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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 experience that interests them the 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 AWARD-WINNING VIBRANT LIVING MODEL



FAITH-BASED



RESEARCH ON HEALTHY AGING



VIBRANT LIVING'S COMPONENTS OF 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. Holland Home strives to provide environments that meet residents where they are at and support healthy lifestyle choices

KEY COMPONENTS

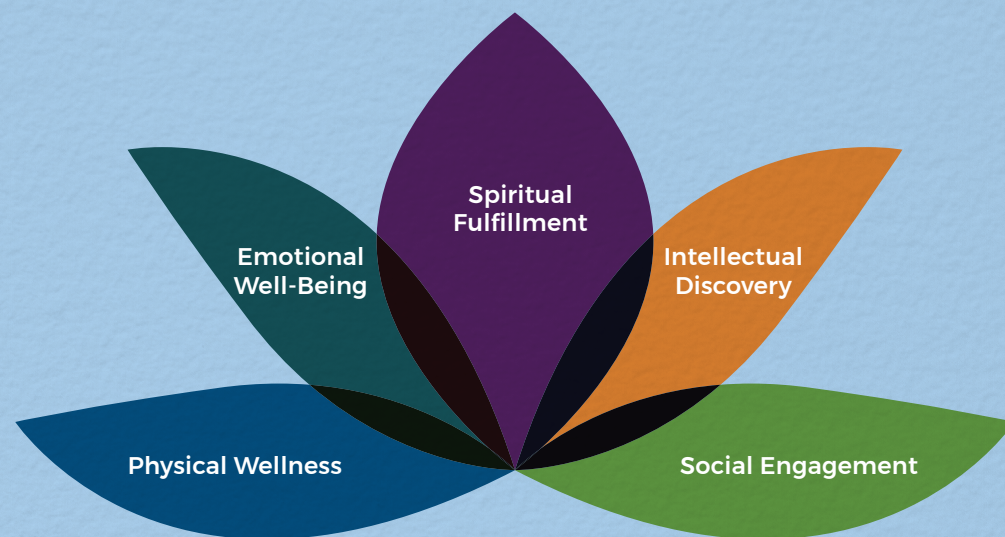
Spiritual Fulfillment, Intellectual Discovery, Emotional Well-Being, Social Engagement, and Physical Wellness



“This environment feeds you socially, it feeds you emotionally, it feeds you spiritually. You have many choices of activities to do on a daily basis, on a weekly basis. Some are educational, some are just fun, there are trips to take, there are symphonies to attend, there are plays to attend so it has been a blessing. This place has been a blessing.”

— Connie, Breton Woods 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.



“There are all kinds of programming available—exercise equipment and experts to help us use the equipment, fun movies, stimulating presentations, activities to help us get acquainted with other residents. And all this in the context of a robust Christian commitment.”

— Judith, Raybrook Resident

SPECIALIZED TOOLS DEVELOPED TO HELP RESIDENTS LIVE VIBRANT LIVES



PATH

Our Performance and Ability Testing for Health (PATH) measures physical fitness, including strength, endurance, flexibility, and balance. This annual assessment helps facilitate goal setting and track improvements in functional fitness.



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.



Vibrant Living App

The Vibrant Living of Holland Home App is designed to help residents achieve their fitness goals. Download it to view our fitness schedule, receive programming updates, access our library of fitness videos, contact the fitness team, track work outs, and more.



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.



Award-Winning

Our Vibrant Living model has received many acknowledgments, including the ICAA Beacon Award, which recognizes the top 25 'Best in Wellness' senior living communities in North America. But our community is most proud of the fact that our wellness culture stems from our mission statement. It is not simply posted on a wall but lived out by employees and residents every day.

To learn more about Vibrant Living or to create your own customized experience, please contact (616) 643-2724 or marenta.klinger@hollandhome.org