



Welcome to the Wellness Department at Asbury Methodist Village

Your Well-Being Matters

Asbury Methodist Village is committed to your wellness. We know that physical, emotional, and cognitive wellness go hand in hand. We are here to serve you with robust, holistic programming designed to ensure that we are addressing all aspects of your well-being. That's why our Wellness Team includes wellness professionals, pastoral care associates, and volunteer and lifestyle enrichment associates.

Our Wellness Components

We support your wellness in the following ways:

- Fitness classes
- Kinnections Brain Health (see page 3 for details)
- Support groups for chronic conditions
- Healing arts classes
- Lifestyle & lifelong learning programs
- Specialized Parkinson's programming with targeted fitness classes, support groups and educational programs as part of Asbury's membership in the Parkinson's Foundation of the National Capital Area.

Gym Hours

Fitness Gym Hours:

Sunday - Saturday: 5 a.m. - 9 p.m.
*Monday - Friday (staff available):
8 a.m. - Noon | 1 p.m. - 4:30 p.m.

Fitness Studio Hours:

*Monday - Friday: 9 a.m. - 5:30 p.m.
Saturday - Sunday: Closed

Technology Lab Hours:

Monday - Friday: 9 a.m. - 4 p.m.
Saturday - Sunday: Closed

Climbing Wall Hours:

Monday, Tuesday, Thursday, Friday:
9 a.m. - 4 p.m.

Wednesday, Saturday, Sunday: Closed

*Areas are not open for general use during classes

Contact Us | 301-987-6258

Belinda Degboe, Wellness Director
301-987-6444 or bdegboe@asbury.org

Rosborough Cultural Arts
and Wellness Center
409 Russell Ave, Gaithersburg, MD 20877

www.asburymethodistvillage.org/wellness

Basic Wellness Package

This option is all-inclusive for Asbury residents. No additional costs are incurred.

Included Classes

- Water Walking
- Healthy Strides
- Light and Easy Aerobics
- Wellness for the Soul
- Better Mobility
- On Your Seat
- Steady As You Go
- Small Group Circuit
- SeniorFit
- Functional Strength
- Stand Up Get Fit
- Parkinson's TRX
- Pilates Stretch & Tone
- Parkinson's Exercise Classes
- Line Dancing with James
- Better Balance
- Total Body Tune-Up
- Cardio Fit
- Basic Strength
- Circuit Weight
- Walk 4 Fitness
- Core & Flexibility
- Holidays special classes

Included Amenities

- Pool and Fitness Center/Studio
- Satellite Gyms
- Recorded Fitness Classes on AVTV
- Outdoor Walking Path
- Outdoor Fitness Stations and Games
- Bocce, Tennis, Pickleball
- SeniorFit Lectures and Classes
- Disease Prevention and Management Workshops
- Participation in Research Studies
- Fitness assessment
- Ping-pong/table tennis
- TED Talk Tuesdays
- SmartFit Exergaming
- React Neuro Virtual Reality

Basic Wellness Package Members may purchase Basic Plus offerings a la Carte for the following costs:

- \$5 per specialty class
- \$12 Super Seven course materials fee
- \$35 per 30-minute coaching session
- \$375 personalized brain health plan

Non-Residents may purchase offerings a la Carte for the following costs:

- \$10 per specialty class
- \$24 Super Seven course materials fee
- \$45 per 30-minute coaching session
- \$450 personalized brain health plan

Basic Plus Wellness Package

Includes Kinnections!

Residents are charged a monthly fee of \$35
Non-Residents are charged a monthly fee of \$125

In addition to the classes and services offered in the Basic Plan, Plus members have access to the following:

Included Classes

- Rock Steady Boxing
- Rock Wall Climbing
- TRX
- Yoga
- Tai Chi
- Super Seven
- Specialty Drum Classes
- Specialty Dance Classes
- Specialty Aqua Classes
- Specialty Boxing Classes

Ready to Get Started on the Road to Wellness? It's Easy!

1

Stop by the wellness center and schedule an initial assessment. You will be assigned a fitness level to help you choose classes that align with your level, and work with your wellness professional to set goals.

