



## **ADULT DAY SERVICES & ASSISTED LIVING WEEK CONTEST WINNERS**

### **23<sup>rd</sup> ANNUAL NATIONAL ASSISTED LIVING WEEK®**

**September 9 - 15, 2018**

**“Capture the Moment”**

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 2018 theme is “Capture the Moment.”

Here is information about the chosen theme according to the National Center for Assisted Living's web site: “ ‘Capture the Moment’ is this year's theme for National Assisted Living Week (NALW), which hopes to inspire residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflection, as residents may look back on the pivotal moments in their lives. With the theme's word play referencing photography, residents may refer to pictures or videos from their past.

The theme also aims to remind assisted living staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Assisted living communities across the country are encouraged to organize activities and events during NALW that help residents celebrate their past while also enjoying the present.

In the announcement of the theme, NCAL Executive Director Scott Tittle said, ‘We want this year's National Assisted Living Week to help overcome the stigma that older adults in assisted living communities, and other settings for that matter, don't have a purpose in life anymore. No matter your age, we should all be living life to its fullest. Assisted living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring their individuality.’ ”

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

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### **35<sup>th</sup> ANNUAL NATIONAL ADULT DAY SERVICES WEEK**

**September 16 - 22, 2018**

**“Advocacy in Adult Day Services”**

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2018 theme is “Advocacy 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](http://www.nadsa.org) for more information. Here's additional contact information: e-mail: [info@nadsa.org](mailto: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 23<sup>rd</sup> 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

### BAR HOPPING

*Tara Weiss, Activity Director, Lakewood Senior Living, Boiling Springs, SC*

We pick two “bars” a month, set them up, and the residents and family members have a grand time. We might create a fruit salad bar, salad bar, taco bar, ice cream sundae bar, potato bar, pasta bar, or pie bar. Your bar can be as fancy or as simple as you want. For example, for a fruit salad bar, you can have bowls of prepared fruit (i.e., apples, grapes, pineapple, melon, berries, mangos, cherries), and the participants can create their own fruit salads. Have toppings of yogurt, walnut pieces, coconut, and/or cottage cheese available, as well. The residents are encouraged to submit requests. This activity incorporates sensory stimulation, multigenerational involvement (with family members), and social and life skills (giving them a chance to create their own snacks / meals). The play on words with the name brings curious family members and staff with more suggestions of their own to integrate.

### PHANTOM OF THE OPERA DINNER THEATER

*Marcea McCallister, Life Enrichment Coordinator, Mount San Antonio Gardens -  
Oak Tree Lodge Assisted Living, Pomona, CA*

This event was created with our residents and their families as they wanted to have an opera or dinner show. We chose the theme of “Phantom of the Opera” because we had shown the video and had a small bingo party with that theme a few years ago. I found several songs on YouTube®, and the *Phantom of the Opera* movie theme song was selected. We found two people who volunteered to be the Phantom and Christine.

The costumes consisted of a large cape that was hand sewn from a Halloween costume and a vintage gown from a thrift store, matching both of them to the video as close as we could. I purchased a mask and black gloves from a party store.

Battery-operated candles were placed on each dining table and around the room. Red silk roses, purchased from a dollar store, were put in vases and adorned each table. We also had masks that we cut from white foam and attached red ribbon streamers to and printed sheets of the theme song. We served red velvet cupcakes with printed pictures of the phantom. (The pictures were cut and glued onto tiny straws and inserted into each cupcake.)

We used a large screen TV on the wall in our dining room to show video clips from the *Phantom of the Opera* movie starring Gerard Butler and Emmy Rossum. (You can use a screen and a projector hooked up to a laptop with Internet access to show the clip from the movie.) The volunteer who played Christine stood in front of the screen in the dining room. The lights were lowered. The theme song began for a brief minute with a video clip showing their hands. The volunteer who played the Phantom came into the dining room from a side door with a battery-operated candle in his gloved hand and a rose. He swooped across the room, holding the candle out, looking for Christine. He went from table to table and got close to each resident searching for her. They became a part of the performance!

The Phantom finally arrived at the front of the room where Christine was waiting. The video began again, and he took her hand. They danced around each table, lip syncing to the song. He twirled her, and she spun in her flowing gown. Audience members saw a close-up performance at each table. This lasted to the end of the video. The Phantom and Christine arrived at the front of the room. He gave her the rose, and he bowed and she curtsied. After dinner, the Phantom and Christine went to each table for pictures.

This event was such a success that we have done other dinner shows.

## PLACE MAT CREATIONS

*Karen McKeon, CTRS, Lewinsville Adult Day Health Care Center, Falls Church, VA*

This simple, yet interactive activity can be done and used daily, weekly, monthly, or anytime. Nearly all adult day centers use paper place mats during lunchtime. We make our own place mat creations. During a small group activity, participants cut out pictures from magazines, newspapers, catalogs, old cards, calendars, clip art, and sometimes images from the Internet. These pictures are used to decorate our place mats using particular themes. This project encourages interaction while preparing them and during lunchtime while using them.

