

## OUR APPROACH

The Wellness Program at Evangelical Homes of Michigan is a holistic model based on a proven principle that successful aging is not determined by genetic inheritance. Instead, individuals age successfully by incorporating whole-person wellness concepts into all aspects of their lives.

Our Wellness Program addresses six spheres or dimensions of wellness:

- Physical
- Social
- Emotional
- Spiritual
- Intellectual
- Vocational

## OUR BELIEF

We empower our communities to support the wellness mission of Evangelical Homes of Michigan. By enhancing the health and well-being of our residents, staff and communities, we maximize quality of life through a holistic approach to wellness.



# INSPIRING WELLNESS

*in Our Communities*



*Join Us in  
Our Wellness Journey*

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# Components of Our Wellness Program

## PHYSICAL WELLNESS

The core components of physical wellness include muscular strength, muscular endurance, body composition, cardiovascular endurance and flexibility. We offer a personal training program that includes:

- Customized programming
- Exclusive 1-on-1 coaching
- Fun and varied exercises
- Motivation



### Massage therapy

is one of the oldest healing arts and is an integral part of physical wellness. The benefits of massage therapy are varied and far-reaching:

- Improves flexibility
- Increases circulation
- Loosens tight or sore muscles
- Reduces stress
- Relieves pain

## SOCIAL WELLNESS

We maintain an active calendar of events to encourage participation and interaction. Some of our life enrichment activities include weekly wellness walks, Conductorcise®, Cruisin' with NuStep, Nintendo® Wii™ bowling, circle dancing and sing alongs to increase physical activity in a supportive group setting.

## EMOTIONAL WELLNESS

Our supportive and caring environment enables us to respond resiliently to emotional states and the flow of life events. The emotional sphere emphasizes an awareness and acceptance of one's feelings. It reflects the degree to which individuals feel positive and enthusiastic about themselves and life. This sphere involves the capacity to manage feelings and behaviors, accept oneself unconditionally, assess limitations, develop autonomy and cope with stress.

## SPIRITUAL WELLNESS

As a faith-based organization, we understand the importance of nurturing our spirituality. Our full-time Director of Religious Services provides spiritual care to residents, caregivers and the community. We also offer on-site, non-denominational religious services in each of our communities. Our residents are encouraged to continue involvement with their own churches or other worship centers and we welcome visits from their clergy members.

“The daily activities  
keep my mind sharp and  
help me build friendships.”

EVANGELICAL HOME—STERLING HEIGHTS RESIDENT

## INTELLECTUAL WELLNESS

We encourage all individuals to remain curious, providing them with opportunities to think creatively and rationally and stay stimulated with new and challenging ideas. Dakim® BrainFitness™ is one avenue that engages individuals and pushes them to test their abilities and memories. Our library, educational classes and support groups as well as friendly board and card games help to keep individuals mentally active.

## VOCATIONAL WELLNESS

We provide many opportunities for individuals to continually learn new skills and seek challenges that lead to personal growth. The vocational sphere emphasizes the process of determining and achieving personal and occupational interests through meaningful activities. It encourages goal setting for one's personal enrichment. This sphere is linked to the creation of a positive attitude about personal and professional development.

Join the Conversation

Visit our Passport to Living Well® blog at [wellness.evangelicalhomes.org](http://wellness.evangelicalhomes.org)