

# SUPPORTIVE LIVING IS healthy LIVING

## What's Your Recipe for Healthy Living?

Supportive Living 2022 is showcasing how **Supportive Living is Healthy Living!**

To jumpstart your activities, we've compiled a list of "recipes" that you can incorporate into your community to keep your residents happy, active, and healthy – mind, body, and soul!

By focusing on the dimensions of wellness offered at Supportive Living communities, we can demonstrate the importance Supportive Living places on ensuring your residents lead a healthy life!



Feel free to use our recipes, or create your own! Take photos, describe what the activity "recipe" entails, and describe how it has benefited your residents. Then post your recipes for healthy living on social media to share with other communities. Be sure to tag @AALCIllinois!

**Over the next few pages, you'll find recipe samples and resources on:**

**Brain Fitness** – Research has shown that participating in creative and mentally stimulating activities can not only expand a person's knowledge and skills, but it can also strengthen brain cells and may even create new nerve cells.

**Social Fitness** – Increasing positive interactions with others not only increases self-esteem, but it also decreases loneliness and encourages individuals to become interested in physical activity. It can also reduce stress levels, which can help maintain healthy connections among brain cells.

**Physical Fitness** – Adding a daily activity to your diet is essential for maintaining independence and managing your health. Physical exercise is also a key ingredient for maintaining good blood flow to the brain.

**Nutritional Fitness** - A nutritious diet is key to fueling your body and plays a big role in how you feel. Understanding what foods contain important antioxidants can help put you on the road to wellness while protecting brain cells along the way!

**Spiritual Fitness** – A strong spirit can help us get through the rough times in our lives. Participating in activities that increase our spirit, such as a long walk, a talk with a friend, a morning of meditation and prayer, or attending a religious service can provide you with a strong sense of purpose that is sure to keep you healthy.

Feel free to use this guide as a reference for highlighting your own activities or borrow some of the ideas we've outlined. By following some of the recipes we've compiled, or adding your own, we're confident you'll soon be on your way to living a healthier and happier life - after all, **Supportive Living is Healthy Living!**

## Coloring Contest

**Fitness Category(s) Exercised: Brain/Emotional/Social**

**Directions/Description:**

Hold a coloring contest. Let individuals select from categories to color and provide them with a time frame for completion. Have them turn their finished pieces over to you to display on a wall for everyone to see. This activity provides a great opportunity to hold a contest. Give prizes for most colorful, prettiest, or most imaginative. Create a prize category so everyone can win! Post photos of winners on social media – be sure to tag @AALCIllinois!



**Benefits:**

- Relaxation
- Easy to do
- Provides social interaction
- Exercises mental capacities/memory
- Can be social if used as a competition

## Beach Ball Toss

**Fitness Category(s) Exercised: Brain/Physical/Social**

**Directions/Description:**

Take a beach ball and section it off.  
In each section, write categories such as:  
favorite childhood memory, childhood home, favorite food, worst smell, favorite vacation, etc.  
Have the residents toss the ball to one another and whatever section their thumb lands on tells them which question to answer.



**Benefits:**

- Easy to learn
- Easy to get involved since it's based off long-term memory
- Opens a good dialogue with others
- Tossing ball is physical exercise and exercises mental capacities

## I Like To...

**Fitness Category(s) Exercised: Brain/Social**

**Directions/Description:**

Have everyone sit in a circle. Ask everyone to think of something that they like to do. Then pick someone to start by telling the group for example, "I like to swim." The person



to their right will then tell the group what the first person liked and add what they like to do, for example, "Fred likes to swim, I like to walk."

This continues right around the circle until the last person has to say what everyone likes to do. Other members of the group can serve as a prompt by miming the activity if anyone falls into difficulty.

Variations: Ask residents for their input on things people can share. For instance, "I don't like to eat...My favorite thing to do is? My favorite thing to watch is?"

**Benefits:**

Easy to learn

Opens a good dialogue with others

Provides social interaction

Exercises mental capacities/memory

### Three New Words a Day

**Fitness Category(s) Exercised: Physical / Brain / Social / Emotional**

**Directions/Description:**

Each morning, select a resident to open a dictionary and randomly choose three (3) words. Have them read the word and the pronunciation, then have them repeat the word out loud and read the definitions. Ask the residents to try and use the three new words throughout the day.

**Variation:** Offer prizes to residents who use the words frequently or in the cleverest way throughout the day. Award prizes that evening during dinner or at breakfast the next day before the next words are selected.



**Benefits** Exercises memory/brain

Increases social interaction

### Jenga!

**Fitness Category(s) Exercised: Physical / Brain / Emotional / Social**

**Directions/Description:**

Jenga! Just a game, right? Not. This simple game provides fulfillment of the physical (fine motor skills); social (multiple players and teamwork required); emotional (and such positive emotions filled with so many smiles and so much laughter!); and (for those new to the game), the intellectual dimensions of wellness.



**Benefits** Exercises motor skills

Social interaction

Engages humor

Requires concentration

Easy to play and learn

## Dance! Dance! Dance!

**Fitness Category(s) Exercised: Physical / Brain / Social / Emotional**

**Directions/Description:**

Pull out your favorite music CDs, records, tapes or turn on the radio and get moving!

Talk to residents about their favorite music. Ask them what they liked to dance to in their younger years, then find that music and get them moving! Residents don't need to be able to stand to dance. The moves don't matter. Sitting in a chair and tapping their feet, waving their arms, and doing anything to the beat of the music will work! If residents have balance issues or require a cane or walker to help them dance, have it available if needed. Enjoy!



Dance fulfills the physical, emotional, social, and intellectual dimension of wellness! So, turn on the music and move!

**Benefits:**

Exercises memory/brain/body

Provides social interaction

Music evokes emotions

**Post Photos of Your Recipes for Healthy Living on Social Media!  
Let your creative juices flow! Show us how creative you can be!**

**Be sure to tag @AALCIllinois use hashtags:  
#SupportiveLivingisHealthyLiving and #SpiritofSupportiveLiving.**

**We'll select communities to highlight each month in our newsletter!**