

# Masterpiece Living®

## Masterpiece Living at Holland Home

Living with purpose and growing:

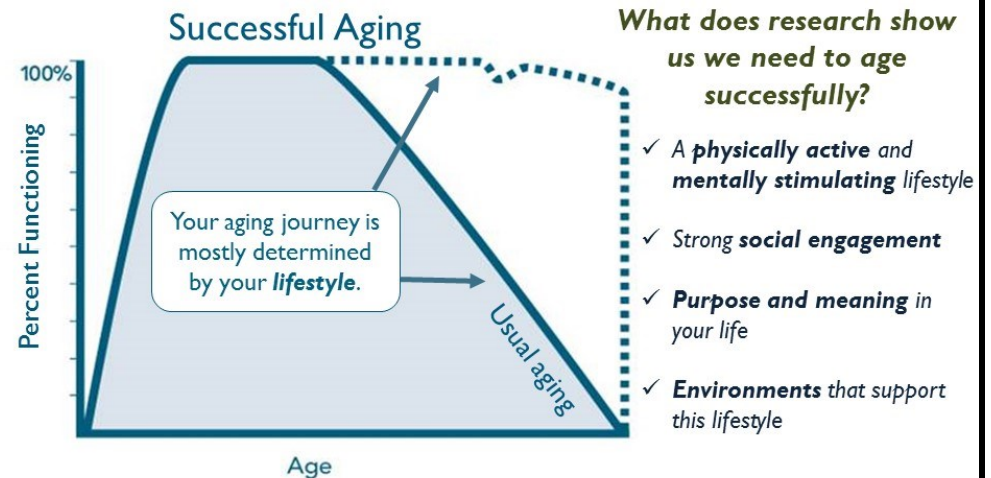
Spiritually  
Intellectually  
Physically  
Socially



Masterpiece Living is a research-based, whole-person and measurable approach to community cultural enrichment for older adults. Holland Home campuses provide opportunities for older adults to age successfully and Masterpiece Living offers the tools to assess and measure progress which guides older adults on their journey to being all they can be.



## Your Aging Journey



Which path will YOU take? It's up to you!

### Spiritual

Spiritual Fulfillment can be broadly defined as our search for purpose and meaning. More specifically, it includes having a meaningful role and being engaged in productive pursuits.

Spirituality also helps to cope with worries, concerns and grief. Spiritual activities include, but are not limited to, religious and faith based involvement, volunteerism or service, appreciation of nature or surroundings and meaningful past times.



### Intellectual

Intellectual Challenge is comprised of activities that are complex, new and continually challenging in an individual or group setting. Research shows that challenging the brain in new ways and on an ongoing basis, can retain and even enhance most mental abilities.

Activities such as puzzles, games, computer brain training, learning new languages, dancing and other structured learning activities can help challenge and improve brain function.



### Physical

Physical Health is the continual growth of physical function. It also includes actions that limit or prevent disease and disability. Aerobic activity, strength, balance, flexibility, nutrition, sleep and taking part in preventive screenings are all keys to physical health.

Being active in these areas may help to lower your risk for heart disease, stroke, diabetes, cancer, osteoporosis, depression, falls and Alzheimer's disease.



### Social

Social Engagement means fostering a wide range of meaningful relationships with family, friends and others. Being socially connected includes giving and receiving social support, as well as contributing one's skills and talents for the benefit of others. Social connections improve immune function and lower the risks of many chronic conditions.

