



UMV
**Lifestyle
&
Wellness**
Program

Introduction

As senior living communities continue to adapt to residents' expectations, The United Methodist Village (UMV) has recognized the opportunity to extend the components traditionally found in a senior living community (housing, health care) to include a whole-person wellness component as well. While wellness can be an overused and misunderstood term in today's senior living communities, UMV has given considerable thought to what elements should be considered for a wellness program to be of value to our residents.

Through focus groups and resident input, UMV has recognized that the total spectrum of wellness really translates to providing the lifestyle options and health services assistance our residents want. This combination of lifestyle and health services has translated to the *UMV Lifestyle & Wellness Programs, Living Easy, Living Well* designed to create opportunities in life enrichment, including: Fitness, Nutrition, Active Life and Well-Being.

The goal for the Lifestyle & Wellness Program is to create services and opportunities centered on resident interests and expectations. The UMV Lifestyle and Wellness Program encourages our community to work with staff, community resources and residents to create a complete wellness program that appropriately addresses these eight dimensions of wellness: health services, physical, intellectual, spiritual, social, vocational, emotional and environmental.

Each dimension of wellness is identified by a specific wellness logo. In this brochure, you will find each respected logo with a brief explanation of what each dimension is all about and how it can hopefully improve your own health and wellness. The staff at UMV is committed to providing you opportunities to participate in wellness activities. We ask that you look for wellness logos in your activities calendar, channel 8, newsletter and bulletin board.

So join us in our mission to keep you active, healthy and well, both physically

and emotionally. Please feel free to contact our Resident Services Director for more information.

What is Wellness?

What is "Wellness?" It is a lifestyle; a way of living that encourages good physical and mental health. It is a balanced lifestyle that includes an emphasis on the body, mind and soul.

The United Methodist Village Wellness Initiative is a collaborative partnership of community resources with the goal of helping everyone in the community along the path to a vibrant, healthy and balanced lifestyle. This will be attained through:

- Integrated wellness programs
- Resources that promote the importance of maintaining an optimal quality of life
- Fostering a culture of health and wellness

Definition of Wellness:

Wellness is the interactive process of becoming aware and of practicing healthy choices to create a more successful and balanced lifestyle. An individual may achieve wellness by making informed choices about things that affect his/her well-being. The World Health Organization defines wellness as "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."

We would like to introduce to you our Eight Dimensions of Wellness, they are:



Intellectual

The *Intellectual Dimension* promotes the stimulation of creative and mental activities.

It challenges individuals to expand their skill and knowledge by using a variety of cultural activities. This dimension encourages the older adult to seek out challenging opportunities to learn and grow.

A person is never too old to learn something new. In fact, exercising the brain with stimulating activities has proven health benefits. Expanding one's knowledge and pursuing new creative outlets can lead to improved cognitive health.

Retirement is the perfect opportunity for residents to break away from routine and discover new and exciting information. Provide a wide range of learning opportunities that promote problem solving, idea sharing, and general education to help your residents maintain curious, active minds in their later years.

An Intellectually well person:

- Is open to new ideas
- Seeks personal growth by new learning experiences
- Searches for lifelong opportunities and stimulating mental growth
- Is open to new concepts and ideas
- Makes sound decisions
- Is able to think critically
- Has the curiosity to seek out new experiences
- Is involved in ongoing education



Environmental

The **Environmental Dimension** is the benefits of knowing you take responsibility with

managing the planet's resources, leaving a smaller footprint, setting an example and providing a legacy. Leading a lifestyle that is respectful to the environment is an important part of environmental wellness.

Creating a healthy environment can be approached from a personal and an ecological standpoint. Contribute to residents' overall environmental wellness by taking steps to improve and protect both. Conscious spaces can have lasting benefits for the larger environment and your community, including its individual residents.

Within the UMV Lifestyle and Health Services environmental wellness dimension, you can discover the many opportunities you have to turn us into better environmental stewards, and to build a healthier community both indoors and out.

Get involved in recycling. Encourage frequent nature walks. Adjust residents' surroundings according to their specific needs. These are all ways you can promote environmental wellness and foster a sense of pride, responsibility, and respect among residents toward their physical surroundings.

