relief from physical pain. “For people just looking for a new way to feel better and reach their true potential, floating would be great for that, too,” he adds.

Serenus has two float pods with lids that can be either closed or open while floating. When closed, the pods offer total silence and darkness, and since recommended usage is while nude, doors lock from the inside for added security. Each tank has 800 to 1,000 pounds of Epsom salt diluted into 160 gallons of water, which creates a consistency so thick it pushes a person to the surface and makes them feel like they’re floating in space. “The point of this is to let go,” Gerbofsky says.

Serenus also offers infrared saunas—for weight loss, detoxification, pain relief, increased circulation, and relaxation—and a full-body, zero-gravity massage chair.

Learn more at [serenusfloat.com](http://serenusfloat.com).

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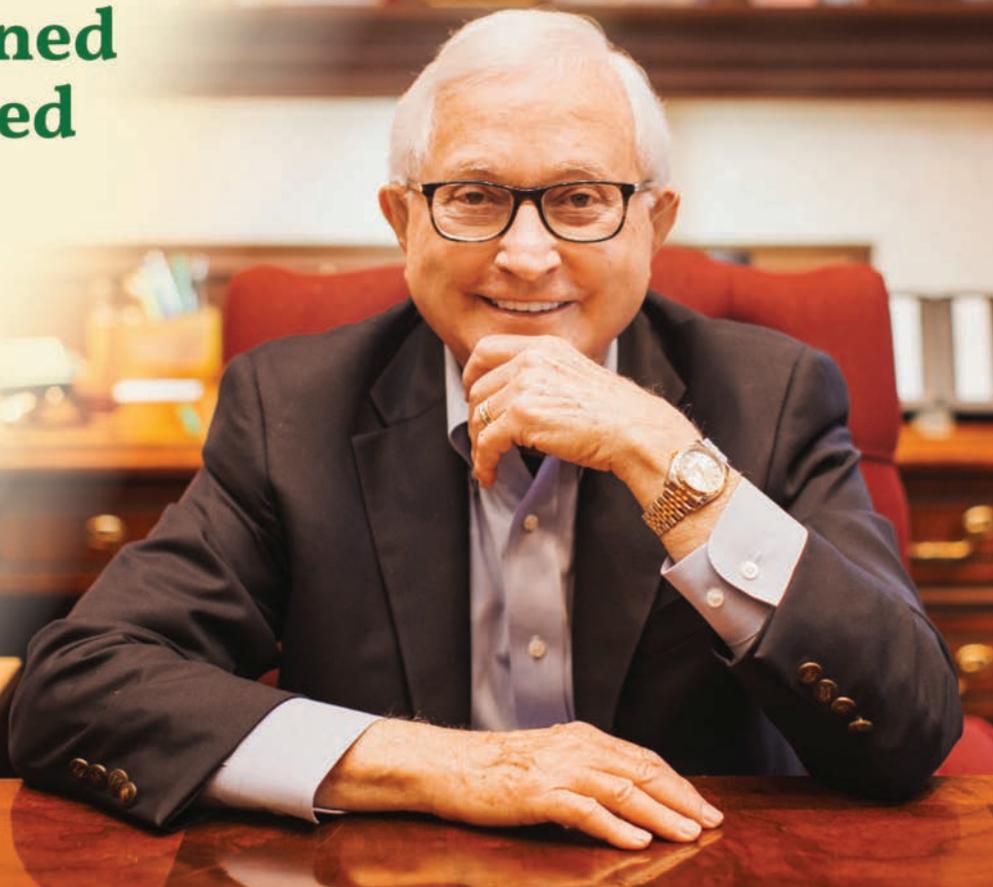
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## Senior Flex for Wellness and Fitness

For more than 50 years, Garden Villa has been a staple in the Bloomington community as a long-term care facility for senior citizens needing rehabilitation or assisted living in a home-like environment. With changes in the long-term care industry, Public Relations Director Julie Lewis says Garden Villa decided to adapt its programs to focus on wellness and fitness, not only for its residents, but also for the community—starting with a program called Senior Flex.

“Senior Flex allows older adults to come in and still benefit from exercise and wellness in an environment that is supported by the nurses and other staff,” Lewis says. Senior Flex provides a gym-like environment where people 50 years and older can work out and exercise on state-of-the-art fitness equipment. The program also provides a safe environment for people wanting to improve their fitness while preparing for or recuperating after surgery. “We have instructors for personal training, in a one-on-one environment, and it’s never crowded and there’s no loud music,” she says. “But it’s also in a building where there are nurses and therapists in case something happens or people have questions.”

