

Givens COMMUNITIES

Discovery Newsletter

Celebrating Community, Connection, and Care

This edition celebrates resident impact in the broader community, provides key updates for Givens Communities, and brings you in for a closer view of Sales and Marketing.

Summer 2026

TABLE OF CONTENTS

FROM THE PRESIDENT'S DESK 03

WOODWORKERS CREATE GIFTS 04

VOLUNTEER RECOGNITION 07

GENEROSITY IN ACTION 08

SYMPHONY IN THE PARK 09

MUSIC MATTERS 10

CERTIFIED WILDLIFE HABITAT 12

VETERANS HONOR WALL 14

SYSTEMS INTEGRATED 15

'WRITING YOUR LIFE' PROJECT GOES VIDEO 16

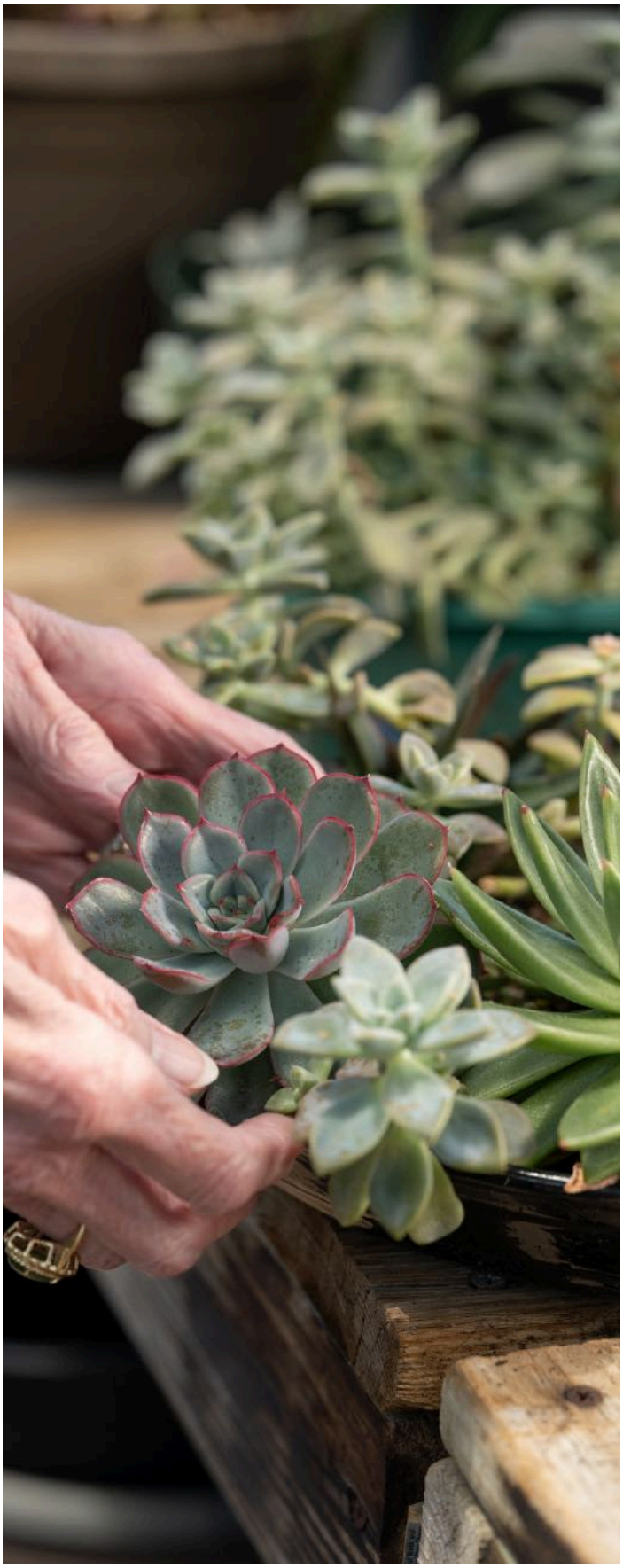
SALES OR MARKETING: WHAT'S THE DIFFERENCE? 18

CAREER CORNER 20

EVIDENCE-BASED EDUCATION FOR HEALTHY AGING 23

MIND-ALIGNED DINING PILOT PROGRAM 24

ENSURE YOU ARE SIGNED UP FOR GIVENS COMMUNICATIONS 25



FROM THE PRESIDENT'S DESK: VALUES IN MOTION

Dear Givens Communities,

This issue of Discovery is full of proof that our vision — *Endless Possibilities, Vibrant Aging* — is not just something we say, but something we live out across every campus and program. As we embrace another season of growth and change at Givens, our core values remain the consistent guide to who we are and how we serve. Whether we are welcoming new leadership, honoring the service of our veterans, or deepening our partnerships across Western North Carolina, our commitment to being *People Passionate, Making a Difference, Embracing the Power of Community, and Doing What's Right* is at the center of each decision we make. These values are more than words on a page; they are lived out daily in the care, compassion, and dedication of our team members and residents in everything we do.

The stories found within Discovery reflect Givens' values in action. You will see the ways our teams are stepping into new roles to carry our mission forward, the meaningful impact of partnerships that strengthen services for older adults, and the continued generosity of residents and donors who give their time, talent, and resources to those we serve. Each story is a reminder that the strength of Givens lies not only in our buildings or services, but in the people and purpose that drive our mission forward.

