



Jumping out of planes, swimming with sharks, a week of bliss on a dream cruise, and even falling in love are classic bucket list items. Getting older doesn't have to get in the way.

As an independent living community, Solstice Senior Living at Sandy brings unique week-long experiences to their residents.

Through the Living the Dream Program, staff search for something special in their resident's life or a hidden hope and turn that dream into a reality.

"One [resident] was a swimmer. She hadn't been able to swim for 20 years and

[another Solstice Living Center] got her set up with some free physical therapy. She did all her work for three months and at the end of that three months she was able to swim in the pool," said Executive Director of Solstice Senior Living Sandy, Chris Hineman.

Past the physical therapy and free sky-diving, Solstice Senior Living strives to give residents a second family while still actively involving their first.

"I feel like what we're trying to create here is a real family-oriented atmosphere. Sometimes that can be a good and a bad thing, you know, some people fight like they're family, but it's really an atmosphere

"Finding a Second Family at Solstice Senior Living at Sandy."

of love, learning, caring and respect for one another, just being one giant family," Hineman said.

The living center gives residents more than a roof over their heads. Solstice Senior Living not only feels like home, it tastes like it too.

"Sometimes, we'll even do events where people have a specific recipe that they've grown up with or something they like and they have the opportunity to give the actual recipe to the chef," Hineman said.

Solstice Senior Living gives residents the life they've always wanted, encouraging an active lifestyle, listening to music together, playing games, giving a large open

green space to walk through and even putting on food drives to give back to the larger community. The community and new relationships have even led to residents falling in love and getting married.

Following over 20 years of work in education, Hineman made the switch a career focused on senior living..

Hineman saw firsthand, the difference a vibrant senior community can make. After watching his mother live alone for nearly three decades, he saw her personality switch. That was when Hineman and his family helped her move into a senior community. Right away, she was connecting with and meeting new people.

"We were able to see really a drastic change in her personality, back to the person we grew up with as children," Hineman said.

Hineman and his staff are now trying to give residents the kind of care that brought his mother back to his family.

"That's kind of the cliché term, 'you're coming to a community,' but it's really, truly a family, a community of families that have come together. And that's what we love about and are trying to create here at solstice," Hineman said.