

2010 NATIONAL NURSING HOME WEEK CONTEST WINNERS

Creative Forecasting is pleased to announce the winners of our 17th Annual National Nursing Home Week Contest. Their activities are in the May 2010 issue of Creative Forecasting on pages 9 - 11 & 39.

WINNERS

*WE'RE ALL WINNERS AT CCNH! – Amber K. Stivers-Anders,
Champaign County Nursing Home, Urbana, IL

*BINGO BUCKS! A WINNING IDEA! – Becky Dinello,
WillowBrooke Court at Plantation Estates, Matthews, NC

*TOUR OF ACTIVITIES – Activity Department, Hendersonville
Health & Rehabilitation, Flat Rock, NC

*HONOR FLIGHT NETWORK - Kathy Weisenbarger, Robinson
Terrace, Stamford, NY

*INDIVIDUALIZED PLACE MATS – Gwen Millward, Arden Courts
of Allentown, Allentown, PA

*GREEN ACRES – Leonda White, Fifth Season Residential, Benton,
IL

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

17th Annual National Nursing Home Week Contest

NATIONAL NURSING HOME WEEK May 9 - 15, 2010 “Enriching Every Day”

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.

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 2010 theme is “Enriching Every Day”. This year's theme was selected to honor those who are “Enriching Every Day” for others, thus adding value to life and overcoming many of the infirmities of age and disability. 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. They can also be requested by calling 1-800-321-0343.



WINNERS

■ WE'RE ALL WINNERS AT CCNH!

Amber K. Stivers-Anders, Assistant Activity Coordinator, Champaign County Nursing Home, Urbana, IL

Champaign County Nursing Home (CCNH) celebrated National Nursing Home Week with the theme, “We're All Winners at CCNH.” The Activity Department led a week of game show-themed events to bolster staff morale and provide an enjoyable week for our residents. All were invited to “Come on down!”

On Monday, we celebrated **Don't Forget the Lyrics Day**. For staff, lyrics to the old standards that residents enjoy were read over the loudspeaker, and staff had to call and complete the lyrics. Winners chose prizes from our goodie basket. Residents enjoyed a sing-along in our chapel.

On Tuesday, we had **\$25,000 Pyramid Tuesday**. The staff heard lists of several items over the loudspeaker, and they had to respond with the category that fit all the items. Categories for the pyramid game were all facility-related and included things a nurse might say, events on the activity calendar, and things our IT guy might say. In the afternoon, our residents enjoyed their own game of \$25,000 Pyramid, and there were plenty of jokes about how we were a little short on the prize money.

Wednesday was **What's My Line Wednesday**. For staff, we used silhouettes of residents made in an earlier activity and included clues based on events from their lives (i.e., My favorite food is chicken, I've circled the globe two times). Staff then had to guess the residents. Staff members who guessed all the residents correctly got to pick from the goodie basket. Residents played a similar game of guessing the celebrities.

Thursday was **The Price is Right Thursday**. In the spirit of the game show, staff made their own crazy T-shirts (with a CCNH theme). We joked that instead of being judged by Bob and/or Drew, their shirts would be judged by Bob (our Social Service Director), Andrew (our Administrator), and the rest of the CCNH department heads. The residents were not left out of the fun. They enjoyed getting makeovers and having their photos taken as “Barker's Beauties” and playing The Price is Right game in the afternoon.

The final day was **Family Feud Friday**. The activity staff surveyed residents for several categories such as something you might find in the dining room, favorite menu item, and least favorite menu item. (The latter two got a lot of laughs, because many items showed up on both surveys). The answers became the basis for a staff vs. residents Family Feud showdown. The residents also enjoyed playing the board game version later that evening.

At the end of the week, we all felt that we truly were winners at CCNH, and the Activity Department had a sense of pride in giving a week of laughs and excitement to our residents and fellow employees.

■ BINGO BUCKS! A WINNING IDEA!

Becky Dinello, WillowBrooke Court Activity Director, Plantation Estates, Matthews, NC

Over the years, I have heard about and experimented with lots of different ideas for bingo prizes. Candy is always good as long as you have some sugar-free on hand, and quarters or dollar bills are always welcome by winners, but what works for us is a system called Bingo Bucks.

