

2018 NATIONAL SKILLED NURSING CARE WEEK CONTEST WINNERS (Formerly National Nursing Home Week Contest Winners) Creative Forecasting is pleased to announce the winners of our 26th Annual National Skilled Nursing Care Week Contest. Their activities are in the May 2018 issue of Creative Forecasting on pages 15 - 17

WINNERS

*S.S. BALLOUR CRUISE SHIP – Tina Senecal, Activity Director, The Ballou Home, Woonsocket, RI

*CREATIVE ARTS CAMP – Kathryn Richards, ADC, St. Catherine of Siena Health Care, Caldwell, NJ

*ALIVE WITH THE SOUNDS OF MUSIC – Sallie H. Barton, Attleboro, MA

* SHOWCASE OF THE DECADES – THE SPIRIT OF AMERICA – Michael R. Fox, MPS, ATR-BC, LPC, Director of Activities, Seton Manor Nursing and Rehabilitation Center, Orwigsburg, PA

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

**NATIONAL SKILLED NURSING
CARE WEEK®
May 13 - 19, 2018
“Celebrating Life’s Stories”**

National Skilled Nursing Care Week® (NSNCW) is formerly known as National Nursing Home Week®. NSNCW provides an opportunity to recognize the role of skilled nursing care centers in caring for America’s seniors and individuals with disabilities. It was established by the American Health Care Association (AHCA) in 1967 and always begins on Mother’s Day and continues through the following Saturday.

The 2018 theme is “Celebrating Life’s Stories.” According to the AHCA, “The theme, ‘Celebrating Life’s Stories,’ serves as a tribute to life’s most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff, and volunteers in long term and post-acute care.

“From May 13 - 19, 2018, centers will be encouraged to collect individual narratives to cultivate a shared sense of purpose at the center and in the surrounding community.”

Visit www.ahcancal.org/events/national_skilled_nursing_care_week for more information and www.facebook.com/NationalSkilledNursingCareWeek. Member communities will be mailed the product

catalog and planning guide in February. For non-members, they can be downloaded free of charge from the web site. AHCA encourages the use of the hashtag #NSNCW in social media posts.

We are excited to present the winners of *Creative Forecasting's* 25th Annual National Skilled Nursing Care Week Contest. Thanks to all those who sent entries! These winning entries can be adapted for all settings.

WINNERS

S.S. BALLOU CRUISE SHIP

Tina Senecal, Activity Director, Ballou Home, Woonsocket, RI

We had a cruise ship theme for our National Nursing Home Week Celebration. Our home was decorated in a nautical theme, right down to pendant flags hanging from the hallway ceilings. Every day, staff and residents dressed up in tropical and nautical clothing. We made *S.S. Ballou* T-shirts with anchors on them for staff members, and the head chef wore a captain's hat all week. Our elevator was decorated with a tropical beach backdrop and used as a photo booth, and balloons around the community were boat anchors and four-foot-tall palm trees.

At the beginning of the week, each resident and staff member was given a boarding pass with a suite number on it, and the port destinations were listed (St. Thomas, Florida Keys, Hawaii, San Juan, Newport, RI). Each day, numbers (used on boarding passes) were called for people to win prizes. Staff members of the first and second shifts were invited to participate in seashell hunts (clam shells with dollar bills in them were hidden around the community). We raffled a handmade nautical blanket with tickets going for a dollar each. Those dollars were used in the seashell hunts.

Each day, travel guides from a local travel agency presented information about our destinations. Entertainment included a steel drum player, a saxophone player (for the Florida Keys), and a theater group (for Hawaii).

The meals were prepared by dining services according to where we were in port for the day for residents and staff to enjoy together. We also served tropical happy hour drinks.

On the last day of the cruise, we returned to Rhode Island. The residents watched a presentation of the "Newport Mansions." A fancy Captain's Dinner was held with souvenir napkins and cups with the *S.S. Ballou* logo on them.

CREATIVE ARTS CAMP

Kathryn Richards, ADC, St. Catherine of Siena Health Care, Caldwell, NJ

During the summer, we held a two-week Creative Arts Camp for our residents. Our staff members wore T-shirts with a customized logo, and we used the logo on our daily activity calendar. It caught the eyes of visitors who inquired about the program.

