

# Insight:

## The Importance of Multi-Dimensional Wellness



There's more to health and wellness than simply the absence of illness or disease. It is an overall sense of well-being and sustaining a positive approach to life, becoming aware of and making good choices to live our best lives possible. <sup>1</sup>

Our award-winning **SPICE** Initiative is the foundation for ongoing wellness efforts and the model on which resident programming is based.

Including five holistic elements of wellness – **Spiritual, Physical, Intellectual, Cultural, and Emotional** – the **SPICE** approach uses a blend of programs to create meaningful, healthy, stimulating, and positive lifestyles – for residents and associates. Residents enjoy a daily calendar full of enriching and inspiring **SPICE** programs, important for the well-being of people of all ages.

“The cost of disengagement can be high,” notes Kristine Rogers and Kay Van Norman in a 2011 International Council on Active Aging® summary, titled *The Case for Engagement*. “People who are disengaged ... can experience social isolation, physical and cognitive decline, depressive symptoms, and spiritual discomfort.”

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