



**FOR IMMEDIATE RELEASE:**

**Splendido at Rancho Vistoso Recognized as One of the  
“Top 5 Best in Wellness” in North America**

**TUCSON, AZ. (January 12, 2022)** -- [Splendido](#), an all-inclusive community in Oro Valley for those 55 and better, has won a 2021 ICAA NuStep Pinnacle Award, which recognizes the Top 5 “Best in Wellness” senior living communities in North America. Sponsored by the International Council on Active Aging (ICAA), which leads, connects, and defines the active aging industry, and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living, and fitness centers, the honor recognizes Splendido’s success in fostering a wellness-centered environment for all who live and work there.

“We’re extremely grateful to be ranked among the top senior living communities on the continent, especially regarding wellness for residents and employees,” said James Edwartoski, Splendido’s Executive Director. “It’s wonderful to know that our efforts to foster and encourage a wellness-centered community have long-term benefits for everyone here.”

Splendido’s wellness culture became stronger than ever during the COVID-19 pandemic, as leaders were compelled to innovate in response to residents’ and employees’ desire to stay connected as a community. Obstacles became opportunities, as new ideas emerged to integrate wellness practices into daily life.

Dominant wellness themes that emerged included the importance of engagement with nature and sharing with peers. With breathtaking views of the Catalina Mountains surrounding the community, residents and employees discovered the stress-reducing value of Splendido’s outdoor spaces. Staff developed gratitude walks and an outdoor circuit with stops for yoga, meditation, nature sketching, and more.

Education and creativity are vital areas of wellness, particularly when people are learning something new. In 2021, Splendido heightened its focus on creativity by implementing a Visiting Artist series, where local artists teach and learn with residents, and an Open Studio concept to provide a creative space for those of all artistic levels to explore different mediums and be inspired by each other. Splendido has also hosted virtual and in-person art, poetry, and storytelling groups.

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Knowing the importance food can play in wellness, the culinary team focuses on fresh, healthy options that are as delicious as they are nutritious, including selections from the Mediterranean diet that has known health benefits. Splendido residents also enjoyed a *Steeped in Wellness* program where they gathered for a curated afternoon tea, learning the health benefits and ways to use over 20 different teas and a variety of herbs.

Rounding out wellness experiences for residents, Splendido is completing a forward-thinking renovation of its amenity spaces, including the addition of Figurati, a holistic wellness space. *Figurati*, which means “imagine” in Italian, features opportunities for meditation, mindfulness, and sound healing, to name a few.

“The pandemic has further reinforced the vital importance of wellness as a lifestyle,” said Colin Milner, CEO and founder of ICAA. “Congratulations to each of these award-winning communities for embodying wellness and serving as examples of how to successfully empower their residents to pursue a rich, active life.”

As the older adult population continues to grow, senior living communities can have a significant effect on health, longevity, and quality of life through their wellness culture. Beyond simply classes or programs, wellness ideally must permeate the environment as a mindset and daily pursuit for residents and staff. Pinnacle Award winner Splendido is helping to lead the way.

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## **ABOUT SPLENDIDO**

Splendido offers all-inclusive living for adults 55 years and better through its fitness center, holistic wellness space, indoor and outdoor swimming pools, 24-hour concierge service, multiple restaurants and lounges, an 18-hole putting course and cinema. Splendido is a joint venture of Mather, a non-denominational, not-for-profit organization headquartered in Evanston, Ill., that creates Ways to Age Well<sup>SM</sup> for older adults, and Plaza Companies, an Arizona-based leader in senior living communities and health care facilities. To learn more about Splendido, call 878.2612 or visit [www.splendidotucson.com](http://www.splendidotucson.com).

## **CONTACT:**

Lori Keenan

847/902-2905

Smarthinking PR for Mather

[Lori@SmarthinkingPR.com](mailto:Lori@SmarthinkingPR.com)