

2011 ADULT DAY SERVICES & ASSISTED LIVING WEEK  
CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 17th Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2011 issue of Creative Forecasting on pages 9 – 11.

## WINNERS

\*TEA WITH TOTS –Christy Payne, Aspen Ridge Retirement Village, Gaylord, MI

\*GRANDMOTHER’S TRUNK – Julie Cotoni, Arlington, MA

\*BUS RIDE BINGO – Ronette Coston, DeMay Living Center Adult Day Health Care Program, Newark, NY

\*COUPONS FOR SERVICEMEN – Carol Livingston, Longwood Plantation, Orangeburg, SC

\*ACORN HILL MEMORY QUILT – Kathleen Fritsch, Acorn Hill Senior Living Community, Mosinee, WI

\*TRUTH OR CONSEQUENCES – Diane Hartt, Brookwood Center Adult Day Services, Venetia, PA

\*DISASTER PREPAREDNESS IS A MUST! Denise Bauersachs, Manor at Mason Woods, Pinckneyville, IL

\*COMMUNITY TALENT SHOW – Manager, Friendship Center Adult Day Services Program, Homer, AK

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

# Adult Day Services & Assisted Living Week Contest Winners

## 17<sup>TH</sup> ANNUAL NATIONAL ASSISTED LIVING WEEK® September 11 - 17, 2011 “Forever Proud”

This week was founded by the National Center for Assisted Living (NCAL) in 1995 as a way to promote assisted living to the public. The 2011 theme is “Forever Proud.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site: “Because this year’s National Assisted Living Week® begins on the 10-year anniversary of 9/11, it was important for the theme to reflect the pride we feel as citizens and active members of the community. The events of 9/11 were tragic, but they also brought our country together. Countrymen helping countrymen and a spirit of rebuilding helped to foster a renewed sense of national pride for many. But it is not just national pride that ‘Forever Proud’ addresses. Pride in a life of work done well. Pride in an achievement that will outlive its creator. Pride in a local community or sports team. Pride in family and friends. Pride in a skill mastered or being developed. This is a time to celebrate what has been and will be accomplished. A proud moment or event is something we never forget. This is an opportunity to share these moments with the community and those we love. Assisted Living communities around the country will be celebrating, remembering, and showing their pride together.”

The National Assisted Living Week® planning guide and product catalog is posted on [www.nalw.org](http://www.nalw.org) and mailed to member facilities in early summer. Here’s additional contact information: e-mail: [sosborne@ncal.org](mailto:sosborne@ncal.org), phone: (202) 898-2843, or mail: National Assisted Living Guide, ATTN: Shane Osborne, NCAL, 1201 L St., NW, Washington, DC 20005.

## 28<sup>TH</sup> ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 18 - 24, 2011 “Adult Day Services: Building and Supporting Communities”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2011 theme is “Adult Day Services: Building and Supporting Communities.” For more information, visit [www.nadsa.org](http://www.nadsa.org). Here’s additional contact information: e-mail: [nadsanews@gmail.com](mailto:nadsanews@gmail.com), phone: 1-877-745-1440, or mail: NADSA, 1421 E. Broad St., Suite 425, Fuquay Varina, NC, 27526.

We are pleased to present the winners of *Creative Forecasting’s* 16<sup>th</sup> Annual Adult Day Services & Assisted Living Week Contest. Congratulations to the winners! Thanks to everyone who sent in entries. The following activities can be adapted for all settings.



### WINNERS

#### ■ TEA WITH TOTS

*Christy Payne, Life Enrichment Coordinator,  
Aspen Ridge Retirement Village, Gaylord, MI*

Aspen Ridge Retirement Village is an assisted living facility that also has an Alzheimer’s disease and dementia unit. Most of our residents, especially those with severe memory loss, love interacting with children of all ages. We recently introduced an activity called Tea with Tots. We invited our staff, family members, and the community to attend and received a great deal of support from the local newspapers and radio stations. Most of the people who attended had never been to our home before. Babies and toddlers were brought to our home by people who took care of them during the day (parents and babysitters). While the adults were able to enjoy free 10-minute chair massages by one of our volunteers who is a certified massage therapist, the residents and children were able to interact. Each table had building blocks, soft balls, bubbles, and other age-appropriate items on it. This was an excellent opportunity for young children to have experiences with the elderly in a relaxed environment. The event concluded with a drawing for a free one-hour massage and several other door prizes. Each child received a stuffed animal and balloon.

