

Complete Wellness: Your Guide to a More Fulfilling Life



BONUS:
Tips you can try
anywhere to
boost your own
wellness

Throughout Otterbein's history, we've always been focused on whole-person wellness. Wellness goes beyond physical and mental health - although those are certainly important aspects.

Here at Otterbein SeniorLife, we believe wellness can be divided into these nine areas:



Why Are the Nine Degrees of Wellness Important?

To experience the highest quality of life and holistic growth as people, we need to address each of these areas in our lives. Otterbein's programming touches on every piece of the wellness puzzle to create a holistic approach to providing care and meaningful experiences to our residents.

In this booklet, you'll learn more about how we ensure all lifestyle options at Otterbein - from independent living to assisted living to skilled nursing - incorporate whole-person wellness. You'll also get tips for implementing these habits into your own life for better health and well-being.





Physical Wellness

Physical wellness is all about taking care of your body - which, in turn, can have positive effects on other aspects of your health. It includes things like:

- Getting enough exercise.
- Eating a balanced diet.
- Sleeping well.
- Going for regular check-ups.

How We Encourage Physical Wellness at Otterbein SeniorLife

Otterbein's campuses make it easy to stay physically fit. Walking and biking trails, fitness classes, and our annual Otterbein Olympics all give residents opportunities to stay active, no matter their fitness level. Our newest and most popular fitness activity, cardio drumming, offers exercise as well as the chance to have fun.

When it comes to nutrition, we believe variety is the spice of life. Our campuses feature healthful, fresh options that cater to a variety of dietary needs. Dinner options each evening range from lamb chops to pasta to chicken marsala.

Diet and exercise are important, but so is seeing a doctor regularly. We make it easy for you to continue visiting your current physicians with our convenient campus locations. If you'd prefer to stay closer, we offer on-campus clinics and opportunities to see a doctor right at Otterbein.

Finally, part of physical health is having a plan in place for the future. At Otterbein, our continuing care philosophy means you can move into independent living and rest assured that your care will be provided, if and when you need it.

Your Turn: Tips to Improve Physical Wellness

1 Try eating seasonally.

Choose fruits and vegetables when they're at their peak. You'll save money and enjoy fresher - and tastier - produce along the way.

2 Start an exercise program that works for you.

If your doctor clears you for physical activity, but you're not much of a fitness junkie, switch things up. Try attending fitness classes with friends or learning about a different form of exercise, like Pilates or Tai Chi.

3 Plan your check-ups.

Take one day to figure out your doctor's appointments for the next six months to one year. If you don't enjoy going to the doctor, see if a friend or family member can schedule theirs to coincide with yours.



Environmental Wellness

We've only got one planet, and at Otterbein, we take special care to treat it properly. From reducing your amount of trash to composting to growing some of your own food, there are plenty of ways to show your appreciation for the planet. One of our favorites is by simply enjoying a beautiful day!

How We Encourage Environmental Wellness at Otterbein SeniorLife

Our campuses offer plenty of chances to get out and enjoy the great outdoors. One way is through environmental groups that meet regularly to discuss ways to get involved in the community and help keep the surrounding area beautiful.

Another is through our campuses themselves. Fishing ponds, trails, landscaping, trees, and rolling hills are all everyday sights surrounding Otterbein's communities. It's easy to feel in touch with nature right from your balcony or patio.



Your Turn: Tips to Improve Environmental Wellness

1 Eat less meat.

One of the [biggest sources of air pollution](#) comes from the food production industry - like meat and dairy farms and processing plants. Try declaring one meatless day a week and exploring vegetarian entrees.

2 Share and share alike.

Instead of buying new clothing, furniture, or appliances regularly, think about whether you could find the same piece secondhand. This saves resources because fewer new items need to be created. Check with local garage sales or friends - and donate or give away items instead of throwing them out.