Much of this is achieved with Garden Villa’s HydroWorx pool, which is equipped with a chair lift and adjustable floor for safe entry and exit, as well as a variable-speed underwater treadmill and water jets functioning as a complete massage system. “The pool is good for people with arthritis, fibromyalgia, and any cardiac concerns because of the low-impact value of working out in the pool,” Lewis says. “Our therapists are able to monitor gait patterns for people that have had hip replacement or knee surgery. It provides a place where they can work out in a pain-free environment, because water takes the pressure off of joints.”



(l-r) Janice Watson and Betty Wilke relax in the on-site café at Garden Villa.  
Photo by Martin Boling

Garden Villa, a licensed 224-bed facility at 1100 S. Curry Pike, provides short-term rehabilitation, long-term care, and memory care, and has been locally owned by the same person, Lee Marchant, since inception. By adding programs like Senior Flex, Garden Villa hopes to help seniors continue to live independently. “We also have fitness and nutrition classes where we can incorporate healthy eating into a fitness and wellness plan for someone,” Lewis says, adding that trainers and instructors recommend communicating with personal physicians before starting a workout plan. For more information, visit [gardenvillahealth.com](http://gardenvillahealth.com).

# Mindfulness, Meditation, Kindness

Trained in Burma, where he lived for seven years as a monk, Greg Burdulis is a mindfulness coach who returned to the U.S. and created The Power of Presence in 2008. "This is an outgrowth of the time and energy that I spent in meditation," says Burdulis. "It's a way for me to share what I learned and to make it much bigger than myself."

Through corporate work, one-on-one training, and online courses, Burdulis has built a client base in Europe and beyond. Global giants like Google, Facebook, and Eli Lilly and Co. have utilized The Power of Presence for staff retreats and teambuilding. Employees often seek out Burdulis after a course ends because they have come to trust him and value his perspective and calm, encouraging presence. Burdulis has also worked alongside pharmaceutical giant Novartis to create mindfulness resources for women who are living with breast cancer.

The Power of Presence offers courses locally at Vibe Yoga Studio and Touchstone Yoga & Massage. In January, Burdulis will host an online course about using mindfulness to transform depression. "Depression has been a difficult part of my life," says Burdulis. "Mindfulness didn't make it go away; instead, mindfulness taught me how to manage myself and deal with it effectively. I am reaching out to others who suffer similarly."

For more information about this course and other upcoming opportunities to discover the science and practice of meditation, self-compassion, and kindness, visit [thepowerofpresence.net](http://thepowerofpresence.net)

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# Building Healthy Lifestyles

Exercise, social engagement, good nutrition, and hydration are important for all people, regardless of age. For its residents, Jill's House Memory Care, located at 751 E. Tamarack Trail, addresses those needs through the practice of Fika, a Swedish tradition loosely translated as "coffee break," and Otago, an individually tailored balance and strength exercise program.

Brandi Conder, director of culinary services, says the social aspect of coffee breaks is valuable to residents, adding that there is a connection between nutrition and exercise in keeping them healthy. "We want to help keep our residents as safe and healthy as possible," she says. Because exercise and social engagement are interventions that also improve memory, the staff has created a place where familiar traditions are practiced alongside new ones—like Fika and Otago—which are grounded in those familiar traditions.

Fika gives residents more opportunities throughout the day for healthy snacks and drinks, plus provides valuable social involvement. Jan Bays, who manages program development and education, chose this activity because of the Swedes' focus on social engagement, not just food and drink. Residents can practice Fika twice a day, then segue into Otago.

Otago is a fall prevention program developed at Otago University in New Zealand, according to Bays. "The program is individualized to match the participant's ability, and addresses strength, balance, and walking," Bays says. "Each person does the exercises to his or her ability in a safe environment, encourages one another, and has fun exercising together." For more information, visit [jillshousememorycare.com](http://jillshousememorycare.com).



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# Creating a Place To Wind Down

Trish House compares the turmoil of one's thoughts and emotions to a shaken snow globe: When the snow globe is set aside, the snow settles and all is eventually well again. Through her new business, Therapeutic Listener, House offers a safe space where people can talk about their problems free of judgement, criticism, and advice, and in the process of being heard, settle down enough to allow their psychological immune system to kick in and stop the negative, anxiety-ridden thoughts from running through their minds.

