



# Assisted Living INNOVATIONS in Quality Award

## MEDITATION: Pathway to Courage Program for Associates

SILVERADO SENIOR LIVING – BELMONT HILLS

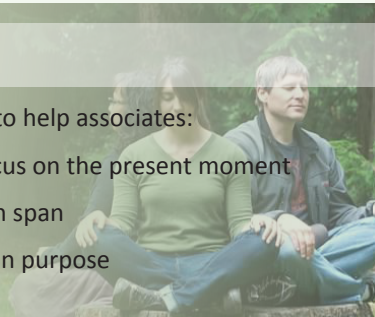
### PROGRAM DESCRIPTION

Scientists have found that meditation increases attention span and has even increased the grey matter in the regions of our brains associated with empathy and awareness, among other benefits. Silverado Senior Living – Belmont Hills’ meditation program offers associates a practical way to focus on their breath for five minutes prior to their shift, which in turn provides a deeper purpose: to become more “present” to residents and family members. It is a cost effective program requiring only a meeting space, chairs, and the willingness of the participants. The program was started by Sammy Hassan, Assistant Administrator, who’s since been promoted to Administrator at Silverado Senior Living – Beach Cities.

### GOALS

The goals of the program are to help associates:

- ▶ train their minds to focus on the present moment
- ▶ increase their attention span
- ▶ remain single-minded in purpose



### BENEFITS

- ▶ stress reduction
- ▶ less worry about the future
- ▶ increased awareness of their surroundings
- ▶ safer work practice



### OUTCOMES

Surveys to determine stress levels and previous meditation experience were completed by participants. After participating for several months, participants shared the manners in which they felt impacted by the meditation practice.

Poonam,  
Activities Assistant

### ADVICE TO THOSE WANTING TO INCORPORATE A SIMILAR PROGRAM

- ▶ Select a simple form of meditation that can be taught via video or print.
- ▶ Create a consistent opportunity, ambience and meditation practice.
- ▶ Encourage initial participants to invite a fellow associate to the next meditation group.
- ▶ Give the program time and include as many departments as possible.

“I have found that practicing meditation has helped me to clear my mind and allowed me to focus more effectively throughout the day. It also helped alleviate the migraines I was having.”

Nirmala, Housekeeper

“In the beginning I was too lazy to meditate and I was bored. I tried to meditate for 5 minutes every day but after a month, ten minutes seems too short for such a stress relief practice! Meditation helps me to make my mind free and do not feel any worries. Now I am cooler, calmer and more energetic than before.”

Melina, Medical Records

I enjoy every meditation session. I feel less stressed, more balanced, less anxious, more able to focus and happier. I’m so surprised at how easy the meditation is and how refreshed I feel afterwards.”

Poonam, Activities Assistant