We created a little square piece of paper that says, “Bingo Buck- Redeemable Only at Plantation Estates” with a #1 on each corner and some clip art. We printed large amounts of them on colored paper, and every time someone wins a game, he gets a bingo buck. On our bingo cart, we keep a box with envelopes for each player and pass them out each game. When the game is done, the participants put in their winnings and give the envelopes back (for safe-keeping). About every three months, we count each player's bucks and give them a Bingo Sale Sheet with their names and number of bucks they have to spend. ☛

The Bingo Sale Sheet has an itemized list of useful or desired products with an amount of how many bingo bucks they cost and spaces for how many of the items they would like. **Toiletries** include soap, wet wipes, body powder, lotion, body wash, toothpaste, toothbrush, tissues, brush, comb, make-up, lipstick, floss, perfume, deodorant, socks, shaving cream, hand sanitizer, Q-tips, air freshener, and mouthwash. **Miscellaneous items** include pen, pencil, greeting cards, chocolate-covered raisins or nuts, peanuts, mixed nuts, trail mix, fun-size candy bars, note pad, potato chips, pretzels, cheese puffs, can of soda, sugar-free candy, and chocolates.

Players must use all their bucks and cannot carry any over to the next sale. We tally up all the items and then go shopping at a dollar store or Walmart. Larger items like wet wipes and lotion, jar of peanuts and bag of candy are 15 - 25 bingo bucks, and items like floss, fun-size candy, and note pad are 2 - 5 bucks. All total, I spend roughly \$70 - \$90 every quarter on bingo prizes for about 15 - 20 players. To help with costs, you can make a connection with a local store and get donations of some of the items or request items from local church and youth groups.

Twice a year, we ask the residents to donate some of their winnings to purchase toiletries that we donate to a homeless shelter and school supplies that we donate to a local elementary school. I use the money I would normally spend purchasing their orders and buy items to donate instead.

It's empowering for the players to be able to "shop" for things they actually need and not have to ask family members. They are in control of what they spend and can get exactly what they want delivered to their doors. It's a win-win situation, and no one gets sugar shock if they have lucky cards!

■ TOUR OF ACTIVITIES

Activity Department,

Hendersonville Health & Rehabilitation, Flat Rock, NC

The Tour de France (very challenging three-week bicycle race) began on Saturday, July 4, 2009* and ended on July 24. The activity staff sponsored a contest for residents to participate in from July 6 - 24. We called it the Tour of Activities. Family members and staff were encouraged to assist residents through various challenges. Residents earned one point for every group activity they attended in which activity staff maintained attendance and for every game won such as bingo or poker that the activity staff monitored.

***Note:** *The Tour de France will be July 3 - 25 in 2010.*

A **Trivia Questionnaire** was handed out the first week, and residents received a point for every correct answer. The trivia questions consisted of five questions about the Tour de France and seven miscellaneous questions that I gleaned from the issues of *Creative Forecasting*. The second week, the residents played a **Treasure Hunt Game** and received

10 points for finding all the items and turning them in by the deadline. In the Treasure Hunt Game, they were asked to find a paperclip, pushpin, penny, straw, something blue, napkin, candy wrapper, paper product (not a napkin), something yellow, two things glued or taped together, something torn, their names and birth dates written on pieces of paper, something red, something round, and a rubber band. The last week, they played **Meet the Staff Game**, for which they received one point for each staff signature they had next to the correct description. The residents were asked to find staff members who fit specific descriptions and to get their signatures. Names could be used for two different descriptions only. Examples were find a staff member who . . . is left-handed, has a cat, drives a truck, owns a horse, has blonde hair, has painted fingernails, was born in another state, is over six feet tall, wears glasses, likes popcorn, is in his or her 30s, crochets.


On Friday, July 24, we held a party to announce the winners. We served refreshments and played patriotic music. Balloon bouquets were used for decoration. Framed certificates and gift bags were given to the first and second place winners of the Tour of Activities Contest. We added some extra awards like Helping Hands Award (for residents who volunteer in activities) and the Most Active Resident Award (for the resident who attended the most activities during the event).

The Tour de Activities was a very successful activity. It kept the residents hopping for three weeks, but it really wasn't a grueling activity to implement. Most importantly, it got the residents and staff interacting on a different level.