As we move forward, let us carry these values with us — not as a standard we simply hold, but as a promise we actively keep. The stories in this issue remind us that our greatest strength has always been our people, and the purpose that unites us. Thank you for all you do to make Givens a place where endless possibilities truly come to life.



Sincerely,



Kevin Schwab, President & CEO
Givens Communities

WOODEN TOYS FOR GIRLS AND BOYS

Inside the Givens Estates woodshop, a hum of saws and sanders creates much more than wooden toys. It's also the sound of creating community connections, spreading joy, and demonstrating the power of residents using their time and talents to make a meaningful difference in the lives of children across Western North Carolina.

A dedicated group of a dozen or so woodworkers has launched a year-round initiative to create handcrafted wooden items for nonprofit organizations serving those in need. One of the group's newest and most impactful partnerships is with Eblen Charities, an Asheville-based nonprofit organization that assists local families and individuals experiencing hardship.



Givens Estates woodworkers Ron Edwards (far left) and Drew Schrader (far right) pictured with representatives from Eblen Charities during the delivery of 500 handcrafted wooden toys.

Led by residents Ron Edwards, John Stock, Bill Leonard and Drew Schrader, the woodworking group recently celebrated a major milestone. On July 15, they delivered the first 500 handcrafted wooden toys to Eblen Charities, marking the group's first large-scale toy donation project with the organization. By the end of the year, the woodworkers expect to complete and donate an additional 500, bringing the total to 1,000 handcrafted toys this year.

Founded in 1991 by John Eblen, Eblen Charities has grown into one of Western North Carolina's leading nonprofits, supporting families and individuals facing hardship. The organization provides assistance with housing, utilities, clothing, medical needs, food programs, holiday support, and other essential services throughout the region.

"We wanted to develop a year-round initiative that would allow us to create wooden items for nonprofit organizations that could distribute them to people in need" — Ron Edwards, Givens Estates Woodworker

The partnership began when Eblen Charities Executive Director Brian Hall connected with woodworker Ron Edwards. What started as a conversation quickly blossomed into a shared mission to bring comfort, creativity, and joy to children throughout the community.



Taking a break for a photo, from left, are Andy Milligan, Jim Campbell, Ron Edwards, Bill Leanord, John Stock, and Drew Schrader.



A sampling of the variety of creative and functional wooden toys.

The workshop has a long history of community involvement, including partnering with the Apple Country Woodworkers in Hendersonville to create toys for Christmas programs. Their collaboration with Eblen Charities, however, has expanded the group's reach, helping provide toys that can be distributed throughout the year at back-to-school events, holiday celebrations, and other programs serving local families.

The toys themselves reflect the creativity and craftsmanship of the volunteers. Each year, the group creates several toy patterns, including cars, trucks, boats, and their imaginative designs. Every toy is made by hand, sanded smooth, and crafted with care.

For Edwards and fellow woodworker Drew Schrader, woodworking is a lifelong passion. Edwards spent 40 years working for Parton Lumber Company and is often able to obtain donated lumber scraps that become the raw materials for many of the toys. He and Schrader regularly travel to Rutherfordton to pick up wood and transport it back to Givens Estates, where it is transformed into toys designed for local children.

Producing 500 toys is no small task. The process takes approximately four to five months of teamwork, planning, and craftsmanship. The volunteers gather in the workshop Tuesdays and Thursdays, spending a couple of hours in a production-line format. Many also dedicate additional time outside scheduled shop hours to keep projects moving forward.

Beyond the toy initiative, members of the woodworking shop stay busy creating personal projects that include furniture, household items, display stands, plaques, coasters, gifts, and furniture repairs. Yet despite the many projects they enjoy, giving back remains one of the group's most rewarding endeavors.

When asked what he enjoys most about being part of the woodworking club, Schrader responded, "You're only restricted by your imagination."

The workshop provides more than an outlet for creativity. It also offers fellowship, friendship, and a shared sense of purpose. For these residents, the project is a meaningful example of volunteering their time and talents to benefit others.



Ed Eudy shows off his handiwork.

"It brings a really big smile to our faces knowing these children are receiving something we created with our own hands," the woodworkers shared.

This initiative is a powerful example of philanthropy in action at Givens Communities. Through their talent, generosity, and commitment to service, these residents are strengthening the community around them while creating lasting memories for local families. Their efforts illustrate how residents can use their passions and skills to make a meaningful impact beyond the walls of their own neighborhood.

As the woodworkers continue toward their goal of producing another 500 toys before the holidays, they hope their efforts will inspire fellow residents to explore ways they can give back, whether through volunteering, sharing a talent, joining a resident-led club, or supporting a cause they care about. After all, creating community and empowering lives is at the heart of what it means to be a Givens resident.

Inspired to help the woodworkers and other worthwhile projects? Contributions accepted at https://givensphilanthropy.org/giving/.

VOLUNTEER RECOGNITION

For Givens Aldersgate resident Dick Metzler, volunteer service has never been about recognition. It has been about showing up, putting on a tool belt and doing the careful work that helps turn a house into a home.



