



Through a variety of initiatives, GenCare Lifestyle has been on the leading edge of improving the quality of life for seniors. GenCare Lifestyle created its *Whole Life Living Program* to provide healthy lifestyle choices, to promote health and wellness among residents, as opposed to simply managing illness. “Food is the foundation, that fuels the engine of your heart and mind,” explains Founder and CEO Leon Grundstein. “Without a proper diet, the body will not function optimally.

*GenCare’s Lifestyles Whole Foods Program* is a unique way of looking at what goes into a complete and well-balanced diet. GenCare improved its culinary services to include: freshly prepared food, locally grown produce, seasonal fruits and vegetables, and healthier food preparation methods. Our professionally trained chefs prepare high-quality meals from scratch, to ensure only the best ingredients are being used. In 2008, the International Council on Active Aging recognized GenCare Lifestyle with the Industry Innovator Award for Creativity in Lifestyle Management.

In addition to our *Whole Foods Program*; GenCare Lifestyle is proud to announce our *New Partnership with Ocean Spray Juice*. For over 80 years, Ocean spray has been dedicated to creating the highest quality juice products, earning them the brand name consumers recognize throughout the United States. GenCare now serves a variety of Ocean spray juices which are made of all natural ingredients. This new partnership, endorses GenCare’s commitment to serve only the healthiest and highest quality food and juice products to our residents.

GenCare Lifestyle is excited to work with a company as well known and highly regarded as Ocean Spray, and will continue to find new ways to offer our residents healthy and delicious meal options.