

2014 NATIONAL NURSING HOME WEEK CONTEST WINNERS

Creative Forecasting is pleased to announce the winners of our 21st Annual National Nursing Home Week Contest. Their activities are in the May 2014 issue of Creative Forecasting on pages 13 - 15.

WINNERS

*FANTASY BINGO – Bobbie St. Clair, Activity Director, Green Acres Healthcare & Rehab Center, Amboy, IL

*TIME WITH ANGELS – Sandra Mead, ADC, Health Center Activities Supervisor, Friendship Village of South Hills, Upper St. Clair, PA

*TV MANIA – Ashley Cimala, Activity Director, Northpoint Lexington Healthcare Center, Lexington, KY

*SWITCHING CHANNELS – Activity Department, Holiday Retirement Home, Manville, RI

*SHARE YOUR FAVORITE PHOTO – Amy Hueston, Program Director, The Music Club – Hueston's Music, Palm Bay, FL

*MY FAVORITE THINGS – Cindy Proffitt, ADC, Hurstbourne Care Center, Louisville, KY

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

21st ANNUAL NATIONAL NURSING HOME WEEK CONTEST

NATIONAL NURSING HOME WEEK®

May 11 - 17, 2014

“Living the Aloha Spirit”

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 and continues until the following Saturday.

The 2014 theme is “Living the Aloha Spirit.” According to the AHCA, “In Hawaii, the word ‘aloha’ has a deeper cultural significance than a simple greeting or farewell. In Hawaiian culture, it is important to treat yourself and others with aloha, to interact with love and respect and joyfully share life. By applying this spirit of aloha to daily life, the people of Hawaii are encouraged to treat others with deep care, respect, and humility, leading to individuals creating a better world. Key concepts of aloha spirit include unity, kindness, truthfulness, humility, and patience. With the input of the Healthcare Association of Hawaii, AHCA will be adapting Living the Aloha Spirit to reflect how the profession and every skilled care center honors and practices the aloha spirit in order to sustain a quality and harmonious environment for residents, patients, families, staff, and individuals who interact with the long term and post-acute care community in any capacity.”

Visit www.nnhw.org for more information and www.facebook.com/nursinghomeweek. AHCA member facilities should have received the product catalog and planning guide by mail in March. For non-members, the product catalog and planning guide can be downloaded free of charge from AHCA’s web site, www.nnhw.org.

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.

WINNERS

■ FANTASY BINGO

Bobbie St. Claire, Activity Director, Green Acres Healthcare & Rehab Center, Amboy, IL

I was out of prizes for a recent bingo game, so I decided to award crazy, fictitious prizes. We decided that we needed to have a Fantasy Bingo. (Baloney Bingo was another name suggested.) With a little help from my computer, I found the Neiman Marcus Fantasy Gift Catalog online (www.neimanmarcus.com/christmasbook/index.jsp) and printed the pictures and ads. I also used some of the gifts from past catalogs. I stapled the pictures and brief descriptions along with the manufacturers suggested retail price to each gift bag. I went to the dollar store and thrift store to find prizes that were somewhat related to the fantasy prizes. I dressed up in heels and a fancy dress, and we imagined we were on a game show. I gave my disclaimer at the beginning and throughout the program: “We reserve the right to substitute prizes of lesser quality and value.” Before each round, I read the prize description and then whoever won opened the prize to see what the substitution was. It was so fun to watch the prize winners’ expressions! Here are some of the prizes we awarded:

- ❖ The Ultimate Diamond Experience Travel to London, Africa, and New York to see where your uncut diamond started. Name the diamond and have it made into a ring. \$1,850,000 **Our Prize:** *Crystal growing kit, ring pop, and pop rocks candy*
- ❖ 2014 Aston Martin Vanquish Volante \$344,500 **Our Prize:** *Toy sports car with pull-back action*