Dick Metzler on site at a Habitat for Humanity build.


Dick Metzler and others receive the Governor's Volunteer Award.

That steady dedication has now earned Metzler a vaulted North Carolina Governor's Volunteer Service Award, honoring his outstanding contributions to Habitat for Humanity of the Charlotte Region and his role in helping families achieve the stability and dignity of affordable homeownership.

The award recognizes individuals and groups who make significant contributions to their communities through volunteer service. For Metzler, the honor reflects more than a single year of effort. It celebrates a long pattern of commitment, dependability and quiet generosity that has shaped neighborhoods across Charlotte.

Metzler, an active member of the Aldersgate Resident Philanthropy Engagement Committee, has spent more than a decade volunteering regularly with Habitat construction crews.
Metzler's connection with Habitat for Humanity began in 1993, shortly after he moved to Charlotte. Invited by a fellow church member, he helped convert a former grocery store into Habitat Charlotte's headquarters. He also participated in other high-profile builds, including the Jimmy Carter Work Project in 2023.

At Givens Aldersgate, Metzler's recognition is also a reminder of the many ways residents continue to lead, serve and strengthen the wider community. Through his example, volunteerism becomes more than a generous act. It becomes a steady practice of using time, talent and experience to help others build a stronger future.

GENEROSITY IN ACTION

When Brian Guengerich, Vice President of Philanthropy at Givens Foundation, recently spoke at a community meeting at Givens Aldersgate, he offered more than an overview of giving. He shared a story of generosity woven through the history of Givens Communities, one shaped by residents, families, team members, donors and friends who believe in strengthening lives through purposeful support.

Philanthropy continues to play a vital role in helping meet essential needs, expand opportunities and sustain thriving campuses. Through its core impact areas, Givens Foundation supports a broad vision of community wellbeing. Donor support through Givens Cares provides emergency assistance and critical resources for residents and team members facing unexpected hardships. Life Enrichment enhances quality of life through programs, activities and experiences that foster engagement, purpose and connection. Future & Innovation invests in forward-thinking initiatives, technology and improvements that strengthen Givens for generations to come. Givens Grows provides flexible, undesignated funding that allows Givens to respond to its areas of greatest need and highest priority. Affordable & Outreach expands access to affordable housing, services and community-based programs that support older adults throughout Western North Carolina.

One of the most direct examples of philanthropy at work is the Resident Assistance Ministry Fund within the Givens Cares impact area, which provides vital support for residents who have outlived their financial resources. For these residents, support can make a meaningful difference. It helps ensure that basic needs are met and they can continue to live with dignity, security and peace of mind.

Through these impact areas, philanthropy helps create an environment where residents can thrive, continue pursuing their passions and build meaningful connections with one another. As Givens resident Jean shared, “I feel very blessed to live at Givens. It’s a community where everyone is treated equally and welcomed in every way. There is such a strong sense of care and support. I’m continually inspired by the kindness and talent of the people here. Supporting it feels like a small expression of gratitude.”



Generosity often comes full circle. Donor support helps create opportunities, and residents help bring those opportunities to life through leadership, participation and shared enthusiasm. The result is a more vibrant community, one strengthened not only by financial gifts, but by the time, talent and imagination of those who call Givens Communities home. To join our circle of support, visit: **www.givensphilanthropy.org/giving**.

GIVENS COMMUNITIES PRESENTS: SYMPHONY IN THE PARK



The Asheville Symphony returned to Pack Square Park in downtown Asheville on Sunday, Sept. 6, for Symphony in the Park, a free outdoor concert presented by Givens Communities and held as part of Boomtown FestAVL.

The performance began at 7 p.m. and featured Darko Butorac conducting the Asheville Symphony, joined by award-winning vocalist Erica Gabriel. Gabriel, whose work spans jazz, musical theatre, opera and gospel, appeared with the orchestra for her third Symphony in the Park performance.

General admission was free and open to the public, continuing the event's tradition of making orchestral music accessible to the broader community. For guests who wanted a reserved experience, ticketed seating was available in a VIP section located directly behind sponsor tables near the Pack Square stage.

MUSIC MATTERS



When the Asheville Symphony Orchestra opens its Masterworks Concert Series on Saturday, September 26, the music will carry a new name and a deeper sense of community purpose.

The flagship concert series is now officially the Givens Communities Masterworks Series, marking the first title sponsorship in the history of the Symphony's central artistic program.

For both organizations, the partnership is more than a sponsorship. It is a shared investment in the role music plays in enriching lives, creating connection and strengthening the cultural fabric of Western North Carolina. By aligning the Asheville Symphony's tradition of live orchestral excellence with Givens Communities' commitment to vibrant aging and lifelong learning, the collaboration reflects a belief that the arts are essential to quality of life at every age.

"The Masterworks Series has long been the centerpiece of exceptional live classical performances in Western North Carolina," said Kevin Schwab, President and CEO of Givens Communities. "We are privileged to partner with the Asheville Symphony to ensure it continues to serve as a cultural anchor for the region. We look forward to bringing the inspiration of the Asheville Symphony's music directly to our residents while investing in the musical experiences that bring people together from across our community."