3 Enjoy outdoor time every day.

The jury is in: Spending time outdoors [is good for you!](#) Take a quick walk around the block or spend some time on the front porch each day to enjoy the season and the health benefits.



Vocational Wellness

Learning and finding purpose in work don't have to stop with retirement. In fact, they can - and should - be lifelong pursuits!

How We Encourage Vocational Wellness at Otterbein SeniorLife

You might find that you have a hard time fitting in all the learning opportunities we offer at Otterbein. One way many of our residents find purpose and perhaps continue a previous job is through volunteering. Check out some of the ways you can volunteer on campus:

- Driving our shuttle bus.
- Working in the campus consignment shop.
- Answering questions and registering other residents for programs.
- Serving on resident neighborhood committees.

You'll also find chances to hone your skills in places like our campus libraries and art studios, and through lectures and other learning opportunities right on campus.

Your Turn: Tips to Improve Vocational Wellness

1 Learn something new.

Perhaps you've always wanted to learn to knit but never had time. Or maybe you want to master Skype so you can see your out-of-state grandchildren. Whatever it is, choose something and head to your local library to get started on a new path.

2 Find a volunteer opportunity.

Everyone is passionate about something - animals, public speaking, feeding the hungry. Choose something you care about and look for chances to volunteer near you. Even a few hours a week can bring fulfillment and help you meet new people.

3 Teach someone.

If you really know your stuff, why not share your talents and skills with others? Whether informally or through a weekly group that meets, there are plenty of people who'd love to be the baker, fisherman, or writer that you are!



Creative Wellness

Creativity can be sculpting a mug on a pottery wheel or painting a sunset in oils, but it can be more than that. However you feel inspired is the right kind of creativity for you.

Don't feel like you're a creative person? Think about the following scenarios you may have experienced - we're betting you would have used creativity in each of them!

- As a parent, aunt, or uncle entertaining a child.
- As a company president leading a meeting.
- Greater self-confidence.

Creativity isn't something a few people are born with - it's the potential we all have to bring something new into the world.

How We Encourage Creative Wellness at Otterbein SeniorLife

Whether you're a born artist or aren't sure how to come out of your creative shell, you'll find ways to nurture and engage yourself at Otterbein.

There's our arts and crafts studio, where pro painters and amateurs alike can hone their skills. There's space for gardening, where you can enjoy the surprisingly creative pastime of potting plants. And there are social groups, clubs, and learning opportunities galore to help you find a creative outlet you'll love.

Your Turn: Tips to Improve Creative Wellness

1 Join the club.

Whether you want to learn a new skill or you're looking to hone what you already know, a club or group can help. Get support from fellow enthusiasts and help others learn along the way.

2 Pick up an old hobby.

Maybe you enjoyed birdwatching or bread-baking once upon a time, but life got in the way of your hobby. Now is the perfect time to reignite your interest - and you might find you can pick up right where you left off.

3 Try a different routine.

Creativity starts with your mindset. To that end, try shaking up your day. Eat something different for lunch, let your feet take you on a new walking route, or suggest a new meeting place for your friends to gather.



Intellectual Wellness

Learning isn't just for school- or college-age kids: A lifetime of learning helps keep your brain sharp and your life fulfilled. Whether it's reading the newspaper to keep up with current events or having a good-spirited debate with your neighbor, learning and logical thought [are good for you](#).

Did you know a habit of lifelong learning can have these benefits, according to the Harvard Business Review?

- Slower cognitive decline.
- More happiness and higher social skills.
- A potential to earn higher wages.

How We Encourage Intellectual Wellness at Otterbein SeniorLife

There's so much to learn at Otterbein, you might have trouble deciding where to start! Some of our opportunities for learning include:

- Trips to local and regional attractions like museums.
- On-campus lectures.
- A library full of books and chances to learn about your favorite topic.

We believe learning is one of the most important ways to keep your mind and body sharp, so we're always looking for more opportunities to help our residents keep doing it.

