

2012 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 2012 issue of Creative Forecasting on pages 9 – 12.

WINNERS

* SHARE THE MEMORY – Kathy Williams, Bickford Assisted Living, Fort Dodge, IA

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

*HANDBELL CHOIR – Carol Livingston, Longwood Plantation, Orangeburg, SC

*“PEANUTS” THEMED SPECIAL EVENT – Arlene Williams, Lewinsville Adult Day Health Care Center, McLean, VA

*PENNY JAR – Ronette Coston, Friends for the Day Adult Day Health Care of DeMay Living Center, Newark, NY

*LITERARY HOUR – Kay Rider, Eastmont Seasons, Lincoln, NE

*SOLO® CUP PARTY – Bonnie Owens, Country View Nursing Facility, Bowling Green, MO

*ABBOTT TERRACE CALENDAR – Bambi Marangio-Pitts, Abbott Terrace Adult Day Center, Waterbury, CT

*A BUCKET OF CHICKEN – Steve Creekmore, Barren River Adult Day Care, Bowling Green, KY

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

Adult Day Services & Assisted Living Week Contest Winners

18TH ANNUAL NATIONAL ASSISTED LIVING WEEK® September 9 - 15, 2012 “Art for the Ages”

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 2012 theme is “Art for the Ages.”

Here is information about the chosen theme according to The National Center for Assisted Living’s web site: “Art for the Ages” brings together residents, staff, family, and the community to celebrate the talents and creativity assisted living residents have developed through hard work and their love of art. Art inspires and brings pride and beauty to those who create it and enjoy it. Music, painting, knitting, carving, model building, and cooking are some of the many outlets residents have to express their creative side. We are going to celebrate their creativity and marvel at what they have achieved over the years.”

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

29TH ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 16 - 22, 2012 “Adult Day Services: Care, Compassion, Community”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2012 theme is “Adult Day Services: Care, Compassion, Community.” For more information, visit www.nadsa.org. Here’s additional contact information: e-mail: nadsa@nadsa.org, 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 17th 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

■ SHARE THE MEMORY

*Kathy Williams, Activity Director,
Bickford Assisted Living, Fort Dodge, IA*

Our assisted living came up with an inexpensive game called Share the Memory that our family members (residents) enjoy playing. It is especially good for those that have memory problems.

Using 4” x 6” recipe cards, we wrote Share the Memory on one side of each card and one of the questions the family members came up with when we were planning this game on the other side. Ask your residents to come up with their own questions in addition to using the ones below.

- ❶ Have you ever lost your wallet?
- ❷ What was your favorite hobby?
- ❸ Have you ever square danced?
- ❹ Have you ever had a nickname? If so, what was it, and how did you get it?
- ❺ Have you ever played hooky from school? Did your parents find out? If so, what were the consequences?
- ❻ Have you ever called the police for help? Why?
- ❼ Have you ever stepped on a beehive? Explain what happened.
- ❽ Have you ever hidden money? Did you remember where it was hidden?
- ❾ What was the color, year, make, and model of your first car?
- ❿ How far did you have to walk to school?

To play, the leader asks the first person to choose a Share the Memory card and then asks him or her the question to answer. Each person has a turn. It is a game that they really enjoy and like to play often. Serve snacks and drinks to add to the relaxed atmosphere.

■ TEA WITH TOTS CARNIVAL

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

Editor’s Note: *Christy’s entry, Tea with Tots, was a winner in Creative Forecasting’s 2011 Adult Day Services & Assisted Living Week Contest. For this year’s entry, they held a thematic Tea with Tots special event.*

Tea with Tots is a free community event held at Aspen Ridge Village each spring. Aspen Ridge is an assisted living home that also has an Alzheimer’s disease and dementia unit. We invite the public to bring babies and children who are too young to attend school to our home where they can play games and have the opportunity to interact with our residents. This year, we had a carnival theme ☛

and used crepe paper to transform our dining room into a circus tent. When each child arrived, he or she received a helium balloon and a carnival-theme bag that contained small toys, a colorful visor, and a clown nose. Various toys were put on each table in the dining room, and our residents were seated around the tables. The Red Hatters sent members of their group to join us which added to the colorful atmosphere.