Day 1 Creative Imagination We gave the participants Play-Doh® and asked them to create whatever they wanted. We also provided pompoms, wiggle eyes, feathers, buttons, cookie cutters, and other craft items. The creations were put on display for people to see.

Day 2 Nature Art We made acrylic paint sun prints. Using paints, cotton material, paintbrushes, leaves, and flowers, we put together silhouettes on fabric that we framed.

Day 3 Culinary Art Creations With the assistance of a person from a local bakery, we learned about the techniques of cake decorating. Participants made chocolate lollipops in molds for staff members and other residents.

Day 4 Fabric Art We ordered no-sew fleece pillows from Oriental Trading (www.orientaltrading.com) and spent the afternoon listening to music and tying the fringe together. Participants kept the pillows they made.

Day 5 Musical Masterpiece We played pre-selected instrumental music and asked participants to picture a summer scene such as a day at the beach. They decided what they were going to draw as a group. Using markers and a large piece of poster board, the first person drew a part of the summer scene. When the music stopped she passed the markers onto the next person to add to the scene once the music started playing again. When everyone had a turn to draw, we had an amazing and creative Musical Masterpiece.

Day 6 Fashion Eyewear The group watched a YouTube® video of a fashion show and looked at vintage fashion photos. We invited participants to decorate some plain, plastic dollar store sunglasses with items such as markers, artificial flowers, and stick-on rhinestones. We also had some white sun hats which participants could decorate with fabric paints and permanent markers.

Day 7 Clay Pottery Participants designed and painted clay owls led by a vendor who specialized in clay creations.

Day 8 Fine Art Paintings Participants were instructed, step-by-step, how to paint a sunset beach scene by a vendor who was a painter.

Day 9 Drumming Circle Participants had fun creating music in a drumming circle.

Day 10 Creative Minds We concluded the Creative Arts Camp with a discussion about creative minds. We watched a DVD on the life of Mark Twain, one of our nation's most talented and gifted writers.

The feedback from participants was enthusiastic, and they really enjoyed the camp and felt a sense of accomplishment. They were already wondering when the next Creative Arts Camp was going to be.

ALIVE WITH THE SOUNDS OF MUSIC

Sallie H. Barton, Attleboro, MA

While working in a skilled nursing home about 15 years ago, I planned our National Nursing Home Week Celebration around music. We had round, plastic badges made up with colorful staff of notes announcing the theme, "Alive with the Sound of Music," and residents were asked to wear these during the week. The activity staff wore colorful scarves adorned with musical clefs, staves, and notes in gold leaf during the week.

About a month beforehand, flyers went out announcing the theme, schedule of events, and daily music designations and asking for musical memorabilia to put on display (i.e., music boxes, Victrola record-players, 78 records, autographs of famous musicians, sheet music, clothing or jewelry with a musical motif). I also contacted families for permission to take close-up photographs of all participating residents. These pictures were cut in oval shapes and glued on colorful poster board cut-outs of musical notes (quarter and eighth notes with stems worked best for effect and the one couple we had were on double eighth notes) which were randomly displayed on the walls of the hallways. One spouse asked for the negative (this was before the age of digital photography) and had 8" x 10" copies of pictures of his wife made for their children as surprise Christmas presents that year. Later, he used this photo for his wife's obituary.

For the first time in the community's operational history, we piped music over the sound system in the common areas (main dining room, reception, day rooms, and hallways) during the noon meal each day. A different style of music was chosen for each day (i.e., classical - Bach to Bernstein, marches, Broadway musicals, The Beatles, country, big band swing). I was amazed when kitchen staff and members of the maintenance department brought me their cherished tapes and CDs of favorite artists for inclusion.

