

2016 NATIONAL NURSING HOME WEEK CONTEST WINNERS

Creative Forecasting is pleased to announce the winners of our 23rd Annual National Nursing Home Week Contest. Their activities are in the May 2016 issue of Creative Forecasting on pages 13 - 15

WINNERS

*LUCKY YOU SPECIAL DINNERS - Barbara Ritchey, Lifestyle Coordinator, Sugar Creek Assisted Living, Troy, MO

*WEEKLY CHALLENGE BOARD - Rebecca Finnegan, Activity Coordinator, Main Street Manor c/o Russell Regional Hospital, Russell, KS

*VIVA LAS VEGAS THEME WEEK - Tina Senecal, Activity Director, Ballou Home for the Aged, Woonsocket, RI

*TEAM CARE CHALLENGE - Loretta Hartin, Activity Director, Hibbard Skilled Nursing Facility, Dover-Foxcroft, ME

*CHEERFUL JARS - Christine Ann Harper, CNA, Activity Aide, Hawthorne Inn, Danville, IL

*REMINISCING JAR GAME - Christine Ann Harper, CNA, Activity Aide, Hawthorne Inn, Danville, IL

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

23rd ANNUAL NATIONAL NURSING HOME WEEK CONTEST

NATIONAL NURSING HOME WEEK®

May 8 - 14, 2016

“It’s a Small World with a Big Heart”

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 through the following Saturday.

The 2016 theme is “It’s a Small World with a Big Heart.” According to the AHCA, “Every skilled nursing care center is a small, vibrant world. Care centers are sharing, welcoming communities that encourage everyone to interact with the wonderful folks who populate it. During National Nursing Home Week, care centers nationwide take pride in publicly honoring the indomitable spirit of residents and recognizing staff who face each day with a sense of purpose and compassion. The theme underscores the bond between staff, older adults, and individuals receiving therapies or with developmental disabilities. Staff and residents view each other in the spirit of family. For staff, this reality is often a calling to a special mission and a life’s work.”

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 February. 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

LUCKY YOU SPECIAL DINNERS

Barbara Ritchey, Lifestyle Coordinator, Sugar Creek Assisted Living, Troy, MO

Each month we draw a resident’s name. This person chooses a meal of his or her favorite foods and a person to dine with in our private dining room or the Ozark Room which is located at the back of our building. I prepare the meal for them, and the table is set with a special tablecloth, centerpiece, and dishes. Music of choice is played softly in the background. While the resident and his or her guest enjoy their beverages, I serve the meal.

Last month, the resident chosen shared her special meal with her husband who is in our memory care building next door. They toasted each other with glasses of white wine, ate their favorite meal, and even got up to share a dance. What a beautiful evening it was for them!

WEEKLY CHALLENGE BOARD

Rebecca Finnegan, Activity Coordinator, Main Street Manor c/o Russell Regional Hospital, Russell, KS

The staff members of our hospital participate in weekly challenges that are fun, encouraging, and healthy. There is a Challenge Board in the dining area with different challenges each week. As individuals complete each challenge, he or she writes his or her name on a completion paper and the names are submitted for a chance to win a mystery surprise.

Some of the past challenges include saying hi to or smiling at everyone he or she meets, putting an encouraging phrase in an unexpected place (The quote "Life is not trying to get through the storm but learning how to dance in the rain" was hanging on a piece of paper from the hallway clock.), using stairs when possible, taking a longer walk route in the facility, eating something healthy (that the person wouldn't normally eat), performing a random act of kindness, walking a mile, laughing - posting or telling someone a joke (My favorite one I heard was "What do you do if attacked by an angry group of circus performers? Go for the juggler!"), and foregoing refined sugar for one day (not too many completed this challenge).

It's healthy to be challenged in this way, and I encourage each facility to participate in something like this.

VIVA LAS VEGAS THEME WEEK

Tina Senecal, Activity Director, Ballou Home for the Aged, Woonsocket, RI

Our National Nursing Home Week theme at Ballou Home in 2015 was Viva Las Vegas. Decorations were black and red with dice and playing card balloons. Residents and staff wore black and red beads, feathered party hats, and homemade pins made of miniature playing cards and poker chips. The week began with an unplanned event that happened on Mother's Day. The entertainer scheduled to come on that day called two days earlier to say he was in the hospital. I had to think quickly about what to do instead, as there was no one else to take his place. My lead volunteer came in dressed in a tuxedo at breakfast, and we went around with a cart and served mimosas (chilled orange juice and champagne). We also gave each resident a single pink rose in a vase and handmade card from the local high school French club, written in French. (The majority of the residents are French-Canadian.)

