



THIS WEEK'S Huddle Topic

Let's Review the Roadmap to Wellness!

Activity



PREPARATION TIPS

Download and print the Roadmap to Wellness and bring a copy to the Huddle.

1. **Say:** "Today we are going to talk about the Roadmap to Wellness. The Partner Experience celebrates the total wellbeing of our partners. We have aligned the Seven Dimensions of Wellness with Moorings Park opportunities and benefits to further support our valuable partners."
2. **Say:** "We want to help you have the best partner experience and we think that your own wellbeing will be improved during our journey through the Wellness Roadmap."
3. **Say:** "We also encourage you to download the [HealthJoy app](#) available to all partners at the top of the **Partner Huddle Series Resource Page** that the QR code will take you to at the bottom of this page."
4. **Ask:** "Who has had an opportunity to use the services listed on the Roadmap like physical, emotional, intellectual spiritual, environmental, vocational, or social wellness?" (Be prepared to offer the Roadmap flyer).
5. **Say:** "If you haven't done so already, try out the Roadmap to Wellness resources or the HealthJoy app and let us know what you find out!"

Huddle Content

- ☑ The Moorings Park Roadmap to Wellness is a guide to help you improve your wellbeing in 7 areas. The HealthJoy app also provides additional resources.
The 7 wellness areas of the Roadmap to Wellness are:
 - ☑ Physical
 - ☑ Intellectual
 - ☑ Environmental
 - ☑ Social
 - ☑ Emotional
 - ☑ Spiritual
 - ☑ Vocational

Culture Connection

One of the Moorings Park key strategies is to "Support the lives of our partners to enhance the service to our residents." These resources help us to fulfill that strategy.

Announcements

Quote

"Human resources are like natural resources; they're often buried deep. You have to go looking for them; they're not just lying around on the surface. You have to create the circumstances where they show themselves." - *Ken Robinson*

WOW Moment

Who has a WOW moment to share about resources that you or another partner has benefitted from?



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

