



LifeCycles

~ a Wellness Program by Agemark

LIFE is a circle, a big wheel that turns in a never-ending cycle, connecting all ages through its universal experiences. LifeCycles integrates these experiences in a whole-person wellness initiative designed to keep you centered, balanced and moving forward on your personal journey. It's a lifestyle for successful aging; a challenge to old stereotypes; a positive outlook that embodies Agemark's core values.

Our goal is to help people live as fully as possible within the **four dimensions of wellness**:

Spiritual

This is where wellness starts, with your beliefs, passions and sense of purpose. What gives your life meaning? When what matters most to you is in alignment with the choices you're able to make, you feel at peace. So those who are not well are still capable of well-being. Our goal is to help individuals live with dignity, courage and integrity; to cultivate growth and find fulfillment. This is demonstrated in our family support, Legacy, community service, and Wish List programs, as well as these activities: meditation, worship, music, reminiscing, visits with children and pets, and fellowship.

Social

We believe *treating people like family* is the best way to create a loving, supportive community; where members can share joys and burdens, appreciate individuality, and show compassion. Belonging to a group of people who truly care about each other brings out the best in each of us. Life would surely be lonely and dull without these relationships! Our goal is to strengthen family bonds and friendships, but also to foster new connections. This is demonstrated in our friendship, Random Acts of Kindness, and intergenerational programs, in addition to a big variety of celebrations, group excursions and other sociable activities.

Physical

It's true that older adults are more likely to experience chronic medical conditions and loss of physical abilities. While these must be treated, the individual is always more important than whatever disease or impairment that person has. We can maximize the quality of our later years by staying as active and fully engaged in life as possible. This principle is the foundation for our commitment to helping people make proactive lifestyle choices. Our physical wellness program encompasses walking, flexibility, prescriptive exercise, strengthening and fresh air activities; oversight and preventative measures; stress management; and good nutrition.

Intellectual

Like the body, the mind benefits from physical activity, healthy eating, social interaction and spiritual pursuits – encouraged with the utmost professionalism. In addition, exercising the brain can help us stay mentally agile and adaptable, retain intelligence, and even grow intellectually and emotionally. Our mentally stimulating activities include challenging games, puzzles and craft projects; writing, reading and discussion groups; educational opportunities – both teaching and learning; discovery experiences; and attending plays, exhibits, concerts and other community events.