



ADULT DAY SERVICES & ASSISTED LIVING WEEK CONTEST WINNERS

24th ANNUAL NATIONAL ASSISTED LIVING WEEK® September 8 - 14, 2019 “A Spark of Creativity”

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 2019 theme is “A Spark of Creativity.”

Here is information about the chosen theme according to the National Center for Assisted Living’s web site: “ ‘A Spark of Creativity’ is this year’s theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond.

“Specifically, residents should explore art therapy as it can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.

“Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents. Staff at all levels are encouraged to offer ideas that could help improve each resident’s quality of life. Assisted living communities across the country should organize activities and events throughout NALW that relate to the theme.”

The National Assisted Living Week® planning guide and product catalog is posted on www.nalw.org. Here’s additional contact information: e-mail: ncal@ncal.org, phone: (202) 842-4444, or mail: National Center for Assisted Living, 1201 L St., NW, Washington, DC 20005.

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36th ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 15 - 21, 2019 “Celebrating ADS - Voice, Vision and Value”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2019 theme is “Celebrating ADS - Voice, Vision and Value.” This week has been celebrated annually since it was proclaimed by President Reagan on September 27, 1983. Visit www.nadsa.org/nationaladulddayservicesweek for more information. Here’s additional contact information: e-mail: 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 24th 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

PHOTO CENTERPIECES

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

The 2018 theme for National Assisted Living Week was “Capture the Moment.” I came up with a unique centerpiece idea using photos (current and past) of my residents and hung them from branches stabilized by floral foam and stones in sturdy vases. For our Memory Care unit, I used Mason jars filled with stones and a hole drilled into the lid. A tightly-fitting lid assured no one would mistake the stones inside for something else. As I strolled through the dining rooms at mealtime, I overheard some interesting

conversations regarding the photos. The reminiscing was amazing. I also made a staff tree with silly photos which was a big hit, too. We have one empty table in our main dining room, and I didn't want to leave it bare so I made a tree with photos of well-known people such as Betty Boop, Abraham Lincoln, and Albert Einstein. This one was also a real conversation piece.

SENIOR LIVING WEEK

Kim Erickson, ADC, Activity Director, Bethany Village Senior Living Community, Bethany, PA

Bethany Village celebrated Senior Living Week with residents and their families and staff members. The theme for 2018 was "Capture the Moment." Residents were asked what were five special moments in their lives, so we could celebrate one of them each day. Early each morning, the front lobby was magically transformed into those special moments in the residents' lives.

Day One Involved Wedding Memories. Residents and staff brought in their wedding dresses and photos and wrote advice for a successful marriage on paper doves. After enjoying the wedding display, there was a reception with wine, cheese, and wedding cake.

Day Two Was a Time to Reminisce about Getting Drivers' Licenses and First Cars. Residents and staff members were encouraged to wear their favorite race car shirts or dress up for a sock hop.

Pictures of residents with their cars were displayed. If photos were not possible then paper car cut-outs were filled out telling about their first cars and special memories. Large cardboard cut-out cars (i.e., race car, army jeep) were on display for people to get their photos taken. In the evening, the parking lot was filled with vehicles for a Car Show. Many residents sat in them to get their photos taken. During the Car Show, people enjoyed listening to live music and eating grilled hamburgers and hot dogs.

Day Three Celebrated School Day Memories. Residents and staff members were encouraged to wear their favorite school shirts. The lobby was filled with school photos of residents and items from their school days. One of the residents was the last one-room schoolteacher in the area and brought items from her classroom. An ice cream truck from a local creamery came for a special afternoon treat. What fun was had by residents remembering waiting for the ice cream truck to come. In the afternoon, a historical presentation followed about one-room schoolhouses in Wayne County. Some of the residents shared stories of being in some of those one-room classrooms.

Day Four Focused on Past Careers. Each resident's photo was displayed with items depicting the career he or she had. Staff members enjoyed learning about the occupations of the residents. Later that day, residents gave thank-you gifts to staff. They wanted to show their appreciation for choosing a career in health care.

Day Five Was Based on Family and Having Children. Photos of residents' family gatherings were displayed, and many stories were shared. Costumes were borrowed from the local theater so people could dress up and take photos. A local commissioner presented an official proclamation recognizing Senior Living Week. A special lunch was served to celebrate this day, and a celebration in the afternoon was held with music, cocktails, and snacks. Residents reminisced and shared memories from the week and left their fingerprints on the Bethany Village family tree.

This was a very informative week for residents and staff members. They learned more about each other. Now while staff care for the residents, they can talk to them about more personal subjects. We are no longer just residents or staff members; we are family.

SPA DAYS - PAMPER YOUR SENIORS

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

Spa activities can take place in the morning, afternoon, or evening. They help with hygiene and relieve stress. The more staff members that help the better it is. I pick a body part and let the residents know what we are pampering. Basic supplies needed are gloves (for staff members), scented lotions, washcloths, a

slow cooker (to warm damp washcloths), and items for aromatherapy. All of our Spa Days are well attended, and the residents love being indulged.