■ HONOR FLIGHT NETWORK

*Kathy Weisenbarger, Activity Director,
Robinson Terrace, Stamford, NY*

In the fall of 2008, I was approached by a local hub of the Honor Flight Network asking for a donation to take World War II (WWII) veterans to Washington, DC to visit the WWII Memorial. Into my mind popped the question, why can't I take our WWII veterans to see the Memorial. I contacted the local hub to find out if this would be a possibility. They were very excited to assist me. First, they visited Robinson Terrace to meet with our WWII veterans and showed a short film describing what the project entailed and why the Honor Flight was taking place. They explained that construction on the WWII Memorial began in 2004 and finished in 2006. With the Memorial opening so late and since most of the WWII veterans are in their 80s and 90s, it is their mission to make sure all WWII veterans able to visit get there.

It was at that point that I was sold on the project. I had two veterans willing and eager to go. Their families were contacted to get permission, and doctors were asked about any medical reason why they shouldn't go. It was a blessing that the RN on the unit where both veterans were living agreed to accompany us. By spring when our flight was set to take off, we were ready. 

Family members of one of the veterans saw us off at the airport with the Honor Flight group. The other veteran's family met us at the Memorial and spent the day with us. A local ambulance service provided the needed transportation for our veterans and staff to meet with the group.

The veterans were on top of the world that day. It was all about them and who they were. There was someone to meet them at the bus stops, air terminals, and at the Memorial. They were thanked for serving and being part of the greatest generation. They met other WWII veterans who experienced the same feelings and memories.

In my 30 years as an Activity Director, this project is the most satisfying quality project I have worked for. It was great public relations for Robinson Terrace and the WWII veterans and their families. By the way, all the expenses for the trip for our veterans were paid in full by the Honor Flight Network. Both veterans that went on the trip were in wheelchairs.

If you are interested in the Honor Flight Network, visit www.honorflight.org. I have joined the local hub to assist other WWII veterans to travel to the WWII Memorial.

■ INDIVIDUALIZED PLACE MATS

*Gwen Millward, Program Services Coordinator,
Arden Courts of Allentown, Allentown, PA*

We started the project by interviewing each resident, finding out about his or her travels, collections, favorite things, interests, etc., then followed these steps:

1. Take a photo of each resident and print it to 4" x 6" size.
2. Attach the photo to the center of an 11" x 17" piece of white paper.
3. Paste pictures of the person's interests around the photo. The resident can choose favorite pictures from magazines and cards, and pictures can be printed from the Internet.
4. Write narratives on the back of the place mat, as the resident communicates his or her story.
5. Laminate the place mat.

The individualized place mats not only help the residents find their seats in the dining room and entertain them until the meal is served, but have proven to be a wonderful way to gather information about each resident through one-to-one interaction. The place mats also save money for our dietary department, as they can be used over and over.

■ GREEN ACRES

*Leonda White, Activity Director,
Fifth Season Residential, Benton, IL*

Our theme for National Nursing Home Week centered around *Green Acres*, the 1965 - 1971 TV sitcom. We decorated with a farm theme and pictures of the cast (from the Internet). Each day, we handed out Mr. Haney Bucks to residents who attended activities. We also watched episodes of *Green Acres* throughout the week.

MONDAY: Green Acres Theme Song We sang the *Green Acres Theme Song*.

GREEN ACRES THEME SONG

Music and Lyrics by Vic Mizzy

Oliver: Green Acres is the place to be.
Farm livin' is the life for me.
Land spreadin' out so far and wide,
Keep Manhattan, just give me that countryside.

Lisa: New York is where I'd rather stay.
I get allergic smelling hay.
I just adore a penthouse view.

Darling, I love you but give me Park Avenue.

Oliver: The chores!

Lisa: The stores!

Oliver: Fresh air!

Lisa: Times Square!

Oliver: You are my wife!

Lisa: Good-bye, city life!

Both: Green Acres we are there.

When Pigs Fly We decorated a helium-filled pink balloon by drawing eyes and a pig snout and tying a pink, cork-screwed pipe cleaner on the end. We let Arnold the Pig float to the ceiling. Residents and staff were asked to select a day when they thought Arnold would come down. The person who guessed the correct (or closest) day and time received a prize.

