



*en**compass*  
the right direction for  your health

# Engaging the mind... energizing the body... encouraging community.

At The Presbyterian Homes, Inc. (PHI) communities, our **enCompass** program encourages residents to find better health in the eight dimensions of wellness: physical, social, intellectual, spiritual, nutritional, environmental, safety and community outreach. **enCompass** focuses on the whole person and provides opportunities that benefit the individual's health and the community environment.

Residents participating in PHI's personalized **enCompass** program experience a culture of wellness in which everyone is encouraged to discover and enjoy his or her optimum level of health and fitness. Total wellness, through the eight dimensions, results in a happier and more fulfilled life. It's more than just fitness—wellness affects your mind, body and spirit. **Stay involved...stay in control...stay motivated!**





### **Physical** *Maintain Functionality—Reach New Goals*

Physical wellness includes achieving or maintaining a healthy body through sound nutrition, regular exercise and healthy living habits. The Presbyterian Homes, Inc. (PHI) communities offer modern amenities with superior aquatic and fitness programs to help residents pursue healthy, active lifestyles. Our full-time Wellness Directors provide comprehensive class schedules, as well as individualized fitness programs tailored to one's ability. Classes include:

- **Aquatic fitness**
- **Strength and stretch**
- **Yoga**
- **Tai chi**
- **Low-impact aerobics**



### **Social** *Stay Involved—Get Connected*

Engaging with others in the daily activities of life is essential to overall wellness. Our residents enjoy a full calendar of events, programs and activities. Weekly excursions to surrounding areas of interest and cultural events encourage camaraderie and a strong sense of belonging. Residents can be as busy as they wish! Some of the events may include:

- **Visits to local museums**
- **Theatrical productions, symphony or sporting events**
- **Trips to area wineries**
- **Community activities such as billiards, bocce ball, card games and group dances**
- **Weekend or overnight outings to areas of interest**



### **Intellectual** *Stimulate Memory—Enhance Critical Thinking Skills*

In addition to computer software “brain games,” education, lectures and cultural experiences help to keep one's mind open to new ideas and opportunities for growth. Collectively, these activities aid personal decision-making and enhance interaction among residents learning new skills and concepts. Here is just a sampling of some of the opportunities offered at PHI communities to keep one intellectually motivated:

- **Lifelong learning opportunities through local colleges and universities**
- **Quiz Bowl competitions**
- **Book clubs**
- **Cultural arts reviews and historical discussions**
- **Computer classes (beginner to advanced)**



### **Spiritual** *Find Meaning in Life—Strengthen Faith*

Spiritual wellness involves seeking meaning and purpose in human existence. It includes formation of faith and hope and the demonstration of values by behavior. With residents and staff representing a variety of religious backgrounds, our PHI communities offer a variety of meaningful opportunities supported by our on-site chaplains such as:

- **Bible studies**
- **Vesper services**
- **Non-denominational worship services**
- **Study of other faiths**
- **Caregiver support group**



### **Nutritional** *Increase Energy—Maintain a Healthy Body*

Eating well provides the body with the energy and nutrition it needs to function at its best. PHI communities offer restaurant-style dining coupled with delectable, heart-healthy meals which support one's wellness goals without sacrificing taste. Additionally, educational programs provide residents with information about how to make healthy eating choices. A sample of programs from our Healthy Living Series has included:

- **“Variety is the Spice of Life”**
- **“Where Dieting Goes Wrong”**
- **“Hydration: You Are What You Drink”**
- **“Wholesome Grains and Glorious Greens”**
- **“Wake Up to a Better Breakfast”**



### **Environmental** *Minimize Waste—Preserve Resources*

PHI and its communities believe in being good stewards of our natural environment. We are committed to preserving our environmental resources and encourage our residents and employees to take a leading role to help make PHI and its communities “green.” Our objective is to make “green” affordable; therefore, best practices are shared among our communities to maximize benefits. Our focus includes promoting:

- **Efficient energy usage**
- **Recycling programs**
- **Community gardening**
- **Efficient water usage**
- **Environmentally friendly construction**



### **Safety** *Feel Secure—Enjoy Independence*

A safe, secure community is the foundation for successful wellness. All PHI communities focus on safety by offering 24-hour security and emergency response systems in every home. We also recognize that smart preventative practices can extend residents' wellness and independence. We offer a variety of programs as part of the Safety dimension of wellness including:

- **Self-defense classes**
- **Balance classes**
- **Driver assessment programs**
- **Safety and health lectures**
- **Education regarding protection of personal information**



### **Community Outreach** *Stay Involved—Make an Impact*

Vibrant, healthy living includes reaching out and helping others. Studies indicate that people who invest their lives in others experience greater feelings of contentment and increased self-esteem. Individuals realize how their personal lifestyles and choices impact their communities environmentally and socially. Our PHI communities sponsor activities that allow our residents to be involved in a variety of volunteer opportunities including:

- **Mentoring opportunities**
- **Volunteering at local food banks and charities**
- **Making blankets and bonnets for newborns at area hospitals**
- **Adopting schools**
- **Supporting Habitat for Humanity projects**



To learn more about the *enCompass* wellness program, visit any of the PHI communities today or visit our website at [www.presbyhomesinc.org](http://www.presbyhomesinc.org)!



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*The mission of The Presbyterian Homes, Inc. and its communities is to provide senior adults with caring and high quality services in support of their physical, intellectual, social and spiritual well-being. We are a church-related, non-profit community service organization that meets the needs of senior adults in a spiritually nurturing setting.*



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