

Creating A Well-Rounded Calendar Answer Key

1. **True** – These seven dimensions create a comprehensive approach to resident wellness.
2. **False** – A well-rounded calendar must include all seven dimensions to meet whole-person wellness.
3. **True** – Themed activities encourage social interaction and engagement.
4. **True** – Emotional wellness activities help residents express emotions and connect with others.
5. **True** – These activities contribute to spiritual and emotional well-being.
6. **False** – Cognitive wellness is essential and can be promoted through brain games, reading, and discussions.
7. **True** – Vocational wellness supports purpose and fulfillment by engaging residents in meaningful tasks.
8. **False** – Environmental wellness also includes helping residents feel involved in maintaining their space.
9. **True** – Color coding helps staff and residents easily identify different wellness activities.
10. **True** – Routine and familiarity provide comfort and stability, especially in memory care.