The Masterworks Series stands at the artistic heart of the Asheville Symphony's season. Presented across 14 performances each year, it welcomes more than 10,000 attendees annually and features world-class guest artists, exceptional orchestral musicians and some of the most powerful works in the symphonic repertoire.

Under the direction of Music Director Darko Butorac, the series has become a defining cultural experience for audiences throughout the region. "It is so uplifting to see Givens Communities recognize and support the inspiring artistry that our musicians constantly bring to our Masterworks performances," he said. "Partnerships like this demonstrate a shared commitment to creating vibrant cultural experiences for our community, and we are sincerely grateful for their leadership and generosity."

For Givens Communities, the sponsorship continues a broader mission of enhancing quality of life through meaningful experiences that keep people connected, engaged and inspired. The organization's support of the Masterworks Series aligns with its focus on vibrant aging and whole-person well-being, while reinforcing its role as a community partner invested in the cultural life of Western North Carolina.

"This is a particularly meaningful partnership because it represents an investment in the artistic heart of our organization," said Daniel Crupi, Executive Director of the Asheville Symphony. "The Masterworks Series presents world-class artists and transformative musical experiences to thousands of community members each year. Givens Communities' decision to become its first-ever title sponsor speaks volumes about their commitment to cultural excellence in Western North Carolina. We are honored by their partnership and grateful for their leadership."



Darko Butorac,.

CERTIFIED WILDLIFE HABITAT



Givens Highland Farms residents hiking on a trail.

Givens Highland Farms has been recognized as a wildlife-friendly community by the National Wildlife Federation's Community Wildlife Habitat program. To receive this designation, community leaders commit to building collaborative relationships with residents, educators, youth, city officials, families and more to educate them about and engage them in the creation of native plant habitat for people and wildlife.

Each community is required to certify a proportion of their residential homes, schools, and public spaces as a National Wildlife Federation Certified Wildlife Habitat. These critical pockets of habitat throughout their community provide the four basic elements that all wildlife needs to thrive: food, water, cover and places for wildlife to raise young, and are managed using sustainable gardening and landscaping practices.

Participants educate and engage Givens Highland Farms residents through monthly events, workshops and hands-on service projects. Givens Highland Farms is the 187th community in the country and the 97th community in North Carolina to earn this designation.



Bluebird on a branch at Givens Highland Farms.

“Congratulations to Givens Highland Farms for coming together to earn this certification, which will have a lasting impact for wildlife and residents alike,” said Patrick Fitzgerald, senior director of community habitat for the National Wildlife Federation. “Providing a home for wildlife in our communities, where we live, learn, work, play and worship, will help both wildlife and people thrive.”

“We love the beauty and wildlife diversity of our Western North Carolina mountains." said Matt Sharpe, Executive Director, Givens Highland Farms. "Our residents lead hikes, watch birds, maintain and monitor over 100 nest boxes, remove invasive plants, plant pollinator gardens, and more. Certifying Givens Highland Farms as a Community Wildlife Habitat aligns with our values and lifestyles.”

Givens Highland Farms worked in partnership with the National Wildlife Federation’s Community Wildlife Habitat program to certify our community’s wildlife habitats including pollinator gardens, and woodland and wetland habitats, and collaborated with NC Wildlife Federation’s local chapter Swannanoa Valley Wild! to offer free educational opportunities and habitat restoration workdays.

For more information about the National Wildlife Federation’s Community Wildlife Habitat network, please go to: www.nwf.org/community.

VETERANS HONOR WALL



Mike Halus.



Stephen Dunsford.

Givens Estates is moving forward with plans to create a Veterans Honor Wall, a permanent tribute recognizing the military service and ongoing contributions of veterans who call the Asheville life plan community home.

The Givens Foundation has approved the use of unrestricted philanthropic funds to support the creation of the Veterans Honor Wall. The investment reflects the Foundation's ongoing commitment to enhancing life and supporting programs and projects that matter to residents.

The initiative grew out of a 2025 meeting between the Givens Estates Veterans Group and campus administration, when Kirsten Cone, Executive Director of Givens Estates, suggested creating a visible tribute to honor the community's veterans.

More than 88 veterans currently live at Givens Estates, meaning veterans represent more than 10 percent of the resident population. The Honor Wall is intended to recognize that significant legacy of military service within the community. The Veterans Group said its mission extends beyond recognition. Members gather for camaraderie and fellowship while also supporting fellow residents, assisting veterans with benefits, and seeking opportunities to serve the broader community.



Stephen Dunsford in service.

SYSTEMS INTEGRATED

As part of the affiliation work for Givens Aldersgate, the Human Resources, Financial Operations, and Information Technology teams spent months dedicated to working on integrating Givens Aldersgate team members into the Givens HR and Payroll system, UKG. As part of this integration process, team members were offered the Givens benefit package. This benefit package provided an increased retirement plan benefit to Givens Aldersgate team members as well as three health insurance options with stronger coverage and lower premiums.

During the week of June 15, on-site HR & Payroll systems training occurred for team members. During the training, team members rotated through multiple hands-on learning stations, where they received individualized instruction and had the opportunity to ask any questions they might need answered. Later that week, the Givens HR team and benefit vendors provided two days of a drop-in benefits fair to help educate team members on benefits and assist them with enrolling in their selections. All new benefits went into effect on July 1. The first payroll for team members in UKG occurred on July 10.

