

2013 ADULT DAY SERVICES & ASSISTED LIVING WEEK  
CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 18th Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2013 issue of Creative Forecasting on pages 12 – 14 and 47.

## WINNERS

\* ART THROUGH THE AGES – Liane Martino, Oak Crest Manors of Spring Lake, Spring Lake, MI

\* SENIORS SAVING SENIORS – Makena Tolley-Ojeda, Casa de Flores Assisted Living, Morro Bay, CA

\* CHIT CHAT THIS AND THAT – Brandy Bowers, Green Hills Daybreak, West Liberty, OH

\* FOREST VIEW ADULT DAY CARE IDOL CONTEST – Dawn Lazo, Forest View Adult Day Care Center, Inwood, NY

\* SANTA BUCKS STORE – Ronette Coston, Friends for the Day Adult Day Health Care of DeMay Living Center, Newark, NY

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

\* BAKE SALES FOR HOME-DELIVERED MEALS – Carol Livingston, Longwood Plantation, Orangeburg, SC

\* MASTERPIECES AND MARGARITAS – Tara Weiss, Greenville Glen Assisted Living, Greenville, SC

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

# Adult Day Services & Assisted Living Week Contest Winners

## 19<sup>TH</sup> ANNUAL NATIONAL ASSISTED LIVING WEEK® September 8 - 14, 2013 “Homemade Happiness”

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 2013 theme is “Homemade Happiness.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site: “ ‘Homemade Happiness’ encompasses the connection that occurs in communities between the staff, residents, and families as they build warm, welcoming, and vibrant homes. Celebrating the passionate commitment of staff and friendships that form between residents, ‘Homemade Happiness’ will be a time to recognize the efforts, small and large, of every individual in a community that turn a residence into home for countless assisted living residents. Join us in holding festive events that highlight the groundbreaking role our profession plays in caring for America’s seniors.”

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: [kpreede@ncal.org](mailto:kpreede@ncal.org), phone: (202) 898-2843, or mail: National Assisted Living Guide, ATTN: Katherine Preede, NCAL, 1201 L St., NW, Washington, DC 20005.

This year’s logo is reprinted with permission from NCAL and appears on page 31. It can also be downloaded from [www.nalw.org](http://www.nalw.org). The logo is for use in assisted living communities and can not be placed on items that are for sale. NCAL has the exclusive rights to sell items with the logo on them.

## 30<sup>TH</sup> ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 15 - 21, 2013 “Adult Day Services: Pushing Boundaries to Reach New Heights”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2013 theme is “Adult Day Services: Pushing Boundaries to Reach New Heights.” For more information, visit [www.nadsa.org](http://www.nadsa.org). Here’s additional contact information: e-mail: [nadsa@nadsa.org](mailto: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 18<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

### ■ ART THROUGH THE AGES

*Liane Martino, Life Enrichment Director,  
Oak Crest Manors of Spring Lake,  
Spring Lake, MI*

To tie into the 2012 theme for Assisted Living Week, we celebrated Art for the Ages for the week. We started early in the year and sent letters to families to solicit artwork of any medium from artists in their families. Residents were asked about artwork that hung in their rooms. In the spring during Family Night events, we asked residents and family members to draw pictures to represent their families on pieces of white paper with iron transfer crayons. Later, these pictures were ironed onto fabric and made into quilts. The quilts were constructed by residents and staff and then displayed at the Art from the Heart Show during Assisted Living Week. Another project the residents worked on was to make a wool braided rug using donated wool clothing. This was auctioned off for the Alzheimer’s Association during the Art from the Heart Show. A few weeks before our theme week, we had artists teach art classes and lead poetry classes. The art made and poetry written were displayed at the art show.

During Assisted Living Week, we held a daily art event. These included:

- ✓ Art of Towel Folding – Housekeeping staff folded washcloths into bunnies and placed them on every resident’s bed.
- ✓ Art of Napkin Folding – Dining services made elegant-looking folded napkins and placed them at each place setting.
- ✓ Art of Music – A Name That Tune Game was played at lunch, and Musical Bingo was played at the end of the week.
- ✓ Art from the Heart Show – At the end of the week, over 40 residents and family members displayed their artwork. These pieces of art included sculptures, woodcarvings, photography, glass-blown items, books, and journals. All the items were displayed professionally with written descriptions of each one. In another room, fiber art of quilts and needlework were displayed, and residents were present to talk about their works. A scrapbook with photos of art projects the residents did earlier in the year was also available for people to look through. Background music was provided by children in the community, and they played harps, violins, and the piano. Waiters offered hors d’oeuvres and sparkling water and juice to the attendees. A program was presented giving credit to all the artists and musicians who participated and family members and others who volunteered to put the week together.

