



The Competitive Scale | Research Dining ICAA + NIH | McKnight Winner

## The Family Liaison Perspective Every Leader Needs to Hear

Few people understand the crossroads between families and senior living communities like Joel High. As a **Chaplain** turned **Certified Senior Advisor**, he brings 25 years of wisdom to one of the hardest and most misunderstood decisions families face in bridging the gap between home and community.

In his candid conversation, Joel shares a rare **vantage point every administrator, director, and executive needs to hear**. If your dining program isn't a top priority, families notice. And when they compare communities, **dining is often what tips the scale**.



Full Lineup of [Coro Chronicles Episodes Here](#)

## IS CORTISOL RUINING YOUR DINNER?

At Coro Health, we know dining is never just about food - it's where connection deepens, stories surface, and memories come alive. That's why we have **therapeutic music programs** designed specifically for **breakfast, lunch, and dinner**. These aren't random

playlists - they're clinically curated programs that set the right tone for each meal: gentle and grounding in the morning, uplifting and social at midday, and soothing in the evening.

**Studies prove that the right music at mealtimes lowers cortisol**, the stress hormone that disrupts digestion. In group dining, that simple science creates ease at the table, opening the door to laughter, conversation, and deeper community connection.



[Book a Free Demo](#)

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## RESEARCH MEETS THE DINING ROOM

New research shared by the **International Council on Active Aging®** shows that nostalgic foods and texture variety make meals more comforting and enjoyable for older adults.

At the same time, a **NIH/ PLOS ONE Research Study** confirms that listening to music activates the body's parasympathetic **"Rest and Digest" system- directly improving digestion and nutrient absorption.**

Together, these findings reinforce what we see every day: when **Coro Health's dining music** programs pair with meals, residents experience not just flavor and memory, but **healthier, calmer, and more meaningful mealtimes.**

[Read the ICAA article >](#) | [Read the NIH/PLOS ONE study >](#)



## "A tavola non si invecchia"

(At the table, one does not grow old)

### A COURSE WITHIN A COURSE

The conversation doesn't stop at the table - it's just getting started. Join **Aaron Fish** and **Carrie "Dementia Darling" Aalberts** for Dining with Dementia, a pivotal workshop that blends learning, laughter, and life-changing insight.

This isn't just about food - it's about **restoring dignity, joy, and connection at mealtime** for people living with dementia and those who love and care for them. Menu items: Sensory-Friendly Dining, Environment & Flow, Menu & Texture Options and more...

## Dinning With Dementia

Uncovering the Secret Sauce



**Aaron Fish**  
Senior Living Expert  
& Podcast Host



**Carrie Aalberts**  
Dementia Care  
Advocate & Educator

Learn more about the workshop here: [Dining with Dementia](#)

### HONORED MCKNIGHT WINNER

We couldn't be happier to share in this win with the **Engagement Bundle**, named an Engagement Winner! For our part, **Coro Health** is honored to be recognized through our partnership with **Sunrise Senior Living**.

Our contribution is simple but powerful: music and faith experiences that touch hearts and turn everyday moments into opportunities for joy, comfort, and belonging. Here's to **innovation that truly engages - mind, body, and spirit.**

[www.engagementbundle.com](http://www.engagementbundle.com)



Coro Health Available on