The children took turns playing at the tables, moving around the room to different activities including face painting and refreshments. We purchased a plastic sheet that said, "Welcome to the Carnival" with the body of a strong man on it with a cut-out hole for the head. The children posed for pictures, and these pictures were printed and mailed within the next few days at no cost. Our most popular area was the bunny petting zoo run by members of the 4-H Hare Raisers which was next to a massage therapist who gave free 10-minute massages to the adults. While the children played with the friendly bunnies, the adults could relax just a few feet away. The event concluded with a drawing for door prizes including spring plants and a free massage along with toys, books, and a quilted bag donated by a local sporting goods store. Everyone had a great time at the event, and we hope to make it even better next year.

■ **HANDBELL CHOIR**

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

Our facility acquired several sets of eight-note handbells and music for the bells for the different holidays of the year including Christmas, Easter, and Thanksgiving, as well as patriotic and other entertaining tunes. The bells are different colors, and the music, on CDs, has cue cards with different colors on the cards that correspond with the colored bells. Some residents are able to follow the cue cards and others just ring their handbells. We are able to use the handbells in our assisted living facility and also in our dementia unit. We started a Handbell Choir and have enjoyed playing on occasion for our Sunday church services, our biannual revival services, and various special programs in our facility throughout the year. Many of our residents have been involved in music programs throughout their lives, and the Handbell Choir offers them the opportunity to continue this involvement as well as improve hand dexterity and provide mental stimulation.

■ **"PEANUTS" THEMED SPECIAL EVENT**

*Arlene Williams, Program Assistant,
Lewinsville Adult Day Health Care Center, McLean, VA*

In order to celebrate my birthday with the seniors at Lewinsville Adult Day Health Care Center, I developed a "Peanuts"-themed special event consisting of seven activities. We also had cupcakes for a snack. These activities can be incorporated into a special event or done separately. The times throughout the year that you may want to host this themed event are on 1950 debut of the "Peanuts" comic

strip (October 2), Charles Schultz' birth anniversary (November 26), or on the date in 2000 that the last "Peanuts" comic was published (February 13).

"PEANUTS" TRIVIA PRESENTATION

I shared information about the "Peanuts" comic strip, gave information about each of the characters (i.e., date they were introduced, their personal characteristics), and showed their pictures. The characters I used were Charlie Brown, Snoopy, Lucy, Linus, Woodstock, Peppermint Patty, Sally Brown, Schroeder, Marcie, Franklin, and Pig-Pen. A more complete list of characters and information about each one can be found at <http://en.wikipedia.org/wiki/Peanuts>.

FIND THE GREAT PUMPKIN, CHARLIE BROWN

Before the event, I printed pictures of small pumpkins (one for each of the participants) from Google® images web site. I also bought one large flat wooden pumpkin from a craft store to be used as the Great Pumpkin. Participants colored the small pumpkins, and one participant painted the Great Pumpkin. On the day of the event, before the participants arrived, staff hid all of the pumpkins around the center for a pumpkin scavenger hunt later in the day. Each participant was asked to find one pumpkin and return to their seats. After everyone had found a pumpkin, we awarded the participant who found the Great Pumpkin with a small, stuffed animal dog.


WHO'S GOT LINUS' BLANKET

I found "Peanuts"-themed fabric that had the pictures and names of many of the characters at a local craft store. A friend sewed a piece of quilt backing on the fabric to make a 4' x 6' blanket. For this activity, I placed one chair labeled the "hot seat" facing away from the group at the front of the room. I then lined five chairs side by side facing the back of the hot seat chair. I asked for a participant to volunteer to be the first person to sit in the hot seat chair. I chose five participants to sit in the five chairs. While the participant sitting in the hot seat was facing the other direction, a staff member placed the blanket behind the back of one of the five participants. The participant in the hot seat was asked to turn around and look at the group of five people. He was given three chances to correctly guess which participant had the blanket behind him or her. Whether the person in the hot seat gets it right or not, the person with the blanket is next to be the one who sits in the hot seat. The activity continues until everyone has a chance to be in the hot seat.

