

10-Question True/False Quiz - Creating a Well-Rounded Calendar

Instructions:

Read each statement carefully and determine whether it is True (T) or False (F).

1. The Seven Dimensions of Wellness include Physical, Social, Emotional, Spiritual, Cognitive, Vocational, and Environmental.
2. A well-rounded calendar should focus primarily on physical activities, as they are the most beneficial for residents.
3. Themed social activities, such as using national days as a focus, can help promote social wellness.
4. Activities related to emotional wellness include support groups, creative writing, and journaling.
5. Spiritual wellness can be promoted through religious services, meditation, aromatherapy, and calming sensory activities.
6. Cognitive wellness activities should be avoided, as they can be too challenging for memory care residents.
7. Vocational wellness can be supported by allowing residents to volunteer or engage in reminiscing about past occupations.
8. Environmental wellness involves modifying the physical environment but does not include engaging residents in meaningful tasks.
9. Color coding different dimensions of wellness on an activity calendar can help staff and residents better understand the variety of offerings.
10. Routine and familiarity are particularly important when creating activity calendars for memory care residents.