



Enriching the Life of Your Elderly Loved One

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Perry Lutheran Home's IdentitE

- Exercise
- Educate
- Entertain
- Engage
- Enrich





Exercise

- Benefits of staying active
 - Decrease risk of falling
 - Reduces the risk of heart disease, colon cancer, and diabetes
 - Reduces high blood pressure
 - Increases stamina and muscle strength
 - Reduces anxiety and depression
 - Helps control joint swelling and pain associated with arthritis





Exercise

- Opportunities to be active
 - In your home
 - Outdoors
 - McCreary Rec Center
 - Perry Lutheran Home
 - Dallas County Hospital





Educate

- Benefits of lifelong learning
 - Brain grows new cells
 - Improve cognitive ability
 - Improve memory function
 - Build social connections





Educate

- Opportunities for lifelong learning
 - PLH Aging Well Seminars
 - Osher Lifelong Learning Institute at Iowa State University
 - Church
 - Traveling
 - Classes in the community





Entertain

- Benefits of personalized interests
 - Increased happiness
 - Decreased social isolation and loneliness
 - Reduce boredom





Entertain

- Opportunities for personalized interests
 - Lake Robbins
 - Library
 - La Poste events
 - Farmer's Market
 - Bowling, golfing, etc.
 - Movies
 - Cards





Engage

- Benefits of being involved
 - Gain confidence
 - Learn new skills
 - Decrease loneliness and social isolation
 - Gives meaning and purpose
 - Improves cognitive health





Engage

- Opportunities to get involved
 - Volunteer
 - Mission Projects
 - Church





Enrich

- Benefits of person-centered approach
 - Higher likelihood of being engaged
 - More likely to participate
 - Higher satisfaction and enjoyment





Enrich

- Opportunities for person-centered approach
 - Ask questions
 - Make a list
 - Fill out questionnaire
 - Keep checking in
 - Make adjustments
 - Keep looking for new opportunities





Any Questions?

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