

October 29, 2025

FOR IMMEDIATE RELEASE

Company name	Resorttrust, Inc.
Representative	Ariyoshi Fushimi, President and COO
Code	4681, Prime of Tokyo Stock Exchange and Premier of Nagoya Stock Exchanges

Entering a New Stage in Dementia Prevention
—A New Series Under Resorttrust's Nursing Home Brand—
"HIMEDIC RESIDENCE THE GARDEN" Opens its Doors

On Saturday, November 1, 2025, HIMEDIC, Inc. (President, Ariyoshi Fushimi ; headquarters, Shibuya-ku, Tokyo), a member of the Resorttrust Group, will establish a new brand under the name of "HIMEDIC RESIDENCE THE GARDEN," leveraging the company's expertise in preventive medicine. As a first step, HIMEDIC, Inc. will rebrand two of its existing facilities—"Trust Garden Todoroki" and "Trust Garden Nanpeidai" — under the HIMEDIC RESIDENCE THE GARDEN name. These two facilities will then be relaunched as paid nursing homes for the elderly under the philosophy of striking a balance between dementia prevention and maintaining the personality and individuality of the individual residents.

HIMEDIC RESIDENCE THE GARDEN



Overview of Brand

A new way of life born from the fusion of healthcare, nursing care and hospitality

HIMEDIC, Inc. manages Grand HIMEDIC Club, a comprehensive membership-based health club that offers health support and high-precision medical checkups with an emphasis on preventive medicine, at 13 sites at 10 courses across Japan *1. HIMEDIC, Inc. has demonstrated its ability to produce innovation-led results

across a wide range of sectors, including the early detection and treatment of serious illnesses and disease prevention, and has built one of the largest preventive healthcare networks in all Japan. Bringing its strengths in the medical business and its experience in providing hospitality-focused services, cultivated through the operation of membership-based resort hotels, into the nursing care industry, HIMEDIC, Inc. began operating senior care residences in 2006 and currently operates a total of 23 senior care residence facilities across Japan. HIMEDIC RESIDENCE THE GARDEN offers its residents a new way of life centered around the following three pillars: healthcare, nursing care, and hospitality, thereby giving residents the opportunity to live a healthy life in this era of the 100-year lifespan.

Brand Concept

HIMEDIC Care —Addressing the Challenges of Dementia Prevention

HIMEDIC is a leader in the fields of early detection and treatment of serious illnesses and disease prevention, and has now decided to take on the challenge of dementia prevention as part of its next phase as a company. Japan is a country facing the prospect of the super-ageing society and there are reports suggesting that, by 2040, as many as one in three elderly people in Japan will suffer from dementia or a mild cognitive impairment (MCI)*2. Taking this into account, dementia should be considered a pressing and real concern for everybody.

At HIMEDIC RESIDENCE THE GARDEN, care is not simply provided only after a diagnosis of dementia, but also from the perspective of prevention in the stages potentially leading up to such a diagnosis. By leveraging its existing strengths in providing round-the-clock care, medical support structures, and personalized care/rehabilitation cultivated through HIMEDIC, Inc.'s management and operation of senior care residences, HIMEDIC RESIDENCE THE GARDEN will pursue an approach to care that respects the personality and individuality of all its residents.

Underpinning this approach is the unique care model known as "HIMEDIC Care," which adopts a multifaceted approach built on the four cornerstones of "exercise," "communication," "nutrition," and "sleep."

Four Cornerstones of HIMEDIC Care

01 Exercise: Exercise to stimulate the brain

In collaboration with Dr. Hisatomo Kowa (neurologist, specializing in dementia), a professor at the Kobe University Graduate School of Health Sciences, HIMEDIC, Inc. has developed an exercise program*3 tailored toward the Activities of Daily Living (ADL) of each individual resident. Based on the "CogniCARE*4" framework, which combines dual-activities, such as performing calculations while doing aerobic exercises, with full-body exercise and group communication, HIMEDIC, Inc. will incorporate an individualized exercise program that tailors the load and difficulty levels to the individual residents of its paid nursing homes for the elderly. In addition, ideas for new forms of exercise will be offered to residents, incorporating walks in the gardens and horticultural therapy.



02 Communication: Connections as medicine for the soul

Activities such as engaging in conversation, laughing, and spending time with others stimulate brain activity. HIMEDIC, Inc.'s facilities include community spaces that allow residents to maintain their connections with wider society, and their place within it, by giving them spaces to perform daily activities, engage in their hobbies and celebrate seasonal events. It is HIMEDIC, Inc.'s goal to look after its residents' mental health by providing opportunities for interpersonal interactions.

03 Nutrition: Disease prevention begins at the dinner table



HIMEDIC, Inc. uses a diverse range of ingredients and cooking methods in its menus based on its own unique nutritional guidelines, providing residents with a frailty prevention type diet designed specifically to combat the effects of physical and mental weakening (frailty) that come with aging. With the aim of maintaining cognitive function, a Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet*5 day has been incorporated into the meal plan, including a balanced selection of ingredients that are known to be good for the brain, such as multigrain rice, blue fish, walnuts, and soy milk. In so doing, residents are encouraged to incorporate a new approach to eating into their daily lives that allows them to maintain their brain health while simultaneously enjoying a delicious diet.



04 Sleep: Using medical expertise to address quality of sleep

In the communal areas of HIMEDIC, Inc.'s facilities, a lighting*6 system that regulates the biological rhythm of residents has been introduced, helping reproduce a rhythm close to that of natural light. The rooms of residents have also been fitted with sleep sensors which are used to create useful data out of the sleep states of residents, something which is normally left unmonitored, allowing efforts to be undertaken to address the quality of sleep of residents. The facilities are also manned 24/7, including at night, by care and nursing staff. This use of technology and monitoring systems help HIMEDIC, Inc. ensure that residents get a restful nights' sleep.