We are pleased to be able to integrate all our team members into the same technology and benefits. This provides better ability to streamline processes and provide consistency. We are excited to offer the Givens Aldersgate team members an enhanced benefit package and have received a lot of positive feedback as they learned about their new benefits.



‘WRITING YOUR LIFE’ PROJECT GOES VIDEO

Something special has been building at Givens Estates for nearly two decades—one story at a time.

It started with the conviction of long-time Givens Estates resident Jim Chatham that writing and sharing life stories in small groups can have a magical effect on both those telling their stories and those hearing the words.



Ed Hillman, retired Director of Ministries at Givens Communities and director of the story writing program, with videographer Jonathan Pillot.

“Articulation,” Jim once told an interviewer, “is therapy.”

While it may be intuitive that turning memories into words helps us better understand the past, experience in Jim’s story-writing workshops taught that deepening personal reflection together brings us closer in the present. When Tropical Storm Helene flooded the Asheville region in 2024, the present seemed overwhelming. Jim saw an opportunity to turn distress into healing, inviting his groups to tell their stories. Videos of some of those stories offer a moving glimpse of the power of Jim’s approach and can be viewed on the Givens Foundation news page.

Jim died early in 2026. But the community of story writers he created continues to grow. Now, those he inspired are working to carry his vision forward through "Writing Your Life," a professionally produced video designed to share Jim's approach and provide a roadmap for bringing story-writing groups to communities throughout Givens—and potentially far beyond.

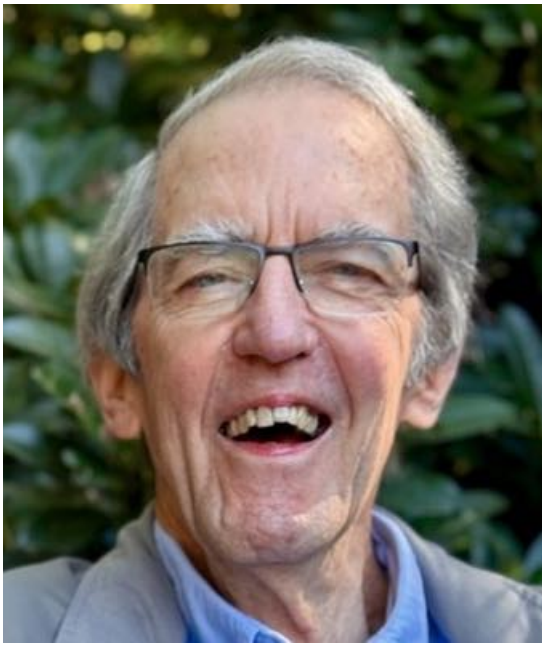
The video draws on Jim's own words and the experiences of people who participated in his workshops. It also features Taryn Tindall, Givens' Director of Longevity and Brain Health, who highlights the connections between storytelling, reflection, belonging and well-being.

"It can become so easy for the older adult to feel irrelevant and unseen," Taryn says. "That's why it matters so much to find your people, find your activities, spend time introspecting and discovering what it is that makes you feel alive."

Ed Hillman, Jim's appointed successor in leading the story groups, sees an even broader opportunity: "To duplicate this as far and wide as we possibly can, because we want others to have the same kind of benefit."

To help make that possible, the project will include companion teaching materials to guide other communities in launching their own story-writing groups. Together, the video and resources are intended to make Jim's approach accessible to others, not simply preserving what he created but helping it live on and grow.

With financial support from the Givens Foundation and the Givens Estates Resident Association, the project is already underway. Gifts from individual Givens Estates residents are being collected to complete the project, and the Givens Foundation is matching every dollar contributed.



Jim Chatham (Photo by Jonathan Pillot).

