

2019 NATIONAL SKILLED NURSING CARE WEEK CONTEST WINNERS Creative Forecasting is pleased to announce the winners of our 26<sup>th</sup> Annual National Skilled Nursing Care Week Contest. Their activities are in the May 2019 issue of Creative Forecasting on pages 15 - 17

## WINNERS

\*SALSA LID SHUFFLEBOARD – Brian W. Mahoney, Life Enrichment Coordinator, Heather Glen Senior Living, Allentown, PA

\*PHOTO OPPORTUNITIES – Penny Sacksteder, Retired Life Enrichment Coordinator, Brethren, MI

\*CELEBRATING LIFE’S STORIES – Tina Senecal, Activity Director, The Ballou Home, Woonsocket, RI

\*HOUSE SPOUSE RELAY – Becky Birchfield, Activity Director, The Waters of Roan Highlands, Roan Mountain, TN

\*SETON MANOR: THE STORY OF US – Michael 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 12 - 18, 2019

“Live Soulfully”

National Skilled Nursing Care Week® is formerly known as National Nursing Home Week®. This week 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 begins on Mother's Day and continues through the following Saturday.

The 2019 theme is “Live Soulfully.” Here is the information about the theme from AHCA's web site, “What are you doing for yourself and others every day? What makes you happy? How are you contributing to your happiness and the happiness of others?”

“Every day, skilled nursing centers assist our seniors and people with disabilities in living their happiest and best lives. Whether it's planting, cooking, reading or listening to music, these centers pay it forward by helping individuals find their own happiness to improve quality of life.

“In 2019, National Skilled Nursing Care Week® (NSNCW) will focus on living soulfully. This week will celebrate skilled nursing centers, and their residents and staff, by showcasing how they achieve happy minds and healthy souls. This coming May, show us how you Live Soulfully. Be sure to participate by sharing what you're doing on social media using the hashtag #NSNCW.”

Visit [www.ahcancal.org/events/national\\_skilled\\_nursing\\_care\\_week](http://www.ahcancal.org/events/national_skilled_nursing_care_week) for more information and [www.facebook.com/NationalSkilledNursingCareWeek](http://www.facebook.com/NationalSkilledNursingCareWeek). Member facilities should have received the product catalog and planning guide electronically in February. For non-members, the product catalog and planning guide can be downloaded free of charge from the web site.

We are excited to present the winners of *Creative Forecasting's* 26<sup>th</sup> Annual National Skilled Nursing Care Week Contest. Thanks to all those who sent entries! These winning entries can be adapted for all settings.

### WINNERS

#### SALSA LID SHUFFLEBOARD

*Brian W. Mahoney, Life Enrichment Coordinator, Heather Glen Senior Living, Allentown, PA*

My unique activity idea is the game Salsa Lid Shuffleboard. I have used it at a skilled nursing community I worked at from February 2016 to July 2018, as well as my current workplace in a memory care unit.

Collect three clean lids from salsa jars and set them on a long, smooth table (wheelchair-accessible height). Tape brightly-colored strips of card stock on the right and left sides of the table to represent point values (i.e., 25, 50, 75).

Use ice scrapers with plastic ends (long-handle or short-handle depending on each participant's preference). Give each person chances to push the three salsa lids, one at a time, as far as possible without going over the opposite end of the table. (The third salsa lid is a bonus that can knock a lid down the end of table for more points.) Only count the two farthest lids.

## **PHOTO OPPORTUNITIES**

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

I loved taking pictures of residents for their families and friends to enjoy. Photos are so meaningful especially as people age and we become aware of fleeting time and how precious each moment is.

As I was reading *Creative Forecasting's* Simple Expressions article, "Simple, Spontaneous December Activities," by Rosann Moore in the December 2015 issue, one of her suggestions got me thinking of several ways to elaborate. Rosann wrote, "Take a picture of a resident during his or her best moment of the day. Create a festive backdrop for pictures."

If someone is successful with a craft, take a picture. If an activity is especially fun, take a picture. If a friend of a resident shows up unexpectedly, take a picture.

Dressing up is always a good time for photos. One day during National Clown Week (annually August 1 - 7), residents and I wore wigs and big red noses and posed for pictures. During Christmas, a cozy chair next to the tree made a great place for family photos when loved ones stopped in or for individual snapshots. Another great time for photos is during the Christmas family meal when everyone is dressed up. Posing for New Year's toasts also makes good photo ops.

One trick that worked especially well for individuals who were non-ambulatory was to have a backdrop that was easily moved. During Halloween, we purchased a shower curtain with the scene of an old scraggly tree. This could easily be held behind a resident dressed up in a witch's hat.

We used this same trick around Valentine's Day. A colorful large yard flag with hearts was put behind a resident while he or she stood or sat in a chair. Use this same idea for seasonal yard flags.

Another great photo op was during an election year, and people enjoyed posing with life-sized cutouts of both candidates.

My dream would be to have someone with artistic talents create scenes with openings for people's faces when there is a special occasion. I am suggesting to take pictures as often as you can and share them with loved ones.

