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Today's definition of wellness includes an individual's mind, body, spirit, and social interaction. The Vibrant Living model addresses these through five areas of health: Spiritual Fulfillment, Intellectual Discovery, Emotional Well-Being, Social Engagement, and Physical Wellness. We believe that health and overall wellness cannot be achieved if we only focus on one of the dimensions. You will find that at Holland Home, we put extra emphasis on the spiritual component, as we believe it is the foundation for the other areas.



Holland Home's mission is to fulfill God's calling to serve others by serving with love and compassion, committing to excellence, and following Christ's teachings and example in all we do. This mission statement beats at the heart of our organization and, therefore, at the heart of the Vibrant Living model. To us, serving others goes beyond providing a continuum of care. It involves creating a vibrant living environment to help those that live here thrive.

Our Vibrant Living model offers a range of opportunities to meet the many different needs, backgrounds, styles, and preferences of the residents. This gives each resident the ability to find fulfillment in the activities that interest them most.



FOUNDED ON CHRISTIAN VALUES & SOUND RESEARCH

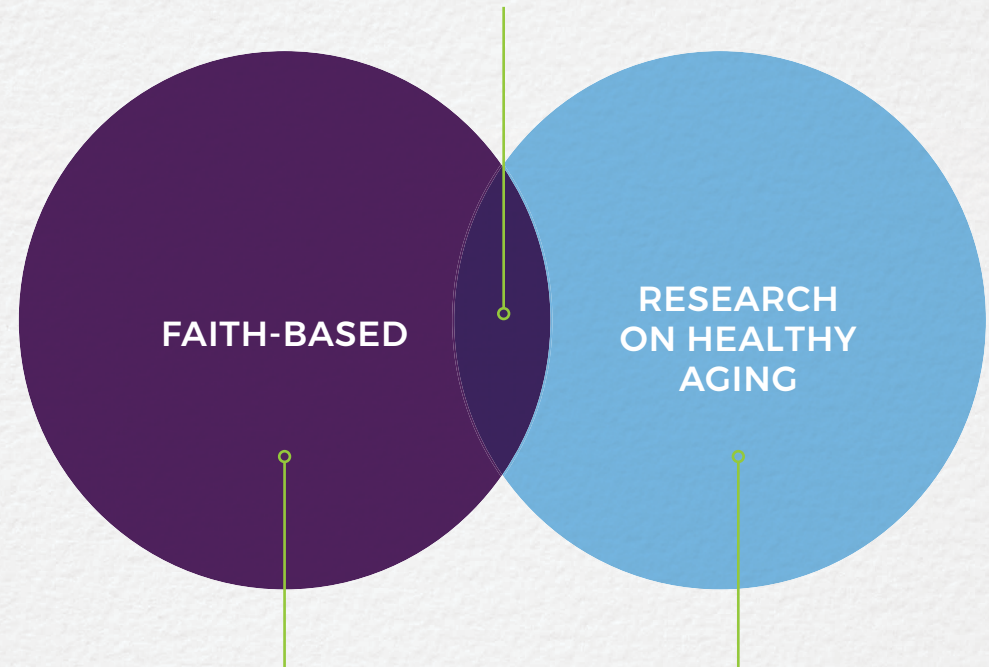
The foundation of our Vibrant Living model is based on Christian values and teachings, starting with the creation story. From there, we applied knowledge from healthy aging research studies and added tools to help stimulate well-being and ongoing growth.



HOLLAND HOME'S VIBRANT LIVING MODEL

KEY COMPONENTS

Spiritual Fulfillment, Intellectual Discovery,
Emotional Well-Being, Social Engagement,
and Physical Wellness



CREATION STORY

Getting back to how God
intended us to live

HOLLAND HOME'S MISSION

To fulfill God's calling to serve
others, we will serve with love and
compassion, commit to excellence,
and follow Christ's teachings and
example in all we do

APPLIED RESEARCH

Research proves that
how well one ages is
directly impacted by
their lifestyle choices.

