



LiveWHOLE

Resident Vitality Program

Building On The Balance of Whole Wellness

A Little bit about us...



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Co-Creator
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Only about 20 percent of how long the average person lives is dictated by genes, while about 80% is influenced by lifestyle and environment.

Dan Buettner

Founder of the concept, Blue Zones



SIX DIMENSIONS OF WELLNESS

"By applying the model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living." Dr. Bill Hettler, 1976

Emotional

self-esteem, self control, and determination as a sense of direction

Occupational

the enrichment of life through work, and its interconnectedness to living and playing

Spiritual

the development of belief systems, values and creating a world view

Physical

self-esteem, self control, and determination as a sense of direction

Intellectual

creative and stimulating mental activities, and sharing your gifts with others

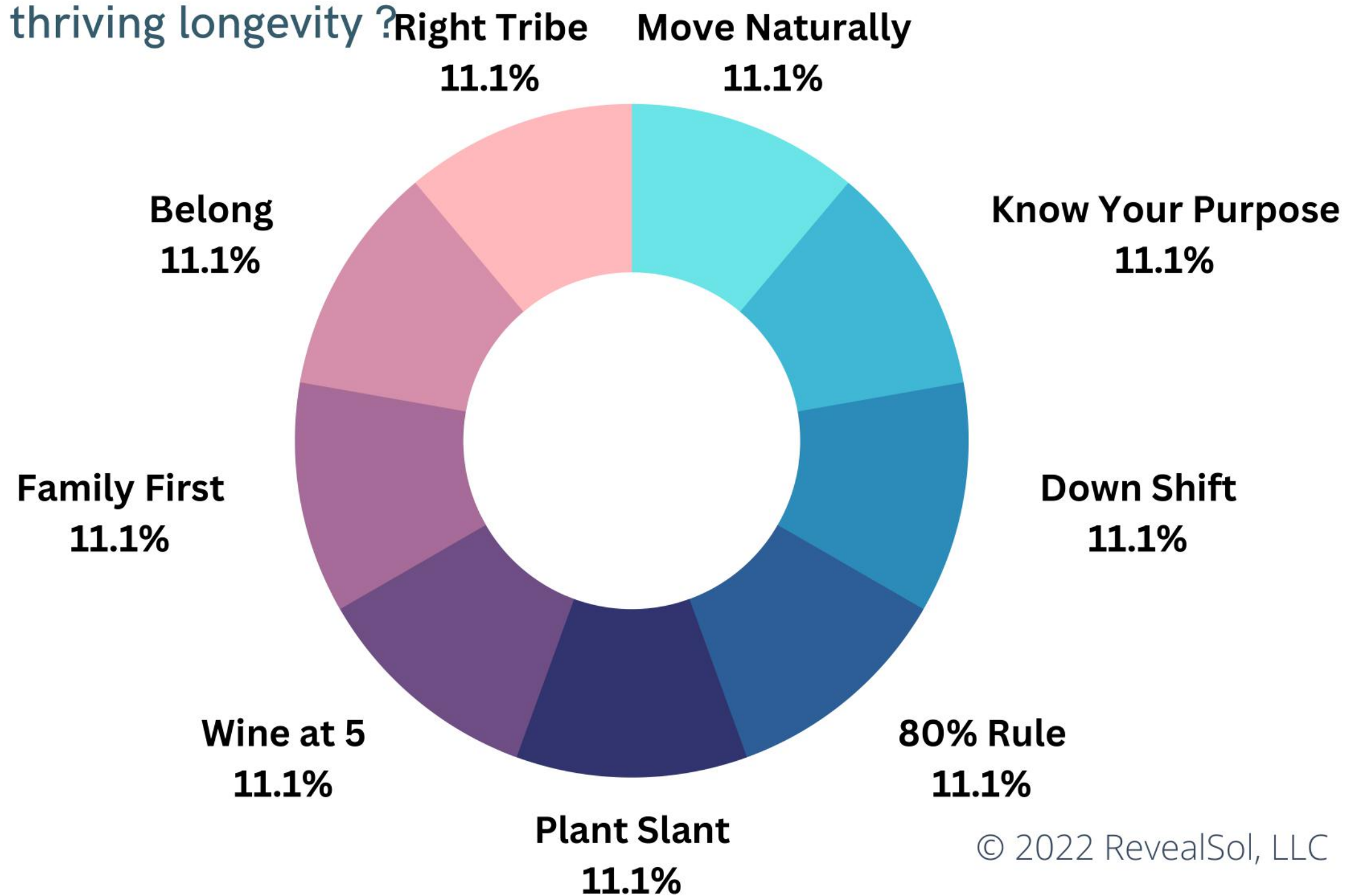
Social

how a person contributes to his or her environment and community



POWER OF 9 BLUE ZONES

5 Blue Zones (concentrated group of centenarians) were identified across the world. What's the secret to their thriving longevity?