## ■ SENIORS SAVING SENIORS

*Makena Tolley-Ojeda, Activity Director,  
Casa de Flores Assisted Living, Morro Bay, CA*

The Seniors Saving Seniors program provides our senior residents with an opportunity to save the senior animals at our local animal shelter. The residents make Grandpaws Cookies by mixing the dog biscuit dough of Cheesy Bites (see the recipe below), cutting the shapes using a dog bone cookie cutter, and baking them. They sell them at our local farmers' market to raise money to pay adoption fees of the senior animals in our local shelter. The residents visit the Humane Society kennel twice a month in order to drop off the funds they have raised and to visit and pet the dogs and cats at the shelter. The Humane Society now comes to our home once a month with their dogs to visit the residents who are unable, for whatever reason, to visit them. In 2011, the funds raised by selling Grandpaws Cookies was more than \$2,000 and paid the adoption fees for more than 20 animals. In 2012, the money raised was more than \$4,500 and paid the adoption fees for more than 30 animals. This year, \$1,000 has been raised already (through March) and the adoption fees paid for 12 cats.

The purpose at first was to simply get our residents involved and make a difference in our community and save dogs. It has changed into our residents becoming active members in the community again and serving in a positive way. The program allows the residents to fill a gap when it comes to caring for older animals. It has boosted their self-esteem and brought pride. There is a true sense of accomplishment when one of these animals is adopted. It reminds them that they are still capable contributors to a cause, whether it's mixing dough or selling biscuits. The greatest part about this program is it is for all of the residents and is not dependent on physical or cognitive status. As a team they identified a need and came up with a solution. I would say that is Seniors Saving Seniors!

### CHEESY BITES DOG BISCUITS

- 1 cup wheat flour
- 1 cup cheddar cheese, grated
- 1 Tbsp. butter or margarine, softened
- ½ cup milk

Mix the flour and cheese then add the butter or margarine. Slowly add the milk until a stiff dough forms. You may not need all of the milk. Knead on a floured board for a few minutes. Roll out to a ¼" thickness. Cut into dog bone shapes and place on an ungreased cookie sheet. Bake in a 350° oven for 15 minutes. Let the biscuits cool in the oven with the door slightly open until they are cold and firm. Refrigerate to keep fresh.

## ■ CHIT CHAT THIS AND THAT

*Brandy Bowers, Assistant Coordinator of Community  
Services, Green Hills Daybreak, West Liberty, OH*

Chit Chat This and That promotes thought, socialization, and discussion. Keep a container of slips of paper that have words written on them. Here are some word examples: imagine, grandparent, vacation, war, home, retirement, happiness, career, sports, success, giving, automobile, children, and country. Continually write down words on slips of paper that clients and staff think of to put in the container.

For the activity, draw a slip of paper out of the container. To begin the discussion, ask questions to provoke thought and discussion about the word. Here are some examples of questions:

- ✓ What immediately comes to your mind when you hear \_\_\_\_?
- ✓ How has \_\_\_\_ affected your life?
- ✓ Who does \_\_\_\_ make you think of?
- ✓ Where in history does your mind go when you hear \_\_\_\_?


This activity could be done daily, choosing one word to discuss. Another idea is that each client chooses a word to talk about.

## ■ FOREST VIEW ADULT DAY CARE IDOL CONTEST

*Dawn Lazo, Recreation Director,  
Forest View Adult Day Care Center, Inwood, NY*

Since adult day care centers tend to have large group programs, we're always looking for activities that will work for individuals with all levels of cognitive abilities. One of our most successful activities that we do every year is our own version of *American Idol*. We do it to coincide with the television competition. Here's how we do it:

- ✓ The event lasts one month.
- ✓ We assign two staff members and two registrants to be judges.
- ✓ Approximately 12 registrants sign up in hopes to be the next Forest View Adult Day Care Idol.
- ✓ Every week, at least one person gets voted off (depending on how many contestants we have), so the last week we are left with three people.
- ✓ The winner receives a special trophy that says **FOREST VIEW ADULT DAY CARE IDOL** (with the year added).
- ✓ All of the participants receive a prize.

The audience looks forward each week to watch their peers sing. Everyone at Forest View Adult Day Care looks forward to this event every year. 

## ■ SANTA BUCKS STORE

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

The holidays are much brighter for the participants of Friends for the Day Adult Day Health Care since we began a program called Santa Bucks. In January we begin collecting new and gently-used gifts that are donated. We pack away beautiful porcelain dolls, DVDs, team hats, and holiday decorations, to name a few items.

