



## Top Wellness Articles



[Wellness Trends in Senior Housing Design and Programming](#)



[Community Wellness and Mission](#)



[Judson Park Residents Explain Masterpiece Living](#)



[Nature and Spiritual Wellness](#)

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Continuing Care Retirement Communities (CCRCs) are the high-end, full-service senior living communities. Also called Life Plan Communities, they offer insight even for age-at-home seniors. We examine the options from the consumer viewpoint.

Whole-person wellness should be everyone's goal. What is it? How is it defined? What are examples of best practices wellness programs? We began this spring asking these questions. Through a series of interviews we share our findings. *(Click on the photos or blue text to read the associated articles.)* [Residents and staff at Judson Park](#), a Seattle-area CCRC, share their experiences. [Cee Cee Hodgson](#), a nationally recognized senior housing architect offers her insight. And Masterpiece Living gave us time with Teresa Beshwate, one of their in-house experts. Come back next month for more from our interview with Teresa. Masterpiece Living operationalizes the "[Live Long, Die Short](#)" strategy of co-founder Dr. Roger Landry.

### 6 Whole-Person Wellness Dimensions



Wellness is one of those white hot buzzwords that everyone uses, knowing it's good in theory, but for which there's a wide gap in common understanding and practices, even among experts. We decided to look more closely at wellness and the six wellness dimensions from the viewpoint of seniors considering housing options and their caregiving family members — [READ MORE HERE](#)

### One Year Reflections



One year ago we went live with our [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 — [READ MORE HERE](#)

CCRC LifeCast -- Retirement living insight for the sandwich generation. Advice for the Baby Boom caregiver, helping mom or dad now, and planning your own retirement. [Click here to let us know what senior living community you want us to review next.](#)

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