Card Game Pig We played the card game, Pig, and served snacks of pork rinds and drank Pig Potion #9.

PIG POTION #9

- 2 liter bottle lemon-lime soda
- 1 gallon Hawaiian Punch or other fruit punch
- ½ gallon any flavor of pink sherbet

Mix soda and punch together and serve with a spoon of sherbet on top.

TUESDAY: Sam Drucker's Country Store In the activity room, a country store was set up for people to purchase personal items and snacks.

Sam's Pickle Jar Guess Residents guessed the number of pickles in a large jar. The person with the closest guess won the pickle jar.

Sam Drucker's Checkers Tournament We set up a checkerboard on an old barrel for people to play checkers.

WEDNESDAY: Fifth Avenue Fashion Show The ladies dressed up in vintage hats, jewels, furs, and boas and participated in a Fashion Show.

Lisa's Hot Cakes Throw Residents and staff tossed stale pancakes (can use dried hard toast) in a small frying pan to see how many times they could do it without dropping them.

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National Nursing Home Week Contest, continued from page 11

Oliver's Cornhole Game We played cornhole. If you do not have a regulation cornhole board, just use a beanbag toss game. Our scoring for cornhole is 5 points in and 3 points if it is halfway in. Visit www.playcornhole.org for official instructions.

Green Acres Word Search We handed out a word search game for residents to play.

THURSDAY: Pet Show A 4-H group brought their pets in.
Alice the Chicken Egg Hunt In one of the episodes, one of the Douglas' chickens laid square eggs. This was the idea for an Egg Hunt. Prizes went to the people who found the most eggs and the golden egg. The grand prize went to the person who found the square egg (small box painted white).

FRIDAY: Green Acres Word Game We played a word game with trivia, cast, farm animals, and old-time sayings categories. See below.

Mr. Haney's Auction Residents redeemed their Mr. Haney Bucks they'd been earning all week. We auctioned items in brown bags so no one knew what they were getting. The bags had personal care items, stuffed animals, boxed all-occasion cards, and gag gifts (pictures of the Ziffels and Mr. Haney, autographed 8" x 10" picture of me).

SATURDAY: Hot Cakes and Ham Breakfast We ended the week with a Hot Cakes and Ham Breakfast. We were still waiting on Arnold the Pig to fly down. (It took almost two weeks.)

GREEN ACRES WORD GAME

FARM ANIMALS

- x **50 Points:** Eb Dawson slept with a pet. What was his pet? **TURTLE**
- x **40 Points:** Eleanor was the name of what Douglas' farm animal? **COW**
- x **30 Points:** One of the chickens laid an unusually shaped egg. What shape was it? **SQUARE**
- x **20 Points:** What was Arnold Ziffel? **PIG**
- x **10 Points:** What type of TV show did Arnold the Pig like to watch? **WESTERNS**

CAST & CHARACTERS

- x **50 Points:** What job title did Hank Kimble have? **COUNTY AGENT**
- x **40 Points:** Which Gabor sister played Lisa Douglas? **EVA**
- x **30 Points:** Who were Alf and Ralph, the Monroe brothers? **CARPENTERS**
- x **20 Points:** Who made a lot of patriotic speeches about American farmers? **OLIVER DOUGLAS**
- x **10 Points:** What was the last name of the Douglas' neighbors, Fred and Doris? **ZIFFEL**

TRIVIA

- x **50 Points:** What was Oliver Douglas' career in the city? **ATTORNEY**
- x **40 Points:** How many pigs played Arnold throughout the series? **SIX (FIVE WERE FEMALE.)**
- x **30 Points:** What crop did Oliver grow on his city terrace? **CORN**
- x **20 Points:** What door kept falling off the hinges at the Douglas farm? **BEDROOM CLOSET**
- x **10 Points:** Who was always trying to sell genuine items from his truck? **MR. HANEY**

OLD-TIME SAYINGS

- x **50 Points:** A stitch in time saves _____. **NINE**
- x **40 Points:** Two heads are better than _____. **ONE**
- x **30 Points:** You can't keep a good _____. **MAN DOWN**
- x **20 Points:** Behind every successful man is a _____. **GOOD WOMAN**
- x **10 Points:** A spoonful of sugar makes the _____. **MEDICINE GO DOWN** CF

