

7 Dimensions of Wellness in Retirement

Make your health a priority and learn
how to meet your overall wellness goals



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Work towards your wellness.

Now that you're enjoying your retirement years, you may be curious about the things you can do now that you have more time to focus on yourself and the things you love. One way you can benefit from newly found time is by making your overall health and wellness a priority.

Wellness is defined as, "the quality or state of being in good health, especially as an actively sought goal." This definition highlights the importance of what wellness truly is – a journey, not a destination. And while wellness may mean something different to each person, it's important to understand how exactly to achieve your goals.

At Springpoint, health and wellness are vitally important in each of our eight continuing care retirement communities (CCRCs). We've created this guide to help you get a better understanding of holistic health and LivWell, our award-winning wellness program.

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What is Holistic Health?

Holistic health considers the whole person on the journey to wellness, touching on the body, mind, spirit and emotions. All of these things need to be in order to have a higher sense of wellbeing and fulfilling life – you can't separate the physical from mental, or social from spiritual. Each of these experiences account for a greater understanding of wellness.

While you know you should eat healthy foods, exercise, drink water and make time for rest, it may seem overwhelming when looking at all of life's priorities. Holistic health instead empowers you with education and motivation to make better choices for your specific needs. You're able to set your own wellness goals and determine what changes you could implement that would make the greatest impact on your health.



Our Holistic Wellness Programs

When you think of wellness, what comes to mind? Maybe a gym membership, diet program or even your annual physical? While these more traditional wellness programs surely improve physical wellness, there are still many other aspects of your health to consider.

Holistic wellness programs, on the other hand, combine all aspects of our lives to improve total health. With a holistic wellness program, you have more flexibility to customize your own path to wellness based on what matters most to you.

LivWell, Springpoint's holistic wellness program, touches on all seven dimensions of wellness to offer the opportunity to achieve any and all wellness goals you have.



What Are the Seven Dimensions of Wellness?

When diving deeper into holistic health, it's common to come across "the seven dimensions of wellness." The seven dimensions of wellness is the full integration of physical, mental and spiritual wellbeing. These dimensions include physical, intellectual, emotional, social, environmental, spiritual and vocational wellness. Each dimension of wellness contributes to our own sense of wellness, and each affect and overlap the others.

1

Physical Wellness

Keeping physically fit is essential to wellbeing and healthy aging. Our physical fitness impacts overall health of both body and mind. Physical wellness is obtained by leading a healthy lifestyle, getting regular exercise, eating a nutritious diet and eliminating unhealthy habits like smoking.

Examples of ways you can practice physical wellness through LivWell at our Springpoint communities include working with a certified trainer to improve balance and strength, swimming laps in the pool, pickleball, tai chi classes, yoga and dietitian discussions.



What Are the Seven Dimensions of Wellness?



2

Intellectual Wellness

A healthy body begins with a healthy mind. Learning and exploring new ideas drives you to be more mindful, curious and better-rounded. Keeping your brain engaged post-retirement ensures a healthy and fit mind, reducing the risk for memory issues and cognitive decline.

Examples of ways you can practice intellectual wellness through LivWell at our Springpoint communities include Brain Fitness Classes, Ted Talks, continuing education opportunities and documentaries.



3

Emotional Wellness

Keeping a positive outlook on life by seeking activities that boost your mood and keep you connected to others decreases the risk for certain health conditions, including depression. Emotional wellness doesn't necessarily mean you have to be happy all of the time. Instead, it's about being able to manage negative emotions in a healthy way.

Examples of ways you can practice emotional wellness through LivWell at our Springpoint communities include mindfulness classes and support groups.



What Are the Seven Dimensions of Wellness?



4

Social Wellness

As humans, we are social beings who crave connection to others. Having a good support system in place and continuing to meet new people is vital to healthy aging and can enhance your health, both physically and emotionally.

Examples of ways you can practice social wellness through LivWell at our Springpoint communities include Happy Hours, themed parties, food & wine events, day trips with friends and family, calling a friend and sharing a meal with neighbors.



5

Environmental Wellness

Connecting to the natural beauty that surrounds us helps to center ourselves and come to a deeper appreciation of our environment. Engaging in environmental wellness allows for a comfortable environment and provides a sense of pride, while also preserving and protecting our world.

Examples of ways you can practice environmental wellness through LivWell at our Springpoint communities include taking a guided nature walk, joining the Recycle & Repurpose group and gardening.



What Are the Seven Dimensions of Wellness?



6

Spiritual Wellness

Finding a connection to your faith and inner values expands your sense of purpose and can even make it easier to get through difficult times in your life. Spiritual wellness can include practicing a religion, but more so focuses on finding ideals you wish to live by.

