

2016 ADULT DAY SERVICES & ASSISTED LIVING WEEK
CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 21st Annual Adult Day Services & Assisted Living Week Contest. Their activities are in the September 2016 issue of Creative Forecasting on pages 13 – 15.

WINNERS

*TISSUE PAPER TRANSFER ART PROJECT –Alexandra Godfrey, AP-BC, Rosewood on the Sound, Bayville, NY

*GREAT AMERICAN SOUP COOK-OFF – Kathryn Dillon, Director of Activities, Audubon Villa, Lititz, PA

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

**YOUR MEMORY LANE* – Barbara Lopez, Recreation Coordinator, Plantation Estates, Oak Bridge Terrace, Matthews, NC

*STICK CLUB – Mark Meehan, TRS, The Cedars Assisted Living, Madrid, IA

*PICTURE TALK – Ruby C. Moon, Activity Director, Grandwood Assisted Living, Grove, OK

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

Adult Day Services & Assisted Living Week Contest Winners

21st ANNUAL NATIONAL ASSISTED LIVING WEEK® September 11 - 17, 2016 “Keep Connected”

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 2016 theme is “Keep Connected.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site: “The 2016 theme, ‘Keep Connected,’ recognizes the increasing opportunity technology can offer to enhance the care and overall experience in assisted living communities.

‘Keep Connected’ encourages assisted living communities to support opportunities for residents to use the latest communication tools to engage with the world around them. The theme aims to help overcome the myth that seniors are not interested in using or do not have the ability to learn new technologies.

Furthermore, ‘Keep Connected’ acknowledges the myriad of ways assisted living staff and supporting business partners are revolutionizing the care provided in these communities through innovations in technology. As a profession rooted in person-centered care, assisted living can further this focus by embracing tools that fit the needs and preferences of the individuals they serve. However, ‘Keep Connected’ is about more than technology. In a world where people are constantly looking at screens, assisted living reminds us that sometimes the best relationships are formed face-to-face. For many staff members, residents become family, and this bond can never be broken. Meanwhile, assisted living communities are an integral part of the larger community. Staff cultivate connections with local families, business owners, government organizations, community organizers, and others to ensure that residents remain an active part of where they call home.”

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: 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 and appears on page 31. 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.

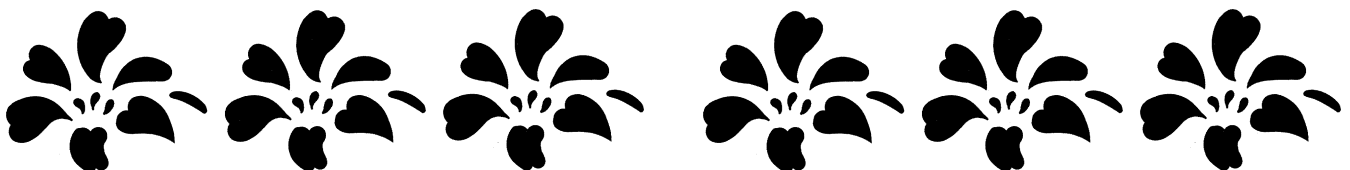


33rd ANNUAL NATIONAL ADULT DAY SERVICES WEEK

September 18 - 24, 2016
“Innovation in Adult Day Services”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2016 theme is “Innovation 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: 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 21st 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

■ TISSUE PAPER TRANSFER ART PROJECT

Alexandra Godfrey, AP-BC,

Activity Director, Rosewood on the Sound, Bayville, NY

Tissue Paper Transfer Art Project is an easy activity and suitable for all residents. I have found it works particularly well with residents who have dementia. There is no right or wrong way to do this art project.

Materials:

- colored tissue paper
- scissors
- white canvas (8" x 10" is a good size for each one)
- spray bottles filled with water
- latex or non-latex gloves

Procedure:

- 1) Cut or tear (for those who can't use scissors) the tissue paper into strips or other shapes (i.e., circles, squares, hearts, triangles).
- 2) Use the spray bottle to wet each piece of canvas.
- 3) Place the pieces of tissue paper on top of the canvas completely covering it. It is okay for the pieces of tissue paper to overlap.
- 4) Spray more water on top of the tissue paper on the canvas and wait 20 to 30 minutes.
- 5) With gloves on remove the wet tissue paper and let the canvas dry completely.

The colors from the tissue paper will transfer onto the canvas making a beautiful mosaic-like work of art.

■ GREAT AMERICAN SOUP COOK-OFF

*Kathryn Dillon, Director of Activities,
Audubon Villa, Lititz, PA*

Our residents often state that the food they eat at our facility is just "not homemade" or "not like I would make it." We asked them to volunteer to be judges in a Staff Soup Cook-off. Staff brought in Crock Pots® of their favorite homemade soups. The residents judged them on flavor, ingredients, saltiness, and broth richness. The grand prize winner received a wooden spoon that had been painted gold with a blue ribbon tied on.