#### ■ GRANDMOTHER’S TRUNK

*Julie Cotoni, Arlington, MA*

I’m an Activity Director at an adult day health program in Arlington, MA. Grandmother’s Trunk is an activity our clients really enjoy. This is how we do it: Place an old trunk in the center of the activity area and fill it with clothing accessories such as jewelry, hats, and scarves. Have music ready to play. Ask the clients to sit in a circle around the trunk. Choose an item and give it to one of the clients to start passing it around once the music starts. Whoever has the item when the music stops puts it on. The activity continues until everyone in the group is wearing some of the accessories. The clients enjoy the excitement of seeing what they get to wear and reminiscing. ☛

## ■ BUS RIDE BINGO

*Ronette Coston, Recreation Therapist, DeMay Living Center  
Adult Day Health Care Program, Newark, NY*

With a diverse population in adult day health programs, not all participants benefit from an outing into the community. Some may be an elopement risk, and others may not have social skills appropriate for the community and may risk their dignity. We have discovered, however, that many of our clients do well taking bus rides around the area, and we developed Bus Ride Bingo with these individuals in mind.

This is how we play Bus Ride Bingo. The size of the bingo cards can be 3" x 3", 4" x 4", or the standard 5" x 5". Laminate the bingo cards or put each one in a page protector. Participants use dry erase markers to mark off the numbers called by the leader. The numbers can be wiped off when each game is completed. Personalize the bingo cards with objects and landmarks in your area. For example, for our rural area, our bingo cards have pictures of llamas, buffalos, and the Erie Canal.

When we use public transportation, we get the bus driver involved. We show him our list of bingo items, and he has taken particular routes so the participants can be successful. When we are developing the bingo boards, we write down routes so any one of our team members can facilitate the outings.

Bingo is always more fun with prizes, so put some in a small portable tub for the rides.

A great way to enhance the Bus Ride Bingo is to incorporate members of your community. Take the time to go to community businesses and talk to the proprietors about your goals. During the ride, stop at various businesses or farms. For example, during one of our bus rides, we stopped at a flower shop. The owner of the flower shop got on the bus and brought a small bouquet of flowers. The participants smelled the flowers, guessed the flower names, and we purchased the bouquet. Many business owners will give you small items for free and enjoy the opportunity for the interaction. In return, give the business owners some marketing by putting approved photos in your newsletter with the small business owners' names and addresses.



## ■ COUPONS FOR SERVICEMEN

*Carol Livingston, Activity Director,  
Longwood Plantation, Orangeburg, SC*

An activity that is beneficial to the residents in our assisted living facility is our Coupons for Servicemen project. Twice a month, interested residents meet and clip grocery store coupons for service people, and we also have several residents that enjoy doing this on their own. We box these up and periodically send them to an Air Force base in Europe. We advertise for the uncut coupons from the residents' families in our facility's newsletter. We also have an area church that collects them as well as individuals in the community who have heard about our project. We began this project in May of 2009. To date, we have sent 18 boxes. Most of our residents relate to past war efforts and therefore take pride in what they can contribute. It is a mentally stimulating activity as well as great for hand dexterity. With this activity, our residents are giving of themselves once again. This activity draws a large number of participants. We even have a few residents in our Alzheimer's unit that can participate.

We send any coupons that can be redeemed in grocery stores in the states. The commissaries overseas can accept current coupons and those that have expired within the last six months. To locate a commissary interested in being the recipient of our coupons, I went online, found a base in Europe, e-mailed the director of the commissary, and once we heard from him, we began clipping and sending the coupons.

