

**RETIREMENT COMMUNITY MANAGEMENT TEAM MEMBERS RUN TO PROMOTE VITALITY**  
*CEO and marketing director of Garden Spot Village are practicing what they preach*

**REHOBETH BEACH, Del. — Dec. 7, 2010** — Steve Lindsey and Scott Miller plan to run 26.2 miles to set a good example. The chief executive officer and marketing director, respectively, of the Garden Spot Village retirement community in Lancaster County, Pa., are registered to participate in this Saturday's Rehobeth Beach Seashore Marathon. It will be the second marathon for each of them.

"We try to practice what we preach," said Miller. Located in New Holland, Pa., the community offers several health and wellness programs and provides a variety of opportunities for staff and residents to stay active, including a marathon each April.

In addition to serving as marketing director, Miller is also race director for the Garden Spot Village Marathon. In 2007, he ran his first marathon at the age of 50 and was inspired to organize a spring marathon himself. The first Garden Spot Village Marathon was held in April 2009. The 26.2-mile USA Track & Field (USATF)-certified course begins and ends on the community's 104-acre campus and winds along country roads through the scenic farmlands of Lancaster County. The event is believed to be the first marathon hosted by a retirement community. The marathon is also unique in that it offers the same cash awards to its 50-plus masters as it does to its overall winners.

"We feel it is important to encourage adults to remain active regardless of age, and we want to recognize the athleticism of our 50-plus runners," said Miller. "We also want to encourage people to get fit, even if they can't complete a full marathon, so we added a half marathon in 2010." Relay teams and walkers can also take part.

The 2010 Garden Spot Village Marathon drew an estimated 2,000 runners and spectators. Participants included relay teams of residents, ages 70 to 85, who walked the course. The race also entices staff members, including Steve Lindsey, CEO, for whom the 2010 marathon was a first. Lindsey began running in 2009, when the community launched 10-in-10, an employee health initiative that encouraged participants to lose 10 pounds in 10 weeks.

The next Garden Spot Village Marathon is scheduled for April 9, 2011.

**More than marathons**

Running isn't the only health and fitness initiative underway at Garden Spot Village, which is home to approximately 1,000 people. Last year, the community implemented the HealthAbility program developed by Sodexo Senior Services. The program addresses eight dimensions of wellness—physical, nutritional, intellectual, spiritual, environmental, emotional, social and community—encouraging participants to look at all of those areas of their life and to focus on specific goals. The program is available free to residents.

Employees are also encouraged to stay healthy. Garden Spot Village offers several employee health programs, including a monetary incentive for those who get annual cholesterol checks.

Next, the community plans to spread the message to a broader audience. "Extreme sports for the over-50 crowd" is among the workshops planned for Encore the Festival, a day-long celebration of vitality focused on living and aging well, which will take place in June 2011 on the retirement community campus.

For more information about Garden Spot Village, visit [www.gardenspotvillage.org](http://www.gardenspotvillage.org).

For more information about the Garden Spot Village Marathon, visit [www.gardenspotvillagemarathon.org](http://www.gardenspotvillagemarathon.org).

For more information about Encore the Festival, visit [www.encorethefestival.org](http://www.encorethefestival.org).

**About Garden Spot Village**

Garden Spot Village is a not-for-profit retirement community in New Holland, Lancaster County, Pa. Home to all faiths and backgrounds, it is affiliated with the Lancaster Mennonite Conference of the Mennonite Church, the Atlantic Coast Conference of the Mennonite Church USA and Mennonite Health Services. The community's mission is "to enrich the lives of older adults as an expression of Christ's love." In 2009, Garden Spot Village was named to the AAHSA Ziegler 100, an annual listing of the country's 100 largest non-profit senior living organizations.