"Therapeutic listening is a way to make a safe space for people," says House, who doesn't have a physical office, but instead meets her clients in locations that are comfortable for them. "You have to feel safe before you can relax. Everyone has that inner wisdom. They just need the dust to settle so they can reach it."

With a bachelor's degree in nursing and an associate degree in storytelling, House researched, practiced, and honed her skills for five years before finding the secret to positive mental health and sharing it with her community. She says that many times, people have negative thoughts constantly running through their heads. "We really think we have to figure out how to fix it. But it's not really a problem, it's a thought. You don't really have to figure things out; you just have to be still. Being still can happen if you have a safe place to wind down."

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## Individualized Care and Lifestyle

Stonecroft Health Campus designs its services to help residents look and feel their best, says Brittany Hanson, communication specialist for Trilogy Health Services. This allows them to spend their days swapping stories in the company of friends, fulfilling their lifelong aspirations through the Live a Dream program—which has enabled residents to soar through the clouds in planes and hot air balloons, renew wedding vows, and travel—or discovering new interests and talents.

“We believe that just because someone may need some extra help, that doesn’t mean they have lost any of the trademark spark that makes them special,” Hanson says. “That’s why, at Stonecroft, we offer a lifestyle that our residents can make their own, and care that is based on their unique needs.”

Stonecroft has highly qualified staff on hand to ensure each resident is safe, comfortable, and happy, whether they need a little help getting the most out of life or would benefit from specialized care and support. “We’re equipped to make sure their every need is met,” she says, understanding the worries that weigh on caregivers when they can no longer provide care at home. “The health and wellbeing of a loved one is not something to be taken lightly. It is hard to entrust their care to someone else, someplace else. That’s why we’re here.”

Stonecroft Health Campus, located at 363 S. Fieldstone Blvd., offers skilled nursing, long-term care, assisted living, rehabilitation, short-term rehab, and more. For information, call 812-825-0551.

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By offering a variety of classes—from hot yoga to barre, beginner to expert, and student to teacher—Vibe Yoga, at 1705 N. College, provides tools to help students be their best selves every day. “We show up as the best version of ourselves when we take time to honor that hour out of the day, because it will give us more quality time to be grounded, to be clear, and to feel strong,” says owner Laura Patterson. “Our members say that the studio feels like their yoga home and often feels like a treasured respite from their day. Personally, I block out this time so I can do my best to integrate this practice into my life.”

Patterson says many of her community members are people just learning yoga, an activity that brings together the body and breathing. “Yoga is a uniting force that may start as the simplest breath and body activity, but grows from the physical to support energy, emotions, thoughts, and beliefs, helping you where you are.”

Students’ most common challenge can be getting started. “We hope that by all our offerings—drop-in classes, workshops, teacher trainings, and retreats—we provide an entry point to meet our students at whatever stage they find themselves,” Patterson says. Celebrating its 10th year, Vibe Yoga seeks to accommodate a variety of skill levels and interests for all its students. “We’re constantly developing as a studio, because we’re always growing as individuals.”

For more information, visit [vibeyogastudio.com](http://vibeyogastudio.com).

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# Staying Active for Life

Mary Zinkan, the wellness coordinator at Meadowood Retirement Community, believes staying active is the secret to living a quality life. “The biggest thing is we want people to be able to live the lives they want,” says Zinkan, who has a master’s degree in kinesiology and is an exercise physiologist and personal trainer.

Early in her 18-year career, Zinkan found she could make a real difference in the lives of senior citizens. “Being sedentary has all sorts of health effects, so if we can encourage people to stay active the best way they can, then they will be able to do that longer, which is more healthful for their lives.” Offering exercise classes ranging from chair-based to more strenuous, Zinkan teaches workouts that include bands, balls, weights, and exercises for cardiovascular, strength, and flexibility. “The goal of the wellness program is to keep people strong and able to live a full life, and make it possible for them to live safely and independently,” she explains.

Although Zinkan focuses on independent-living residents, she works closely with the physical therapy department. “When they finish with therapy, we can develop a program for them that builds on that progress, as well as focus on general strengthening and fitness,” she says. In addition, Meadowood residents can take balance classes offered through the Indiana University Department of Kinesiology, chair-based yoga classes courtesy of Vibe Yoga, and a weekly Chi Gong class.

For more information about Meadowood, located at 2455 N. Tamarack Trail, call 812-336-7060.



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