



Client: Sagewood, Phoenix, AZ
A Life Care Services
Community



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NIFS Staffing Summary:

- 20hr/wk for December, 2009– June 2010
- 40hr/wk June 2010 – December 2011
- 56hr/wk December, 2011– current



“The ability to coordinate my rehab program with Kimberly Morris in the fitness center has been of real benefit to me. Both the therapist and Kimberly are outstanding in their abilities as well as their sincere concern for my well being. Just another reason we are so pleased to be here at Sagewood.”

—Bob Whipple, resident

THE STORY OF ADVENTURE

The History

Sagewood is a relatively new Continuing Care Retirement Community in Phoenix, Arizona. The community was developed and is managed by Life Care Services (LCS), which is based in Des Moines, Iowa. When they were still designing and developing this new, state-of-the art project, LCS identified that resident well being was central to the lifestyle they were building in this community. They knew they wanted an uncompromising fitness center to be centerpiece at Sagewood.

LCS also knew that they couldn't just build the space and hope the residents would come. The leadership understood the true value of creating a healthy environment where residents felt supported, encouraged, and able to take on new exercise challenges with their neighbors. And so, NIFS came on board as the fitness center staffing partner for Sagewood.

We started interviewing candidates, anticipating that our staff would begin in December 2009, just ahead of the community's first residents moving in beginning in January, 2010. When we gave Stewart Ingram, Executive Director at Sagewood, the opportunity to meet our best candidate, he came away from that meeting smiling broadly and said, “Why don't you offer her the job right now? If I were you, I wouldn't let her get away.” Fortunately, we took Stewart's advice.

Today's Reality

Today the Sagewood Fitness Center is a vibrant hub of activity! Since starting out with two members at the end of January, 2010, Kimberly is now programming for almost 200 residents, nearly two-thirds of whom exercise in the fitness center at least two times per week. She hosts consistently close to 100 appointments per month and averages 10 residents per group exercise class.



Residents slide down the White Sands sand dunes.

The resident exercise program at Sagewood has met with so much success, that Sagewood recently increased staffing for 2012, by 16 hours per week with a NIFS Health Fitness Specialist working under Kimberly's direction.

The Sagewood residents have embraced a sense of adventure about their capabilities resulting from their time spent with Kimberly. From cave exploring, to sand sledding, and touring China with grandkids, the Sagewood residents are on the move and living life to the fullest.

In addition to creating innovative programs like the Balance Challenge using the Biodex Balance System™, Kimberly provides individual exercise programs for each resident and teaches a host of classes each week. She's also interacting with other community personnel for large-scale programs that span the community such as Active Aging Week.

The Bottom Line

Sagewood took a chance on NIFS; they sensed an opportunity for adventure—to chart untraveled territory—and they embraced it. As a brand new community, they were nowhere near capacity, but they understood the importance of creating healthy choices for residents, and as the community was constructed, they simultaneously built a progressive vision that quickly made Sagewood stand out from its competition.

Their bold approach included a fitness center design that communicated the importance of resident exercise. Unlike many CCRC “exercise rooms” that look and feel like an after-thought, this bright and inviting space at Sagewood includes a broad selection of exercise equipment that branches out from the more traditional choices for an active aging audience. Additionally, their commitment to fully staffing the fitness center and the many programs the NIFS staff provides is a testament to Sagewood's commitment to creating a community where residents can continue living their robust and active lives.

For more information about NIFS's expertise in active aging services, contact Emily Davenport, 317.274.3432 ext 208. Visit wellness.nifs.org.

“Kimberly is doing a great job and was a hit during our marketing event this afternoon. She represented NIFS and Sagewood very well! It is such a pleasure working with both Kimberly and NIFS.”

*—Terri Moore,
Former HealthyLife Services
Administrator, Sagewood*



Residents climbed a ladder to look into the Bandelier Pueblo Cave Dweller cave.

“Thank you so much for your constructive evaluation of my program last week. I have not only enjoyed the workouts and the classes, but have been doing them long enough to see some real progress in my comfort level. I am also stronger than when I began, and really appreciated the difference when I was in China with my grandson. We are lucky to have you at Sagewood.”

—Bob Tancer, resident