Hand Massages

We have hosted hand massage parties for the ladies and gentlemen. The ladies like to gather and gossip in a larger group, whereas the men like to sign up so there isn't a crowd. Soak each person's hands and clean the nails, if needed. Gently rub scented lotion of choice from the fingertips to the elbows. Cocoa butter, peppermint, and cucumber / melon are our favorites.

Foot Soaks or Foot Spa

Each resident has his or her own rubber dishpan. We add a scoop of Epsom salts and warm water. I fill a slow cooker with rolled hand towels, pour water over to dampen them, and set it on warm. We have a pile of clean washcloths and a mild body wash or soap and warm rinse water. Each resident soaks his or her feet for up to five minutes then the feet are gently washed. Feet and legs are massaged with a scented lotion and then wrapped in a warm hand towel. Be sure to shake towels out to cool them before wrapping around the person's legs. Feet are gently dried, and socks and shoes are put back on.

Back Massages

These are very popular. Our seniors can sign up to stagger the crowd or gather as a group. We put on relaxing music and use aromatherapy to set the mood. Each resident gets a shoulder and back rub with a four-footed massager (buy at a dollar store or drug store) for a few minutes. Make sure there is fabric between the massager and resident's skin. Be gentle, since some of the residents are frail.

Facials with Friends

Set the mood with quiet, soothing music, dim lights (slightly), and aromatherapy. Have a slow cooker with warm damp washcloths and apricot or cucumber peel masks ready (stay away from clay and charcoal masks

because they get in wrinkles and are hard to get off). Clean each person's face with a sensitive skin facial cloth, smooth on the mask, and let it dry (read the directions on the product). Peel off the mask and wipe the face with a warm washcloth to get the excess mask off. Smooth on a light facial lotion to moisturize.

It is very important to distract or relax the ladies while their masks are drying so they don't touch them.

LUCKY EIGHT GAME

Arlene Williams, Program Assistant, Lewinsville Adult Day Health Care Center, McLean, VA

I developed this small group game for three to eight players for the participants at Lewinsville ADHC. This game focuses on the following: decision making, counting and basic math skills (finding the difference between two numbers 1 - 8). Feel free to adapt, as needed.

Object:

The object of the game is to be the first player to have exactly one dollar left.

Supplies:

- game boards (Each game board is a different color with printed numbers 1 - 8 on a sentence strip.)
- four sets of cards, each set numbered sequentially 1 through 8 (for a total of 32 cards)
- 8 one dollar bills for each player (I copied and laminated one dollar bills.)
- 1 poker chip per player
- optional prizes for the winners

Game Rules:

Each player chooses a game board and is given one poker chip and eight one dollar bills. Mix or shuffle the number cards and stack them face down in a pile. Designate a place to keep the discarded card pile. Also, find a place in the middle of the table for the "pot" to place the discarded one dollar bills. At the beginning of each round, every player chooses a number from his or her game board and places a poker chip on it.

Decide which player will go first. For a person's turn, the player draws the top number card from the deck and then determines the difference between the number drawn and the number he or she selected on the game board. The player puts in the pot that number of dollar bills equal to the difference and puts the number card in the discard pile. If the number card equals the number selected on the game board, he or she does not have to put any money in the pot that round.

Example No.1: If the player puts a poker chip on the number 5 on his or her game board and draws a number 4 card, one dollar goes into the pot.

Example No.2: If the player draws a number 8 card and has a poker chip on the number 2 on his or her game board, six dollars goes into the pot.

After each round, give the players an opportunity to select a different number on their game boards and to share how many dollar bills they have remaining. If at any point in the game a player loses all of his or her money, he or she is out of the game. The game continues until one of the players has exactly one dollar left. In the event that all players lose their money before a player ends up with one dollar, the last player to have lost money wins. If desired, award the winner of each round a prize.

PUMPKIN BOWLING

Penny Sacksteder, Life Enrichment Coordinator Retired, Brethren, MI

An article titled, "Fall Begins," by Michele Mason in the September 2015 of *Creative Forecasting* (on page 12) caught my eye. One of the suggestions was Play Pumpkin Bowling. Our group collected enough two-liter pop bottles for the activity, then staff assisted residents as they sat in a semi-circle. I set up the "bowling pins" (pop bottles) with a wall behind to make collecting and re-setting easier. Residents were given a choice of a small pumpkin, medium pumpkin, or trick-or-treat plastic pumpkin. Residents soon discovered that their "bowling balls" did not necessarily roll in a straight line. There was a lot of laughter as everyone tried to figure out how to make it work. After a few tries, we added the idea of keeping score (not suggested in the original article). Residents who had bowled in the past liked the idea, so we used a white board. Most residents also decided the real pumpkins were too heavy and preferred using the plastic pumpkin. It was a lot of fun, especially with staff involved, and volunteers made a big deal of cheering for strikes and spares. Residents enjoyed sharing their scores with friends, and they talked about pumpkin bowling well into the winter. I would recommend trying pumpkin bowling with your group. Make sure to cheer.