In December, we make homemade wrapping paper, gift tags, and blank shopping list forms. We make dollar bills with a picture of Santa in the center to make our Santa Bucks. On the Friday before Christmas, the Santa Bucks Store opens. Our store is a free shopping experience for all. Everyone is given five Santa Bucks (more or less according to how many gifts were donated) to shop with. Volunteers are on hand to help the participants shop and to wrap gifts. We set up our store in our hairdresser shop.

Some participants buy gifts for family members, caregivers, or staff, while others that live alone and have no family choose presents for themselves to open on Christmas morning.

Santa Bucks was so successful that we now open the Santa Buck Store for a day at our nursing home. Our participants and residents receive so much enjoyment being able to give to others. The gift recipients are often touched, as well. Last year a woman handed her husband several beautifully wrapped gifts that she had chosen for him (with the help of a staff member). With tears in his eyes he said, "It has been years since she has been able to give me a gift."

As you read this in September, there is still time to collect your gifts and enjoy your own special Santa Bucks Store!

## ■ MASTERPIECES AND MARGARITAS

*Tara Weiss, Greenville Glen Assisted Living, Greenville, SC*

Find a volunteer or local artist to lead the class. I would suggest having the painters sign up so you have enough supplies. Invite family members to sign up, as well. You can use any medium from watercolor to acrylic. The artist picks a work of art and instructs the budding artists through the techniques to create their own versions of the masterpiece. Provide the beverages such as margaritas. Everyone goes home happy with a one-of-a-kind masterpiece.



## ■ TEA WITH TOTS TEDDY BEAR PICNIC

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

**Editor's Note:** For the past two years in Creative Forecasting's Adult Day Services & Assisted Living Week Contest, Christy's entries, *Tea with Tots* and *Tea with Tots Carnival*, have been winners. Here's another winning *Tea with Tots* special event.

Tea with Tots is a free community event held each spring. Aspen Ridge is an assisted living home that also has an Alzheimer's disease / dementia unit. We invite the public to bring babies and children who are too young to attend school to our home where they play games and are given the opportunity to interact with our residents.

This year, Teddy Bear Picnic was the event's theme. After registering for the event, children and parents were greeted by two friendly certified therapy Bernese Mountain dogs. Each child received a free teddy bear with a helium balloon attached to it. It's always amazing to see how much joy the helium balloons bring to the tots. The event was held in the dining room where various stations were set up. Some residents were seated at tables covered with colorful tablecloths that had a variety of toys and teddy bear coloring pages on them. We had a large, colorful parachute that our Administrator and volunteers bounced balls and balloons on while the children played beneath it. They loved running back and forth under the parachute and also took turns helping to "puff" it up in the air. We had a face painting area where the children and some of the staff had spring designs painted on their cheeks. In the back of the dining room, a certified massage therapist provided free 10-minute massages to the adults while the children participated in a bunny petting zoo. The parents could see their children during their massages. We also had a cute photo board, painted by our very artistic Administrative Assistant, where the tots could have their photos taken with their faces on a teddy bear's body.

The children moved throughout the room to the different stations and could go to their favorites as many times as they wanted to. Ladies from the Red Hat Society in the community joined us and visited with the residents while they watched the children play. When we passed out the refreshments, many of the tots sat down with the residents. The event concluded with a drawing for children's books and toys that were donated by Jay's Sporting Goods, a local store, and a certificate for a free massage.

The residents and the tots and their parents look forward to this event every year. Many parents have commented that they appreciate introducing their children to the elderly population in such an enjoyable environment.

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*Continued on page 47*

*Contest Winners, continued from page 14*

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■ **BAKE SALES FOR HOME-DELIVERED MEALS**

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

The residents of Longwood Plantation Assisted Living Facility are a group of very giving people. Even though they live in an assisted living facility, they are still interested in contributing to our local community. We decided to have a fund raiser for our local Orangeburg County Council on Aging Home-delivered Meals Program. The residents got busy and prepared several items for the Bake Sale. We also involved employees of the Orangeburg County Council on Aging, family members, and friends of our facility. We advertised the Bake Sale in our newsletter, local newspaper, and through several churches in our community.

We held our first Bake Sale on March 20, 2012. The sale was from 4:00 - 5:30 p.m. The residents were in charge of the sale, selling the items and socializing with the customers. We raised \$750 for the Home-delivered Meals Program. The sale was such a success that we decided to repeat it this past fall. We held the second sale on November 14, 2012 from 4:00 - 5:30 p.m. The residents got busy once again preparing items for the sale along with family members and friends. We again advertised it, and the response was even greater than the first sale. We raised \$930 during the second sale. The combined total of the Bake Sales, \$1680, was enough to provide home-delivered meals for a recipient for an entire year.

The residents have decided they would like to repeat the Bake Sale twice a year. Our residents take much pride in what they are able to contribute. They are already deciding what to fix for our next sale. **CF**