

2013 NATIONAL NURSING HOME WEEK CONTEST WINNERS

Creative Forecasting is pleased to announce the winners of our 20th Annual National Nursing Home Week Contest. Their activities are in the May 2013 issue of Creative Forecasting on pages 13 - 15.

WINNERS

*COLOR CONTEST – Tina Senecal, Blackstone Nursing Home, Blackstone, MA

*BABY SHOWER – Rebecca Finnegan, Main Street Manor, Russell Regional Hospital, Russell, KS

*2012 SAMARITAN BETHANY OLYMPIC GAMES – Allison DeRaad, Samaritan Bethany Community, Rochester, MN

*THE RESIDENT – VOLUNTEER CONNECTION, Concetta C. Franchetti, Pendleton Health and Rehabilitation Center, Mystic, CT

*THE DATING GAME – Evelyn Shoultz, Highline Rehabilitation and Care Center, Denver, CO

Each of these winners received \$50.00... Congratulations!

20th Annual National Nursing Home Week Contest

NATIONAL NURSING HOME WEEK®

May 12 - 18, 2013

“Team Care”

The sponsor of National Nursing Home Week® is the American Health Care Association (AHCA). The week was created in 1967 and always begins on Mother’s Day.

The 2013 theme is “Team Care.” This year’s theme “recognizes residents and patients in long term and post-acute care settings, the dedicated staff who care for them, and the value of care planning where everyone ‘pitches in’ for optimal outcomes. The observance is an opportunity to involve families, community members, youth, and others in a community-wide show of support and respect for these individuals and the staff who provide care or support services. Activities are designed to foster intergenerational contact, strengthen family relationships and encourage volunteerism by individuals and local organizations.” Visit www.nnhw.org for more information and www.facebook.com/nursinghomeweek. AHCA member facilities should have received the product catalog and planning guide by mail in February. For non-members, the product catalog and planning guide can be downloaded free of charge from AHCA’s web site, www.nnhw.org.

We are excited to present the winners of *Creative Forecasting’s* Annual National Nursing Home Week Contest. Thanks to all the subscribers who sent entries! These winning entries can be adapted for all settings.



WINNERS

■ COLOR CONTEST

Tina Senecal, Blackstone Nursing Home, Blackstone, MA

For last year’s National Nursing Home Week, our home held a Color Contest with the elementary school, grades K through 5, to better involve the children in our community. I found coloring posters on 8½” x 14” paper of butterflies (shown on the theme’s logo for 2012) and cut and pasted our facility’s name and titled it Color Contest for National Nursing Home Week. We

sent over 600 copies to the school principal for all of the kids to color. A deadline was given to the principal of when the completed posters would be picked up.

On the Monday of National Nursing Home Week, I picked up all the posters from the school and posted each one by grade throughout the nursing home for all to see. The residents were asked to choose their first, second, and third place choices for each grade by the end of the week. We gave award ribbons to the winners. An article was sent to the local newspaper, thanking all the students that participated and announcing the winners’ names.

■ BABY SHOWER

*Rebecca Finnegan, Activity Coordinator,
Main Street Manor, Russell Regional Hospital,
Russell, KS*

The residents participated in a Baby Shower for one of our aides and had a lot of fun! Before the shower, we purchased a baby blanket suitable for the residents and staff members to write their names on, a nice keepsake for the mother-to-be. The residents made paper baby booties for table favors (paper cups cut down, hole-punched, and threaded with ribbons) that they filled with small plastic cups that had a mix of peanuts, raisins, M&M’s®, and animal crackers in them.

Residents and staff played games. The first one was doing a word scramble of baby items that they had to complete in three minutes. Another game was finishing lines of nursery rhymes that they had to complete in three minutes. For the third game, two attendees and the mother-to-be were blindfolded and given tastes of five different types of baby food to guess the flavor of each one. The winner of each game chose a wrapped baby gift (i.e., lotion, washcloths, sippy cup) to give to the mother-to-be.

The highlight of the party was the opening of the gifts. There was much reminiscing about having babies. For refreshments, cupcakes and pink punch were served.



■ 2012 SAMARITAN BETHANY OLYMPIC GAMES

*Allison DeRaad, Activity Director,
Samaritan Bethany Community, Rochester, MN*

Last summer, residents at Samaritan Bethany Community participated in some Olympic games of their own, complete with a torch-passing ceremony and medal ceremony. Our facility has 14 households (seven neighborhoods). Each neighborhood had one or two competitors for individual games and one or two teams for team events.

The afternoon before the games, torches (made from spray-painted Styrofoam cones and orange glow sticks) were passed neighborhood to neighborhood and finally into our community room while Olympic-themed music played on our facility TV channel throughout the entire building. Seven torches (one from each neighborhood) were placed in a specially-made holder, the Olympic oath was said by all those present and torch cones (orange sherbet in sugar cones) were enjoyed by all.

Each neighborhood had chosen team colors prior to the games, and colored crepe paper streamers were distributed to households for use as they wished. Pompoms, sashes, and streamers of all kinds adorned wheelchairs, walkers, and the residents.

