

Life Enrichment within the Eight Dimensions of Wellness

At Aster Assisted Living of Marshfield, life enrichment is more than just “activities.” It’s a way of life that encompasses the eight dimensions of wellness.

Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. The model used by our life enrichment staff incorporates the eight dimensions of wellness to help residents at the Aster maintain a high quality of life filled with value and purpose.

The Eight Dimensions of Wellness are:

Emotional—Coping effectively with life and creating satisfying relationships

Environmental—Maintaining pleasant, stimulating environments that promote health and support well-being

Financial—Having access to information and learning skills to maintain financial security

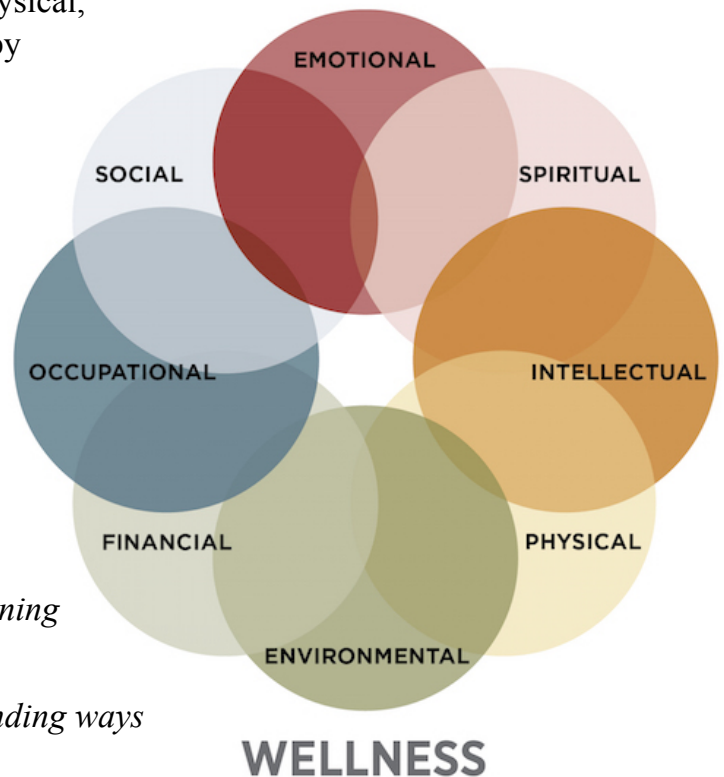
Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills

Occupational—Finding personal satisfaction and a sense of purpose through meaningful work, activities and hobbies

Physical—Recognizing the need for physical activity, healthy foods, and sleep

Social—Developing a sense of connection, belonging, and a well-developed support system

Spiritual—Expanding a sense of purpose and meaning in life



Residents at Aster Assisted Living of Marshfield have many opportunities and options to participate in life-enriching activities and events. Morning exercise classes, walking groups, and healthy eating workshops promote health and wellness at the physical level. Fun social events, as well as activities that focus on music and the creative arts, help residents build social relationships and promote individual expressiveness and creativity. Our *Live and Learn* programs provide opportunities for learning and exploring new things, and bible study and weekly church services promote spiritual well-being. Life enrichment activities and events are also tailored to the abilities and preferences of the residents. While there are many group activities to enjoy, small group and individual programs are provided by the life enrichment staff. The goal is to provide meaningful activities that bring joy to each resident at Aster Assisted Living of Marshfield.