

# A Holistic Approach to Senior Living Wellness

Wellness [WEL-nis] *noun*: the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

This [definition of wellness](#) points out the reality of wellness: it's a journey we're continually on. At The Moorings at Lewes, we take on wellness for seniors through our [LivWell program](#). This award-winning program focuses on every dimension of health through activities offered at every Springpoint community. Learn about how The Moorings at Lewes encourages residents to participate in every aspect of their health below.

## The 7 Dimensions of Wellness for Seniors at The Moorings at Lewes

### 1. Physical Wellness

Physical wellness is the first step to full-body health. To help residents stay active and moving, we offer activities like tai chi and Body Balance classes.

### 2. Intellectual Wellness

A healthy mind is imperative to reducing the risks of cognitive decline. To stay mentally active, you can participate in the campus Scrabble Club or Tea and Trivia weekly meetups. You can also sign up for classes with our [Osher Lifelong Learning](#) program in association with the University of Delaware.

### 3. Emotional Wellness

Your happiness is an important factor in your overall health. Participating in activities and events that bring you joy is one way to maintain your emotional wellness. To find activities at The Moorings at Lewes that interest you, check out our [Residents' Association page](#).

### 4. Social Wellness

Getting involved with your community is a key component to your health. As an incredibly social community, The Moorings at Lewes has a multitude of weekly activities such as game groups and our Drop in Color Group to get you socializing. If you want to get off campus for a while, invite a neighbor to take a stroll with you [around the town](#) or on the beach!

# A Holistic Approach to Senior Living Wellness

## 5. Spiritual Wellness

No matter your beliefs, they're a core part of you and your wellness. We want to encourage residents to continue exploring their personal values and sense of purpose. As a community where all voices are heard, there are opportunities for everyone to articulate their beliefs and values.

## 6. Environmental Wellness

Because we only have one planet, partaking in activities which help preserve and protect our environment can have an impact on our overall health. At The Moorings at Lewes, we're proud to have an established [Butterfly Garden](#) and [beehive](#) for residents to enjoy and learn about while helping the Monarch butterfly and bee populations.

## 7. Vocational Wellness

Sharing your knowledge and talents with others can give you a feeling of gratification and accomplishment. If you want to pass your knowledge along to others in the community, our Residents' Association is always adding new events and programs which you can plan or lead.

## Achieve Senior Living Wellness with The Moorings at Lewes

At The Moorings at Lewes, our comprehensive, award-winning senior wellness program, LivWell, goes far beyond traditional senior living activities like fitness classes and Bingo. Recognized for innovation by Leading Age New Jersey, our LivWell philosophy is "to provide the opportunity to engage in experiences which support a high quality of life, personal choice, lifelong development and an optimal sense of well-being."

Because the LivWell program is individualized, you can approach your wellness plan in a way that works for you. During your new resident orientation, you have the chance to create your own unique profile with your personal goals and interests which helps you decide how you want to manage your wellness.

Our entire LivWell staff undergoes specialized training and work hand-in-

# A Holistic Approach to Senior Living Wellness

hand with residents to develop our programming, ensuring all residents enjoy an engaging, stimulating life full of activities that mean the most to them. The fact is people can grow stronger, healthier and more engaged in life at any age —it's never too late!

Interested in learning how the LivWell program can benefit you specifically? [Contact our team today!](#) You can schedule a personal tour and learn more about all the ways our campus intertwines unique and fun activities with health and wellness.

You can also learn more about holistic wellness and our LivWell program by downloading our FREE guide [The 7 Dimensions of Wellness in Retirement](#). In this guide, we dig deep into holistic wellness, the 7 dimensions of wellness and what they mean, and Springpoint's award-winning wellness program LivWell.