



# Enrichment Beyond Expectations™

Specially Designed Programming for  
Enhancing our Residents' Quality of Life





# Introduction

Welcome to a life of endless possibilities and personal growth. Health Dimensions Group® (HDG®), our management company, is excited to introduce you to our life enrichment program: Enrichment Beyond Expectations™ (EBE). EBE is beyond just a wellness program – it is a transformative journey designed to enhance every facet of your life. At the core of our program lies a commitment to empowering individuals to thrive, connect, and flourish in ways they never thought possible.

## What is Enrichment Beyond Expectations?

Enrichment Beyond Expectations (EBE), the life enrichment program developed by Health Dimensions Group (HDG) is designed to empower our residents to live their most fulfilling life. Focused on the eight dimensions of wellness - *Purposeful, Physical, Relational, Emotional, Spiritual, Intellectual, Developmental, and Environmental*- we strive to tailor experiences to celebrate individuality and foster connections within the wider community.

Built on thorough research and evidence-based practices, EBE's signature programs go above and beyond the typical activities found in many senior living and care communities. We build life stories of each resident to assist our team in deeply understanding an individual's background, preferences, interests, talents, and abilities. By cultivating meaningful relationships with our residents, we create purposeful activities and experiences that resonate with each person on a deeper level.

Friendship, fun, and humor are at the heart of everything we do. We believe an engaging day is one made up of captivating moments of joy and belonging. At HDG and our managed communities, we create vibrant living environments that embrace all that life has to offer.

## Customized and Resident-Centered

Our programs and services are as unique as the residents we serve. We begin by building a life story and personally getting to know each resident. This assists our team in understanding an individual's background and passions – allowing us to tailor a customized lifestyle for residents.

# Dimensions of Wellness

Enrichment Beyond Expectations programs and offerings are designed to support a holistic approach to our residents' well-being. This goal of enriching our residents' lives is achieved by offering a well-rounded and meaningful lifestyle that balances eight dimensions of wellness. The eight dimensions of wellness include:

**1**

## **Purposeful**

Engage in meaningful activities intentionally designed to foster fulfillment and joy.

**2**

## **Physical**

Promote physical health through quality care, culinary arts, movement, strength, and balance.

**3**

## **Emotional**

Cultivate a hopeful outlook and agility when faced with life's challenges.

**4**

## **Relational**

Inspire social interaction and meaningful connections with others.

**5**

## **Spiritual**

Support a sense of belonging and inclusivity through the spiritual and religious programming which matters most to each person.

**6**

## **Intellectual**

Stimulate brain and cognitive health for residents of all levels of care through lifelong learning and challenging activities.

**7**

## **Developmental**

Celebrate aging positively, as if aging in reverse.

**8**

## **Environmental**

Ensure safety, accessibility, and comfort in the physical environment.







## Beyond Expectations Signature Programs

Our signature programs were designed by industry experts to enhance the quality of care and service as part HDG's Caring Above and Beyond® proven process. Addressing all eight dimensions of wellness, we aim to ensure our residents enjoy a lifestyle that is beyond expectations.



### Moments Beyond Expectations

Our signature memory care program was developed using evidence-based approaches and informed by dementia and geriatric research. We prioritize the unique needs and strengths of each resident, going beyond just the diagnosis. By crafting personal life stories and conducting ongoing assessments, we gauge our residents' abilities and curate activities based on their interests and natural flow of the day. This focuses on setting the resident up for success in every opportunity we have in supporting them with activities of daily living.



### Discovery Beyond Expectations

This signature program provides opportunities for residents in all care levels to engage in stimulating activities that support brain and cognitive health. This encourages lifelong learning and curiosity, supporting personal growth in areas of individual interest. We believe that learning plays a crucial role in overall intellectual well-being. Opportunities not only for learning are provided, but also for teaching.



### Flavors Beyond Expectations

Culinary excellence is key to maintaining optimal physical and emotional health. This signature program ensures our senior living residents have access to chef-inspired dishes crafted with fresh ingredients and elevated flavors. Our commitment is to maintain an ideal balance between quality, nutrition, taste, and variety, so every meal caters to our residents' unique preferences and dietary requirements.

# Specialized Training

At HDG and our managed communities, continuous learning and personal development are paramount. We know to best serve our residents and families, it is essential for our team to continue learning and growing to maintain expertise in the process of aging and maximizing health throughout our lifetimes.

## **Montessori Based Training and Certification**


Using the Montessori® inspired approach to dementia care, our teams are fully versed in the care of those living with Alzheimer's Disease and other types of dementia. Certification offered through National Council of Certified Dementia Practitioners (NCCDP) and International Council of Certified Dementia Practitioners (ICCDP) ensures comprehensive training and education of our key care team to offer person-centered and person-directed care. This approach supports improved communication between team members and residents, enhanced quality of life, reduced behavioral expressions, increased team member and family satisfaction, reduced use of psychotropic medications, increased social interaction and longer involvement in purposeful activities.

## **Certified Fit Minds Training and Cognitive Coach Certification**

Fit Minds, an HDG partner, offers activity kits designed to stimulate five essential areas of cognition: language and music, visual and spatial orientation, memory, critical thinking, and computation. As part of this partnership, our team members have access to a variety of specialized training in these areas of cognition. Furthermore, some team members have pursued advanced certification as cognitive coaches.

Rest assured that you or your loved one is receiving top-tier memory care services.





Choose Enrichment Beyond Expectations and  
embark on your journey to a life filled with  
purpose, connection, and endless possibilities.  
At HDG we care above and beyond, making  
every moment extraordinary.

To learn more about Enrichment Beyond Expectations,  
visit the HDG website at:

***[healthdimensionsgroup.com/ebe](https://healthdimensionsgroup.com/ebe)***





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