
ACTIVITY PROFESSIONALS

CONSULTANT LLC

Cindy Musial-Olson RT/ACC

Recreation Therapist/Activity Consultant Certified

407 Woodhaven Court Sheboygan, WI 53081

Tel/Fax: 920.457.3272 Email: cmolson@activitiespro-ed.com

SPEAKER • CONSULTANT • COURSE INSTRUCTOR

Climbing the Pinnacle: Enriching Lives in Senior Living

10:30AM to 11:45AM

We aren't talking about climbing Mt Everest... we are talking about living life until the end. Participants will explore the philosophy of whole person in the provision of our role as caregivers. This session is a dialog about care giving practices. Our job is to care for the individual. We've done a fairly good job with 1/3 – the body and physical needs. Now we need to begin acting on the other 2/3 – mind and spirit.

Maslow

Maslow's Hierarchy of Needs

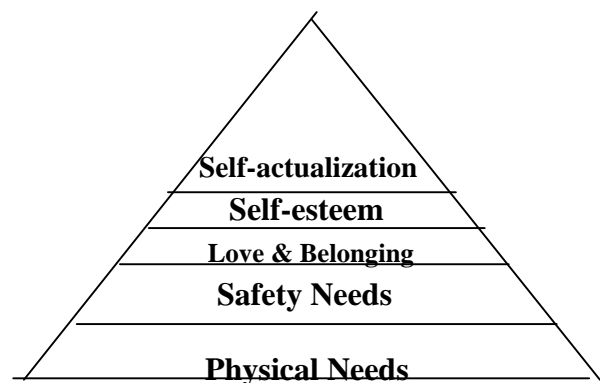
Physical needs

Safety needs

Love and Belonging (social needs)

Self-esteem

Self-actualization



Quality of Life is the cure for the three plaques that account for the bulk of suffering in elders: loneliness, helplessness and boredom.

Many of the physical changes that once were considered solely the results of aging are now thought to be largely due to inactivity.

*"Iron rusts from disuse, stagnant water loses its purity . . .
even so does inaction sap the vigors of the mind."*

-- Leonardo da Vinci

