

2015 ADULT DAY SERVICES & ASSISTED LIVING WEEK
CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 20th Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2015 issue of Creative Forecasting on pages 13 - 15.

WINNERS

* GUTTER GARDENS - Carol Livingston, Activity Director,
Longwood Plantation, Orangeburg, SC

* DATE LUNCH - Tara Weiss,
Greenville Glen Assisted Living, Greenville, SC

* HORSESHOES AND HAND GRENADES - Tara Weiss,
Greenville Glen Assisted Living, Greenville, SC

* MATH BINGO - Regina Kennedy, CTRS,
Maine Center for Integrated Rehab, Brewer, ME

* GIANT MARBLES - Karen Davie & the Staff,
Grandway Adult Day Program, South Burlington, VT

* GETTING TO KNOW YOU - Amanda A. Newsome, Activity
Coordinator, Virginia Beach, VA

* INDEPENDENT SCAVENGER HUNT - Dawn Lazo,
Forest View Adult Day Care Center, Inwood, NY

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

Adult Day Services & Assisted Living Week Contest Winners

20TH ANNUAL NATIONAL ASSISTED LIVING WEEK®

September 13 - 19, 2015

“Nourishing Life: Mind, Body, Spirit”

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 2015 theme is “Nourishing Life: Mind, Body, Spirit.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site:

“NCAL is proud to announce the 2015 National Assisted Living Week® (NALW) theme - suggested by you - ‘Nourishing Life: Mind, Body, Spirit.’”

NCAL received many wonderful theme and activity suggestions through NCAL’s Facebook page (www.facebook.com/nationalassistedlivingweek) and other avenues.

‘Nourishing Life: Mind, Body, Spirit’ stood out as a theme that truly embodies all that assisted living represents. This theme celebrates the countless ways assisted living caregivers nurture the whole resident. Communities across the country work each and every day to ensure that the lives of their residents are fully nourished in each and every way. Conversely, residents nourish the lives of team members and volunteers by, with the support of loved ones, sharing their inspiring lives.”

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 below and 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.



September 13–19, 2015

32ND ANNUAL NATIONAL ADULT DAY SERVICES WEEK

September 13 - 19, 2015

“Adult Day Services: Living Well Into the Future”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2015 theme is “Adult Day Services: Living Well Into the Future.” 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: 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 20th 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

■ GUTTER GARDENS

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

This past spring, the residents in our memory care unit planted Gutter Gardens on the five-foot-tall fence around the backyard of our memory care building. Our maintenance man attached four six-foot sections of rain gutters three feet high on the fence and drilled several holes in the bottom for drainage. They were easily accessible to residents in wheelchairs, as well as those who stand. The residents filled the gutters with a layer of pebbles, potting soil, and beautiful spring flowers. They enjoyed caring for these gardens throughout the growing season. We have several residents in our memory care unit that have enjoyed gardening through the years. This activity not only provided a stimulating activity for our residents, but it also enhanced the beauty of our backyard.

■ DATE LUNCH

Tara Weiss, Greenville Glen Assisted Living, Greenville, SC

Since we have so many couples affiliated with our community, we host a Date Lunch every month. Often the husband or wife lives with us and the spouse lives at home alone or with the children, so this gives them a chance to have a relaxing meal together. It is often challenging to accommodate visiting spouses at meals in the dining room with a full house of residents. Even when both live in

the community, they enjoy the special attention and change in atmosphere. The activity and dietary departments choose a date, and we send invitations to all of our couples for a Date Lunch in the activity room or private dining room. They have the same menu as the main dining room, but they are comfortably seated at a private table and given a menu like a restaurant. The couples can enjoy the meal without the hustle and bustle that are common in the main dining room. Flowers on the table are always a nice touch. This can also be modified for an anniversary and can include a small wedding cake and special picture borrowed from a family member.

■ HORSESHOES AND HAND GRENADES

Tara Weiss, Greenville Glen Assisted Living, Greenville, SC

My gentlemen are often hard to engage, so we set up half of a horseshoe pitch so they can play horseshoes and other games. A set of horseshoes in a bucket and equipment for the other games are stored nearby. A scoreboard that they can write on is also there. We added a bench for players and/or spectators to sit on. When we hear the clink of horseshoes, a member of the staff goes out to judge and help, as needed. We tally the leader board weekly, and the winner receives a horseshoe trophy. Pictures of the winner or players are posted.

Here are the other games the men like to play:

- **Cornhole Toss** Storage is needed for the eight bags.
- **Washer Toss** The washers fit in a box for storage.
- **Ladder Golf** Storage is needed for the rope balls.
- **Bocce** The game uses a similar pitch as horseshoes without the stake.

The men can play horseshoes or the other games whenever they want to. Rules for each game are posted on the back of the scoreboards. The game area is near the smoking area where the men seem to congregate, even if they don't smoke. The games could also be in any outdoor location seen from a porch. The landscapers may need to be consulted if you have a sprinkler system. One of my gentlemen likes the name of the activity because he says, "Close is only good in horseshoes and hand grenades."



■ MATH BINGO

Regina Kennedy, CTRS, Maine Center for Integrated Rehab, Brewer, ME

Math Bingo is a new twist on a classic game. This game was created with the input of a few of my patients during a Game Development Group in an effort to "get the bingo excitement," but with an added challenge and more skills being required of the players. The game card was created based on potential sums of five dice and a maximum sum of 30. To increase the challenge, the traditional free space is replaced with three common sequences of the rolled dice we call specialty squares (as described below), and when one is rolled, players with that square can cover it with a chip. Here are descriptions of the specialty squares:

Large Straight The caller rolls the five dice in sequence of five numbers, one through five or two through six.

