



EMBARGOED UNTIL MARCH 25, 2019

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THREE PILLARS LAUNCHES CYCLING WITHOUT AGE AT DOUSMAN CAMPUS

Thanks to Generous Donations, Three Pillars Orders Trishaw Bike from Denmark

Dousman, Wis. March 25, 2019— Thanks to generous donations to Three Pillars' 2018 *Love Lights* program Three Pillars ordered a Trishaw bike for their Dousman campus through the Cycling Without Age program.

According to Chief Development Officer Jane Olisar, "We had a tremendous response to our annual Love Lights program this year, and that, coupled with a grant from the State of Wisconsin, Department of Health, we ordered a Trishaw bicycle for our campus to add to the wealth of programming we offer our residents."

Dawn Mans, Three Pillars' Wellness Coordinator, sees a lot of opportunity for Three Pillars' residents, "The Cycling Without Age program, which was started in 2012 by an avid cyclist, Ole Kassow in Denmark, will help expand the relationships our residents have with each other and the 'pilots' who operate the bike, while also adding to our resident's overall happiness as they enjoy our beautiful campus in a new way. We'll plan on biking until the snow flies."

President & CEO Mark Strautman is excited about what this means for residents and staff, "It's another opportunity for our residents and staff to interact with each by offering residents the enjoyment of something as simple as a bike ride. We have 60 acres and lots of trails for them to see, and we've also partnered with local businesses to offer different treats at stops along the way. We are thrilled to implement this program, which is another example of how Three Pillars is helping lead the way in high-quality care and programming for our residents.

Cycling Without Age is a program designed to help older adults enjoy cycling again. The original problem Kassow wanted to solve was how to help seniors enjoy riding again with the limited mobility they faced. Kassow found the answer in a Trishaw, which is a bike powered by a rider, while passengers sit in the front—allowing them to experience the thrill of riding, without having to pedal the bike themselves.

The bike will arrive this spring, and Mans, along with the Lifestyles Team, will roll the program out in May.

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Three Pillars Senior Living Communities is a not-for-profit organization located in Dousman, WI and is sponsored by the Masonic Fraternity. Three Pillars Senior Living Communities takes pride in meeting the social, physical, and spiritual needs of older adults by providing high quality senior housing and services.

For more information about this story or Three Pillars Senior Living Communities please contact Josh Van Den Berg, Chief Marketing & Communications Officer at 262.965.7391 or jvandenber@threepillars.org

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