



A Holistic Approach to Care



About Story Pages

Our Life Enrichment program, Story Pages, has been thoughtfully curated to facilitate a holistic approach to wellness and encourages individualized flourishing moments for each Resident. Story Pages is patterned by a general cadence of daily life with dementia, with more stimulating activities placed during active times and tranquil activities for idle times.

Story Pages centers on the Seven Dimensions of Wellness, comprised of intellectual, emotional, spiritual, physical, occupational, social and cultural wellness. Every day follows a “Table of Contents” which names each hour with a specific Dimension of Wellness. Caregivers are able to choose from a variety of activities using personal preference to fit the Resident’s distinct backgrounds and personal needs.

7 Dimensions of Wellness



INTELLECTUAL

Engaging in lifelong learning and stimulating mental activities.



EMOTIONAL

Understanding, expressing, and managing emotions effectively.



SPIRITUAL

Seeking purpose, values, and meaning in life.



PHYSICAL

Maintaining a healthy body through exercise, nutrition, sleep, and regular medical care.



OCCUPATIONAL

Finding satisfaction and enrichment in work or volunteer activities.



SOCIAL

Building and maintaining healthy relationships and a sense of community.



CULTURAL WELLNESS

Helps individuals foster meaningful connections and live harmoniously in a multicultural world.