Examples of ways you can practice spiritual wellness through LivWell at our Springpoint communities include activities like vespers, devotion and guided meditation classes.



7

Vocational Wellness

Your vocation is an occupation that you are drawn to and are particularly suited for. Continuing to share knowledge you've acquired throughout your career through mentoring, consulting, tutoring or volunteering provides a way to give back to your community.

Examples of ways you can practice vocational wellness through LivWell at our Springpoint communities include volunteer opportunities, serving on a resident committee or teaching a class to your peers.



LivWell: Springpoint's Award-Winning Wellness Program

At Springpoint, our comprehensive, award-winning senior wellness program, LivWell, goes far beyond traditional senior living activities like fitness classes and Bingo.

Recognized for innovation by LeadingAge 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.”





Creating Personalized Opportunities to Thrive

LivWell is all about choice. At Springpoint, our progressive approach to senior wellness gives you the choice to decide your level of engagement within the community. Although we recommend some activities in our community that highlight each dimension of wellness, it is entirely up to you what to participate in. As Jean Samson, a resident of Springpoint community Winchester Gardens, notes, "I know that no one is going to insist I take part in activities. They simply give me all the choices I could want."

As part of our new resident orientation, we'll create a unique profile utilizing tools like our Lifestyle Questionnaire to guarantee we recommend programming based on your specific goals right from the start – whether it's finding likeminded people to have dinner with or ensuring you've have met with the fitness director if you've expressed interest. This isn't necessarily a "check the box" kind of process – the team at Springpoint makes sure to have conversations and build a relationship to get to know residents' interests and goals.

We believe in providing every opportunity to allow residents to never stop learning or growing, as we know this leads to the best sense of wellbeing. Residents are key to bringing the gift of new ideas for the abundance of activities available at Springpoint communities.

Marge Fox, a resident of Springpoint community Meadow Lakes, shared, "I participated in programs focused on balance, stability and mobility and was completely independent less than one month after a total knee replacement."

Whether you love swimming or woodworking, want to walk a 5k or dance at your granddaughter's wedding, LivWell offers high-quality activities that will hit the mark, with noticeable strides in wellness in all seven dimensions.



A Culture of Wellness

LivWell is truly engrained in the culture at each of our eight CCRCs. So much more than an activity program, LivWell focuses on whole-person wellness, catering to each of the seven dimensions with a deep understanding of your physical, intellectual, emotional, social, environment, spiritual and vocational needs.

While each person is able to choose the activities that they are interested in and mean the most to them, there are multi-dimensional programs offered each year that tend to get almost every single resident involved and working on their wellness as a community.

Stacey Judge, the Springpoint Community Wellness Program Director, shared that a great example of this was a program called “Wellness Around the World.” Wellness Around the World was a year-long program that included activities like guest and resident lectures about different cultures, special meals, social and religious celebrations and day trips to area attractions. Residents even had fun “stamping their passports” at each activity they attended and gained prizes and points for participating.

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



LivWell Programming



Examples of our LivWell programming include:

- On-Site Health and Wellness Education
- Aquatic Classes
- Brain Fitness Activities
- Tai Chi
- Stand Tall, Don't Fall - Balance Classes
- Community Connections and Local Volunteer Opportunities
- Guided Meditation
- Resident Scholar Lectures



Renowned Partners



Our nationally renowned partners include:

- The National Institute on Aging
- The National Institute of Health
- Go4Life!
- The International Council on Active Aging
- Total Brain Health
- Exercise is Medicine-ACSM



Discover How *LivWell* Can Change Your Life!

Now that you know a little more about our wellness program, we invite you to come see a Springpoint community for yourself. Whether it be a virtual appointment or in-person meeting, we believe you'll have a much better idea of what your life could be as a resident in any of our eight CCRCs.

Call us at one of our eight continuing care retirement communities to schedule a tour to personally experience your potential new home.

The Atrium at Navesink Harbor

40 Riverside Ave
Red Bank, NJ 07701
877-284-3884
atriumatnavesink.org

The Moorings at Lewes

17028 Cadbury Cir
Lewes, DE 19958
302-727-0037
mooringsatlewes.org

Meadow Lakes

300 Meadow Lakes,
East Windsor, NJ 08520
877-504-1196
meadowlakesonline.org

Crestwood Manor

50 Lacey Rd
Whiting, NJ 08759
877-467-1652
crestwoodmanoronline.org

The Oaks at Denville

19 Pocono Rd
Denville, NJ 07834
877-693-7650
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Monroe Village

1 David Brainerd Dr
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Stonebridge at Montgomery

100 Hollinshead Spring Rd
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