

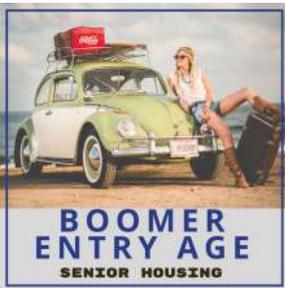
OCTOBER 2016

## CCRC LifeCast Newsletter



### [Smart Tag Tile : Bluetooth Tracking](#)

We think there are three reasons this smart tag or **Tile** is so good for those of us with aging short-term memories or limited focus and increasing lapses. — [READ MORE HERE](#)



### [What Will Be The Baby Boomer Entry Age Into Senior Living?](#)

The senior housing industry is making a consistent mistake. They are overestimating demand. They are overestimating demand by including in their estimated target market younger seniors that rarely buy into CCRCs. Boomers are waiting longer than prior generations to consider senior living options.— [READ MORE HERE](#)

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### [Iron Nun, Olympics and Taking on Aging as a Sport](#)

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The ‘Iron Nun’, the 2016 Summer Olympics and our most recent book ‘Take on Aging as a Sport’ by Sharkie Zartman became a trifecta for motivation. In anticipation of the Summer Olympics, we picked up **“Take On Aging as a Sport: The Athletic Approach to Aging”** by Sharkie Zartman. This is the 10th book in our [CCRC LifeCast Book Club](#). — [READ MORE HERE](#)

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### [Life-Changing Magic of Tidying Up](#)

Decluttering is part of any downsizing move. We picked up [Marie Kondo’s](#) popular “tidying” book to see if there were any new insights. Here is what we learned. — [READ MORE HERE](#)

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### [Longevity by Choice not Luck](#)



We attended a Twin Cities presentation by HealthPartners at the University of Minnesota. HealthPartners’ Director of Health Promotion, Joel Spoonheim, shared the latest research and lessons. Their health coaching parallels best practices elsewhere. — [READ MORE HERE](#)

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### [One Year Reflections](#)



This summer marked our one year anniversary since going live with [CCRC LifeCast website](#). We celebrated our anniversary with an article outlining the most popular articles and a summary of what we’ve learned in our research and writings during this past year.

Find our top 10 articles and our 6 lessons learned —