



MEDIA RELEASE

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LAKEVIEW VILLAGE TO INITIATE FIRST-EVER

DATA-BASED TOTAL COMMUNITY WHOLE-PERSON WELLNESS PROGRAM

(Lenexa, Kan., March 26, 2007) – Lakeview Village, a continuing care retirement community in Lenexa, KS, will initiate in April the most comprehensive and thoroughly data-based whole-person wellness program to date in the U. S.

Spearheaded by Jan Montague, MS, a nationally recognized whole-person wellness expert for people over 50, the program is drawing on the expertise of additional authorities including Perry Edelman, PhD of Mather Lifeways Institute on Aging, Evanston, IL, and Janet Brady, MS of PCE Fitness, Park City, UT, which has developed software to track whole-person wellness.

“Lakeview will be the first community in the nation to measure, over time, specific progress and results of whole-person wellness initiatives,” noted Montague. “During 20-plus years of work in the whole-person wellness field, I have had the opportunity to consult with many progressive communities implementing important changes to promote whole-person wellness among their residents. Now, however, for first time we have sufficient experience, the data collection instruments, the data management software, and a community willing to invest the time,

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financial resources, focus, and – yes – risk, to transform all organizational processes to a whole-person wellness approach, and to measure the results.”

The kickoff will include presentations by Montague, Edelman, and Brady for the entire community; administration of a residents’ whole-person wellness perception instrument previously developed by Montague and Edelman; focus groups of residents and staff conducted by Edelman; and a functional fitness instrument administered to approximately 200 residents and staff. Residents utilizing all levels of services – from independent living to long-term care – will participate, as well as employees who volunteer to take part. In addition to creating a baseline for Lakeview Village residents and staff, so the community can document that whole-person wellness makes a true difference in the lives of its participants, the event will serve as a pilot for other organizations with whom Montague consults.

Lakeview Village is a faith-based, nonprofit community of 800-plus residents over 62 in Lenexa, KS offering active living and supported options, including LifeCare. Jan Montague, Vice President for Wellness Initiatives, has pioneered the development of Whole-Person Wellness for more than 20 years. In this connection, she is recognized as a leading expert and has authored numerous articles. She can be reached at jmontague@lakeviewvillage.org or 913-744-2467.

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