



# LiveWELL™ with us

## ***WELL™ at the Views of Marion***

The Views Senior Living of Marion is the first WELL Registered assisted living in the nation. RidgeView features a building design that focuses on the people and can enhance the health and well-being of both residents and employees.

Upon opening and approval from DELOS, The Views is seeking WELL Certification at the gold level for both the Multifamily Assisted Living and Commercial Kitchen. There are currently only 8 WELL certified buildings in the USA and RidgeView will be the first assisted living.

## ***Why WELL™ Building Standard?***

The Center for Disease Control and Prevention conducted a survey of approximately 2500 Americans. The survey found traces of 265 chemicals in the bloodstream and urine of these participants. The Views Senior Living chose to build WELL™ because it is holistic, through operations, behavior, and design. The Views Senior Living has always been the leader in finding innovative ways to improve the lives of those we serve. Seeking WELL™ certification allows our tenants to reside in a home constructed from the best material available that sets the bar for green building standards while being environmentally conscious.

We are also setting standards for the items we use daily, removing those that can be sources of hazardous fungicides and biocides, reducing serious health concerns and risks to those exposed. Many of the WELL™ measures, verifies and monitors building features that impact health and well-being to create a positive human experience.

## ***Seven Concepts WELL™ Focuses On***

The WELL Building Standard sets performance requirements in seven categories relevant to our tenants health—air, water, nourishment, light, fitness, comfort and mind.

## **Air**

Ambient air quality leads to 200,000 premature deaths each year in the United States. With The Views Senior Living of Marion WELL™ certification tenants can breathe easier with passive designed building ventilation with optimal air quality.



Considering many of us spend approximately 90% of our time indoors and concentrations of some pollution indicators can be 2-5 times higher indoors than outdoors, lung function and lung capacity improve greatly when addressed at the community level.

## **Water**

Exposure to even minute amounts of certain metals such as lead, and mercury has been linked to high blood pressure and kidney problems in adults. The Views Senior Living of Marion will locally monitor water technology for optimum quality and offer opportunities throughout the community for hydration.



As we age dehydration can be a common issue. Research indicates that proper hydration can improve cognitive and physical performance. Hydration can also reduce headaches and dry skin caused by dehydration which are common issues aging adults face. Preventing dehydration is important to your health.



## **Nourishment**

Poor nutrition is a major contributor of numerous preventable chronic diseases such as obesity, diabetes and cardiovascular disease.

The Views Senior Living of Marion WELL™ certification will encourage healthy eating habits through food culture that reduces the amount of processed foods, limits artificial ingredients and encourages nutrition education. Our in-house Culinary Chef will work with our food service team to ensure tenants have access to healthy options, proper food preparation, and allergy alternatives.

## **Light**

The Views Senior Living of Marion, through the WELL™ process, has worked to incorporate lighting systems designed to increase alertness, enhance the experience and promote sleep, while giving access to the benefits of daylight. Properly designed lighting and well implemented night lighting can provide a multitude of benefits and enhance our tenants living experience.





## Fitness

Obesity, diabetes, and numerous chronic diseases are linked to physical inactivity. If you don't use it, you lose it. Individuals who are insufficiently active have a 20-30% higher mortality rate.

Following WELL™ guidelines, The Views Senior Living of Marion seeks to reduce the risk of chronic diseases through physical activity and exercise. Utilizing strategies around physical activities to make them more accessible and socially viable.

## Mind

The overall state of one's social, mental and physical well-being must be accounted for. All elements of physiological, social, and mental processes impact an individual.

Environmental characteristics have a direct impact on mental health and well-being. For example, crowding, noise, housing, indoor air quality and light are just a few factors. WELL™ helps support cognitive and emotional health through design, technology and treatment strategies. The Views Senior Living of Marion will incorporate wellness awareness programs and protocols, adaptable spaces, a connection to nature allowing mental well-being to be a priority. Our community will provide access to green spaces to create opportunities for mental restoration, relieving stress, anxiety and symptoms of depression.



## Comfort

The Views Senior Living of Marion through WELL™ guidelines will assess factors that could detract from a tenants ability to enjoy the environment. For example, noise pollution, elevated emissions of air pollutants, and increased or decreased temperatures. Tenants who reside in poor quality housing conditions suffer disproportionate risk of poor health outcomes. The Views Senior Living of Marion looks to improve health outcomes through evaluation of our tenants comfort.

For more information on WELL™ at The Views of Marion, visit [www.ViewsofMarion.com/what-is-well](http://www.ViewsofMarion.com/what-is-well)



Angie's experience in long-term nursing home care, assisted living, and dementia care is invaluable to those wanting to learn more. Please feel free to contact Angie with your questions!

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