Here are some of the activities we did throughout the week:

- ✓ On Monday morning, we opened the Beatniks' Coffee House for employees and served coffee and muffins.
- ✓ We held an afternoon tea mid-week for residents and their families with a Say It with Music theme. This included scripting, directing, and putting on a short, original musical play pulling together individual and group singing, dancing, and playing instruments with performances of the Major-Minor Key Players from a local parochial school. We started off with a parody of the Mickey Mouse Club song, using and spelling out our community's name instead of M-I-C-K-E-Y M-O-U-S-E. Among the songs everyone sang together at the end of the program were *This Is My Father's World*, *How Great Thou Art*, and *Let There Be Peace on Earth*.
- ✓ A professional entertainer's program that week was "With a Song in My Heart."
- ✓ A bulletin board music trivia contest was open to all staff members.
- ✓ We concluded the week with our traditional Pizza Pie Party, but it was called an Amore Party that year.

SHOWCASE OF THE DECADES - THE SPIRIT OF AMERICA

Michael R. Fox, MPS, ATR-BC, LPC, Director of Activities, Seton Manor Nursing and Rehabilitation, Orwigsburg, PA

Seton Manor's Annual Nursing Home Week Celebration of 2017 was a fantastic success. Planning began in the deep, frigid blue chill of January, long before the warmth of spring with a large committee comprised of our activity, clinical reimbursement, nursing, administration, social services, medical records, and admissions departments.

In keeping with the 2017 national theme of "The Spirit of America," we celebrated the history of this great nation by showcasing decades of its great past. Each hallway was designated a decade in history and decorated with artifacts, posters, time lines, colors, fashions, and trends from the era by teams of staff members and friends for a competition. The teams served up beautiful homages to America's past to the delight of residents, families, and visitors alike. This was also a wonderful way for our residents to receive cognitive stimulation. The residents voted throughout the week on which hallways they felt best represented the eras they were assigned. The 500 hallway was all the rage, as the 1950s won with its vintage diner theme complete with jukeboxes and milkshakes and likenesses of greats like Elvis Presley and Marilyn Monroe. Honorable mention went to the 1970s hallway with its VW Bus and hippie chain rainbow entryway and the 1990s hallway with its life-size satellite / space probe and a look at that decade's pop culture and iconic television personalities.

Here are some highlights of the week's events:

- ✓ The week began with a Balloon Release Kickoff Party where we shared our hopes, wishes, and dreams for a fantastic week with one another, inscribed them on balloons, and released them to the air above.
- ✓ Each day, staff members were challenged to dress the part for each decade giving the residents a wonderful reminiscence activity, as well as an opportunity to judge the best costumes. The 1920s day saw cold waves, flappers, black and white themed make-up, and a full-on sleuth suit with a trench coat, whereas the 1950s day had staff sporting letterman cardigans, Mary Jane shoes, dresses, cat eyeglasses, and rebel without a cause-inspired looks. The 1960s day brought a wave of Woodstock-wearing hippies, and the 1970s was all about bellbottoms, headbands, and tie-dye. The 1980s day brought pop icons, big and teased hair, high waisted jeans, and bright neon colors and animal prints.
- ✓ Each day, music of these decades was played in activities and throughout various areas of the community.
- ✓ A daily buffet of selected treats was served to residents and staff such as a chips, dip and crudite bar, design your own cupcake buffet, fresh fruit bar, gourmet French fry stand, and traditional summer barbecue on the last day.
- ✓ Residents enjoyed a visit from a caricature artist who captured them perfectly in Americana-inspired portraits.

- ✓ There was a myriad of games throughout the week such as Minute to Win It where residents went head to head with one another, staff, families, and visitors, a baked goods bingo tournament, and 1960s-inspired drive-in trivia challenge featuring *Gilligan's Island*.
- ✓ A petting zoo with visits by exotic animals such as llamas, monkeys, tortoises, rabbits, geese, ducklings, and goats was held.
- ✓ A community celebration was a wonderful opportunity for intergenerational activities between residents and their families and staff members and their families. There was live entertainment, a bounce house for the children, bike rodeo run by the local police department, carnival games hosted by the local fire department, and field games run by the activity department including a colored powder battle and a JELL-O® tug of war that residents cheered on enthusiastically.

We had a wonderful week together at Seton Manor celebrating Nursing Home Week, but then again, every week at Seton Manor is a wonderful week with the fantastic staff members, families, volunteers, and, of course most importantly, beloved residents to engage, entertain, and foster deep and meaningful relationships with each day. CF