- ❖ Indian Larry Motorcycles One was \$750,000 and the other \$80,000 **Our Prize:** *Two toy skateboards with rip sticks*
- ❖ Baby Girl Elephant (older Neiman Marcus gift) \$5000 **Our Prize:** *Wind-up walking circus elephant and animal crackers that had a picture of an elephant on the package*
- ❖ Heritage Hen House Lavish Chicken Coop \$100,000 **Our Prize:** *Rooster dish towel, chicken salad lunch kit, and Chicken Soup for the Soul® calendar*
- ❖ His 'n' Hers Camels (older Neiman Marcus gift) about \$5000 **Our Prize:** *I asked the local gas station for an empty carton from Camel Cigarettes® and found some caRAmel creams candies. I changed the RA to an M and they became Cammel Creams. The candy went into the Camels carton.*
- ❖ His 'n' Hers Watches and Trip to Paris \$1,090,000 **Our Prize:** *Mickey Mouse and Belle watches (dollar store) in a nice box wrapped with Paris ribbons*

We also gave away a Jet Pack, Cupcake Car, Exercise Machine, Outdoor Entertainment Center, Walk-on Broadway Role in *Annie*, and Falconry Companion, and Million Dollars. The Million Dollars (candy bar - a homemade version of the 100 Grand® candy bar) was the parting gift for the residents who didn't win anything.

I had fun finding the prizes to go with each fantasy. The residents were so excited all week in preparation and were talking about their dreams and what they would do with a lot of money. This activity will be on the calendar again.

■ TIME WITH ANGELS

Saundra Mead, ADC, Health Center Activities Supervisor, Friendship Village of South Hills, Upper St. Clair, PA

The Time with Angels activity is relaxing, calming, and peaceful and creates a positive mood. The first step is to prepare the room for the activity. Plug in an air freshener so fragrance can fill the room, set out battery-operated candles or turn the lights down low, play soothing music (I use Celtic music), and set up a table in the front of the room and put a lace tablecloth on it along with candles, angel figurines and pictures, and flowers. Make notes about who the angels are if they can be identified (i.e., Archangel Michael means "Who is like God") to share with the group.

I dressed up like an angel (long, white dress, white feather wings, and wig with long, white hair). When the residents saw me walking in the hallway, they wanted to come to the program to see what it was all about. As residents came into the room, I greeted them at the door and put scented lotion on their hands.

Begin the program by talking about the everyday angels in your personal life. Ask the residents to take a deep breath, relax, and visualize what their angels look like. Talk about guardian angels and how they can help when you are depressed, feeling lonely, etc. Ask the residents to count their blessings and feel their guardian angels' presence. Invite people to share their stories about angels (i.e., seeing one, receiving help). Tell some short stories of angels helping people (find them on the Internet or in books). Our residents were fascinated with the information and stories. You can also go room to room for residents who did not come to the program showing them the angel figurines and pictures and sharing stories. The smiles on the residents' and staff's faces were worth the preparation time for the program.

■ TV MANIA

Ashley Cimala, Activity Director, Northpoint Lexington Healthcare Center, Lexington, KY

Each year, our Activity Department and Staff Development come up with a theme for National Nursing Home Week. Our events are centered on this theme and involve residents and staff. Last year, we decided on a theme of TV Mania. Each day, we chose a different TV show to air, playing reruns of the show in the common areas. Following are some of the activities we did.

Monday - Gilligan's Island Everyone dressed in tropical wear. The residents wore leis, and some of the employees dressed as characters from the show (i.e., Ginger, Gilligan, Professor, Mary Ann). We served tropical-flavored non-alcoholic drinks to staff along with fresh fruit. Residents played Beach Volleyball and did Sand Art in the evening.

Tuesday - Happy Days All the staff dressed in 1950s-style clothing, and they enjoyed an Ice Cream Social in the afternoon along with a Hula-hoop Contest. Residents were treated to 1950s makeovers, and we put scarves in the ladies' hair. That afternoon, Elvis entertained, and we served root beer floats and Moon Pies®.

Wednesday - The Andy Griffith Show Each resident and staff member received a sheriff badge in the morning to wear. Throughout the day, department heads were put in "jail" to raise money that would be given away at the end of the week to an employee. We also had a Country Cook-off. Staff brought in various foods, and residents voted for their favorites. The residents had a Shoot Off using Nerf® guns trying to hit targets. They had a blast doing this.

