

A community^{of} ideas and^{an} ideal lifestyle

A quantum leap in health and wellness begins at Broadmead

Guided by Quaker values, **Broadmead** is home to open-minded individuals who respect diversity in all its forms and share a love of culture, the arts and lifelong learning. We are fine-tuning plans that will allow this lifestyle to focus even more on improving health and wellness for each resident.

New and strengthened

Broadmead has invested in new state-of-the-art technology to ensure residents remain independent as long as possible, and we have additionally embraced the holistic nature of wellness with a focus on our *Seven Facets of Wellness*, which include: Personal Growth; Altruism; Holistic and Progressive Healthcare; Fitness, Nutrition and Function; Spiritual Connections; Social Interactions; and Stewardship.

In support of our vision to build on excellence, we'll enhance an already wide range of amenities to include expanded dining venues, with a new bistro café to encourage budding friendships. And we'll create newly designed *Cultural Arts* amenities to give creative minds a dedicated place to explore.

An enhanced wellness center will include a heated indoor pool for devoted swimmers and an expanded auditorium for community events, concerts, plays and more.

Advancing our philosophy of person-centered wellness will influence all aspects of our community and elevate quality of life through every stage of aging.

Broadmead is enhancing amenities and services with your wellness in mind.

Call 443-578-8008 today to schedule a personal appointment and tour.

BROADMEAD
A Dynamic Lifestyle Community™



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Many ways^{to} ensure & improve wellness

**A community dedicated
to elevating quality of life
for each resident**



BROADMEAD
A Dynamic Lifestyle Community™

New Wellness initiatives & Centers of Excellence

A quantum leap in health and wellness begins at Broadmead

Broadmead entered into a collaborative engagement to develop—with Johns Hopkins Physicians and Scientists—centers of excellence in two critical areas of aging services: *Health and Wellness* and *Dementia Care*.

The creation of these centers of excellence is a natural extension of the type of care Broadmead has provided to residents for nearly four decades.

Health and Wellness A focus on healthy aging



The *Health and Wellness* center of excellence will investigate each facet of wellness—Personal Growth; Altruism; Holistic and Progressive Healthcare; Fitness, Nutrition and Function; Spiritual Connections; Social Interactions; and Stewardship—to develop a signature, evidence-based program that promotes healthy aging.

We have explored how your health and wellness needs—including exercise, nutrition, socialization, intellectual engagement and more—may be met throughout the community, regardless of the type of residence you choose.

Our findings have helped to determine which programs make a real difference toward maximizing your health, wellness and overall quality of life.

Dementia Care

Special care for those with special needs

For the *Dementia Care* center of excellence, the team developed a program combining current best practices in dementia care with forward-thinking approaches and evidence-based research.

Alzheimer's and other types of dementia are a major health issue among older adults, striking an increasing percentage of the population. Programs and services developed through this collaboration will go beyond providing care to offer resources, support and education for caregivers and family members affected by a loved one's dementia.

An opportunity to improve lives

A major goal of the *Dementia Care* center of excellence was the development of a state-of-the-art care model that will benefit **Broadmead** residents wherever they reside in the community. Building on research and programs developed by Johns Hopkins faculty,

this model will enable residents with dementia to extend the time they live in their independent living residence.

As residents move to higher levels of care, they will benefit from research-proven programs, including a dedicated household for advanced dementia, to help those affected to live as full a life as possible.

This is an opportunity to create something extraordinary and exceptional that will improve the quality of life for **Broadmead** residents, their families and caregivers.

Beyond the collaboration Sharing what we learn

The collaborative approach to developing these two centers of excellence can provide significant benefits to aging Americans. First, **Broadmead** residents can benefit from programs developed with the advice and insight of Johns Hopkins' world-renowned leaders in geriatric care and services.

Next, key findings and programs developed for both initiatives will be shared with other providers of services to older adults, both in the Baltimore area and across the country. It is our obligation and commitment at **Broadmead** to share what we learn and to help create the best possible quality of life for an aging population.

Enhancing care community-wide

At **Broadmead**, we are renovating our comprehensive care center to create a separate household specially designed to provide care and services for memory support, short-term rehabilitation and comprehensive long-term care.

We're also committed to the enhancement of our community's health and wellness resources and spaces. An important focus of the collaborative effort will be ensuring that these two parts of **Broadmead's** renovation will become true, on-site centers of excellence.



**To request more information, please call 443-578-8008
to schedule a personal appointment and tour.**