



## THIS WEEK'S Huddle Topic

## Learn All About Social Wellness from the Roadmap to Wellness

### Activity



#### PREPARATION TIPS

Print the *Connections*  
Handout and bring  
sufficient pens.

1. **Say:** "We are going to play a game called *Connections*. Start by taking one of these handouts and a pen," (pass out handouts and pens).
2. **Say:** "Your job is to find people who share something in common with you. This handout has three columns - on the left column it tells you what to share, the middle column lets you add the common thing you share, and the right column lets you write the person's name. Try to move quickly around the group and connect with as many different people as possible."
3. **Say:** "Any questions?... Go!"
4. Allow 5-10 minutes for people to stand up and connect with others to complete their form. They can keep their form once done.
5. Before the end of 5-10 minutes, say "One minute remaining!"
6. **Ask:** (At the end of the activity) "Did you learn anything new about your other partners? How important is it for you to feel connected to others here?"

## Huddle Content

Social wellness is the fourth stop on the Moorings Park Roadmap to Wellness and focuses on establishing connections with others and supporting harmony in relationships. Here are five tips to make sure you feel connected here and in your own community at home:

- ✓ Spend time connecting with residents, partners, family, and friends here at Moorings Park.
- ✓ Share your talents and skills with others here.
- ✓ Get involved as a team member and build teamwork.
- ✓ Contribute to your community/consider volunteering in your community.
- ✓ Make sure you have work friends - make friends here to create a support network.

## Culture Connection

The Moorings Park Mission is: "To provide *Simply the Best*® facilities and services for successful aging with professional and compassionate care to each person we serve."  
How does our mission motivate you to create connections here?

## Announcements

March is Women's History Month and National Nutrition Month

## Quote

"Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering." — *Brené Brown*



This QR code will take you to the  
Partner Huddle Resource Page to get  
more information and resources on  
this Huddle as well as all  
other Huddles.



# Partner Huddle S E R I E S

## Connections Activity

Directions: Find one connection per person among all your team members.

Once a connection has been made in one of the middle categories, write what you share in the middle column and the name of the person you share it with in the right column.

Connection	What You Share	Connection Name
1. Find someone who likes the same TV, Netflix, Hulu, Prime or Apple show that you do.		
2. Find someone who has the same favorite holiday as you.		
3. Find someone who shares the same hobby or fun thing you like to do after work.		
4. Find someone who shares your least favorite day of the week.		
5. Find someone who has the same favorite food as you.		
6. Find someone who loves the same music you do.		