Thursday - Bonanza The morning started with a Western Breakfast Sampler for the residents followed by a Panning for Gold activity. Rocks with gold glitter on them were put in sand and water, and the residents used beach toy sifters to find "gold." Residents had a great time with this activity. The day ended with a Country Concert.

Friday - Rerun Madness We chose shows our residents loved and aired different programs throughout the day. Snacks were available. Staff members were recognized with golden globes for years of service, as well as superlative certificates.

This week was fun for the residents, staff, families, and the community and a great morale booster. There is so much you can do with this theme. Have fun and be creative!

■ SWITCHING CHANNELS

Activity Department, Holiday Retirement Home, Manville, RI

Last year, the Holiday Retirement Home decided to do a TV-themed week for National Nursing Home Week, and we called it Switching Channels. Each day was designated with a different television station, and we created or adapted current shows that coincided with each station. Each resident received our monthly newsletter with a TV listing that showed the channel lineup.

Monday - Animal Planet We scheduled *Beastly Beginnings* in the morning, making stuffed animals. The residents stuffed and then sewed them closed. They were thrilled that they made cute animals, and many kept them all day. An activity called *Bunny Basics* with Cynthia was held. Cynthia brought several varieties of bunnies for our residents to see and play with. She also showed our residents how she grooms them and spins yarn from their fur. As an evening activity, we showed our residents the TV show, *Too Cute!*, a program on Animal Planet.

Tuesday - History Channel In the morning, we showed the program that appears on the History Channel, *Brad Meltzer's Decoded*. For one afternoon program, we scheduled *Historical Insights* which was a trivia group. Our next program was *Woonsocket, Then & Now*. A local historian presented a slide show depicting our neighboring town and the changes it has undergone.

Wednesday - Game Show Network We played Bingo in the morning, and *Holiday Squares* which is our version of *Hollywood Squares* in the afternoon. To play this game, we used a large whiteboard with the tic-tac-toe squares drawn on it. Photos of our department heads were taped in the squares. The residents were divided into two teams. When it was a team's turn, they chose a photo and tried to answer a trivia question. If they answered it correctly, they got to mark the square. If not, the other team

got a chance to win the square by answering the question correctly. The first team with three in a row won the game. For an evening activity, we scheduled Name That Tune, playing snippets of music for the residents to guess.

Thursday - DIY (Do It Yourself) TV In the morning, we scheduled Creatively Yours, a ceramics make and take activity. In the afternoon, the residents put on a show called Residents Got Talent! One resident served as the master of ceremonies, and many residents performed (i.e., sang solo, sang in quartets, danced). For an evening activity, we showed episodes of *How It's Made*.

Friday - The Food Network For an activity to coincide with the show, Brownie Wars, the residents made different types of brownies including blondies, super fudgy, and peanut butter and jelly bars. In the afternoon, we had Sundae School with Gary Leane. We used the brownies from the morning and made sundaes for the residents to enjoy while listening to our featured performer, Gary Leane.

We all had a great time planning and executing Switching Channels, and the residents got a kick out of living their own TV shows.

■ SHARE YOUR FAVORITE PHOTO

Amy Hueston, Program Director, The Music Club - Hueston's Music, Palm Bay, FL

Invite your residents to choose one of their favorite photos. Write a list of questions to ask that may relate to photographs. Gather the group members with their photos. Hold up the first person's photo for everyone to see. Ask that person some questions. Here are some examples of questions:

- ✓ Who is in your photo?
- ✓ Where was it taken?
- ✓ When was it taken?
- ✓ Why is it one of your favorites?

Encourage the person to give details. If someone says, "This is a picture of my son and his dog," ask him or her for the son's name, dog's name, and whatever else comes up during the conversation.

If the photos were important enough for them to bring and show, they mean a lot to them, so showing your interest will mean a lot. Continue this process with each person and his or her photo.

Additional Ideas: Ask each person if it's okay to borrow the photos for a few weeks. Once you receive permission, hang the pictures in a common area for people to see, but be careful how you hang them - no pushpins or tape. Another option is to scan the original photos and hang the scanned images. You can also add captions as to who's in the photos. Don't forget to put the resident's name on the back of each picture so you know who to give it back to.