An Environmentally well person:

- Has respect for natural resources
- Practices energy and water conservation
- Recycles



Vocational

The **Vocational Dimension** emphasizes the process of defining and achieving personal interests through meaningful activities. It is the awareness to recognize your abilities, identify personal goals and develop new interests through vocation or volunteering. It is defined

by successfully integrating the commitment to your vocation into a lifestyle experience that is satisfying and rewarding. The development of vocational satisfaction and wellness is directly related to your attitude.

The days of working toward retirement may be over, but our residents' past careers have influenced who they are today. Residents can maintain a sense of identity and purpose by exploring volunteerism—and even employment—after retirement.

We encourage residents to tap into existing knowledge, discover new interests, or refine forgotten skills to remain active members of their community.

A Vocationally well person:

- Makes use of their talents, gifts and skills
- Has a sense of purpose
- Has happiness and enrichment in their life
- Makes a meaningful contribution to their community
- Enjoys being part of something bigger than self
- Is involved



Spiritual

The ***Spiritual Dimension*** provides a sense of purpose, direction, awareness, and meaning to life that is determined by our values and beliefs. Spiritual wellness goes far beyond a religious belief and organized religion. The assumption is that a higher power is at work in our lives and therefore, spiritual wellness encompasses every aspect of daily living. It provides an opportunity for each resident to identify who they are at this time in their life

and to nurture and grow even in who they want to be.

Strong spiritual wellness gives meaning to a person's life. Whether traditional or alternative, spirituality allows people to make sense of the everyday, find peace and security during times of struggle, and remain confident in their decisions.

At the United Methodist Village, we welcome and respect all backgrounds. We work to help residents stay attuned to their values and to use these as a motivating force behind their actions.

Spirituality consists of the values by which you interpret your world view, organize your day-to-day living and assess your way of life. It is a personal quest for understanding answers to ultimate questions about life, about meaning, and about relationships to the sacred. Spirituality is the way that you find meaning, hope, comfort and inner peace in your life.

A Spiritually well person:

- Manages changes that come with age
- Has a reverence for life
- Has faith and belief in good
- Has hopefulness



Emotional

The ***Emotional Dimension*** contributes to a resident's happiness and contentment. It allows a resident to manage change and maintain a sense of calm. This area of wellness is not only important to the resident personally, but has an impact on everyone around them.

Emotional wellness goes beyond managing and preventing mental illness. To feel at peace inside and out, a person must establish and maintain a positive relationship with themselves and with

others. Knowing how to recognize and embrace one's thoughts and emotions, as well as being able to empathize with the feelings of others, is key to healthy emotional well-being.

The UMV Lifestyle and Health Services emotional wellness dimension offers tools you can use to ensure you feel at-home, content, and happy in your community.

An Emotionally well person:

- Has happiness – contentment
- Has self-actualization
- Has the ability to adapt to change
- Relates with self and others
- Has balance of mind



The **Social Dimension** refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social wellness requires one to not only reach out to others but also accept similar efforts returned by their peers. A socially well individual exhibits understanding, communication, participation, and courtesy toward the living things that surround them.

A Socially well person:

- Believes that it is better to contribute to the common welfare of our community than to think only of ourselves

- Believes that it is better to live in harmony with others and our environment than to live in conflict with them

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.



The **Physical Dimension** involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

Optimal physical health is more than simply the absence of disease. Positive lifestyle choices that benefit the body inside and out also factor into good health. Remaining active, establishing a healthy diet, and avoiding harmful habits are key to not only preventing disease, but also to maintaining and improving health—even as a person ages.

Physical wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical

wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Are you engaged in the process of physical wellness?

- Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?
- Do I get annual physical exams?
- Do I avoid using tobacco products?
- Do I get a sufficient amount of sleep?
- Do I have an established exercise routine?

The United Methodist Village offers many resources with which you can begin or continue your own Physical Wellness program. There is a fitness center located on the first floor in the Riverbend Room. There is a walking path around the lake on our property and, of course, there are numerous physical activities offered throughout the month including "Sit and be Fit" and Chair Yoga.



Health Services

The ***Health Services Dimension*** provides a significant differentiating benefit for residents in a community environment. It extends the discussion beyond health care and instead considers the health services offered in our community that a resident can access anytime during residency for the highest quality of life possible through the aging cycle. Services offered through our Health Services Dimension are:

- Organizing pre-planned hospitalization
- Support with physician directives
- Rehabilitative services
- Access to home health, assisted living, memory care, skilled and long-term nursing care
- Preventative health measures
- Discharge planning following hospitalization



The
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Where Living Is Easy.

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