2

Choose from two packages.

3

Basic Wellness Package is part of your included services and offers a wide range of fitness classes and access to the pool. See details on right.

4

Basic Plus Wellness Package includes the Basic Package plus our Kinnections Brain Health program. See details below.

KINNECTIONS BRAIN HEALTH



at Asbury Methodist Village

Kinnections is a wellness-driven framework that provides insights and recommendations to maximize cognitive function. Kinnections combines the very latest, science-based brain wellness practices with a cutting-edge neurocognitive assessment and brain-training tools.

Participants begin a comprehensive cognitive assessment given by a trained member of the Wellness Team.

It tests these five areas:

- Global cognition
- Subjective memory scale
- Quality of life indicator
- Cognitive/motor performance
- Domain-specific cognitive performance

After Your Test

1. If there is a need for further clinical evaluation, referrals may be made to a physician or rehabilitation professional.
2. Your cognitive test results are used to form a personalized brain health engagement plan. This addresses strengths, areas of improvement, personal goals and fitness recommendations that promote global cognitive stimulation and targeted domains.
3. Participants are able to enroll in Asbury's Super Seven Brain Training Program addressing seven cognitive domains and schedule a monthly 30-minute coaching session with any wellness professional.

The Rosborough Wellness & Brain Health Center for Excellence was designed with equipment that requires brain and body coordination for maximum brain health impact. They include a climbing wall, TRX, boxing, SMARTfit exergaming, and REACT Neuro.

Enrolling in Kinnections & Cost

All parts of the Kinnections program are included in the Basic Plus Fitness Package cost of \$35 per month.

You may also choose just the Comprehensive Brain Health Assessment and personalized plan for \$375.

Meet the Kinnections Development Team

Sue Paul, MBA, OTR/L, CHC, FAS, BHTC

Sue Paul is an occupational therapist and Certified Health Coach with more than 30 years of experience working with older adults and neurodegenerative conditions including dementia.

Ryan Glatt, MSc, CPT, NBHWC

Ryan Glatt is a trainer and brain-health coach who works with researchers to study the effects of cognitively enhanced and comprehensive exercise plans at the Pacific Brain Health Center.

Rob Winningham, Ph.D.

Rob received his doctorate in neuroscience from Baylor University. He is currently the Provost and Vice President for Academic Affairs at Western Oregon University.

The Kinnections program can be accessed through:

- Rosborough Brain Health Center for Excellence
(301) 216-4419
- Asbury Outpatient Rehab Center
(301) 987-6170
- Asbury Rehab at Kindley Assisted Living
(301) 987-6271
- Wilson Health Care Center Rehab
(301) 987-6282
- Asbury Home Health
(301) 216-5697

Contact Us

Wellness Center Phone: ext. 6258

For pool/spa and classes monthly calendar, pick up a copy of Village Life or stop by the Wellness Center

Wellness Department Staff

Belinda Degboe, Wellness Director	ext. 6444
"Mo" Moufty Lawani, Wellness Manager	ext. 6455
Nancy Cumberbatch, Wellness Coordinator	ext. 4093
James Warner, Sr. Wellness Professional.....	ext. 6265
Mary Sandoval, Wellness Professional.....	ext. 6453
Kaveh Yousefi, Wellness Professional	ext. 6258
Matthew Kessler, Wellness Professional	ext. 6169
"Leni" Lenora Tooher, Wellness Professional.....	ext. 5754
Dawn Kirk, Brain Health Coach.....	ext. 4419
Bethany Silva, Brain Health Coach.....	ext. 4419
Mansour Behroozi, Lifeguard & Pool Operator.....	ext. 6269
Sean Shaw, Wellness Coordinator.....	ext. 6408

Spiritual Life & Care Department Staff

Spiritual Life & Care Dept. Phone	ext. 4093
Malcolm Frazier, Spiritual Life & Care Director.....	ext. 4088
Kim Blumenthal, Rabbi.....	ext. 4339
Janice Hicks, Chaplain	ext. 6058
Paul Ogunboye, Counselor	ext. 4094



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