

2014 ADULT DAY SERVICES & ASSISTED LIVING WEEK CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 19th Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2014 issue of Creative Forecasting on pages 12 - 14.

WINNERS

* TEA WITH TOTS A DAY AT THE ZOO – Christy Payne, Life Enrichment Coordinator, Aspen Ridge Retirement Village, Gaylord, MI

* FUZZY STUFFED OWLS – Amy VanLue, Client Supervisor, Jay-Randolph Developmental Services, Portland, IN

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

* BECOME A METEOROLOGIST – Meredith Marlier, Site Coordinator, and Stacy Arnold, QDDP, Developing Potential, Inc., Kansas City, MO

* ROCK TO REMEMBER ROCK-A-THON – Carol Livingston, Activity Director, Longwood Plantation, Orangeburg, SC

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

Adult Day Services & Assisted Living Week Contest Winners

19TH ANNUAL NATIONAL ASSISTED LIVING WEEK® September 7 - 13, 2014 “The Magic of Music”

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 2014 theme is “The Magic of Music.”

Here is information about the chosen theme according to the NCAL web site: “ ‘The Magic of Music’ showcases the integral role that music plays in assisted living residences every day. The transformational effect of music continues as individuals age and can provide joy, comfort and in some cases, memories long ago experienced. The powerful connection that music provides to residents, team members, volunteers, and families will be celebrated throughout National Assisted Living Week® through events, celebrations, and more.”

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: 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. Visit www.nalw.org where it can also be downloaded. 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.

31ST ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 14 - 20, 2014 “The Power of Adult Day Services: The Future of Care”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2014 theme is “The Power of Adult Day Services: The Future of Care.” Visit www.nadsa.org for more information. 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 19th 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 A DAY AT THE ZOO**
*Christy Payne, Life Enrichment Coordinator,
Aspen Ridge Retirement Village, Gaylord, MI*

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

Tea with Tots is a free community event held at Aspen Ridge Retirement Village 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, our theme was A Day at the Zoo. We hung colorful foam parrots from the ceiling and had tablecloths, plates, and napkins with zoo animals on them. Each child received a zoo animal mask and small stuffed toy with an animal-print helium balloon attached to it. The staff and residents wore zoo animal masks which made for some great pictures. At our registration desk, parents signed in while the tots played with two Bernese Mountain dogs that are certified therapy dogs and regular volunteers at Aspen Ridge. The seniors and children loved seeing these gentle giants. Each table had large plastic blocks, coloring pages, and other toys for the children to play with, and this was where the snacks were served. Four stations were set around the room. The first one was where a volunteer led balloon ball (one of our favorite games). The seniors and tots sat in a circle and used fun noodles cut in half to hit animal-print balloons back and forth to each other. Two of the more popular stations were the bunny petting zoo and massage chair (for the adults). The 4-H Hare Raisers bring friendly rabbits to the event each year, and while the residents play with them, a certified massage therapist provides free 10-minute massages for the adults. Our Administrative Assistant is very artistic and along with doing face painting, she also painted a lovely mural with zoo animals on it for the tots to have their pictures taken in front of. This was the fourth station. The event concluded with awards of door prizes donated by Jay’s Sporting Goods and a certificate for a free massage.

This is an excellent opportunity for parents to introduce young children to the elderly. Our residents love the chance to meet new friends, and many parents have asked to be added to our mailing list for other special events and activities for the children.

■ **FUZZY STUFFED OWLS**

*Amy VanLue, Client Supervisor,
Jay-Randolph Developmental Services, Portland, IN*

Jay-Randolph Developmental Services (JRDS) provides adult day services, work services, and community living services in Portland and Winchester, IN for adults and persons with special needs and disabilities. Our center in Portland provides vocational work through local industries to develop clients' skills and earn an income while gaining vocational training in a real-life work atmosphere. The clients hot glue Styrofoam parts to cardboard for Whirlpool® appliance shipping containers. In the classroom, the clients are not able to do the work that is offered in the work center industrial area. We use the old or damaged cardboard to make stuffed owls as a way to use eye-hand coordination and teambuilding skills, follow directions, complete tasks, and learn about recycling products. We have also reached out to the community and asked for donations of scrap yarn, buttons, and felt to complete our projects. We have been making our unique fuzzy stuffed owls for more than a year, and they have been a huge success. JRDS has set up tables at local craft shows and sold many of these handcrafted owls that started as a project for the classroom.



■ **COLLECTORS' SHOWCASE**

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

We invited the clients, staff, senior companions, and volunteers to bring in their collections to display at a Collectors' Showcase. We set up the collections like a mini museum in our hairdresser shop. We took turns being the museum guard. Throughout the day, program participants and others wandered around the area gazing at all the amazing items.

Our first Collectors' Showcase included turtles, potholders, items made out of pewter, 1950s-era tablecloths, religious pictures, blue glass, figurines of French poodles, framed buttons, Oriental teapots with fans, and vintage wedding cake toppers.

The day was filled with laughter, reminiscing, and many ohs and ahs. Some statements included "My mother had a tablecloth like that" and "My very first dog was a poodle." So many people have signed up to bring in collections for the event next month that we may need to use the local firehall for more space. Personally, I'm wondering how my antique screen door and vintage chandelier collections will fit in the hairdresser shop.