## ■ ACORN HILL MEMORY QUILT

*Kathleen Fritsch, Activity Director,  
Acorn Hill Senior Living Community, Mosinee, WI*

The tenants at Acorn Hill have been diligently working on a yo-yo quilt. As the weeks have passed, there have been many hours of hard work, wonderful conversations, an occasional disagreement, and lots of laughter. One day, one of our ladies commented, "Oh, if this quilt could talk, what it would say!" You could see that several of the ladies had the Aha! moment. It was then that we decided to name the quilt the Memory Quilt. As we worked that day, we decided to continue to keep track of the hours we worked, where the fabric came from, and list the names of all the hands that had worked on the quilt. We took pictures of the tenants working on the quilt and jotted down some of the interesting conversations we've had.

We have put all of those wonderful memories into a booklet to be given with the quilt, so the person who has it knows that it is more than fabric and thread. We have a special memorial page for those quilters who are no longer with us. The recipient will be wrapped and kept warm by the many memories that went into the quilt. ☞

## ■ TRUTH OR CONSEQUENCES

*Diane Hartt, ADC, Activity Director,  
Brookwood Center Adult Day Services, Venetia, PA*

Since adult day services tend to have large group programs, I am always looking for activities that will work with all levels of ability. One of our most popular games is Truth or Consequences which can be tailored to meet each individual's limitation or special ability.

Participants are asked a trivia question. When a person gives an incorrect answer, the group is eager to join the staff in saying, "That's not the truth. Now, you must pay the consequences."

Here are some examples of some of the consequences:\*

**\*Note:** Know your clients or residents. Give consequences appropriate for each person.

⌘ A non-verbal person may be asked to shake hands with five people or wear a silly hat.

⌘ A person with memory-impairment may be asked to toss a ball into a basket or play a rhythm band instrument while the group sings.

⌘ An active individual may lead the group in doing the Hokey Pokey or Bunny Hop or walk around the room three times wearing a clown nose.

⌘ Other consequences the participants have done include singing a song, reciting a nursery rhyme, doing a song with motions like *I'm a Little Tea Pot*, counting backwards, stacking 15 paper cups or 50 pennies, beg for a quarter, or do a charade. The consequences are only limited by your imagination.

Our group's favorite consequence is "Take off three things that you are wearing." Of course, the clever people take off their shoes or earrings!



## ■ DISASTER PREPAREDNESS IS A MUST!

*Denise Bauersachs, Activity Director,  
Manor at Mason Woods, Pinckneyville, IL*

With all the disasters we have had across our country, we wanted to do something to help others, so we started a Disaster Preparedness Is a Must! Program. We decided to make small throws. This is something for people to use to keep themselves warm. We were fortunate to receive a lot of donated material, yarn, and thread that we could put to good use.

To make the throws, the ladies cut large pieces of material and matched the colors for the front and back so they looked good. They sewed the sides together and also tacked to make the throw secure and to add decoration. The group spent many weeks making throws of all sizes and some included pockets. Our ladies did all the cutting, sewing, tacking, and assembling the throws. Recently, the residents started making fleece blankets and tacking them. We call these "fuzzy wuzzy blankets." We have made over 70 blankets and counting.

Our facility has teamed with the emergency services and disaster agency in our area, and we are prepared to reach out when there is a disaster in our local community or across the country. This is a small but wonderful way we can build friendships and help others.

## ■ COMMUNITY TALENT SHOW

*Manager, Friendship Center  
Adult Day Services Program, Homer, AK*

Each year for the past nine years, our Friendship Center in connection with Homer Senior Citizens, Inc. has sponsored a Community Talent Show. This is our yearly fund raiser. This special night of fun involves many talented people in our community who are a part of a band, singing group, or just individuals willing to share their talents for a good cause. Seniors in our adult day services program also participate (i.e., 93-year-old client singing a verse of *Put on Your Old Grey Bonnet* with the Adult Day Services choir singing the chorus). It is a two-hour show with door prizes, and a silent auction has been added to the event. In the past, we have held this special night at the Senior Center, but because of the event's increasing popularity, we've moved it to a larger venue, the Homer Theatre. The tradition is that the choir sings *Roll Out the Barrel*, then invites the audience to sing it with them. At the end of the show, the choir sings *God Bless America*, then invites the audience to sing it with them. Because of the generosity of our community, the choir is singing a tribute song to the audience, *Dear Hearts and Gentle People*, with a second verse with new words to better fit our community. **CF**