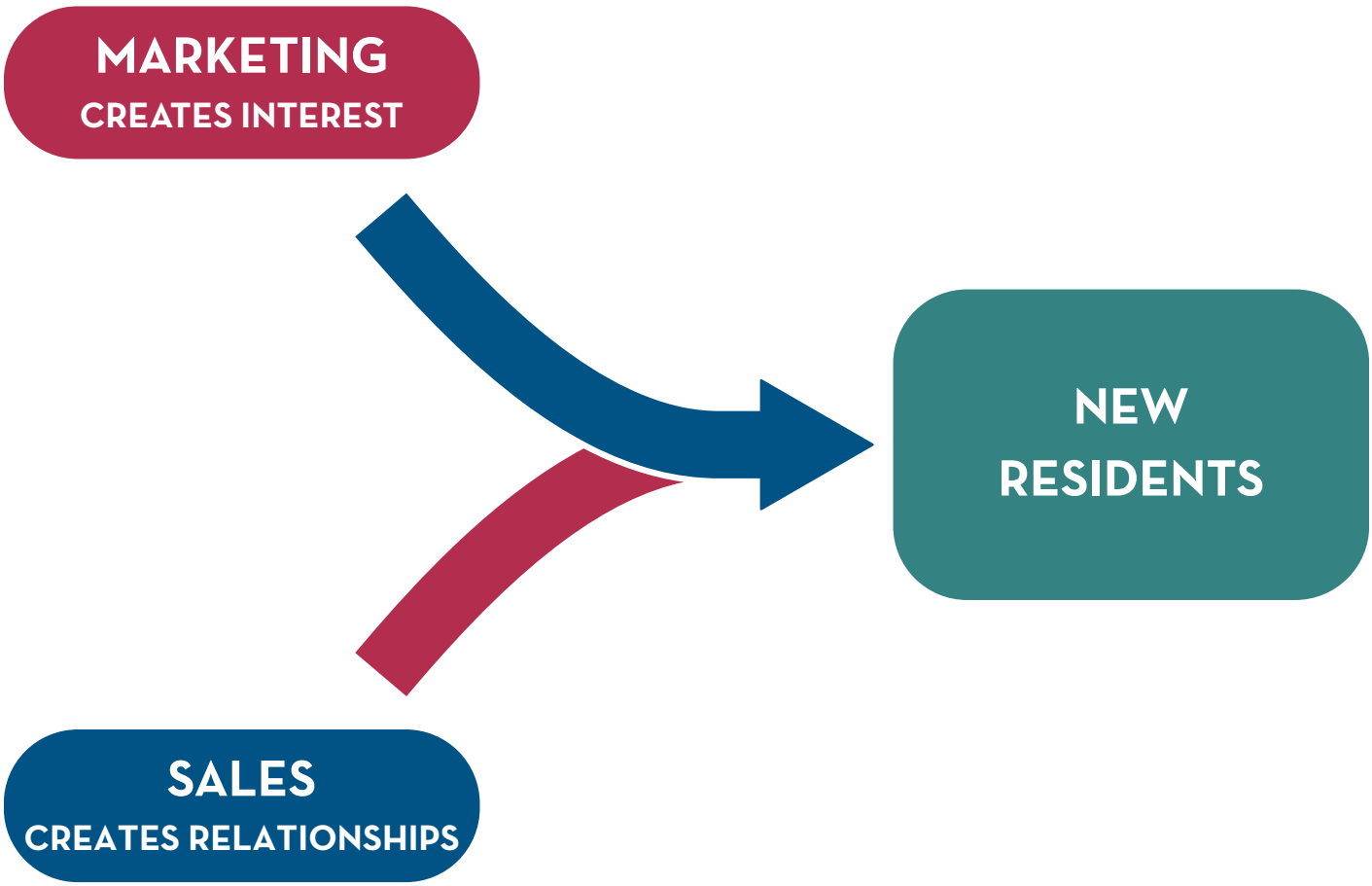
Those inspired by "Writing Your Life" can support the project by making a donation at **https://givensfoundation.org/giving/**. You can watch a short teaser about the project on Givens Communities YouTube channel [https://youtu.be/TKTRW4AS2l4] and follow the project's progress at givensfoundation.org/news.

SALES OR MARKETING: WHAT'S THE DIFFERENCE?

At Givens Communities, both Sales and Marketing share the same ultimate goal: helping prospective residents and their families discover the right community and move confidently through their decision-making journey. While the two functions work closely together, they serve distinct purposes.

Marketing often engages prospects long before they are ready to make a move, helping them learn about our mission, lifestyle, services, and communities. In simple terms, Marketing helps answer the question: "Why should someone consider Givens?"

Sales works directly with prospects and families to understand their needs, answer questions, and help them navigate the path to residency. In simple terms, Sales helps answer the question: "How do I become part of the Givens community?"



SALES OR MARKETING: WHAT'S THE DIFFERENCE?

What Marketing Does

Marketing creates awareness, builds trust, and generates interest in our communities by communicating who we are, what we offer, and why prospective residents should consider Givens.

Marketing activities include:

- Brand awareness campaigns
- Website and digital content
- Advertising and media relations
- Social media engagement
- Community events and outreach
- Lead generation initiatives
- Educational content and storytelling

What Sales Does

Sales focuses on building relationships with prospective residents and guiding them through the decision-making process.

Sales activities include:

- Responding to inquiries
- Conducting tours
- Following up with prospects
- Managing waitlists and reservations
- Discussing pricing and availability
- Assisting with move-in planning
- Supporting prospects through the admission process

Marketing generates awareness and interest. Sales converts that interest into meaningful conversations, relationships, and ultimately resident move-ins. Together, they help future residents discover, choose, and thrive within the Givens Communities family. That's why Marketing & Sales are most effective when they operate as one connected journey rather than two separate departments. When communication, processes, and data are aligned, future residents experience a seamless journey from their first interaction with Givens through move-in day.

CAREER CORNER

Givens Communities is committed to fostering a meaningful work environment, with career growth being equitable and accessible for all. Together, team members contribute different ideas, skill sets, and backgrounds, which lead to more innovative solutions and services. We are excited to announce these recent promotions:

KEUHN PROMOTED



Matthew Keuhn

Matthew Keuhn has moved into the Assistant Director of Facilities position at Givens Estates. Matthew began working as the Fleet Coordinator at Givens Estates in May 2023 with a background in law enforcement and account management. Over the past three years he has shown a great interest in growing and advancing his professional career with Givens.

