

## Rhythms Engagement Philosophy

*Our philosophy of “Being Well Known” guides our work and interactions with each resident and associate. We recognize that each person has a unique life story, personal experiences and gifts to share. We commit to a culture where each person’s passions and personal growth are fully engaged with purpose. We honor people wherever they are in the rhythm of their life.*

Rhythms life enrichment and engagement is built on the five pillars of Wellness



**Social | Intellectual | Purposeful | Physical | Spiritual**

### *Rhythms Engagement Tenets:*

1. We strive to meet each person where they are in their journey, supporting their daily rhythm and healthy living however they define it.
2. We believe each person, no matter where they are in their aging journey, can continue to grow, contribute and pursue their passions.
3. We approach life enrichment from a partnership perspective; not “doing” for residents but rather partnering with them. Residents are empowered to build and lead community-based programs with us. We listen to and invite resident to share their gifts with the community, and we incorporate their skills and experiences into our community engagement offerings.
4. We value the power of community and inclusivity. While we offer engagement opportunities for diverse levels of abilities and interests, inclusivity guides our planning and all offerings are available to everyone who lives and works in the community.
5. We know that the success of our life enrichment model relies on the participation of our community associates and team members. Therefore, we want to empower all team members to share their passions in both formal and informal engagement programming.
6. We know that nurturing deep personal relationships with the people around us is at the core of feeling we belong. Our innovative approach includes the use of technology to enhance connections, communication and engagement.
7. We dedicate our work to further our organizational vision: Creating communities where aging is honored and celebrated.

## Standards of Rhythms Life Enrichment

Life enrichment (LE) programs in older adult communities typically revolve around the core elements of well-being: social connection, intellectual engagement, purposeful living, physical health and spiritual growth. In addition, life enrichment programs encourage autonomy and choice, and seek to engage residents in opportunities that foster a sense of purpose and meaning. The calendar, a central communication tool for community programs, should be resident-driven. The life enrichment calendar reflects activities, classes, events and excursions suggested, developed and often led by residents. -**Rhythms life enrichment pillars of Wellness:**



**Social** activity is vital for our well-being. The opportunity for members of the community to connect with others in meaningful ways, and offer companionship to each other is one of our Rhythms Life Enrichment cornerstones. Social activities can be facilitated in small or large groups or in one-to-one visits. Social activities help older adults stay physically, intellectually and emotionally engaged. Examples of social activities are: book clubs, interactive games, restaurant outings, hospitality clubs, ambassador programs, intergenerational partnerships, and getting to know you community parties.



**Intellectual** activity is the purposeful engagement of the mind. Intellectual activities that are challenging, stimulating, meaningful and NEW keep minds sharp, strong and alert. They even help create new pathways in the brain! Engaging in different mind games, puzzles, and hobbies can improve quality of life and cognitive abilities. Some examples of intellectual activities are Sudoku, Cranium Crunches, painting, sculpting, listening to music, learning a new language or technology, playing an instrument, reading and writing.



**Purposeful** activity involves choosing to engage in the things that matter to each of us, and that make us feel valued as a person who continues to contribute to the world. Some examples of purposeful engagement include volunteering, helping to manage household chores, taking care of the environment, taking care of animals, visiting and offering companionship to others, voting and practicing citizenship responsibilities, caring for friends and families, sharing our talents and gifts with others.



**Spiritual** engagement offers purpose and meaning to one's life. This connection, wholeness, or oneness can provide pleasure, joy, and solace as well as a sense of purpose and guidance. Inspiration can be found in a variety of ways: spirituality, religion, personal pursuits, and engagement with others. Inspirational and spiritual living focuses on relationships to others, to the world and to self. Examples of inspirational and spiritual activities are music, story-telling, reading poems, prayer, religious studies, meditating, counseling, and being of service to others.



**Physical** health is critical for well-being and is the most visible of the various dimensions of health. Some of the most obvious signs that we are unhealthy can appear physically. Addressing this dimension is crucial to our overall wellness. Important physical activities include stretching, flexibility, strength training, aerobics, and balance exercises. Additional holistic physical exercises are dance, tai chi, yoga, walking, and gardening.