We had several casino days and played roulette on a roulette wheel and slots on a tabletop slot machine, and rolled giant size blow-up dice. The prizes for the winners of all the games were dollar bills. We had a happy hour with Vegas-style music, an armchair travel show watching a DVD tour of Las Vegas, and a live Vegas-style show performed by a local theatre company. On some of the days during the week, the activity department hid a queen of hearts card with a message on it for the staff to find and return for a gift card.

TEAM CARE CHALLENGE

Loretta Hartin, Activity Director, Hibbard Skilled Nursing Facility, Dover-Foxcroft, ME

In 2013, the theme designated by the American Health Care Association for National Nursing Home Week was "Team Care." Our activities department decided to start a Team Care Challenge in our facility. The challenges are always geared towards promoting teamwork and encouraging positive interaction with other staff members and residents of the facility. They are also meant to be fun. Staff teases and jokes with each other and encourages residents to play along with their teasing throughout the week of competition. They formed teams using members from all shifts or from different departments.

In 2015, we decided to make the teams smaller and had four members per team. This worked very well, and there were nine teams that signed up as a result. Each team was asked to choose a captain and name the team then were given a list of challenges to complete to earn points towards winning a team prize. (The prize was a certificate to a pizza place.) This was the third year of our Team Care Challenge, and staff and residents enjoy it! Each challenge earns a certain number of points, and the team with the most points wins. Here were 2015's challenges:

Challenge 1 - Scavenger Hunt

Teams had to take photographs of 22 items on a list and give the pictures to the activities department. (We used these for a picture hunt for our residents at a later date.)

Challenge 2 - Walk-a-thon

Staff and family members walked two miles and donated one dollar each. (This money went into the activity fund for residents.)

Challenge 3 - Bake Sale

Team members donated and purchased items from a bake sale that was held each day of National Nursing Home Week. (The proceeds went into the activity fund for residents.)

Challenge 4 - Spelling Bee

Team members signed up to participate in a spelling bee. This was held in the evening, and residents were invited to attend.

Challenge 5 - Coins

Team members collected coins with birthdates of famous musicians and then donated the coin sets to the activity fund.

Challenge 6 - Musical Instruments

Team members built and played musical instruments for residents for one minute. Staff also received bonus points for writing and singing songs. The residents found this to be hilarious.

Challenge 7 - National Nursing Home Week T-shirts

Team members were asked to wear T-shirts with the nursing home logo on any day of the week.

Challenge 8 - Residents to Activities

At least one team member had to assist residents to activity programs every day of the week.

Challenge 9 - Hello to Residents

Team members were asked to visit every resident to say hello and leave a sticker on the sheet on his or her bulletin board. (All of the residents had a sheet provided; some wanted to have the sheets at their bedsides to collect the stickers.)

Challenge 10 - Autographs

Team members were asked to get autographs from all eight musicians that were performing in the facility throughout the week.

CHEERFUL JARS

Christine Ann Harper, CNA, Activity Aide, Hawthorne Inn, Danville, IL

Residents made Cheerful Jars and filled each one with wrapped candy or other items of choice. They were ready to give to people to brighten their days.

Materials:

- empty and clean baby food jars
- self-stick glitter tape
- Aleene's® Clear Gel Tacky Glue™
- embellishments such as jewels and other small craft items

Preparation:

Take the label off each baby food jar. Soak them in water, if necessary. Let dry completely.

Procedure:

- 1) Peel off the backing of the glitter tape and wrap it around the baby food jar evenly. Repeat this step twice including wrapping it around the lid of the jar.
- 2) Squeeze the Tacky Glue on areas of the jar where embellishments will go.
- 3) Place embellishments on top of the glue and press firmly in place. Let dry for at least 15 minutes.

REMINISCING JAR GAME

Christine Ann Harper, CNA, Activity Aide, Hawthorne Inn, Danville, IL

The object of the game is for each resident to reminisce about items that are in the jar. This activity can be done with individuals in skilled nursing settings, memory care, and assisted living settings and adult day care centers.

Materials:

- different sizes of empty and clean plastic jars (to make a variety of games)
- felt stickers
- miniature-size items
- items for sensory stimulation such as fabric pieces, pictures cut out of magazines and greeting cards, noisemakers

Procedure: Fill the jars with various items.

How to Play:

Ask the residents to sit around a table. Show the participants the jar and explain how to play the game. One at a time, a person can choose an item or picture from the jar and talk about what it is and what it reminds him or her of. When the resident is finished, he or she places the item or picture back into the jar and passes it to the next person. CF