After participating in the Givens Growth program, where he based his project on developingdefensive driver training for the Givens Estates campus, Matthew continued to look for advancement opportunities. When the Facilities Assistant Director in Maintenance became available, Matthew went for it. He wowed the interviewing group with is extensive knowledge of facilities and his interest in improving and perfecting systems. Since being promoted in May 2026, he has already made strides in improving the efficiency of the Maintenance team and we look forward to seeing what the future holds for him!

CAREER CORNER



Andrew Crosson

LEADERSHIP NEWS

It was recently announced that Andrew Crosson, former Project Development Manager, has accepted the role of Executive Director of Givens Affordable Communities. The position was previously held by Teresa Stephens, who is leaving to pursue the establishment of her own consulting company.

"Andrew has been a valued team member for more than 13 years and has extensive experience in affordable housing operations, project development, and resident services," said Scott Farkas, COO of Givens Communities. Since 2021, Andrew has served in Project Development roles, helping advance affordable housing initiatives across the organization.

Andrew joined Givens in 2013 as the HUD Coordinator for the original 78 HUD 202/Section 8 apartments at Givens Estates. In 2016, he became Community Manager at Givens Gerber Park, where he successfully led the initial lease-up and oversaw the day-to-day operations of the community, including 180 Tax Credit/HUD 202/Section 8 apartments and 82 middle-income apartments.

Andrew holds several industry certifications, including Accredited Housing Manager (AHM), Housing Credit Certified Professional, Fair Housing Compliance, Certified Professional of Occupancy, and Specialist in Housing Credit Management. Before joining Givens, Andrew worked as a case manager in a variety of human services settings, experience that continues to shape his resident-centered approach to leadership. He earned a Master of Social Work from Stephen F. Austin State University and a Bachelor of Arts from the University of Colorado Boulder.

“Andrew's knowledge of our communities, his passion for serving residents, and his proven leadership make him exceptionally well prepared to lead Givens Affordable Communities,” said Farkas. “I am confident he will build on the strong foundation established by Teresa Stephens while continuing to strengthen our mission of providing high-quality affordable housing and exceptional service to our residents.”

CAREER CORNER



Julie Moses

Age Friendly Living Director

Julie Moses has joined the Givens Longevity and Brain Health Program, moving from her role as Aging in Place Director with Givens Home First. In that role, she supported residents and community members in maintaining independence, safety, and quality of life through home assessments, modifications, and consultative services.

Julie has been a part of Givens Communities for more than 21 years, bringing extensive expertise in the relationship between the built environment, functional ability, and healthy aging. In her new role as Age Friendly Living Director, her work will expand beyond individual consultations to lead initiatives across Givens Communities that promote age-friendly design, accessibility, and resident independence.

Residents will continue to have access to home modification services through their campus Facilities team, with Social Work Navigators available to assist with questions or referrals. This new structure allows home modification requests to remain close to day-to-day operations while enabling Julie to focus on broader initiatives that will strengthen age-friendly living across all Givens communities. Please join us in congratulating Julie on her new role and welcoming her to the Longevity and Brain Health Program team.

LIVE PROGRAM: EVIDENCE-BASED EDUCATION FOR HEALTHY AGING

In August, Givens Communities' Longevity and Brain Health Program launched the LIVE (Longevity-Inspired Vitality Education) Program. "Through this new educational series, residents across our Life Plan and Affordable Communities will have monthly opportunities to learn from experts in aging science," said Taryn Tindall, Longevity and Brain Health Program Director.

Research on healthy aging is advancing rapidly. Scientists continue to deepen our understanding of how modifiable factors such as physical activity, nutrition, sleep, cardiovascular health, social connection, and lifelong learning influence not only how long we live, but how well we live. One of the goals of the Longevity and Brain Health Program is to make evidence-based information about healthy aging more accessible to our residents. The LIVE Program is one way we are working to support that goal.

Developed by the Buck Institute for Research on Aging, LIVE translates current aging research into educational presentations designed specifically for older adults residing in senior living communities. Throughout the coming year, residents across Givens' communities will have opportunities to learn about topics including brain health, sleep, nutrition, physical activity, frailty, metabolism, cardiovascular health, and other areas of healthy aging.

Many of these monthly offerings will be followed by discussions facilitated by team members from each community. These conversations provide opportunities to ask questions, share perspectives, and discuss how the research may apply to everyday life.



We are grateful to the Givens Foundation for sponsoring the LIVE Program and for their abiding support of the Longevity and Brain Health Program. We are also grateful to the many team members across Givens who will help bring this program to life in their communities.

MIND-ALIGNED DINING PILOT PROGRAM





Givens Aldersgate has officially launched MIND-Aligned Dining, the second of three innovative pilot programs to be introduced through Givens Communities Longevity and Brain Health Program this year.