THREE-STATION ACTIVITY

This activity was a three-station activity where the participants rotated through three stations.

1. Snoopy Bone Beanbag Toss

I bought four large, different-colored dog bowls from a dollar store. A friend sewed six small, dog bone beanbags. I used four 3" x 5" index cards folded and labeled with different point values for the dog bowls. The bowl closest to the participant was two points, then four points, six points, and eight points. This activity was done on a 6-ft. 

folding table. Each participant had six chances to toss the bone beanbags into the dog bowls. The staff kept score on a large dry erase board. The participant with the highest score won a small, stuffed animal dog.

2. How Many Peppermint Patties® Are in the Jar?

I counted and filled a jar with small-sized Peppermint Patties® purchased from a local grocery store. I asked each participant to write his name and how many Peppermint Patties® he thought were in the jar on a piece of paper. The person who guessed the closest number won a small, stuffed animal dog.

3. Lucy's Football Throw

For this game, I used a beanbag toss game board with point values on the holes that we already had at the center and purchased four small footballs from Five Below (www.fivebelow.com). A basket was used to hold the footballs. The participants stood behind or on the marked line on the floor (masking tape was used for this) and tried to toss the footballs through the holes in the board. Each participant had four chances to score. The person with the highest score won a small, stuffed animal dog.

PASS THE GIFT

This game is like hot potato; however, I used a wrapped gift. I purchased a small Snoopy Ty® stuffed animal from Hallmark (www.hallmark.com) as well as a gift box. I wrapped the box with the Snoopy stuffed animal in it. The participants sat in chairs in a circle, passing the gift around while music played. The person holding the gift when the music stopped was out and had to leave the circle. The play continued until only one player was left and that person received the gift.

■ PENNY JAR

Ronette Coston, Recreation Therapist, Friends for the Day Adult Day Health Care of DeMay Living Center, Newark, NY

It is said, "Save your pennies and the dollars will take care of themselves." The participants of the Friends for the Day Adult Day Health Care program take that expression to heart. During monthly participant council meetings, these generous individuals decide what organizations need their pennies the most that month.

The pennies (turned to dollars) have been donated to the heart, lung, and diabetes foundations, Red Cross, food bank, and Ronald McDonald House, just to name a few. The pennies arrive for our Penny Jar in many different ways including three cents left on my desk or clutched tightly in an arthritic hand, a quarter from the inside of someone's shoe, or a dollar bill in an unsigned envelope.

When we decided to adopt a unit from Afghanistan, the pennies and gifts for the men came rolling in. One donation stands out in my mind. The reserved gentleman who has difficulty with verbal expression called me over. He placed

his hand next to mine and placed a rolled-up \$5 bill in my hand. With a very slow voice he said, "Give this to the troops; send this to the guys."

When we use our pennies every year to purchase gifts for children affected by domestic violence, enthusiasm and donations to the Penny Jar are high. I hold a special place in my heart for the memory of a thoughtful donation. A gentleman who lives on his own and does not have much, presented me with an ankle sock filled with old and dirty pennies tied neatly with a shoelace bow.

When it comes to giving back to the community, the participants of Friends for the Day know exactly how to make a large impact - one penny at a time.

■ LITERARY HOUR

Kay Rider, Activity Director, Eastmont Seasons, Lincoln, NE

We started a Literary Hour about two years ago. We are fortunate to have a resident who has had her poetry and creative writings published. She assists our activity staff at our monthly meetings as both the moderator and mentor to the other residents. Through her encouragement, our residents have written poetry, childhood memories stories, and fictional stories. This past year, we put these writings in book form for each of these residents. They gave the books to family members as Christmas presents. We took copies of the books to our public library where there is a room dedicated to Nebraska writers called the Heritage Room at the downtown library in Lincoln. We also have a copy of each book in our library for all of the residents to enjoy. Our residents continue to express their feelings and memories in writing through the monthly Literary Hour - all because we encourage them through our staff and our own in-house writer.