### THEME / PICTURE SUGGESTIONS BY MONTH

**January:** New Year's Day, Martin Luther King, Jr., Chinese New Year (month may change)

**February:** Groundhog Day, Valentine's Day, Presidents' Day, Mardi Gras (month may change)

**March:** St. Patrick's Day, International Women's Day, Purim (month may change), spring

**April:** April Fools' Day jokes, Passover (month may change), Easter (month may change)

**May:** Cinco de Mayo, Mother's Day, Memorial Day

**June:** Father's Day, summer

**July:** Canada Day, Independence Day, vacation spots

**August:** County and state fairs, National Aviation Day, Hawaii Day

**September:** Labor Day, back to school days, Patriot's Day, fall, Oktoberfest

**October:** Canadian Thanksgiving, Columbus Day, Halloween

**November:** Election Day, Remembrance Day, Veterans' Day, Thanksgiving

**December:** Hanukkah (month may change), Christmas, winter, New Year's Eve

### Variations:

- › Place mat pictures can include coloring pages that have been completed by participants.
- › Paint the place mats (particularly if they are white).
- › Add poems, verses, or jokes on the place mats that can be shared.
- › Add horoscopes on the place mats that can be shared.

## ANNUAL DOG SHOW

*Rita Clarke, Intermissions Program Coordinator, Riderwood Village, Silver Spring, MD*

The Riderwood community is comprised of a lot of dog lovers who simply love to show off their furry babies. About three years ago, we started having an annual Dog Show within our activity space. Although the space is small (converted two-bedroom apartment), we can comfortably accommodate about seven to nine dogs, their owners, participants of our social day program, staff members, and a person from our in-house TV station (to videotape the event).

About six weeks prior to the Dog Show, we make announcements on our TV station, as well as in the community newspaper asking for well-behaved dogs of any breed (mixed or purebred) and their owners to be involved. The dogs are screened to make sure the animals behave well with other dogs and people and to make sure the owners have a proper handle on their pets.

A few days before the event, we purchase a large bag of small-sized dog treats and bags to put them in and make a certificate for each dog as thank-you gifts for the participants. We also print a dog show program with the dogs' and their owners' names.

On the day of the Dog Show, we clear out our space after lunch and line up chairs for the audience. The event is held from 2 to 3 p.m., and the dogs and owners arrive about 10 minutes prior to show time. Once all the dogs and owners are situated, we ask them to parade around the room then stand off to the side until they are called, one by one, into the middle of the room. Each owner shares information about his or her dog and has the dog perform tricks the animal may be able to do. We encourage questions from the audience.

At the end of the show, each owner is given a doggie treat bag and certificate for participating in the event. In about a week, the Dog Show airs on the TV station for the rest of the community to see. The event is always well-received, and the residents love being able to show off their furry children!

### **THE POND**

*Colleen Acker, Senior Center Coordinator, Barry County Commission on Aging, Hastings, MI*

I created this game for our Adult Day Care Program. You can be creative by adding more directives, adding art to the lily pads, or even changing the style of play to one at a time. Tailor it to fit your group and resources.

**Number of Players:** 3 to 10 (Can have more if you adjust the number of plates and playing pieces)

#### **Object:**

The object of the game is to get the most points. The game ends when the lily pads are gone.

#### **Supplies:**

- 20 - 25 green paper plates (Preferably white on the bottom)
- black permanent marker (Other colors too if you want to get creative)
- playing pieces such as colored frogs, ducks, beanbags, or washers (Can use anything with a little weight as long as each player has a different color)

#### **Set Up:**

Write the directives (see the following directives) and numbers for points (five or 10 are easiest for scoring) on the bottom of the plates (lily pads). You can decorate the tops to look like lily pads, if you wish. Lay the plates on the floor, color side up, in a loose circle. Ask participants to sit in a circle around the pond of plates.

#### **Directives for Lily Pads:**

- › Eaten by a Fish **OUT OF THE GAME**
- › Double Dip **TAKE EXTRA TURN**
- › Pesticide **SIT OUT ONE TURN**
- › Seaweed Tangle **LOSE ALL POINTS BUT STAY IN THE GAME**
- › Dam! The Beaver Needs More Sticks! **TAKE FIVE POINTS FROM ANOTHER PLAYER**
- › You're Bait! "Cast" for Another Player **CHOOSE ANOTHER PLAYER TO THROW FOR AND BOTH PLAYERS GET WHATEVER IS LANDED ON**

#### **Play:**

After a count of three, ask participants to throw their playing pieces to try to land on lily pads (paper plates). If a person's playing piece has landed on a lily pad, turn it over to reveal a directive and points. Read the directive and follow the instructions. Tally points, as needed, and then the lily pad is taken out of the game. If a player's playing piece does not land on a pad, there is no action or score.

### **SEPTEMBER - NATIONAL PIANO MONTH**

*Penny Sacksteder, Life Enrichment Coordinator Retired, Brethren, MI*

Music is one of my favorite things. When I saw Michelle William's Opportunities for Individuals with Memory-impairment article, "Piano Time," about September being National Piano Month (September 2015 issue on page 17), it caught my eye. Of the six activity ideas Michelle listed, we had been doing five at Green Acres Retirement Living in Manistee, MI. I was happy to try number six - "Ask staff, family members, or volunteers to bring in a keyboard (if you don't already have one), and give participants an opportunity to express themselves by playing some notes."

Since our baby grand piano was off limits for most people, I brought my keyboard as the article suggested and invited people to play. I was pleasantly surprised how many were willing to "perform." Some residents needed encouragement by my offering to play along with them. When I showed them some of the tunes

were programmed, one 99-year-old really got into acting like she was actually playing. For fun, we “played” a few more favorites.

To prolong the celebration of National Piano Month, I set up the keyboard and put a few chairs nearby in a spot in a central location. A sign posted said, “September is National Piano Month. Please feel free to play a tune at any time.” During the next few days, we found talent in residents, staff and family members, and other visitors. To keep interest in the keyboard, now and then, I would play one of the programmed pieces as residents were gathering for a meal or activity. CF