EVENTS

- **100-yard Dash** Participants wrapped 300 inches of yarn into a ball. (We found that 100 inches of yarn was too short and 100 yards was too long.)
- **Ping-pong Soccer** Two opposing team members attempted to blow - through a straw - a ping-pong ball across and off the table in front of the opponent. We used tag board taped to the table as borders. This event had semifinals and finals.
- **Pole Vault** Competitors threw beanbags over a pole that was made increasingly higher.
- **Water Balloon Toss** People were paired up, and the winning team had the longest toss and catch between them without the balloon breaking.



- **Cheetos® Archery** This event was our favorite one. There were two teams of three, a staff member and two residents. The staff member donned a shower cap covered with whipped cream. The two residents threw Cheetos® at the cap, and the team with the most Cheetos® still on the cap after one minute won.

The final event of the day was the medal ceremony. Gold, silver, and bronze medals that were engraved with "2012 Samaritan Bethany Olympic Games" (ordered from Oriental Trading / Fun Express) were passed out to the winners of the events. Participant ribbons were awarded to all. The smiles, handshakes, cheers, encouragement, and genuine joy that was shown to competitors and teams by residents and staff was amazing! Residents continued to show their pride by wearing their medals and were talking about the medals they won weeks later.

■ THE RESIDENT - VOLUNTEER CONNECTION

*Concetta C. Franchetti, BS, TRS,
Director of Recreation and Volunteer Services,
Pendleton Health and Rehabilitation Center, Mystic, CT*

I recruited volunteers from area agencies who are special-needs students, ages 16 - 21, with coaches who work with them. The students come Monday through Friday and work from 10 a.m. to 2 p.m. and 1 p.m. to 4 p.m. They are assigned responsibilities daily. Each student has a resident to visit. The biggest challenge is recruiting residents for the program.

The volunteers' duties include: do one-to-one visits, lead programs (i.e., crossword puzzles, trivia games, arts and crafts, bingo, bowling, card games), do musical meet and greet (sing to new residents), do sensory programs, tell jokes, create seasonal bulletin boards, assist residents to shop at the resident store, and assist at socials and holiday events. In addition, the students document the residents' participation in the activities they are involved with. They also record the residents' independent recreational activities such as watching TV, reading, and knitting. ☞



This program has resulted in a beautiful Resident - Volunteer Connection! The students learn a great deal from our residents. This program has educated them in the health care setting (working with the interdisciplinary team) and prepared them for the work force. Several volunteers have moved into the work force and are successful.

The residents praise the student volunteers who have created such a positive influence. We rely on them daily. As they promote themselves from volunteering to employment, they leave a legacy of love and friendship and a memorable and lasting impression.

I am very proud and fortunate to have this program. The Resident - Volunteer Connection is a huge ray of sunshine in our facility.

The following is a note from Richard E. Metayer, a long-time resident of Pendleton Health and Rehabilitation Center.

The Recreation Department, under the direction of Concetta, leads a program for special-needs students. This program is extremely valuable to the residents and also I believe to the students. These students and their coaches interface with the residents. The students help the patients and provide many hours of companionship. I know I'm not alone when I say I have several close friends among the students. I have one in particular, who is a special needs, very bright student interested in science, and he hopes to go to a great university when he is older. Since I have a science background, I am trying to cultivate his interest. It helps me, and I believe it benefits him. I sincerely hope this program wins the contest. Richard E. Metayer



■ THE DATING GAME

*Evelyn Shoultz, Life Enrichment Coordinator,
Highline Rehabilitation and Care Center, Denver, CO*

The Dating Game activity is adapted from the TV show of the same name that was on the air from 1966 to 1970. For the game, there needs to be one bachelorette and three bachelor contestants for one game and one bachelor and three bachelorette contestants for another. (We played both versions in one day. The bachelorette and bachelor and contestants chosen will depend on your community. I have played this game in two different skilled nursing facilities with staff playing the roles. Independent or assisted living communities could have resident contestants.) Supplies needed are microphones and a divider so the bachelorette or bachelor can't see the contestants.

The bachelorette or bachelor will need a list of 10 to 12 questions to ask the contestants. If staff members are playing the parts, they can provide their own lists. Assist residents, as needed, to come up with a list of questions, if they are participating.

To begin the game, introduce your contestants (i.e., "Bachelor number one lives in Cherry Creek. He enjoys watching good movies, playing cards, and going out to eat."). Repeat the introductions for the other two bachelor contestants. Bring out the bachelorette, introducing her in the same manner. From this point, she will ask her list of questions for the men to answer. When the questions have been answered, the bachelorette chooses her date. (The last time we played The Dating Game, the bachelorette was the facility's administrator. She couldn't decide between the bachelors, so she had lunch with all the contestants.) Repeat the same process with the bachelor and bachelorette contestants.

Make the "dates" as special as possible. Suggestions are going to lunch, for ice cream, or a movie or being honored at a special party or dance. **CF**

