

## BENEFITS OF LIFE LONG LEARNING

- ) Keeps your mind sharp
- ) Improves memory
- ) Increases self-confidence
- ) Leads to an enriching life of self-fulfillment
- ) Keeps us actively engaged in new programs that are being offered
- ) Gives you a feeling of accomplishment
- ) Helps you meet people who share your interests
- ) Builds on skills you already have
- ) Offers an opportunity to learn a new skill
- ) Gives you a new interest that you can share with family and friends
- ) Helps us create a curious, hungry

### REDEEMER HEALTH & REHAB CENTER

Redeemer Health & Rehab Center  
 625 W. 31st St.  
 Minneapolis, MN 55408  
 Phone: 612-827-2555  
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The word **RECREATION** is a beautiful thing. It is defined in the dictionary as the process of giving new life to something, of refreshing something, or restoring something. This something of course is the **WHOLE PERSON**" - HANS GEBA



## Redeemer Health & Rehab Purposeful Programming



### REDEEMER HEALTH & REHAB CENTER

Our resident-centered environment offers a continuum of quality care with compassion and innovation.



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**Redeemer’s Purposeful Programming**

Please come be a part of a new adventure that Redeemer is partaking on through Purposeful Programming. We are looking to:

- ) Improve Quality of Care and Quality of Life.
- ) Implement Programs that support healthy mind, body and soul.
- ) Create individualized assessment of active engagement programs.
- ) Create learning circles which consist of small groups of individuals with common interests.

**CONSIDER THIS...**

- ) What programs do you enjoy?
- ) What are your roles, values, interests, past/present hobbies?
- ) What gives you PURPOSE?
- ) Consider being a part of our monthly activity planning meeting to brainstorm new and purposeful programs to offer at Redeemer.

**E= ENGAGED IN..**

**L= LIFELONG LEARNING** is the “ongoing, voluntary and self motivated pursuit of knowledge for either personal or professional reasons.” Lifelong learning is a health club for your brain. An active mind can stimulate activity and keep your spirits high.



**I = INSPIRATION**– Chaplaincy is important to ELIM and each of the facilities.



**M= MOVEMENT**– We are all familiar with the general health benefits of exercise, but physical exercise does as much for balance, body systems and the brain.



*"Anyone who stops learning is old, whether at 80 or 20. The greatest thing in life is to keep your mind young."*  
*–Henry Ford*

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