MEDICAL JEOPARDY

Charmaine Emond, TRD, RMT, CDP, Director, Senior Day Center at Hebrew Senior Care, West Hartford, CT

Our Senior Day Center is a medical model adult day center, so we feel it is important to offer continued health education for our members. We found that the best format for this was playing Medical Jeopardy. This program is educational for members, staff, and visitors alike.

STEPS FOR THE PROGRAM

- › Members and staff discussed what health topics they would like to learn about.
- › Once the topics were selected, we presented the topics to the Registered Nurse who then developed the categories and questions.
- › Five questions were developed for each category ranging in 100, 200, 400, 600, and 800 points. The categories were written on 3" x 5"-size cards, and the questions were written on 5" x 8"-size index cards.
- › The category and question cards were hung on a large board.
- › A member, one at a time, was asked to select a category and a point value. (The higher the point value, the more challenging the question was to answer.)
- › If the member answered the question correctly, he or she received Jeopardy money in the amount on the card.
- › When the game was completed, members turned their money in for prizes.

MEDICAL JEOPARDY CATEGORIES

EYES

- › 100: True or False: Many eye problems can be treated with early detection. **True**
- › 200: True or False: During an annual eye exam, the doctor should put drops in your eyes to dilate them. **True**
- › 400: True or False: If you have glaucoma, you will have symptoms. **False. There are usually no symptoms.**
- › 600: Name two reasons to see an eye doctor for a problem. **Fluid coming from the eye, pain in the eye, loss of eyesight, redness, double vision**
- › 800: What is it called when your eyes are itchy, draining, red, and burning? **Conjunctivitis or pink eye**

COLD AND FLU

- › 100: True or False: Colds and the flu are viruses that thrive in the spring and summer. **False. They thrive in the fall and winter.**
- › 200: Flu season usually begins in September and ends in December. **False. It begins early December and ends late March.**
- › 400: What is the name of the virus that causes the flu? **Influenza**
- › 600: What is the most important thing you can do to prevent the colds and flu? **Wash your hands frequently.**
- › 800: Name two symptoms of the flu. **High fever, headaches, general aches, fatigue, chest discomfort, sneezing, sore throat**

DEPRESSION

- › 100: True or False: Feeling “down in the dumps” for a period of time is a normal part of aging. **True**
- › 200: True or False: For most people, treatment will decrease the symptoms of depression. **True**
- › 400: Name two different treatments used for depression. **Counseling and medications**
- › 600: True or False: Confusion or attention problems can be caused by depression. **True**
- › 800: True or False: Mood changes can be caused by certain medications for arthritis, high blood pressure, and heart disease. **True**

FOOT CARE

- › 100: What is the name of the doctor who takes care of feet? **Podiatrist**
- › 200: Problems with our feet can be the first sign of more serious medical conditions. Name one condition. **Arthritis, diabetes, nerve disorder, circulatory disorder**
- › 400: Practicing good foot care involves what? **Checking your feet regularly**
- › 600: Name two signs of problems with your feet. **Dry skin, brittle nails, numbness, tingling, discoloration, loss of leg hair, cramping**
- › 800: Name two reasons why older people have more foot problems. **Lose cushioning in feet as we age, skin and nails grow dry and brittle**

MEMORY

- › 100: True or False: A lot of people experience memory loss. **True**
- › 200: True or False: Most people remain alert and able as they age. **True. Scientists have found this is true, although it may take them longer to remember things.**
- › 400: True or False: Changes in memory, personality, and behavior may be signs of dementia. **True**
- › 600: Alzheimer’s disease is one of many types of dementia. **True**
- › 800: Name two symptoms of dementia. **Asking same questions repeatedly, becoming lost in familiar places, unable to follow directions, getting disoriented about time, people, and places, neglecting personal safety, hygiene, and nutrition**

ALLERGIES

- › 100: True or False: There are many types of allergies. **True (food, respiratory, contact)**
- › 200: True or False: Symptoms of a food allergy usually occur within minutes after ingesting the substance. **True**

- › 400: Name two symptoms of a respiratory allergy. **Coughing, sneezing, difficulty breathing, itchy, swollen, or red eyes, chest pain**
- › 600: Name two foods that commonly cause food allergies. **Milk, eggs, nuts, fish, shellfish, soy, and wheat products**
- › 800: In order to get an allergic reaction to your skin, what part of your body has to come in contact with the allergen? **Skin**

HIGH BLOOD PRESSURE

- › 100: True or False: Your blood pressure stays at a consistent level all day long. **False. It varies all day.**
- › 200: True or False: High blood pressure can be detected by a simple test. **True**
- › 400: Lowering two things in your diet can lower blood pressure. What is one of these substances? **Salt, caffeine**
- › 600: What medical conditions put you at higher risk for high blood pressure? **Elevated cholesterol, diabetes, sleep apnea**
- › 800: Name two possible complications of untreated high blood pressure. **Stroke, heart attack, kidney failure, eye problems** CF