



FOR IMMEDIATE RELEASE:

**Splendido at Rancho Vistoso Ranked First Place
2022 Pinnacle Award Recipient, “Best in Wellness” in North America**

Second Consecutive Year Earning Industry’s Top Award

(TUCSON, AZ) December 20, 2022 - Splendido at Rancho Vistoso announces that the community has ranked number one in the ICAA NuStep Pinnacle Award which recognizes the top five “Best in Wellness” senior living communities in North America.

The annual Pinnacle Award is presented 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.

“It means so much to us to be recognized as a 2022 ICAA NuStep Pinnacle Award winner, putting us, once again, in the Top 5 in North America, while spotlighting our commitment to wellness for our staff and residents, and identifying us as a leader in our industry,” said James Edwartoski, AVP and Executive Director, Splendido at Rancho Vistoso.

Splendido’s unique approach to resident and staff wellness is based on the Person-Centric Wellness Model that was developed by Mather Institute, the research area of Mather, one of Splendido’s two parent organizations.

“The model recognizes each individual’s unique wants and needs,” explains Edwartoski. “Grounded in scientific research, it offers an evolved approach to whole-being wellness that empowers individuals to choose the types of fulfillment that match their aspirations.”

The model is applied to Splendido’ offerings, from cultural and educational programs to creative arts offerings to menu selections to the fitness center’s group classes, personal training, and equipment.

Nurturing and prioritizing the many aspects of wellness enables individuals to embrace their potential to pursue and optimize life’s possibilities. As the older adult population grows, senior living communities can significantly impact health, longevity and quality of life by establishing wellness as an essential and beneficial way of life.

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“Congratulations to these exemplary organizations that are leading the way in wellness-based models in the active-aging industry,” says Colin Milner, CEO and founder of ICAA. “We are thrilled to recognize their ongoing commitment and passion to fostering a wide variety of engaging opportunities for residents and staff to live better longer.”

Wellness is not simply something added to programs and services; instead, it is a mindset and foundation that permeates countless aspects of living well for residents and staff at Splendido.

ABOUT SPLENDIDO

Splendido is a Life Plan Community for those 55 and better, with signature services and unique amenities, including 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 not-for-profit organization headquartered in Evanston, Ill., that creates Ways to Age WellSM, and Plaza Companies, an Arizona-based full-service real estate firm whose projects include senior living residences. To learn more about Splendido, call 878.2612 or visit www.splendidotucson.com.

About NuStep, LLC

[NuStep, LLC](#) designs, manufactures and distributes recumbent cross trainer exercise equipment. NuStep products, accessories and adaptive equipment empower users of virtually all functional abilities and fitness levels to engage in exercise that helps build strength, enhance independence and improve health outcomes. From 1998 to 2018, NuStep sponsored the Pinnacle Award to recognize senior communities and senior centers transforming lives through whole-person wellness programming. The award also served as a vehicle to educate and encourage senior organizations to integrate whole-person wellness into their programming.

About the International Council on Active Aging (ICAA)

[ICAA](#) is a professional association that leads, connects and defines the active-aging industry and supports professionals who aspire to develop wellness cultures for adults over 50. This support includes creating wellness environments, programs and services. The association is focused on active aging—an approach to aging that helps older adults live life as fully as possible within all dimensions of wellness—and provides its members with education, information, resources and tools. As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies.

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