

## NURTURING THE FOUR DIMENSIONS OF WHOLE-PERSON WELLNESS

The *LifeCycles* Wellness Program is designed to help you make the most of every day. Whether through dining services, activities, health care or just everyday conversations, we value and support your social, spiritual, intellectual and physical needs. Our philosophy on each area includes:



### SOCIAL

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



### SPIRITUAL

In addition to traditional worship services, activities to promote spiritual fulfillment may include meditation, aromatherapy, live 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 create a healthy outlook.

## FUN IN FOUR SEASONS

Nowhere is our wellness 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. *Seasons* is offered for those residing in assisted living and memory care.

We look to support you by providing wide-ranging choices of activities including opportunities for continuing education, programs that promote healthy living, meaningful volunteer opportunities and more. We recognize that you'll arrive at our community with your own individual interests. Our goal is to support you in cultivating those existing interests while providing opportunities to try something new!

## LIVE HEALTHILY AND HARMONIOUSLY

Our professional staff is dedicated to helping you live life to the fullest. Whatever your need, we're here for you. Our health and personal-care 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 caregivers and licensed medication technicians.
- On-site physical, occupational and speech therapy from our partner provider, or accommodations for on-site visits from your choice of provider.
- Physician oversight and assistance with telemedicine appointments.
- A fitness studio with a variety of exercise equipment as well as group fitness classes.
- Well-balanced menus to ensure good nutritional health.
- Regular resident assessments and communication with loved ones if needed.

## ENSURING YOU'RE IN KEY

The majority of individuals in assisted living and memory care will require health and personal care-related services, which our experienced staff is happy to provide.

On-site health services call for a Level of Care package. These packages are customized to meet an individual's unique wants and needs and can include medication management; assistance with tasks such as dressing, bathing, and more.

Your Level of Care is based on a personalized assessment performed by our Director of Nursing, in conjunction with your personal physician, if you wish. In the assessment, your needs and preferences will be evaluated. Each service you require is assigned a point value based on both the time and level of expertise required to complete the task. The Level of Care is determined by the total number of points for desired services. We offer up to 49 points of care (Level 1), free of charge.

For more information on Level of Care, see Rates, and speak to a Senior Living Consultant.