Your Turn: Tips to Improve Intellectual Wellness

1 Ask questions.

If something sparks your interest in your daily routine, try digging a little deeper. Use a computer to look up more about a topic you read in the newspaper or check out a cookbook to see why your soufflé isn't staying puffy.

2 Read a book.

Some people can't stop reading - and others can't start. No matter which category you fall into, a well-written book on a topic you're really interested in can do wonders. Visit your local library or find an e-book on something you want to know more about.

3 Take a class.

You don't have to pursue a degree, but finding a class you'd enjoy at a local arts center or community college is a great way to learn something new without the worry of achieving a certain grade.



Cultural Wellness

There's a great big world out there, and exploring all the people and places in it could take you a lifetime. Whether you've traveled the world or prefer to stay at home, learning about other cultures is a wonderful way to expand your horizons, make you more empathetic, and open your eyes to other places and ways of life.

How We Encourage Cultural Wellness at Otterbein SeniorLife

At Otterbein, our residents come from all kinds of places and with a vast variety of life experiences. Although we are affiliated with the United Methodist Church, you don't have to be Methodist to live here - and our residents represent a wide variety of cultural and spiritual beliefs.

Whether it's the food we serve on campus, the music and arts programs we offer, or the variety of religious services, you'll find an appreciation for and interest in all cultures to be woven into our campuses.



Your Turn: Tips to Improve Cultural Wellness

1 Cook a new dish.

Food is deeply embedded in a culture and is a great way to start learning more about another group of people. Visit a library or search online to find a new recipe to try - like falafel from the Middle East, mole sauce from Mexico, or saag paneer from India.

2 Host a party.

Invite your friends over, assign each person a country or region, and have everyone bring a snack or drink from that area. Have each person tell a little about the dish and what they learned, and enjoy.

3 Learn about your own culture.

Maybe your great-grandmother was from Switzerland or the rest of your family lives in the Philippines. Learning about your own family's history can be fascinating, and you might be surprised at what you find out. Genealogy books and websites are more popular than ever right now, so start learning!



Spiritual Wellness

Everyone is searching for meaning in life and asking big questions: Why am I here? What should I do with my life? A sense of spirituality - which can be as simple as having and identifying with a core set of beliefs and values - can be the answer.

Spirituality doesn't just mean going to religious services. It incorporates the way you think about some of the big questions mentioned above and how you relate to other people.

How We Encourage Spiritual Wellness at Otterbein SeniorLife



Spirituality is deeply personal and often deeply rooted in the way you live your life. That's why we offer a variety of ways to nurture and better understand your own spirituality at Otterbein.

Attend a church service on Sundays, or join a Bible study on a Tuesday night. Meet with small groups of friends to discuss faith and meaning. Or grow your own spirituality simply by spending quiet time outdoors. Whatever way appeals to you, you'll find it at Otterbein.

Your Turn: Tips to Improve Spiritual Wellness

1 Learn about other beliefs.

You might be surprised by how much different religions have in common. See if another church or service that's different than yours is open to visitors, and stop by to better understand their values.

2 Give yourself quiet time.

Everyone needs some time to themselves to reflect, think, and grow. Take a few moments out of your busy day to sit quietly in your favorite spot or take a relaxing walk to help you get in touch with your spirituality.

3 Find a group to join.

Meeting up in small groups to discuss spiritual or faith-related issues is a wonderful way to expand your horizons and better understand yourself - as well as make close friends. Everyone need not share the same beliefs; the only requirement is a promise to be respectful to each other.



Social Wellness

Spending time with other people is not only fun, but it's also necessary for your best health. People are designed to have social interactions with others. And having regular time spent with loved ones and friends can also have the following benefits, [according to Psychology Today](#):

- Reduced risk and slower onset of cognitive decline.
- Better physical health, like a stronger immune system.
- Lower risk of depression and better mental health.

How We Encourage Social Wellness at Otterbein SeniorLife

Being social at Otterbein can be as easy as stepping out of your front door. As a continuing care retirement community (CCRC), the very way our campuses are built encourages social interaction and a communal atmosphere.