■ **BECOME A METEOROLOGIST**

*Meredith Marlier, Site Coordinator,
and Stacy Arnold, QDDP, Developing Potential, Inc.,
Kansas City, MO*

Developing Potential, Inc. provides quality day habilitation services to adults with developmental disabilities and support for those individuals to reach their potential and achieve a dignified, adult lifestyle. The activity we did with our clients is that they practiced being meteorologists. The goal of the activity was to gather weather data for where they live or a city or town somewhere in the country, then create a weather report based on the data. We began on a Monday.

INTRODUCTION

- 1) We asked the clients if they knew who a meteorologist is and what they do.
- 2) The discussion began with finding out what they knew about the weather and why it's important to know what the weather will be like. We asked questions like What do we do when it's hot, cold, raining, snowing? What if we didn't know what to expect?

ACTIVITY

- 1) Ask the clients to look at the day's weather, then make predictions about the weather for the rest of the week.
- 2) Tell the clients to gather data for their weather report. This can be done via the newspaper or radio, Internet, or weather reports on TV.
- 3) Using a blank five-day forecast (see an example below), ask the group members to make predictions (with words and/or pictures) about what they think the weather will be like the rest of the week.
- 4) Individuals can present their weather reports to the group. Each morning or afternoon, check back with your local forecast to see if their predictions are correct.

EXTENSION ACTIVITIES

- 1) The clients can watch weather forecasts on TV to get an idea of what meteorologists report on. (i.e., What kind of predictions do they make?)
- 2) Ask the group members to research the Farmers' Almanac and contrast the way their predictions are made versus the tools and radars available today.

FIVE-DAY WEATHER FORECAST PREDICTION CHART

■ ROCK TO REMEMBER ROCK-A-THON

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

On June 21, 2013, our facility took part in the Alzheimer's Association Longest Day of the Year Event. We decided to do a fund raiser - Rock to Remember Rock-a-thon. We have a memory care, Magnolia Place at Longwood Plantation, on our campus and wanted to spend the day honoring the strength, passion, and endurance of those living with Alzheimer's along with their caregivers. We had a committee of 12 volunteers that worked tirelessly planning our wonderful event. It was an activity that all of our residents were able to participate in along with family members and friends. Our residents rocked in rocking chairs during the daylong celebration. We had two "official" chairs that were manned by our residents all day with many more people rocking in support. There was entertainment throughout the day with eight different groups and individuals that donated their time and talents, a DJ, and the local radio station. We served hot dogs for lunch and had refreshments available during the event. People could sponsor individual rockers, make monetary contributions, or support the event with their presence. All of the residents participated, and at the end of the day, we had raised \$3,700 for the South Carolina Chapter of the Alzheimer's Association. It was an event that everyone enjoyed and is now an annual fund raiser.

■ WIGGLE YOUR TOES DAY

*Lori Redmond, Life Enrichment Coordinator,
St. Francis Terrace, Fond du Lac, WI*

As the Life Enrichment Coordinator for St. Francis Terrace, I have been engaging residents in activities that involve exercise. Each week on Friday, we do a special activity that we call Friday's Fun and Fit. We have had residents participate in the Wiggle Your Toes Day activity for the last two years. This activity was inspired by Wiggle Your Toes Day annually held on August 6. For the first year, the residents were timid at first but had a great time. In the second year, we doubled the number of participants and number of pools used. This activity is great for a hot summer day.

To set up for the activity, fill a few small, plastic pools with water in the morning to give the water a chance to warm up. Set up chairs around the pools.

Ask residents to take off their shoes and socks and roll their pants up. Assist as needed. Tell them to put their feet in the water. After everyone has done a little splashing and gotten used to the feel of the water, instruct them in the following feet and ankle exercises:

Foot Relaxer Shake out your feet, then wiggle your toes, one foot at a time.

Toe Tap Tap your toes on the bottom of the pool, both feet together or one at a time.

Toe Stands Push both feet up so your heels are up and you are up on your toes.

Toe Writing Write your name or letters of the alphabet with your toes on the bottom of the pool or in the air.

Flex and Point Extend your leg out and point your toes like you are giving the car some gas, then flex and pull the toes back to you.

Ankle Rotations Rotate each ankle to the right and then to the left, making small circles.

We play a game of Quarter Grab. Drop quarters into the pool close to each person's feet so they can pick up one. Instruct residents to pick up the quarters with their toes or both feet.

We play another game with rubber ducks. Write numbers 1 - 10 on the bottom of the ducks, one number per duck. Use as many ducks and numbers as you have participants. Ask residents to bend at the waist to pick up a floating duck. A prize can be given for each number on the ducks the residents have retrieved.

We add bubbles to the water in the pools to turn them into bubble baths. Everyone ends up with great smelling feet. Poolside refreshments include lemonade and ice cream bars. **CF**



NEW FROM CREATIVE FORECASTING!



**REMEMBERING THE
1940s, 1950s, & 1960s**



This 64-page book is filled with information about each year in these decades, music activities, word games, and recipes. This book is three-hole punched on loose-leaf pages (binder not included).

Cost: \$12.50 U.S. funds (includes shipping and handling)

Call 1-800-373-0115 to order with Visa, MasterCard, or Discover or send a check or money order.