## **CELEBRATING LIFE'S STORIES**

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

The 2018 theme for National Skilled Nursing Care Week® was "Celebrating Life's Stories." I thought about an event our residents would have fond memories of from their childhoods and look forward to. I came up with "When the Circus Came to Town." The circus was an event that many people enjoyed each year that generated excitement and fantastic memories.

The community was decorated to look like the inside of the big top with red- and white-striped plastic sheets with large circus animal balloons and donated items such as a large popcorn machine and gumball machine. The reception desk was decorated like a ticket booth.

At the beginning of the week laminated circus tickets were passed out. Raffle tickets were given to residents that had their room numbers on them (so we knew whose numbers were drawn). Each day, we held a raffle. Tickets were also given to staff members for chances to win prize baskets full of large lollipops, animal crackers, popcorn, and/or cotton candy.

Activities held throughout the week included eating circus-themed food for lunch, watching the *P.T. Barnum* movie (with cotton candy and soda served during the movie), playing circus games, watching a Ringling Bros. and Barnum & Baily circus show on DVD (with root beer floats using old-fashioned red and white paper straws served during the show), watching a theater group performing an old-fashioned circus show, having a clown poster coloring contest with a local Daisies troop (youngest group of Girl

Scouts, residents picked the winners and gave prizes), and having a circus-themed birthday party for May birthdays. Throughout the week, many stories were shared of “a time when life was simple and carefree” and the biggest thing in the world was “when you were a kid and the circus came to town.”

Many staff members dressed as clowns (they won gift certificates donated by local businesses), wore circus souvenir shirts, and red- and white-striped clothing. The smell of popcorn filled the air each day, and residents and staff members enjoyed fried dough and corn dogs one of the days for lunch. This week was fun but it held a deeper meaning; it brought the residents back to a time when they were young, healthy, and full of excitement. This week, we got to see our residents feel some of that once again.

### **HOUSE SPOUSE RELAY**

*Becky Birchfield, Activity Director, The Waters of Roan Highlands, Roan Mountain, TN*

We have a unique activity called House Spouse Relay that brings smiles to everyone who participates and watches.

Arrange tables end-to-end to make a long line. Divide the participants into two teams with the same number of people; women can compete against men, or there can be a mix of both. Ask members from one team to be on one side of the table and the other team on the other side, then ask each person to face the corresponding person on the other team (they will be competing against each other).

Here are some of the household tasks we did with each person on the teams completing a job at that station: (1) Hang washcloths on a clothesline, take them down, then fold them. (2) Change a baby doll's diaper (it was interesting to talk about later). (3) Fold letters, put them in envelopes, put on stamps, then put in a mailbox. (4) For people who could stand, sweep bits of paper into a dust pan, put in the trash, then change the trash bag liner. (5) Tighten nuts and bolts to screws on a board.

The team to reach the end of the line first for each task wins that round. We usually play three or more rounds and switch people at different stations and adapt tasks, as needed, for participants.

At the end of the relays, we served snacks and beverages and had a discussion asking questions like “When was the last time you changed a diaper? What was your daily routine at home? How have things changed doing household tasks compared to the past?”

### **SETON MANOR: THE STORY OF US**

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

Utilizing the 2018 national theme of “Celebrating Life's Stories” for National Skilled Nursing Care Week® as a starting point, the residents and members of the committee agreed on a theme: “Seton Manor: The Story of Us.” This was based on the idea that Seton Manor was a novel that its readers would thoroughly enjoy with its residents and their families and staff members being fascinating, whimsical, and endearing characters.

Staff members broke into teams to decorate the eight hallways. Each hallway's theme was a different genre of literature that included adventure, non-fiction, fairy tales, science fiction, mystery, romance, and horror. Residents and families voted for best decorated hall, as well as staff costumes for individual theme days. The theme days were Reading Rainbow Day (staff dressed head to toe in their favorite colors), Future Day (staff dressed as what they wanted to be when they grew up and shared this with residents), Fiction Day (staff dressed as their favorite book characters), and Worst Dressed Day (staff intentionally dressed in awful outfits). There also was a Baby Photo Contest (photos of staff to guess) and Resident Fun Facts Contest (people matched hidden talents, life events, and/or accomplishments of residents).

Residents shared their stories through the Hands Project. In collaboration with families, photographs of hands of participating residents and captions about what those hands had done were hung.

The local public library donated approximately 300 books. Residents and staff members wrapped each book in newspaper and placed them in artful arrangements throughout the community. Visitors were encouraged to pick up and read the books without seeing the titles or covers. This echoed the idea that meeting new people is often like picking up books but not knowing their contents and ultimately making new friends by taking the chance and making a leap of faith.

Other activities throughout the week were a Balloon Release Party at the beginning, live Elvis show, our annual Family Fun Night with the local volunteer fire department running carnival games, and a horserace with staff as "horses."

We added exciting new chapters to one another's stories in the wild and wonderful saga that we are proud to be in together called "Seton Manor." Until next year! Until the next book! CF