

2017 ADULT DAY SERVICES & ASSISTED LIVING WEEK
CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 22nd Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2017 issue of Creative Forecasting on pages 13 – 14.

WINNERS

*BUS RIDE BINGO & TOUR OF CHURCHES ON OUTINGS – Julie Bigham, Program Coordinator, Brookdale Carriage Club on Providence – Clare Bridge, Charlotte, NC

*LIFE IN PICTURES – Alexandra Godfrey, AP-BC, Rosewood on the Sound, Bayville, NY

*LEGO[®] FUN – Suzanne O’Connor, Activity Assistant, Darrell E. Davis Adult Day Center, Independence, IA

*SUNCATCHERS – Joanne Oliphant, Activity Assistant, Darrell E. Davis Adult Day Center, Independence, IA

*PHOTOGRAPHY FUN – Amy Morris, Activity Assistant, Darrell E. Davis Adult Day Center, Independence, IA

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

Adult Day Services & Assisted Living Week Contest Winners

22nd ANNUAL NATIONAL
ASSISTED LIVING WEEK®
September 10 - 16, 2017
“Family is Forever”

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 2017 theme is “Family is Forever.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site: “‘Family is Forever’ is this year’s theme for National Assisted Living Week. The theme is inspired by a quote from the poet Maya Angelou:

‘Family isn’t always blood, it’s the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what.’

Assisted living communities across the country are encouraged to organize activities and events during National Assisted Living Week that celebrate these deep connections between staff and residents.

In the announcement of the theme, NCAL Executive Director Scott Tittle said, ‘Anyone who has spent valuable time in an assisted living community has seen how staff can come to think of their residents like family. It takes a special person to work in our profession, and often, caregivers form bonds that can never be broken. This National Assisted Living Week, we want to recognize these amazing individuals who give their heart and soul to their residents, as well as those seniors and individuals with disabilities who leave a lasting imprint on their caregivers.’ ”

The National Assisted Living Week® planning guide and product catalog is posted at www.nalw.org and mailed to member facilities in early summer. Here’s additional contact information: e-mail: ncal@ncal.org, phone: (202) 842-4444, or mail: National Assisted Living Guide, NCAL, 1201 L St., NW, Washington, DC 20005.

This year’s logo is reprinted with permission from NCAL. Visit www.nalw.org where it can 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.



34th ANNUAL NATIONAL
ADULT DAY SERVICES WEEK
September 17 - 23, 2017

“Celebrating Diversity in Adult Day Services”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2017 theme is “Celebrating Diversity in Adult Day Services.” This week has been celebrated annually since it was proclaimed by President Reagan on September 27, 1983. Visit www.nadsa.org for more information. Here’s additional contact information: e-mail: info@NADSA.org, phone: 1-877-745-1440, or mail: NADSA, 11350 Random Hills Rd, Suite 800, Fairfax, VA 22030.

We are pleased to present the winners of Creative Forecasting’s 22nd 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

■ BUS RIDE BINGO & TOUR OF CHURCHES ON OUTINGS

*Julie Bigham, Program Coordinator,
Brookdale Carriage Club on Providence - Clare Bridge,
Charlotte, NC*

Our 34-bed memory care center is part of a continuing care retirement community. We take residents for an outing each week, but there are times when I don’t have an extra staff person to tag along, so the driver and I take the residents on a joy ride without getting off the bus. In an attempt to make these more fun, I developed two activities that turn the mundane into something our residents really enjoy - Bus Ride Bingo and Tour of Churches.

Bus Ride Bingo I created picture bingo sheets with items such as a traffic light, school bus, church, bicyclist, man walking a dog, kids playing outside, etc. by stapling stickers on the bingo sheet.* Residents cover items as they see them along our route. First one to yell bingo wins.

***Editor’s Note:** Visit www.creativeforecasting.com and click on the Frequent Requests tab then Games and scroll down for a Blank Bingo Card to print.

Tour of Churches I did some research about area churches, especially the oldest ones. For each tour, the driver pulls into the parking lot of a church, and I read a brief history. I get a lot of wows as the residents hear about local churches.

■ LIFE IN PICTURES

*Alexandra Godfrey, AP-BC, Activity Director,
Rosewood on the Sound, Bayville, NY*

Life in Pictures is a great reminiscing activity. The use of photographs and images can significantly aid in memory recall. For this activity, I searched the Internet for images of news headlines, magazine covers, advertisements, celebrities, politicians, inventions, etc. through the decades. I chose ones that will stimulate conversation. I enlarged the images when printing them in color then laminated them. Each image is passed around to program attendees so they can see it, and this sparks discussion. With countless images available on the Internet, you could have a lot of fun with this activity.

An example of a picture to use is a newspaper cover from 1954 that reads, "Marilyn Weds Joe DiMaggio" and shows the couple kissing. Some topics that can be discussed are baseball, the movies, actresses, and getting married. The residents might also want to discuss the picture itself, for example, you could ask them if they think the couple looks like they're in love or happy.

■ LEGO® FUN

*Suzanne O'Connor, Activity Assistant,
Darrell E. Davis Adult Day Center, Independence, IA*

Who doesn't love the educational yet time-less toys that are LEGO® products? Colorful, challenging, and creative, LEGOs® are fun for both kids and adults. The simplicity, flexibility, and power of LEGOs® to breathe life into imagination make it a toy that re-connects us with our inner child. We have a LEGO® Fun group for our clients to build, create, and play.

Play is beneficial for adults just as it is for kids, and it is integral to our mental and emotional health. LEGO® play teaches patience and perseverance. This leads to performing complex tasks with ease and improving areas of the brain associated with motor skills and problem solving. Some adults use LEGOs® as a means of coping with stress, anxiety, and mental disorders, while others look at it as a way to get in touch with their inner child.



■ SUNCATCHERS

*Joanne Oliphant, Activity Assistant,
Darrell E. Davis Adult Day Center, Independence, IA*

Make suncatchers every month to hang in windows and let the sun shine through them.

Materials: (for each project)

- clear contact paper
- shape template for each corresponding month
- various colors of construction paper
- pencil or pen
- scissors
- various colors of tissue paper, cut into small pieces
- hole punch
- string

Procedure:

- 1) Cut two pieces of contact paper to fit the template.
- 2) Cut the template out using construction paper.
- 3) Lay the template cut-out on one piece of the contact paper.
- 4) Fill the inside with pieces of tissue paper.
- 5) Cover with the other piece of contact paper.
- 6) Trim off the extra contact paper, as needed.
- 7) Make a hole with the hole punch and add a string for a hanger.

■ PHOTOGRAPHY FUN

*Amy Morris, Activity Assistant,
Darrell E. Davis Adult Day Center, Independence, IA*

Not everyone sees the world in the same way. By participants using disposable or digital cameras to take pictures, they can share with their peers how they view the world with this Photography Fun activity.

Activity:

Divide the participants into small groups. For each group assign a staff member to be the leader and to take a camera. Ask each group to go on an outdoor walk, going on different routes and for each person to take a photograph using the camera.

Optional:

Upon returning from the walk, provide paper and pencils or pens and ask participants to draw what they imagine their photographs will look like once they are developed.

Finished Product:

Print the photos. Share them with the group and ask participants to guess who took each photo. Display the captured memories hanging the photographs on a strong string or clothesline with clothespins. **CF**