■ SOLO® CUP PARTY

Bonnie Owens, Activity Director, Country View Nursing Facility, Bowling Green, MO

I was watching the video of Toby Keith's song, *Red Solo Cup*, when my wheels began to turn...all those things to do with Solo® cups. In fact, we are using red and green cups so we can use many of these projects for our Christmas Party.

Strand of Party Lights Use a 20-strand set of Christmas lights. Drill a small hole in the bottom of each cup and put the lights through it. You may need to use a glue gun to hold the lights in place. Alternate red and green Solo® cups.
Curtain for Doorway to Dining Room Drill a small hole in the bottom of 8 - 10 cups. Cut a piece of twine 10-ft. long and run the twine through the cups, one at a time, and after each cup, tie a knot to hold the cup in place. The first cup needs to be 12" from the top of the twine. Cups should be about 12" apart. The next strand of cups should start 18" from the top of the twine and the rest 12" apart. ☛

We made 10 strands. Use a shower rod and tie the top of the strands of cups to it and place it in the doorway for a curtain into your party.

Treat Baskets Use small Solo® cups and trim the tops with ribbon. Add bells or small ornaments. Fill them with candy for perfect gifts to raffle at the party.

Flowerpots Use Solo® cups to plant small flowers in. Use as centerpieces and raffle them at the end of the party.

Ice Pops Make any flavor of Kool-Aid® and pour into small Solo® cups and freeze, adding the popsicle sticks when the mixture is halfway frozen.

Six Cup Ball Toss Game Staple six Solo® cups together with three at the top, two under that, and one under that. Ask the residents to sit near the pyramid of cups and try to bounce Ping-Pong balls into the cups.

Stack and Throw Game Build a pyramid of Solo® cups on a table. Give each player a chance to knock them down with a beanbag.

Mini Golf Course This can be done indoors or outdoors by placing Solo® cups on the floor or ground. For an indoor course, tape the cups to the floor. For an outdoor course, use long nails to secure the cups to the ground. Make at least five holes and see who can hit into the last cup with the least number of swings.

■ ABBOTT TERRACE CALENDAR

*Bambi Marangio-Pitts, TRD, Recreation Department,
Abbott Terrace Adult Day Center, Waterbury, CT*

We are a small adult day center with approximately 20 clients per day. The clients expressed the desire to have photos of each other. Following a discussion and brainstorming, we decided to make an Abbott Terrace Calendar with the clients posing doing their favorite activities to represent each month. We started taking photos and decided on the ones to use for each month. Our Poetry Ladies wrote captions to place under each photo. (Below is a list of the captions.) I went to work on the computer and the calendars were ready, just for us – for memories. The calendars were given to the clients and staff members. We chose not to sell them.

Calendar Captions

- In January, we knit without hesitation – so scarves can become donations.
- In February, we LOVE to bake, breads, cookies, and great cupcakes.
- March comes in like a lion and out like a lamb, we search for the leprechaun – and that's no scam!
- April - We are singing in the rain now with our crafty umbrellas - not just the ladies, but also the fellas.
- May - For Mother's Day, we have an exclusive tea, for all our lovely ladies, just look and see.
- In June we play cards and make model cars, sorry fellas, but we can't go to the bar.
- Fourth of July we celebrate and surely honor – all of our soldiers and founding fathers.
- August comes which brings our bathing beauties, Hawaiian shirts and our luau cuties.


- Next, we will see you in September, school times to chat and happily remember.
- October fun with Halloween crafts and masks, witches hats, pumpkins, and good ol' black cats.
- November arrives, bringing a big turkey dinner, followed by a big bingo – you may be a winner!
- December arrives. Were you naughty or nice? Let's make some snow cones – quick, grab the ice!

■ A BUCKET OF CHICKEN

*Steve Creekmore, Recreation Therapist,
Barren River Adult Day Care, Bowling Green, KY*

We introduced a game to our clients that we call A Bucket of Chicken. We painted a five-gallon bucket red to resemble a bucket of fried chicken and purchased six 12-inch-long rubber chickens. The goal of the game is to toss the six chickens into the bucket. The person who gets the most chickens in the bucket wins. The clients really enjoy this game, and they laugh when they see the chickens soaring through the air and squawking when they hit the bucket. **CF**





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