These dementia care efforts are implemented in collaboration with physicians affiliated with Resorttrust Group-supported medical institutions and the NOUNOKENKOWOMAMORUSOUGOKENKYUJO research institute. Building on medical and scientific evidence, HIMEDIC, Inc. is committed to helping prevent dementia in the residents of its facilities through day to day life and living.

On-Going Efforts to Improve the Quality of Dementia Care

Case Study Presentation Sessions

Together with the NOUNOKENKOWOMAMORUSOUGOKENKYUJO research institute (Representative Director, Junichi Taguchi), HIMEDIC, Inc. jointly sponsors a case study presentation session (last fiscal year's session held in February 2025) aimed at harmonizing care practices across senior care residences operated throughout Japan and at aggregating and sharing dementia care knowledge and practical experiences. In hosting these sessions every year, HIMEDIC, Inc. aims to further improve the quality of dementia care and to contribute to the personal wellbeing of its residents.

Study Sessions and Case Consultation Meetings

In collaboration with neurologists specializing in dementia, HIMEDIC, Inc. regularly holds study sessions aimed at deepening its staff's knowledge of dementia and case consultation meetings which act as a forum to discuss issues encountered in the actual process of providing dementia care. In hosting such sessions, HIMEDIC, Inc. works day to day to update its knowledge and expertise of dementia care practices.

Humanitude Bronze Level Certification

Felio Momochi (4th floor), one of Trust Garden's paid nursing homes for the elderly in Fukuoka City, has been awarded "bronze" by Japan Humanitude Association under the Humanitude certification system, which certifies based on pre-determined evaluation criteria organizations who provide high quality care using the communication and care methodology of HumanitudeTM, originating in France (Felio Momochi is the 14th location in Japan to receive this certification and the first in Fukuoka Prefecture). We are committed to addressing the issue of dementia while providing care that accommodates the dignity and individuality of each individual resident.

Message from Officer

Our goal is not a life protected by medical care, but a life lived in conjunction with medical care...a bringing together of scientific evidence-based care and warm hospitality. It serves as the jumping-off point for this new challenge "The Garden" to be undertaken by HIMEDIC, Inc.

Tetsuya Furukawa

Senior Managing Executive Officer , Head of Medical Headquarters, Resorttrust, Inc.
Representative Director, HIMEDIC, Inc.

Facility Information

HIMEDIC RESIDENCE THE GARDEN Todoroki

- Type: Paid nursing home for the elderly (General type specified facility for daily life long-term care of residents)
 - Type of ownership of land and buildings: Leasehold (25 years from March 2014; renews automatically)
 - Type of right to residence/housing: Right of use system
 - Location: 7-22-12 Todoroki, Setagaya-ku, Tokyo 158-0082
 - No. of rooms: 57 single occupancy rooms
 - Conditions for residency: Typically for those aged 65 or over, who, upon admission, are able to live independently, who require assistance, or who require nursing care
 - Number of caregiving staff: Ratio of at least 2:1 (calculated based on a 40-hour work week)
- <https://www.trustgarden.jp/todoroki/>

HIMEDIC RESIDENCE THE GARDEN Nanpeidai

- Type: Paid nursing home for the elderly (General type specified facility for daily life long-term care of residents)
 - Type of ownership of land and buildings: Ownership by the business operator
 - Type of right to residence/housing: Right of use system
 - Location: 9-6 Nanpeidai-cho, Shibuya-ku, Tokyo 150-0036
 - No. of rooms: 41 rooms, 45 people
 - Conditions for residency: Typically for those aged 65 or over, who, upon admission, are able to live independently, who require assistance, or who require nursing care
 - Number of caregiving staff: Ratio of at least 2:1 (calculated based on a 40-hour work week)
- <https://www.trustgarden.jp/nanpeidai/>

■ Management Company

HIMEDIC, Inc.

- Location : 4-36-19, Yoyogi, Shibuya-ku, Tokyo, Japan
- Representative: Ariyoshi Fushimi, President (President and COO of Resorttrust, Inc.)
- Capital: 300 million yen
- Shareholding ratio: 100% of shares held by Resorttrust, Inc.

- Description of business activities: Construction and operation of medical facilities commissioned by medical institutions, sales of memberships for membership-based medical facilities, management and operation of paid nursing homes for the elderly, management and operation of serviced housing for the elderly, etc.
- URL : <https://www.himedic.co.jp/>

■ Related information

Grand HIMEDIC Club

<https://www.himedic.jp/>

Kobe University Graduate School of Health Sciences, Dementia Preventing Center

<https://www.org.kobe-u.ac.jp/cognicare/>

NOUNOKENKOWOMAMORUSOUGOKENKYUJO research institute

<https://www.nou-kenkou.jp/>

*1 As of October 2025

*2 Reference: Ministry of Health, Labour and Welfare | Ninchishou Oyobi Keido Ninchi Shougai (MCI) no Koureisha-suu to Yuubyouritsu no Shourai Suikei (Tentative translation: Future Projections on Numbers and Prevalence of Elderly Persons with Dementia or Mild Cognitive Impairments (MCI))

*3 This program was launched after receiving the approval of the Health Sciences Ethics Committee , Kobe University Graduate School of Health Sciences

*4 A dementia prevention and health promotion program developed by Kobe University

*5 A type of diet devised with the aim of helping prevent dementia, combining the Mediterranean Diet and DASH (Dietary Approaches to Stop Hypertension) Diet

*6 Currently installed at HIMEDIC RESIDENCE THE GARDEN Nanpeidai