

## NURTURING THE FOUR DIMENSIONS OF WHOLE-PERSON WELLNESS

Our signature *LifeCycles* Wellness Program is designed to help individuals make the most of every day. Whether it's through dining services, activities, health care or just everyday conversations, every staff member understands and supports the social, spiritual, intellectual and physical needs of each person.

Nowhere is this philosophy more evident than in our Life Enrichment Program. Through a wide variety of one-on-one and group activities, our *Seasons* Curriculum features fun themes for making meaningful connections and strengthening the four dimensions of wellness.



### SOCIAL

Social engagement is encouraged through celebrations, family events, entertainment and special-interest clubs. Visits with pets and children help residents feel connected and loved.



### SPIRITUAL

In addition to traditional weekly worship services, Activities to promote spiritual fulfillment may include meditation, aromatherapy, listening to music, volunteer projects or connecting with nature.



### INTELLECTUAL

Activities such as crafts, games, baking and educational classes along with trips to local events and attractions, are all great ways to stimulate the brain.



### PHYSICAL

Physical activities like walking, prescriptive exercise, yoga or other group classes, trips and fresh-air drives help manage stress and encourage independence.



## HERE TO HELP YOU WALK THROUGH LIFE.

Our professional staff is dedicated to helping you live life to the fullest. Whatever your need, we're here for you.

In addition to a well-rounded Life Enrichment Program, our services feature the following to maximize your well-being:

- A Director of Wellness to ensure good health and supervise 24/7 on-site care staff.
- Experienced staff of caregivers, medication technicians and more
- All staff in our community are trained specifically to provide care for those with memory loss. Many staff members become Certified Dementia Practitioners.
- Physician oversight and assistance with telemedicine appointments.
- Well-balanced menus and dining services to ensure good nutritional health.
- Regular resident assessments and communication with loved ones.