



A New Balanced Lifestyle During An Ever Changing Environment - March 17,2020

As we work through this developing and unprecedented situation with COVID-19 (Coronavirus), Phoenix Senior Living remains committed to providing not only a safe environment with the care each resident needs, but an environment that continues to provide purpose and enjoyment. In these uncertain times we are closely following the guidance of the Center for Disease Control and Department of Public Health. This includes limiting all visitors into our communities as well as restructuring communal activities to small groups and subject to social distancing. We remain acutely aware of the importance of keeping our residents engaged to ensure their emotional and psychological well-being.

The programming platform for Phoenix Senior Living has always been focused on The National Wellness Institute's Six Dimensions of Wellness – Physical, Cognitive, Social, Emotional, Occupational (Sense of Purpose) and Spiritual wellness. During these times of social distancing, we continue to facilitate activities focused on the six dimensions of wellness.

When the weather allows, you can find residents enjoying the sunshine and walking outside, discussing the upcoming beauty of spring flowers. Games of competitive Corn Hole (always enjoyed by a Southerner) can be found inside and outside. Word games, which can focus on news of the day or spiritual awareness are popular. Mornings usually start with armchair exercise while practicing social distancing. Residents are enjoying the fun of an ice cream cart rolling down the halls with frozen treats. Who doesn't enjoy ice cream? Although residents are aware of the current crisis in our country, our focus remains on keeping them engaged and distracted from news that can be frightening.

As a protective measure we are reducing the number of residents in our beautiful dining rooms at one time through this situation. As long as we can, it is important to keep our restaurant style dining, allowing the residents, with appropriate seating, to enjoy the social aspect of our delicious wholesome meals. Our menus still include choice meats, poultry and seafood, fresh fruits, vegetables and delectable dessert treats.

Our balanced, lifestyle approach continues, with some new twists to ensure the safety and wellbeing of our residents and associates, both physically and emotionally. Fun still resonates in our communities.

For frequent updates on the fun and activities that continue within the walls of all Phoenix Senior Living communities, check out our Facebook page or your Phoenix community of choice.