Eight Dimensions of Wellness

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Gable Pines incorporates wellness programming that provides a focus on their lifestyle and health services.

The LCS Lifestyle and Health Services Wellness Program focuses on Eight Dimensions of Wellness. These include:

Spiritual

Spiritual well-being gives meaning to life and helps inspire a sense of peace, confidence, and security.

Vocational

Vocational pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

Health Services

Health Services offers a means to proactive preventative care, independence, and peace of mind.

Intellectual

Intellectual idea sharing and general education activities lead to proven health benefits.

Emotional

Emotional wellness is all about maintaining a positive relationship with one's self and others.

Environmental

Environmental consciousness comes with appreciating and caring for our physical surroundings.

Physical

Physical lifestyle choices like eating smart and remaining active can improve health as we age.

Social

Social wellness includes positive interaction with people and other living things.

You can expect to find activities that encompass all Eight Dimensions of Wellness throughout the month at Gable Pines. Please check out our monthly calendar for a detailed list of what is happening this month.



Did You Know?

Gable Pines has a warm, welcoming, and comfortable living environment. There are so many great things going on at Gable Pines daily through our interactive daily schedule, wonderful dining experiences, friendly staff, and spacious apartments! Why not share this experience with your own friends and families?

When you refer a friend to move to Gable Pines you will receive \$1000 off your rent!*

Let your friends know and save BIG!

*Credit will apply to the next month's rent after they have lived at Gable Pines for 30 days.

Please talk with Jodi if you have any questions, or for more details.

Management Directory

Becky Willet

Executive Director

Dining Room Manager **Director of Health Services** Michelle Langer

Business office Manager

Shaun Lawson

Director of Plant Operations

Kendra Peterson

Director of Life Enrichment

Jodi Speck

Director of Marketing

Director of Culinary Services

Ciara McDonald

Tami Rakos RN

Gyme Guthe

Director of Memory Care



The Power of Names

Article originally posted on activity connection

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week o March is Celebrate Your Name Week, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make.

Psychologists have attempted to explain this phenomenon as a result of the "implicit-egoism" effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation. Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more. Of course, not everyone loves their given name, and many choose to change it.

According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce. Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.

Friday March 6th at 10:30am **Nutrition Seminar**

Theater

Friday March 6th, at 2:30pm Jazz music with Patrick Sullivan Fireside lounge

Friday March 13th at 3pm Live music with Gary Larue Fireside Lounge

Tuesday March 17th, at 2pm St. Patricks Day Celebration Main Dining Room

Wednesday March 18th, at 2pm Celtic Harp music with Andreah Fireside Lounge

Friday March 20th at 10:30am Spinal Health Seminar Theater

Friday March 27th at 2:30pm Live Music with Vinnie Rose Fireside Lounge

Tuesday March 31st at 6:30pm Clog Dancer performance Main Dining Room



Vocational Wellness

Vocational wellness is the ability to achieve personal satisfaction and fulfillment from our work, maintain balance in our lives and make a positive impact within the organizations where we work and the communities where we live.

Vocational wellness is subjective – it's based on your feelings or opinions. It is about your perception, attitude, outlook and reaction to the work you take part in. Ambition, desire for satisfaction and yearning for advancement vary from person to person; each person is on their own path with their own set of vocational wellness goals. A vocationally well person selects an occupation that utilizes their gifts, strengths and skills and aligns with their interests and values. A vocationally well person strives to balance work and non-work obligations and activities, including learning how to say "no" to maintain that balance.

At Gable Pines you will see your vocational wellness dimension in leading groups, or participating in committees that affect change, like town hall, or the activities committee. You also may see this dimension on activities that involve helping other people, like volunteering in memory care, or participating in a food drive. In march we are also going on an outing to volunteer at Feed My Starving children.

Feed My Starving Children (FMSC) is a Christian nonprofit dedicated to providing nutritious meals to children worldwide. FMSC meals are hand-packed by volunteers and sent to an incredible network of partner organizations who distribute them to those in need. We will be assisting in the food packing, weighing and boxing for children in need. This outing is scheduled for March 25th, from 9:30-11:30am. You may sign up at the concierge desk if you are interested in participating. Please see Kendra if you have any questions about this outing, or about vocational wellness in general.

Resident Meeting

At our March meeting we will be discussing your ideas for making Gable Pines a greener community, as well as discussing what you all would like to see in our raised garden beds this year. In addition to that we will provide departmental updates, and address any concerns you may have. If you wish to remain anonymous please leave a note with your comment or suggestion in the check drop off box in the card room. The next town hall meeting is scheduled for:

MARCH 12th at 2pm IN THE THEATER

Breakfast for a cause updates:

Thank you all for participating in February's breakfast fundraiser for CLASS! In total we raised: \$423

Next Month we will be raising money for Bear Boating, a non-profit group offering fishing and boating excursions for Seniors, Active Duty Military, Veterans, and Disabled in our community...

We look forward to seeing you on March 20th from 7:30am-9:30am! Don't forget to invite your friends!

> Cost: \$5 suggested donation



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St. Patrick's Day Word Search



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PARADE