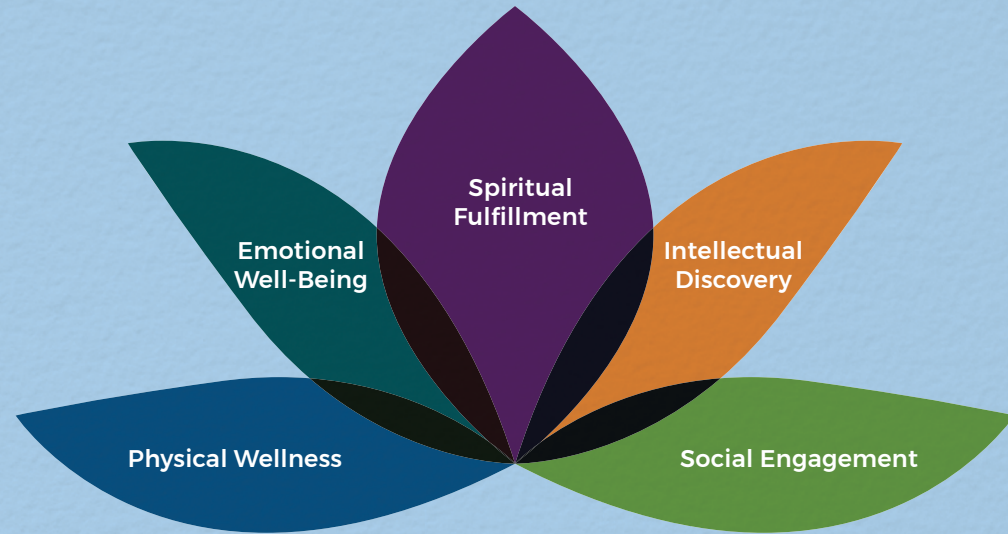
As a result, Holland
Home strives to provide
a healthy environment
to make those positive
lifestyle choices.



“REAL is awakening resident curiosity and the desire to learn new things, not simply to be entertained.”

— Bob H., Breton Homes Resident

THE COMPONENTS OF VIBRANT LIVING



The Vibrant Living model exists to help residents engage with others in the community and improve their quality of life through the following opportunities:

Spiritual Fulfillment is at the core of our Vibrant Living model, providing a faith-based thread that connects all that we offer. Through this component, we provide a variety of opportunities to meet and enhance each resident's spiritual needs. Spiritual fulfillment is unique to every individual and it is our goal to provide an environment rich with meaningful experiences.

Social Engagement provides the opportunity to participate in or maintain a support network, make new connections, and maintain good communication. Being engaged in this vibrant environment provides residents and staff members the chance to contribute their skills and talents for the good of the community.

Emotional Well-Being creates a better understanding of an individual's strengths, challenges, fears, happiness, anger, and other feelings. Together, staff and residents help maintain a positive culture that inspires optimism while providing encouragement and support for those who may be either struggling with difficult situations or celebrating personal success.

Physical Wellness enables residents to go through their day-to-day activities and maintain a better quality of life. There is strong evidence that regular physical activity produces major benefits in older adults: less fatigue throughout the day, improvement in balance, and a lower risk of falling, heart disease, stroke, cancer, and memory loss.

Intellectual Discovery helps residents to grow mentally, maintain an open mind, learn and teach skills, and expand and challenge themselves. Our culture of discovery provides lifelong learning opportunities and experiences to keep residents intellectually active and engaged.



“Every day I am able to choose from the many options of activities and programs offered by Vibrant Living in which to participate.”

— Miriam S., Raybrook Resident

SPECIALIZED TOOLS DEVELOPED TO HELP RESIDENTS LIVE VIBRANT LIVES



PATH

Our annual Performance and Ability Testing for Health (PATH) helps to monitor, evaluate, and detect various areas (strength, gait, flexibility, balance) of a resident's physical activity and exercise levels. A personalized feedback report is provided from the information gathered to paint a picture of the participant's physical wellness on an annual basis.



Wellness Portal

Our unique, interactive portal is completely secure and provides a one-stop shop for all your physical wellness information. You can review your PATH results, access your individualized fitness plan, and request an appointment with the Fitness Coordinator, all at the click of a button. You'll find links to current fitness trends, articles, and statistics at your fingertips.



REAL

Structured into three semesters, our Resident Enrichment Academy for Living (REAL) is an award-winning lifelong learning model that provides a platform for residents and staff to showcase their passions, skills, and talents to the Holland Home community.



Personal Training

Our Certified Personal Trainers will develop and implement exercise programs that are safe, effective, and appropriate for one-on-one and small group personal training. These sessions are tailored to you no matter where you are on your journey.



To learn more about Vibrant Living or to see what we have scheduled, please contact: Marenta Klinger, Director of Resident Life, at (616) 643-2724 or marenta.klinger@hollandhome.org