Our campus activities are designed to help bring people together, and there are so many ways to start meeting new friends - including ways you've already read about in this booklet. Some of them are:

- Opportunities to volunteer.
- Parties and get-togethers for residents.
- Fun activities like bingo, sing-alongs, coffee meet-ups, and movie nights.
- Lectures and visiting musicians on campus where you can meet like-minded residents.

Whether you live in an apartment in the heart of campus or a cozy cottage, your neighbors and fellow residents all can't wait to meet you!

Your Turn: Tips to Improve Social Wellness

1 Start small.

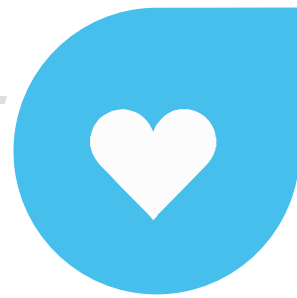
If you're new, a shy person, or just aren't sure what to talk about with someone, give yourself some time. Instead, try introducing yourself to your neighbor and asking if they'd like to get coffee, or paying a compliment to someone at a gathering to spark a conversation.

2 Get out!

The best way to meet people is by getting active in your community. Choose a new group to join or activity to enjoy, and you'll naturally start to meet people.

3 Stay in touch.

As you meet new friends, don't forget to keep up with old friends or far-away family. Phone or video calls make it easy to stay in touch. Or, if your friends can travel, why not invite them to come to stay for a weekend?



Mental & Emotional Wellness

Everyone has good days and bad days and experiences ups and downs. It's all a part of a normal life. The keys to achieving better wellness in this area are being able to identify, express, and manage the whole range of emotions.

Sometimes, you might find you need help or support in managing your emotional health. That's where a therapist or other professional counselor can come in. Just like you'd go to the doctor for a broken leg, going to a therapist for mental help can get you what you need so you can enjoy life fully again.

How We Encourage Mental and Emotional Wellness at Otterbein SeniorLife

Our campuses offer plenty of opportunities for mental and emotional support. Because we offer a full spectrum of health services and care, you can talk to a counselor or find a group to join right here.

Even if you don't need counseling, there are plenty of ways to stay emotionally healthy here. By staying active physically and socially, you'll also improve your mental health. And by incorporating all other aspects of wellness, as you've read about in this booklet, your mental and emotional health will naturally be better, too.

Your Turn: Tips to Improve Mental and Emotional Wellness

1 Don't be afraid to seek help.

Things like anxiety and depression are more common than you might realize - and the good news is, a counselor or therapist can help. Just think of them like you would any other doctor. Sometimes, just having a neutral party to talk to can help.

2 Recognize that emotions are healthy.

Emotions are simply a natural response to whatever's happening. Some people try to suppress feelings of anger, sadness, or frustration, but this only leads to keeping things bottled up. Instead, the next time you feel strongly about something, allow yourself to recognize the emotion.

3 Talk about it.

You might not need professional counseling, but everyone can benefit from a sympathetic ear. Sometimes you just need to talk to someone, and a willing friend can listen. On the flip side, if a loved one seems like they have something on their mind, offer to lend an ear.

Whole-Person Wellness at Otterbein SeniorLife

In this booklet, you've read all about the ways we incorporate whole-person wellness into every aspect of our communities. It's how we help residents live their lives to the fullest and become a place where everyone can reach their full potential.

Interested in learning more about Otterbein? The best way to get a feel for us is by scheduling a tour at one of our six CCRCs throughout Ohio and Indiana.



Our communities offer independent and assisted living, skilled nursing, respite care, memory care, and more. We're proud to have served residents for more than 100 years and to have a rating of 4.4 stars across all locations with CMS, a nationwide nursing home 5-star ranking system.

Schedule your tour today and see what awaits you at Otterbein.

[Schedule my tour](#)