Small Straight The caller rolls the five dice in sequence of four numbers.

Full House The caller rolls three dice that are the same number and two dice that are the same but are a different number from the three dice.

Editor's Note: For a blank bingo card, visit www.creativeforecasting.com and click on Frequent Requests, then scroll down to Blank Bingo Card.

Equipment Needed: five dice, bingo chips, Math Bingo cards

Object of the Game: The goal of the game is to be the first player to place five chips in a row on the game sheet. Bingos may be vertical, horizontal, or diagonal. Four corners do not count as a bingo for this game.

Skills Used: Problem solving, simple addition, social skills, fine motor coordination, sequencing, and visual scanning

How to Play:

1. The caller rolls all five dice at once.
2. Caller adds all five dice and informs players of the sum.
3. Each player looks for the called number on his or her card and places a chip on it if it's there. Only one chip can be placed on each player's card per turn.

Variation 1: To extend play, two bingos can be required of a player in order to win. A player may only use one box from his or her previous bingo for the second bingo.

Variation 2: Players may roll the dice for themselves, one at a time and add up the numbers instead of having a designated caller.

Math Bingo				
24	21	9	18	12
19	13	7	28	17
11	23	Full House	16	10
26	8	25	29	22
15	20	6	27	14

■ GIANT MARBLES

Staff, Grandway Adult Day Program, South Burlington, VT

Giant Marbles is a game that was developed based on our clients' memories of playing marbles as children. It moves quickly from player to player, so people stay engaged.

Ask participants to sit in a circle. We set up the playing area on the floor by laying red yarn in a circle with a diameter of 12" - 18" (depends how many people are participating). Red yarn works for us because it is easily visible and clings to the carpet, and the balls we use roll over it easily. We put 14 wiffle balls in the middle of the circle. These are the "marbles." The "shooter marble" is a rubber ball the size of a volleyball. The first player rolls the shooter marble (rubber ball) towards the marbles (wiffle balls) in the circle, trying to knock one or more of them out of the circle. If the person succeeds, the marble(s) that went outside the circle is awarded to that player who keeps it near his or her chair. A staff member collects the shooter marble promptly after each person's turn to keep the game moving. Play proceeds to the person to the right of that player, and so on around the circle. Play continues until all the marbles are out of the circle. Keeping score is optional. When we keep score, we award one point for each marble won, plus one point to each person for playing.

Note: We have played with the variation of an additional roll of the shooter marble for each marble won before play goes to the next person. That slowed down play significantly, and occasionally, the game was finished before everyone had a turn. We find that people stay engaged better when play moves after each person has only one roll, regardless of the outcome.

■ GETTING TO KNOW YOU

*Amanda A. Newsome, Activity Coordinator,
Virginia Beach, VA*

The Getting to Know You activity is done every Wednesday for each new client or on a day the person comes. We begin at 10 a.m., and the activity lasts 30 minutes. Here is what we do:

- ✓ The person is introduced.
- ✓ The group sings the song, *Getting to Know You*.
- ✓ Information about the person is shared using the Getting to Know You Questionnaire that is filled out previously by the person, caregiver, and/or family members. (See the following questionnaire.)
- ✓ We have a question and answer time so all the clients can ask the new person questions.
- ✓ Play the person's favorite song.

- ✓ As a group, write an acrostic of the person's name using positive adjectives. For example, for the name AMY an acrostic could be A for Adorable, M for Magnificent, and Y for Youthful. (Make two copies of the acrostic - one to give to the person and one to keep in his or her file.)
- ✓ Ask everyone to greet the person by saying "Hello (or Good morning), name of person!"
- ✓ Sing for *He's (She's) a Jolly Good Fella (Lady)* to the person.

GETTING TO KNOW YOU QUESTIONNAIRE

- 1) What city do you currently live in?
- 2) What city and state (country) were you born in?
- 3) What city and state (country) did you spend most of your childhood?
- 4) For your education, what high school did you attend? What college or university did you attend and what degree did you earn?
- 5) What is your current marital status?
- 6) Did you serve in the military? If so, what branch and rank did you achieve?
- 7) How many child(ren) do you have? How many grandchild(ren) do you have? How many great-grandchild(ren) do you have?
- 8) Did you have a career? If so, what was it?
- 9) Where have you traveled?
- 10) What were your hobbies and interests when you were young? What are your hobbies and interests now?
- 11) Share an interesting story, accomplishment(s), and/or award(s) that you received.
- 12) Do you have a pet? If so, what type of animal is it and what is his or her name?
- 13) What type of music do you enjoy?
- 14) What is your favorite song?

■ INDEPENDENT SCAVENGER HUNT

Dawn Lazo, Forest View Adult Day Care Center, Inwood, NY

This activity gives registrants a reason to walk through the entire center, and it will make them more aware of their surroundings.

Size of Group: Unlimited

Equipment: Paper and pen

Objective: Registrants move throughout the center for physical activity, and they become more aware of their surroundings.

Description: Staff walks through the center and makes a list of about 15 items (i.e., picture of a U.S. flag, trash can, exit sign). Rewrite the list, so they are in a different order and leave a blank beside each item so registrants can write a location. People who turn in lists with correct answers receive prizes, but everyone who turns in a sheet gets something. **CF**