The residents are eager now to have a Resident Soup Cook-off. A resident or team of residents will pair up with a staff member and make soup from old family recipes. The residents who are not cooks will serve as judges. They are already looking forward to it and planning which of their favorite recipes to use.

■ AWARDS CEREMONY

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

In June of every year we celebrate the anniversary of our program. Along with the usual cake, we decided to add an Awards Ceremony. Every participant received an award certificate and small plastic trophy. Some examples of the awards that were given were Green Thumb Award - for always keeping the plants watered, Champagne Award - for the most sparkling personality, Biggest Fan Award - for the New York Yankee's lover, and Welcome Aboard Award - for the newest participant.

We announced the awards, one at a time, and people guessed who it was for. There was a lot of laughter and applause. After receiving the award each participant walked over to the photo shoot area, holding his or her certificate and trophy and wearing a large smile.

It was surprising how a paper certificate and small plastic trophy could transform a common activity into a very special event. I knew it was successful because when the day was over all the participants took their awards home. We all need to know that we are appreciated and thought highly of and a great way to do that is to have an Awards Ceremony.

■ YOUR MEMORY LANE

*Barbara Lopez, Recreation Coordinator,
Plantation Estates, Oak Bridge Terrace, Matthews, NC*

I came up with an activity called *Your Memory Lane*. Before the activity, I ask my assisted living residents to tell me the addresses of their previous homes or I call their family members to ask them for the addresses. I hook up my tablet up to our big-screen TV and go to Google® Earth (www.google.com/earth), type in addresses, one at a time, to bring up the locations then zoom in on the satellite images. It is amazing to see the residents' faces as they recognize the homes where they grew up or later lived and what they say as they share their memories. "Oh wow, that big tree is still there, and Dad built us a treehouse" and "We used to play hopscotch on that driveway" are some of the comments that were heard the first time I did this. ☺

What's even better is that you can pan the neighborhoods. Many residents can recall their neighbors' names and share memories of their antics growing up. One of the ladies had several homes and remembered the address of each one and was amazed at the changes to her neighborhoods. Another resident was so excited she jumped up and stood in front of the TV directing me to "Go right, go right because there's a hill, and my friends and I used that as a shortcut to school."

We also pan the towns and show them new and old buildings which really sparks conversation among the residents (i.e., stores where they purchased their groceries or clothing, cost of goods back then, ice cream parlors, boyfriends or girlfriends).

I know with my group, visuals are everything and seeing pictures and videos on the big screen is a real plus for them. You can go as far as your imagination lets you!

■ STICK CLUB

Mark Meehan, TRS, The Cedars Assisted Living, Madrid, IA

Stick Club is a fitness group that we started as a way to break out of our normal exercise routine. At The Cedars, fitness is a focal point of our weekly activities in order to keep our residents healthy, mobile, and motivated to go out and do the things they love. Stick Club offers more than just normal exercise. The participants learn dance moves set to music which stimulates their minds and improves their memory. Other benefits include increased mobility, reduced risk of injury, camaraderie, teamwork, creativeness, mood enhancement, and just plain fun. The goal is for residents to perform for special events and eventually in the community at churches, schools and/or other assisted living communities and nursing homes.

To start this program you will need sturdy sticks about a yard in length, music the residents want to dance to, and imagination. We videotaped some of our dance moves and posted the video on YouTube®. Visit www.youtube.com/watch?v=h4vWOVHA3Ac or search for The Cedars Assisted Living - Lean on Me. All of the dance moves shown in the video were made up during our practice sessions, and the residents were encouraged to come up with some of their own. For anyone looking to spice up your exercise program, Stick Club is an effective and inexpensive way to do it! Please, check out our video on YouTube®!

■ PICTURE TALK

Ruby C. Moon, Activity Director, Grandwood Assisted Living, Grove, OK

Picture Talk is one of my residents' favorite activities. At the end of each year, I collect old calendars from the residents. I cut and trim the beautiful photos of flowers, scenery, birds, etc. To make each Picture Talk board I place two of the pictures together back to back and laminate them. Laminating keeps them from getting damaged, and they are easier to keep clean. During each Picture Talk activity, residents sit in a circle, and I hand each person a picture, and the fun begins! The memories start to flow, as well as the laughter as they reminisce. It's a great way to stimulate conversation. It also is a great icebreaker when introducing our newer residents and a useful tool that allows me and other people to get to know them better.

In our Memory Care unit, I'll read short stories that go along with the photos. Even if the residents are unable to verbalize what they're thinking, I can tell by their smiles that they're enjoying great memories. Sometimes, we'll play quiet background music, too. This is a great way to recycle old calendars, as well. **CF**



Creative Forecasting®
Activity Planning Simplified®

**Members
Online Content**

**New for
Subscribers!**

**Announcing:
Creative Forecasting®
Online Content!**

**Awesome
Addition!**

**Available & complimentary
for active magazine subscribers!
Visit www.creativeforecasting.com,
Click> Online and register
today. Your customer number is on the
mailing label next to the expiration date.**

Register Now!