



## Network Practices: Spiritual Fulfillment

### Spa Day

*Multiple Communities*

Hold a Spa Day to promote Breathe. This may include chair massages, pedicures, manicures, meditation class, and a reception area with hot specialty teas and cucumber water offered. Rooms may be transformed into a spa-like environment with table-top waterscapes, flameless candles, and relaxing music.

### HumorCon

*Kirkland Village*

This community offered a variety of activities to promote laughter. Residents and team members brought jokes, they had a resident stand up comedy performance and were featured in the local news for the event.

### First-Century Christian Churches

*Edgemere*

Residents recognized the need for a spiritual 'home' for many who no longer were near their home churches or were physically unable to attend some of the local churches nearby. One resident decided to reintroduce the concept of the First-Century Christian Churches, which met and grew in homes of the first believers. There are weekly Sunday morning Worship Services that are truly community-wide. Residents of different Christian affiliations gather together Sunday mornings in the theater for a 40-minute service. A panel of ecumenical clergy provides worship leadership. More than 29 volunteer clergy rotate through the year, Lifestyles provides administrative support, and any flowers or outside music is supplied by residents.

### Storytelling in the Art Gallery

*Holly Creek Retirement Community*

Take your art gallery one step further by posting a story about each art piece underneath the display. Going beyond the title and creator acknowledgement, this is a great way for residents, team members, and visitors to have a better understanding of the person associated with each piece of art.

## **Spirituality Loft**

*Grandview Terrace*

The Spirituality Loft is a special space in the community dedicated to relaxation and reflection. The idea for the loft came from a resident and was designed to meet the Spiritual component of Masterpiece Living. Some of the features of this space are inspirational wall decals, a prayer wreath (where prayers are written on ribbons and then tied to the wreath), and plants.

## **Being in the Moment**

*Multiple Communities*

Twenty-minute meditations are encouraged and promoted for all residents and team members during the holiday season. These 20-minute, guided, resident-led sessions are designed to help people focus on the true purpose of the holidays, de-stress, and appreciate the present moment.

## **Prayer Walk**

*Friendship Village of South Hills*

In an effort to incorporate the Intellectual component into the highly-physical Movement Matters campaign, Friendship Village Chaplain Cindy McClung developed a Prayer Walk. The ideas allow individuals to focus on spiritual thoughts while exercising their physical bodies. Landmarks along predesignated paths, indoors and outdoors, act as markers to focus on the next topic/person/prayer.

## **The Singing Bowl Experience**

*Someren Glen*

Local healer, Ann, leads an individual or a group through the history and stories of Tibetan Singing Bowls. As part of this experience, she shares the many ways in which the vibrations from the bowls can be used for people to heal, connect, meditate and simply enjoy the beautiful sound of the bowls in concert. This is an amazing experience for a group of people to share together.

## **Vita Course for Spiritual and Physical Health**

*Eastcastle Place*

The Eastcastle Place Vita Course contains eight strategically located stations throughout the first floor of the community; each station has a posted exercise which combines a physical and spiritual exercise. Stations are strategically located where people congregate, for example by the elevator or next to the dining room entrance, that way when an individuals or group of residents, team members, family members or friends are near a station they can complete the exercise. Varying levels of exercise are provided at each station to met each person's individual skills.

## Spirit of Aloha

*Acacia Creek*

The spirit of aloha rooting in Hawaiian culture, it is deeper than a greeting or a farewell, it expresses love and respect for the interconnectedness of all people and nature. Just before twilight, 100 Resident and team members gathered outside to share the deep spiritual meaning of the spirit of aloha. The celebration of was complete with Island music, the resident ukulele group performed several songs with two residents performing hula. Some resident and team member performed Hawaiian solos and shared historical stories about the culture. "The Crooners", six men from Acacia Creek who regularly perform at community functions, performed everything from the "Hawaiian War Chant" to the "Hawaiian Wedding Song".