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### ***Timber Ridge at Talus wins a 2011 ICAA Green Award***

*Award recognizes organization's efforts to encourage environmental stewardship*

ISSAQUAH, WA — The International Council on Active Aging® (ICAA), an association that leads, connects, and defines the active-aging industry, has selected Timber Ridge at Talus, Issaquah's newest senior living community located at the base of Cougar Mountain, to receive the 2011 ICAA Green Award, a category of its annual Innovators Awards program. ICAA's awards honor those that are leading the way, setting new standards and making a difference in the lives of older adults. The Green Award specifically recognizes organizations that encourage environmental stewardship by creating and/or implementing eco-friendly products, services, processes, designs or programs in their settings.

In 2008, Timber Ridge at Talus welcomed residents into the first LEED (Leadership in Energy and Environmental Design) certified Continuing Care Retirement Community in the United States. Timber Ridge achieved Silver Certification based on a comprehensive new construction rating system measuring sustainable site development, water efficiency, energy and atmosphere optimization, materials and resources, indoor environmental quality, and innovation and design process.

One of the many ways Timber Ridge has reduced its impact on the environment is by using Eco-Ware Containers. Prior to Eco-Ware takeout containers, the food and beverage department went through 5,000 paper compostable containers per month. The Eco-Takeouts are 100% BPA free polypropylene, reduce non-biodegradable waste, and do not occupy landfills. In addition, Timber Ridge has a very successful recycling program that encourages residents to recycle the approximate 130 newspapers delivered daily to the community. Residents are motivated not only because of its environmental impact but also because the newspapers are donated to the local At Work...a program benefitting disabled community members.

These programs combined with Timber Ridge's food composting efforts, sum to 60,000 paper compostable containers saved, 8 tons of newspapers recycled, and 55 tons of garbage averted from a landfill, all accomplished in one year.

By aligning the values of the residents and the community, Timber Ridge has designed and implemented successful environmental programs that increase sustainability and have positive effects inside and outside the community. Timber Ridge is one community making a difference, imagine the impact thousands of communities across the country can make with the same dedicated mission.

"We are honored to be recognized as one of North America's most innovative "green" retirement communities and to receive this award from the ICAA," says Scott Doherty, Executive Director of Timber Ridge at Talus.

"Active-aging organizations support older adults in living well through opportunities to be more active and to learn, grow and participate in their communities in a multitude of ways," says Colin Milner, ICAA's founder and CEO. One area of increasing interest to the 50-and-older age group is the environment. "It is inspiring to see the results possible when organizations and individuals work together to make a difference in their communities and create a healthier world," Milner continues. "Timber Ridge at Talus is an excellent example for other organizations that want to

improve their environmental commitment and succeed in sustainability efforts. On behalf of ICAA, I congratulate Timber Ridge at Talus on winning the 2011 ICAA Green Award.”

As an ICAA award-winner, Timber Ridge at Talus will receive a crystal award of recognition, while an in-depth article about its environmental efforts will appear in ICAA's flagship publication, the *Journal on Active Aging*®, in 2012. In the meantime, brief descriptions of all the 2011 ICAA Innovators, including Timber Ridge at Talus, are available online at [www.icaa.cc/awards/pressreleases.htm](http://www.icaa.cc/awards/pressreleases.htm).

### **About Timber Ridge at Talus**

**Website: [www.TimberRidgeLCS.com](http://www.TimberRidgeLCS.com)**

Nature's vivid panorama enhances the view from Timber Ridge, a new senior living community in Issaquah. The innovative design of Timber Ridge sustains a connection with the area's outdoor environment through generously sized windows, abundant natural light and terraces where residents can enjoy fresh-air dining and activities. The entry court offers a more urban feel with space for coffee and conversation, while activity gardens located throughout encourage outdoor exercise and inspire a sense of community. Every apartment home features a balcony or patio. A network of walking trails connects Timber Ridge with the Talus development. Designed to meet the expectations of today's seniors, Timber Ridge offers an active, maintenance-free lifestyle in a spectacular setting. The community offers first-rate services that can be customized to meet individual preferences. Outstanding amenities include your choice of formal or casual dining. Timber Ridge adheres to nationally established "green" building standards, making it one of only a handful of communities in the U.S. to apply for [LEED](#) (Leadership in Energy and Environmental Design) Certification. In addition to being the area's ONLY LEED certified community, Timber Ridge is the Issaquah area's NEWEST senior living community to offer [LifeCare™](#).

### **About the ICAA Innovators Awards program**

**Website: [www.icaa.cc/awardsprogram.htm](http://www.icaa.cc/awardsprogram.htm)**

Established in 2003, the ICAA Innovators Awards program honors excellence and creativity in the active-aging industry. ICAA's awards are presented in three categories: ICAA Innovators Award, for programs and concepts that advance active aging; ICAA Innovative Solutions Award, for products and services that improve older-adult wellness; and ICAA Green Award, for environmental stewardship efforts. By recognizing cutting-edge programs, products and environments as well as those who developed or nurtured them, ICAA highlights solutions for industry leaders and governmental organizations to learn from. Award-winners work on inspiring new directions in older-adult health and wellness. Not only do they give us a glimpse into the trends shaping the future of active aging, they also show us that with the right opportunities and environments, older adults can live as fully as possible throughout the life span.

### **About the International Council on Active Aging (ICAA)**

**Website: [www.icaa.cc](http://www.icaa.cc)**

ICAA, an association that leads, connects and defines the active-aging industry, supports professionals who develop wellness facilities, programs, and services for adults over 50. The association is focused on active aging—an approach to aging that helps older adults live as fully as possible within all dimensions of wellness—and provides its members with education, information, resources and tools. As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the US Administration on Aging, the National Institute on Aging (one of the US National Institutes of Health), the US Department of Health and Human Services, and Canada's Special Senate Committee on Aging, and the

British Columbia ministries of Health, and Healthy Living and Sport. On October 1, 2011—the International Day of Older Persons—ICAA celebrated its 10<sup>th</sup> Anniversary and a decade of Changing the Way We Age®.

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