



BEZTAK Companies

Real Estate Development, Construction, Management, Financing & Investments

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**BEZTAK'S ALL SEASONS SENIOR LIVING HOSTS SYMPOSIUM ON LIVING
WELL AT ANY AGE THROUGH CREATIVITY, CONNECTIVITY, AND CULTURE**

Farmington Hills, Mich. Sept. 29, 2022 – For more than 15 years, All Seasons, Beztak Companies' luxury senior living division, has been setting trends in the senior living industry – developing modern, vibrant communities that utilize elements of design and are focused on providing residents with an enriching, active lifestyle. As part of this ongoing initiative, All Seasons recently introduced and hosted a Symposium on the intersections of arts, aging, health, and wellness.

The Symposium, which took place on September 17, featured keynote and breakout sessions exploring complimentary approaches from various sectors to living well at any age; primarily focusing on the role of the arts, social connectivity, and living with purpose.

"This is a fascinating time to be an older adult," said Natalie Stringer, All Seasons' Director of Artistic and Intellectual Planning. "This Symposium's aim was to investigate quality of life. By and large, we're adding years to our life; what can we do to make sure we are living them well?"

Stringer conceptualized the Symposium to be uniquely programmed for residents themselves, rather than for senior living industry professionals or vendors, and aimed to feature experts in a variety of fields.

Olympian, Women's Basketball League Hall of Famer, and Flint-native, Linnell Jones-McKenney kicked off the event as the keynote speaker. In conversation with Mark A. Harris, experienced fitness instructor and personal trainer, Jones-McKenney discussed redefining 'aging,' embracing physical challenges without giving up on goals, finding social connection and purpose through physical fitness and wellness in older age.

Breakout sessions throughout the day included: "Creative Arts: A Path to Healthy Aging," led by Vincent Tilford, Executive Director of the Hannan Center, "Intergenerational Narratives: Why Sharing Culture and Stories Matter between Generations," led by Tayler Jones and Sudha Sankar from Limelight, LLC and Diegeses Projectz; "Building Community Connections and Social Capital Through TimeBanking," led by Alice Bagley, Director Of Operations of the MI Alliance of TimeBanks; and "Music and The Mind: Case Studies from a Medical Music Therapist," led by Meredith Irvine, MHA, MT-BC, NICU MT



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The Symposium closed with a re-enactment of the famous vaudevillian Sophie Tucker performing “The Business of Staying Young,” by Madelyn Porter, Kresge Literary Arts Fellow, and Connectivity & Engagement Manager at the Detroit Public Theatre.

The Symposium was hosted by All Seasons Ann Arbor, with residents joining from All Seasons Birmingham, Rochester Hills, and West Bloomfield. The Symposium was also live-streamed to ensure the residents from All Seasons Naples and Oro Valley were included.

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For more than six decades, Beztak has developed, built, managed, and invested in luxury residential, senior living, commercial and industrial real estate throughout the United States. Today, Beztak owns and manages a diverse portfolio multi-family residential and senior living real estate and continues to develop and construct new properties around the country, as well as renovate existing properties to add value or reposition them in the market. Beztak also offers comprehensive and customizable fee-based property management services for companies seeking to generate higher revenues from their assets while improving overall performance.

Headquartered in Farmington Hills, Michigan, Beztak has offices in Boca Raton, Florida and Tucson, Arizona, with communities currently located in Alabama, Arkansas, Arizona, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Michigan, Mississippi, Ohio, Oklahoma, South Carolina, Tennessee, and Washington DC. For more information, visit <https://beztak.com/>.