



"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as this is all there is."

-MaryAnn Radmacher

The Legacy of St Michael, Wellness Spotlight

Since opening this past spring, The Legacy of St. Michael has made wellness a strong focus in their community. With the support of a great Executive Director, Carolyn K. and Community Life Coordinator, Kari and a recent addition of a Chaplain, Robert, wellness is becoming a culture within the community with the residents as well as the staff.

Wellness Highlights:

- **Monthly Wellness Seminars.** A great opportunity for residents to learn about different wellness topics. A variety have already taken place, including a Fall Prevention presentation, Food Demonstration by Reinhart Foods, Avada Hearing, Yoga and Relaxation, and Arthritis Education.
- **McDonald's Bingo!** A great way to get residents out for socializing in the community while playing everyone's favorite game—Bingo! Once a week residents are invited to a local McDonald's for coffee and games.
- **Wellness in the Memory Care Unit—**The Community Life Coordinator comes up with a theme each week and develops activities and a bulletin board around the theme. The Care Attendants can then pull out an activity during the day to do with the residents. This is not only great for the residents but the staff enjoy it too, and bring in props to help with the celebrating.
- **The Chaplain, Robert** has been a great addition to help with spiritual wellness and life long learning. Helping with visitation of residents and setting up a Wellness and Spirituality group for residents and a Wellness Committee for Staff.

Congratulations St. Michael, way to *Inspire* those around you to be well!

High Summer Notes on Wellness

I enjoy the privilege of practicing, living, and reflecting on wellness lived out among our residents, staff, and families. Permit me to share with you this month a shopping list of some recent signature moments with Inspire U Wellness:



- The accordion player in one of our communities who played the piano for the memorial service of a dear friend. Three hymns in jazz idiom (wonderfull!), playing by ear, no music, just plenty of soul! (His comment to me, "The accordion is too heavy now so I am learning to play the piano!!")
- Our new chaplain in a new facility—leaving the property to call on residents who were hospitalized---extending our caring beyond the walls of assisted living.
- Polka worship outdoors in mid-August inviting the community to join us and to dance with the music!! (Spiritual, physical, social, intellectual, emotional, all wrapped up in one.)
- A local Funeral Director telling me over coffee, " We want to donate a quilt to be placed over the blessed dead when they leave their home with us!" The gift includes a frame to hang the quilt on in our Welcome Center.
- A 92 year old member of a Wisdom Circle sharing the question: How is it possible for God to be present everywhere? Her Pastor's answer---God is like the sun...He shines everywhere!
- A Director of our kitchen staff asking me to prepare a list of scriptures to address some of the moods and circumstances of daily life: stress, joy, anxiety, peace. (The Scripture card was handed out at a Wellness Fair)

Here's wishing you an inspiring summer of work, rest, worship, and play!

Pastor David Holm

"He who has health has hope, and he who has hope has everything."

~Unknown

Vocational Wellness

The vocational dimension of wellness is involved in preparing for work in which one will gain personal satisfaction and find enrichment in one's life through work. Occupational development is related to one's attitude about one's work. Traveling a path toward your occupational wellness, you'll contribute your unique gifts, skills and talents to work that is personally meaningful and rewarding. You'll convey your values through your involvement in both paid and unpaid volunteer activities that are gratifying for you. You'll know when you're on the correct path for career wellness, when your work and hobbies become exciting.

On your Occupational Wellness journey you'll begin to value the importance of not only your own personal gratification, but your contribution to the well-being of the community at large. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your path's terrain. As you travel the wellness path, you'll begin to believe that - occupationally.

- It's better to choose a career which is consistent with our personal values, interests and beliefs than to select one that is unrewarding to us.
- It's better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.



Did you know?

- Colorado was admitted into the Union on August 1st, 1876
- "Wild Bill" Hickok was shot and killed while playing poker in a saloon in Deadwood, South Dakota, August 2nd, 1876
- George Washington created the "Purple Heart", decoration medal, August 7th, 1782
- Amelia Earhart was the first woman to fly across the United States, 1932
- The first licensed radio broadcast occurred August 20, 1920
- Virginia Dare was the first child born in America on August 17, 1587

Developing your sense of humor: Take yourself less seriously

One essential characteristic that helps us laugh is not taking ourselves too seriously. We've all known the classic tight-jawed sourpuss who takes everything with deathly seriousness and never laughs at anything. No fun there!

Some events are clearly sad and not occasions for laughter. But most events in life don't carry an overwhelming sense of either sadness *or* delight. They fall into the gray zone of ordinary life-giving you the choice to laugh or not.

Ways to help yourself see the lighter side of life:

- **Laugh at yourself.** Share your embarrassing moments. The best way to take ourselves less seriously is talk about times when we took ourselves too seriously.
- **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, the irony and absurdity of life. This will help improve your mood and the mood of those around you.
- **Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car. Put up a funny poster in your office or somewhere in your home. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.
- **Keep things in perspective.** Many things in life are beyond our control—particularly the behavior of other people. While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy, and even egotistical.
- **Deal with your stress.** Stress is a major impediment to humor and laughter.
- **Pay attention to children and emulate them.** They are the experts on playing, taking life lightly, and laughing.

Checklist for lightening up

When you find yourself taken over by what seems to be a horrible problem, ask these questions:

- Is it really worth getting upset over?
- Is it worth upsetting others?
- Is it that important?
- Is it that bad?
- Is the situation irreparable?
- Is it really your problem?

