

## Support Your Recovery in Complex Care

Get dressed in your own clothes and get up every day. If you have glasses, hearing aids and/or dentures, make sure you wear them so you can take part in your treatment the best you can.

### Be Active

#### Try:

- Stretch and Move Class
- Pottery
- Sport programs such as Bocce ball, bowling and bean bag toss
- Talking to your doctor about going to the main lobby or outdoors



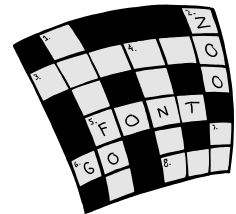
#### Why?

This helps you maintain your physical functioning, muscle and joint range of motion and flexibility.

### Keep Sharp

#### Try:

- Creative writing, writing poetry or journaling
- Word games
- Scrabble
- Trivia activities



#### Why?

This helps you maintain your brain with memory recall, decision making and making choices.

### Be Emotionally Well

#### Try:

- Going to worship services
- Joining a coffee group
- Relaxation and meditation
- Creative writing, writing poetry or journaling



#### Why?

This is a time to increase positive feelings and develop coping skills.

### Stay Social

#### Try:

- Going to patient meetings
- Joining a coffee group
- Playing board games or card games
- Eating meals in dining room
- Joining the recreation activities offered



#### Why?

This is the time to meet people, make friends, feel like you belong and be part of your community.