

YOUR NETWORK FOR COMPLETE SENIOR HEALTH

to age magnificently wherever you call home

Experience the difference when all your health services truly revolve around you, keeping you healthy at home. It's more personalized, better coordinated, more convenient. You'll feel confident you're known in those moments that matter most. We call it Complete Senior Health

*Senior-savvy, in-home clinicians
proactively address medical
and personal needs*

Lifespark COMPLETE™

*Medicare-certified home
health for specialized needs
after injury or illness*

Lifespark Skilled Home Health



*Vibrant communities
offering living options
where seniors thrive*

Lifespark Senior Living



*Nurses and caregivers
work to support fuller,
more independent lives*

Lifespark Home Care



*Compassionate care
and comfort for
meaningful days*

Lifespark Late Life/Hospice



**We put YOU at the center
of everything we do!**

Top reasons to look to Lifespark as you age

Lifespark brings
services and
support right
to your door

+

Less stress for you
and your family

+

Few ER visits
and hospital stays

+

Reduction in
over/under use
of medications

+

Smoother
transitions between
procedures/services

+

Greater control
and flexibility =
life on your terms

+

One number to
call for questions
and concerns



Your **COMPLETE** Senior Health Partner

Phone: 952-345-0919

Learn more: lifespark.com

At Lifespark, we're passionate about sparking lives. About helping you stay you. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms. We use the following seven elements of well-being to help you achieve health and lifestyle goals.

HEALTH



Health and wellness are about the ability to live life on your own terms, to live where and how you choose.

BEING



You will always be you, but what matters most to you may change as you age. Being is the ability to complete the phrase "I am..." And the longer you live, the more answers you find.

MONEY



Financial resources help you meet your current needs and plan for future independence and lifestyle maintenance.

HOME



Home is where you find comfort and a sense of belonging, whether in a house, a community, or a skilled facility. Home, and feeling at home, is essential to your overall well-being.

BELONGING



Social connections are vital to your health and well-being at every point in the human lifespan. When your sense of belonging is weak, you can feel isolated even in the presence of others.

PURPOSE



Having a strong life purpose improves your physical and mental health and enhances overall quality of life.

THINKING



Your ability to think for yourself is central to your existence, memories, and ability to relate to people and your surroundings, including time and place.