

Nurturing the four dimensions of whole-person wellness

Our signature LifeCycles Wellness Program is designed to help individuals make the most of every day through one-on-one interactions, group activities and health oversight. Each week features a different theme for making meaningful connections and engaging the four elements of well-being.



SPIRITUAL

In addition to traditional weekly worship services, spiritual wellness activities can include meditation, listening to music or connecting with nature.



INTELLECTUAL

Activities such as crafts, games, reminiscing and trips to local events and attractions are great ways to stimulate the brain.



SOCIAL

Social interactions like celebrations, family events, and visits with pets and children help residents feel connected and loved.



PHYSICAL

Good nutrition and physical activities like walking, prescriptive exercise and fresh-air drives help manage stress and slow the progression of dementia.

Connecting on a personal level

You'd be surprised how much genuine laughter you hear at CountryHouse. Each activity and experience is carefully planned to create moments of joy for residents, rooted in their life skills, past roles and experiences.



We are not just caregivers anymore, but family. We wake up with you, we love you, we bathe you and everything in between. Every morning and every night, we let you know that you are loved and that you deserve the best. We may not know your whole life story, but we care and are at your side always.

~ Becca VanderPutten, CNA at
CountryHouse Lincoln