Live WHOLE

Resident Vitality Program

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FUEL THE BODY



Live Stronger

build strength and resilience;
get moving; track progress,
stretch & flow



Feel Better

promote healthy choices;
hydrate, reduce stress, improve
sleep, manage medications

HEAL THE SOUL



Be kind to yourself

take time for self reflection
and healing



Give Back

be a part of something
greater than yourself



Rekindle your purpose

shine light to your internal drive

BRIGHTEN THE MIND



Explore and Discover

take your mind to new levels



Build Connection

take charge of connections in your life



Exercise the mind

strengthen neuro connection with
cognitive exercises

ACTIONS

Step 1 - SURVEY

Ask residents
what's most
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STEP 2 -ACTUALLY READ RESULTS

Seriously - read the results and discover trends and common interest



ACTIONS

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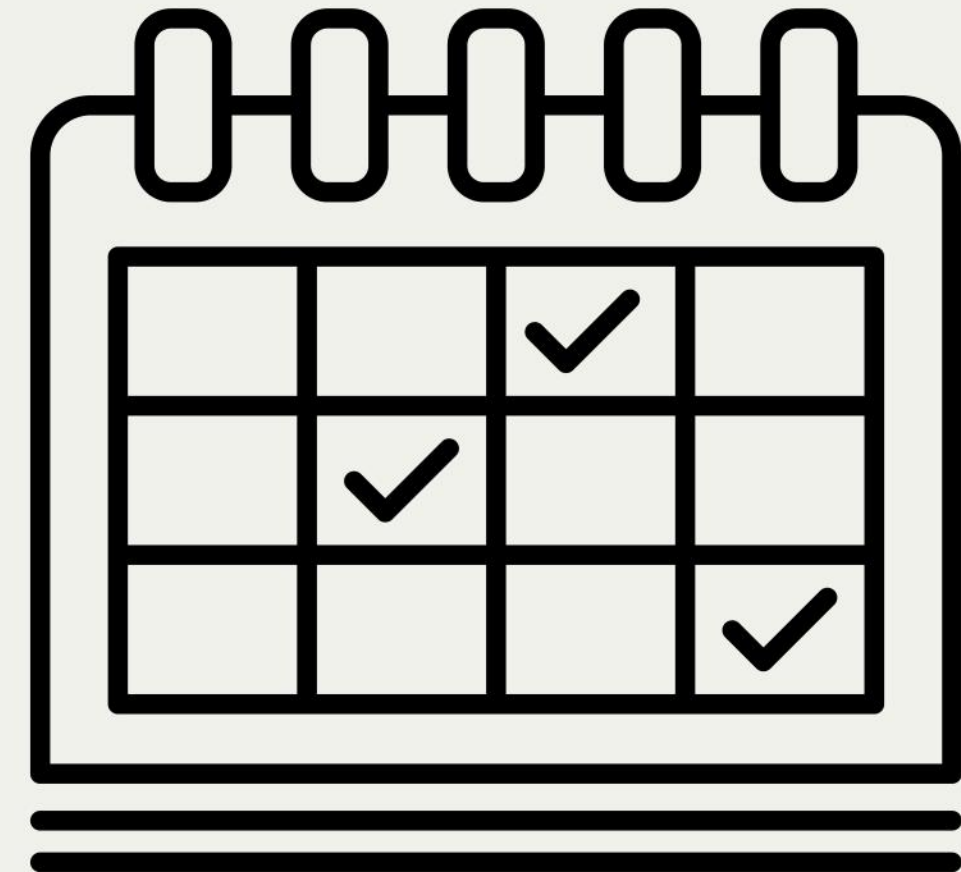
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STEP 2 -ACTUALLY READ RESULTS

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Step 3 - GET TO PLANNING

Take the Time to Plan programs that matter. Be wary of the temptation to do more of the same



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Step 1 - SURVEY

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Step 4 - REPEAT: SURVEY AGAIN!

Survey residents to learn if programing is meeting their needs. If not, what's working and what isn't? BE OPEN TO UNDERSTAND



IDEAS for programs

Based on Resident Interests

Live **WHOLE**

Resident Vitality *Daily* Programs



Fuel The Body

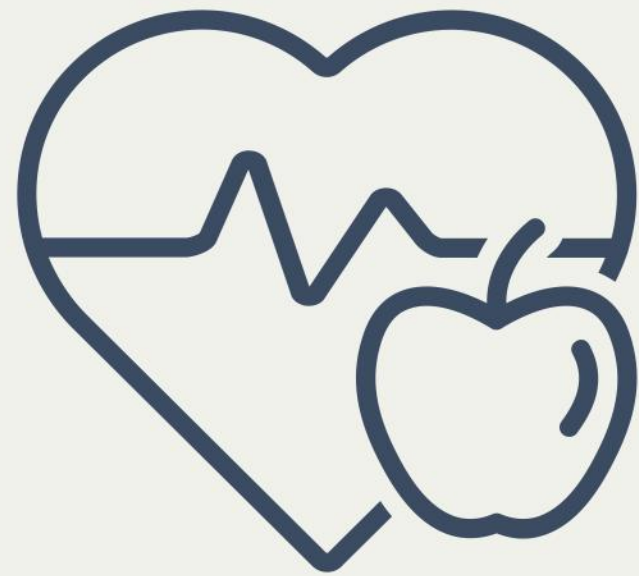


Heal The Soul



Brighten the Mind

Fuel The Body



- 1 strength training
- 2 making healthier choices
- 3 get moving
- 4 walks after meals
- 5 stretches and breaths

Heal The Soul



- 1 support groups
- 2 explore ways to give back
- 3 journal
- 4 self reflection strolls
- 5 rekindle skills, creative joy

Brighten The Mind



- 1 explore new cultures
- 2 discover new connections
- 3 challenge the mind
- 4 teach others
- 5 research



**Time To Get Up and
Get Started!**

Quick Survey



1. What is most important to you personally?

2. If you could choose one thing you enjoy doing most what would it be?

3. Describe your best day...

4. Is there a skill you have that stands out to you?

5. Anything else you want to share?

	TIME OF DAY	Program(s)	Program(s)
Fuel The Body	Morning		
Brighten The Mind	Afternoon		
Heal The Soul	Evening		

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**Live WHOLE is a guiding path
to living a vibrant life.**

Rose Saenz, RevealSol

QUESTIONS &

