

WESTMINSTER CANTERBURY RICHMOND

# WELL Connected



*Wellness at Every Level of Life*

*VISION: Inspiring the mind, nurturing the spirit and strengthening the body by embracing all dimensions of wellness at every level of life.*

All programs and activities at Westminster Canterbury Richmond are designed to support our Wellness vision and promote an independent lifestyle for residents. Our goal is to shift the perception from just physical wellness to a definition of wellness as holistic and comprehensive. Activities are designed to help residents learn the importance of a well-balanced lifestyle and increase the awareness of whole person wellness.

The examples listed are just some of what is offered in each area of wellness. For additional information please call ext. 6007.



## EMOTIONAL WELLNESS

*Continual growth that assists in maintaining respectful and satisfying relationships, expressing and managing feelings and coping with stress.*

- Support Groups (Spousal Support Group, Recovering from Loss Group)
- Chaplain support
- Volunteer opportunities



## INTELLECTUAL WELLNESS

*Embracing an open, active mind, a commitment to lifelong learning, using and pursuing creativity and making decisions effectively.*

- Lectures (arts, current events, health topics)
- Group classes (Technology Committee, Senior Summer, Studio Arts classes)
- Group discussions (resident-led book group, current issues men's group)
- Pastoral Care offerings
- Libraries



## SOCIAL WELLNESS

*Having meaningful connections and interactions with family, friends, neighbors and others.*

- Excursions (cultural/educational, artistic, shopping, historical)
- Intergenerational activities
- Sara Belle November Theater (cultural/educational/artistic)
- Resident-led activities (bridge, croquet, chess)
- On-campus shopping (The Marketplace, Galleria, Fall Craft Fair, Shops on Main)



## OCCUPATIONAL WELLNESS

*Working or volunteering and making use of your gifts, skills and talents in order to gain purpose, happiness and enrichment in your life.*

- Volunteering (Galleria, Mary Morton Parsons Health Center visits, Child Development Center, Shops on Main, Sara Belle November Theater, Pastoral Care)
- Residents who remain in the paid workforce
- Resident Board/Resident Committee Chairs/Floor Representatives



## SPIRITUAL WELLNESS

*Nurturing the spirit through cultivating a sense of meaning, purpose and belonging. Through inspirational activities, fellowship, educational opportunities and service, one may experience greater fulfillment in life and resiliency to challenges.*

- Worship services
- Bible Study and other small groups
- Lectures
- Pastoral visitation
- Memorial services



## PHYSICAL WELLNESS

*Maintaining a healthy quality of life through a balance of physical activity, nutrition and mental well-being.*

- Physical wellness opportunities (fitness room, aquatics center, group classes, Wii)
- Preventative-focused wellness (Fall Prevention Program)
- Wellness lectures
- Wellness-focused excursions (walking trips)
- Dietician
- Healthy meal options



## ENVIRONMENTAL WELLNESS

*Embracing a lifestyle of respect and appreciation for one's surroundings.*

- Resident garden plots and greenhouses
- Outdoor & indoor nature opportunities (Nature Trail, Cochrane Pond, numerous accessible gardens, indoor plants)
- Horticulture-focused group programs (Memory Support)
- Volunteer opportunities (Garden and Recycling Committees)



For more information  
CALL MELISSA MARKEY  
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