■ MY FAVORITE THINGS

Cindy Proffitt, ADC, Hurstbourne Care Center, Louisville, KY

Several years ago when we first started to hear about the new federal and state regulations that were about to be implemented, I began to think about how we could teach the staff members at my facility what the residents' individual interests were. The state doesn't want to come into our facilities and find out that we are herding the residents into activities. They want to know that we are providing them the opportunity to participate in activities that relate to their past and present interests. Since it is not just the Activity Department's responsibility to get the residents to and from the activities, the surveyors want to know that all the staff members are familiar with the residents' interests.

It isn't a problem to get the residents that are able to tell you what their interests and favorite activities are, but for those residents that are unable to tell you what they like, it's one big guessing game. Many of

us assume that all seniors love bingo, Lawrence Welk, and *The Price Is Right*. In reality, they are no different than we are. They each have their own individual likes and dislikes.

My first thought was to add information for residents who are unable to communicate their activity preferences to the CNA assignment sheets, but that wouldn't be of any help to the other staff members. Then I thought we could put this information into a binder at the nurses' station, but would anyone ever take the time to read it, and even if they did, would they retain the information? I knew that for this concept to be successful, it would have to be visible to everyone, and it would need to be something they saw repeatedly.

One day while passing a resident's room, I noticed the poster board on the outside of his door. It not only had his name on it to remind him of where his room was, it had all of his favorite things written around it. I had seen this sign every day, but now I was seeing it in a whole new light. This was the start of how I would get my message out to the staff. No, I wasn't going to stick big poster boards on everyone's door, but I knew that I had to come up with something that every staff person who went into a resident's room would instantly know what he or she liked.

I decided that a regular-size sheet of paper would work just fine to make a My Favorite Things poster, although you could make these as elaborate as your budget allows such as using scrapbooking material, larger signs, or picture frames. I ran the idea by my boss, and she suggested that we use the same questions that are in the General Activity Preferences area of Section "N" (Activity Pursuit Patterns) of the MDS. ("Activity Pursuit Patterns show the amount and types of interests and activities that the resident currently pursues, as well as activities the resident would like to pursue that are not currently available at the facility. These include activities that provide increased self-esteem, pleasure, comfort, education, creativity, success, and financial or emotional independence.") But I didn't stop there; I added clip art to catch people's attention. Since I love hearing about all of the wonderful things that the residents had done in their lives, I wanted everyone to share in each person's uniqueness. I wanted everyone that walked into a resident's room to see him or her as a person, not just another individual that had to be cared for.

In addition to the My Favorite Things poster, I added a clear shoebox-size box filled with some of the items that correlated with each resident's interests (i.e., magazines, musical CDs of their favorite artists, photos of family members and special events). This made supplies readily available for anyone to use with the resident. Since these were created for the residents that weren't able to tell me their stories, I gathered my information from their initial assessments, social histories, and family members. A great time to get this is during care plan meetings.

GOALS FOR THE MY FAVORITE THINGS PROGRAM

- Teaches your staff members what a resident's activity preferences are.
- Incorporates some regulation guidelines.
- Helps staff to see each resident that is unable to communicate as a person by sharing something special about him or her.
- Gives the staff members something to talk to the resident about during the time they are together.
- Makes each resident feel special because the staff and visitors are acknowledging him or her.
- Makes each resident's life more enjoyable by participating in the things that **he or she is interested in.**
- Makes one-to-one visits more easily accessible by adding a My Favorite Things box to each room.

MY FAVORITE THINGS QUESTIONS

MY FAVORITE THINGS FOR _____

Cards / Games _____

Crafts / Arts _____

Exercise / Sports _____

Music _____

Reading / Writing _____

Gardening / Flowers _____

Spiritual / Religious Activities _____

Trips / Shopping _____

Walking / Wheeling Outdoors _____

TV / Movies _____

Gardening / Plants _____

Talking / Conversing _____

Helping Others _____

Clubs / Organizations _____

Tidbits _____

_____ **CF**