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Juniper's New REfresh Wellbeing Program Integrates Mindfulness into Senior Healthcare to Enrich the Lives of Residents and Senior Living Providers

Bloomfield, NJ – Juniper Communities, a leader in quality, value and innovation in seniors housing and long-term care, today announced implementation of its new REfresh wellbeing program to promote whole-person wellness and mindfulness training for residents, their families and staff members. The REfresh program will be integrated into daily life at Juniper, as part of its innovative, person-centered approach to well-being.

REfresh draws upon the theory and research of positive psychology, neuroscience, mindfulness training, and mind-body disciplines such as yoga and movement therapy. It offers mind-body techniques of posture, breathing exercises, movement, and reflection, cultivating aspects of wellbeing such as acceptance, patience, connection, enjoyment, kindness and generosity towards oneself and others. The program consists of guided sessions, daily community wellness breaks, weekly themed topics, eye-catching posters with inspirational messages, reminder takeaway cards and leadership training.

"Aligning with our mission to encourage active bodies and fulfilled spirits to empower people to live their best life, REfresh is one more example of Juniper's commitment to changing the face of aging," said Lynne Katzmann, founder and CEO of Juniper Communities. "We are applying the rapidly growing science of mindfulness to chart a positive transformation in long term healthcare and enrich the lives of senior living associates, residents and family members."

A 6-month pilot study of REfresh sessions for staff and residents in assisted and independent living was conducted in 2017 at Juniper Village at Brookline located in State College, PA. Analysis of 1,036 participant sessions (the number of participants multiplied by the number of sessions each attended), data, feedback surveys, and focus group interviews reveal positive findings.

- 71% of all respondents reported a greater sense of wellbeing in mind and spirit
- 68% of all respondents reported a greater sense of wellbeing in body

- 68% of all respondents reported decreased stress
- 75% of all respondents reported feeling more accepting of self and others
- 71% of all respondents reported having more thoughtful responses to others
- 87% of staff respondents reported increased enjoyment while working
- 100% of residents and staff respondents would recommend REfresh to others

“In order to be effective, mindfulness requires regular practice,” said Tsultrim Datso, co-creator and facilitator of the REfresh Body, Mind, and Spirit Program at Juniper Village at Brookline in State College, PA. “The REfresh program is woven into the fabric of what we do at Juniper Village. In addition to benefitting residents, the program also helps reduce stress and cultivates a stable healing presence for busy, hardworking associates and providers. Being able to center yourself so that you can be more present for someone else can be challenging but is so worthwhile.”

The REfresh program is inclusive with ample accessibility, offering participation for those seated in a chair or standing. Classes are conducted with side-by-side activity for residents and staff together as participants.

Based on its current success, Juniper is looking to expand the applications of REfresh in its communities. Research is underway to explore advance technologies to enhance program delivery, and a training program for REfresh leaders and facilitators is under development. A pilot study with program modifications for those living with dementia is currently in progress at Juniper Village Wellspring Memory Care in State College, PA.

About Juniper Communities, LLC

Juniper Communities, a leader in quality, value and innovation in long-term care, operates facilities in New Jersey, Florida, Pennsylvania and Colorado that emphasize residents’ comfort, interaction and security. Our facilities and approach to housing and care offers residents the opportunity to live a full life, regardless of age or health. Juniper’s innovative Connect4Life program has been proven to improve residents’ care by decreasing hospitalizations, re-hospitalizations and urgent care visits, while offering potential cost savings to public programs such as Medicare. To learn more about the many ways Juniper Communities innovates in support of our residents, please contact us at junipercommunities.com or 973.661.8300.

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