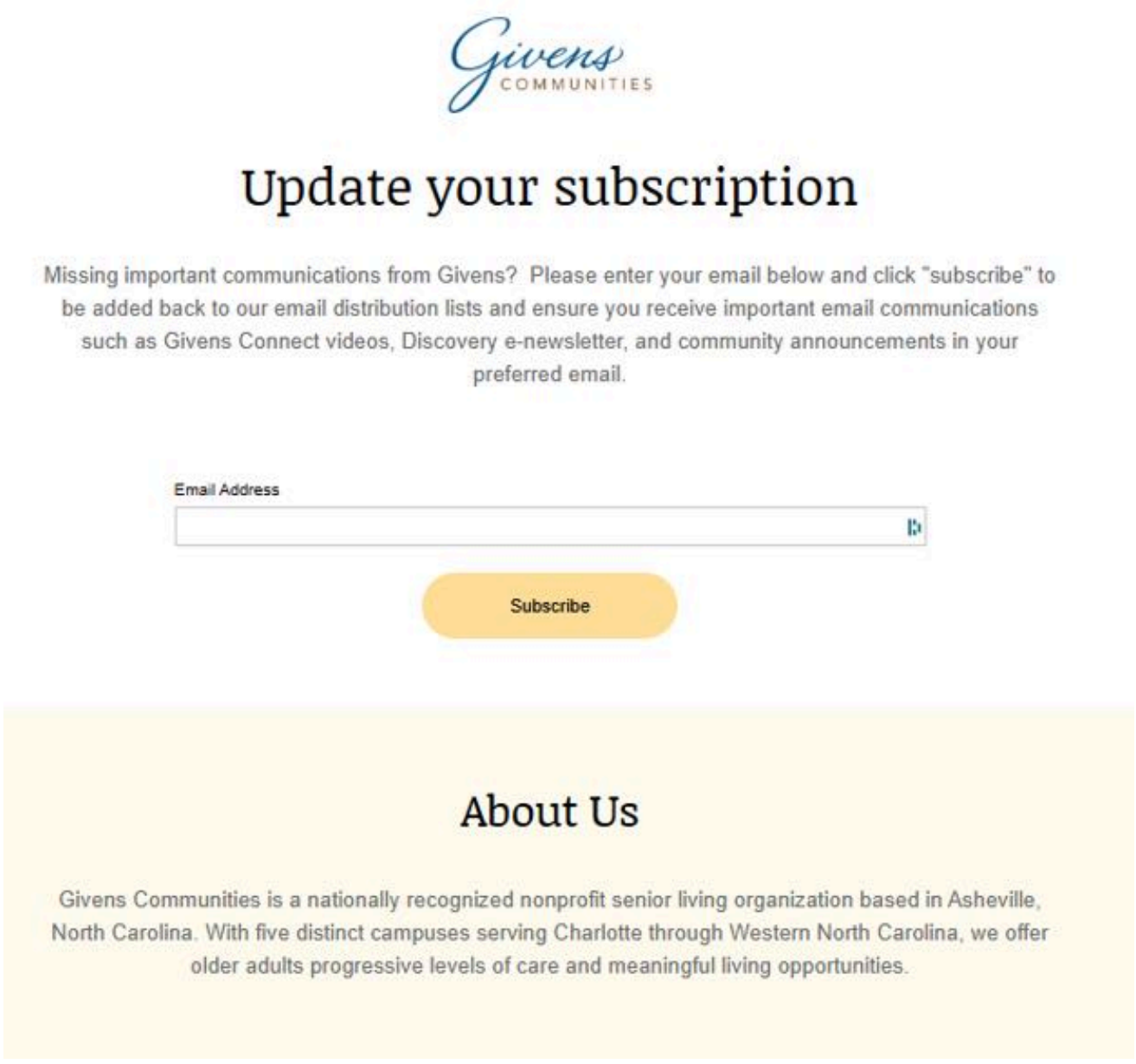
Developed in partnership with Givens Aldersgate's culinary leadership team, including Registered Dietitian Nick Gonzalez, this pilot aims to embed an evidence-informed approach to brain health into everyday dining. Menu options aligned with MIND--a brain health-supportive dietary approach that combines aspects of Mediterranean and heart healthy diets —are now available in all venues, across all levels of care, and at all meal services. A blue brain icon identifies these options, making it easy for residents (and team members) to recognize choices that promote cognitive health.

Earlier this summer, residents joined Gonzalez and Longevity and Brain Health Program Director Taryn Tindall for an introduction to the pilot, where they learned about the science behind the MIND dietary pattern, why it was selected as the framework for this initiative, and what they can expect as the pilot unfolds over the coming months.

"Nutrition is one of the modifiable lifestyle factors known to influence brain health, and dining gives us an opportunity to translate that evidence into everyday life," said Taryn Tindall, Longevity and Brain Health Program Director. "By making brain health-supportive menu items easier to identify, we hope to help residents make informed decisions while preserving the flexibility, enjoyment, and hospitality that define the dining experience." Throughout the seven-month pilot, residents can look forward to MIND-aligned menu features, educational programming, culinary events, and opportunities to learn more about the relationship between nutrition, brain health, and healthy aging.

ARE YOU MISSING IMPORTANT GIVENS EMAIL ANNOUNCEMENTS?

Sign Up to ensure you receive our emails by clicking the photo or typing in the hyperlink on your browser:



GivensCommunities.org/Subscribe



Givens Estates residents visiting furry friends at Winchester Creek Farms in Waynesville.



Givens Aldersgate residents celebrate Independence Day.



Givens Highland Farms residents in a Cardio Drumming class.



Givens Highland Farms residents breaking in their new Ping-Pong room.