

2019 CREATIVE FORECASTING INDEX

THEMES	ISSUE	PAGE(S)
12 Months of Countries (Customs & Culture, Food & Beverages, Trivia of Chile, Argentina, Australia, China, India, Thailand, Egypt, Kenya, France, Greece, Italy, Canada)	Jan	14-19
Adult Day Services & Assisted Living Week Contest Winners	Sep	13-15
Coping with Change (Identify Skills, Things to Explore and Do)	Mar	29-30
Creating a Multi-sensory Environment (Individuals Who Could Benefit, Examples of Benefits, How to Set Up and Implement)	Apr	16-17, 43
Creative Ways to Exercise (Cardiovascular Movements, Strength and Endurance, Lots of Ideas, Being Active on Adventure Travel Trips)	Sep	29-30
Dino-mite Day (Dino Dice Dash, Fossil Frenzy, Dinosaur Dining, Prehistoric Pics, Mesozoic Memory Game, Dino Dough, Stomp and Chomp Cupcake Walk, Pin a Tooth on a T-rex, Dig into Readings, "Roar"ing with Laughter)	Aug	15-17
Eating Healthy (Simple Strategies, Diet Plans - DASH Diet & Mediterranean Diet)	Jan	29-30
Employment for Retirees to Stay Active (Reasons Retirees Work, Jobs for Older Workers)	Jul	29-30
Four World Religions (Hinduism, Judaism, Christianity, Islam)	Feb	14-16
Importance of Staff Recognition (Free or Low-cost Ideas, "Getting to Know You" Form)	Mar	15-17
Keeping Minds Sharp (Importance of Sleep, New Learning, Memory Tools, Social Networks, Healthy Eating, and Exercise)	May	29-30
Latest Trends in Activity and Aging (Community, Education, Dining, Fitness including Crawling, Cardio Drumming, and Wearable Technology)	Oct	29-30
National Skilled Nursing Care Week® Contest Winners	May	15-17
Organizations that Support Active Aging (Educational Organizations, Fitness Groups, Senior Travel Groups, Older Adult Social Networking Sites, Senior Volunteer Opportunities, Just for Fun Organizations)	Dec	29-30
Plans, Wishes, and Successful Aging (Strategies to Enhance Successful Aging)	Jun	29-30
Recycled Crafts (Pinterest®, Recycling T-shirts, Picture Frames, Cans, Greeting Cards, Calendars, Newspapers, Magazines, Crayons, Wine Corks, Vases, Neck Ties, Cereal Boxes, and Cardboard Six-pack Holders)	Jun	14-15
Reiki's Healing Energy (Reiki Class with Guidelines and Teaching Script, Hand Positions Class)	Jul	14-16
Resident-led Programming (Benefits of Volunteering, Community Example)	Nov	16-17, 20
Sleeping Well (Causes of Ineffective Sleep, Lifestyle Changes, Sleeping Disorders)	Feb	29-30
Staying Connected (Social Connections and Virtual Connections)	Apr	29-30
Transportation (Things to Consider, Public Transportation or the Lack of It)	Nov	29-30
Understanding the Link between Falls and Activity (Reasons to Take Falls Seriously, Fall Risk Factors, Exercise to Prevent Falls, Suggestions to Decrease the Risk of Falls)	Aug	29-30
Using the iPad® (iPad® Features, Examples of Senior-friendly Web Sites, Ideas for Independent Residents, Lots of Apps for Different Levels of Functioning and Activities)	Oct	15-16
Yuletide Month (Trivia, Word Games, and Recipes)	Dec	14-15

PROFESSIONAL ISSUES & DOCUMENTATION	ISSUE	PAGE(S)
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Be Proactive with the CMS Activities Critical Element Pathway, Part 1 (Overview of CEP if There Are Concerns with Activities from an Individual Sample Resident)	Jul	31-32
Be Proactive with the CMS Activities Critical Element Pathway, Part 2 (Observations for a Resident Whose Care Plan Includes Group Activities, Access to Transportation)	Aug	31-32
Be Proactive with the CMS Activities Critical Element Pathway, Part 3 (Observations for a Resident Whose Care Plan Includes Group Activities, Observations for a Resident Who Participates in Individual Activities)	Sep	31-32
Be Proactive with the CMS Activities Critical Element Pathway, Part 4 (Information about Resident, Resident Representative, or Family Interview)	Oct	31-32

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Be Proactive with the CMS Activities Critical Element Pathway, Part 6 (Information on Activity Staff Interviews and How Well They Know Each Resident)	Dec	31-32
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Innovative Uses of Everyday Items in Physical Programming (Noodle Ball, Ball and Noodle Exercise, Target Toss, Balloon Hockey, Bocce Ball)	Oct	20
Interpretive Guidance for New CMS Tag 679 Activities, Part 9 (Activity Approaches for People with Dementia - Examples of Interest-driven Approaches to Use in Various Scenarios)	Jan	31-32
Interpretive Guidance for New CMS Tag 679 Activities, Part 10 (Activity Approaches for People with Dementia - Activity Interventions and Interests, Care Plan to Identify Interests)	Feb	31-32
Interpretive Guidance for New CMS Tag 679 Activities, Part 11 (Culture Change Philosophy)	Mar	31-32
Interpretive Guidance for New CMS Tag 679 Activities, Part 12 (Daily Life instead of Group Activities)	Apr	31-32
Interpretive Guidance for New CMS Tag 679 Activities, Part 13 (Use of Different Titles such as Community Life Coordinator and Community Calendar)	May	31-32
Interpretive Guidance for New CMS Tag 679 Activities, Part 14 (Culture Change Resources - Pioneer Network, Quality Partners of Rhode Island, Eden Alternative)	Jun	31-32
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Management Material: Do You Have What It Takes?	Jul	21
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Stress Management - Five Tips to Add to Your Daily Routine (Exercise, Rest, Take Breaks, Say No, Stop and Take Deep Breaths)	Apr	22
What Your Community Needs to Know about Copyright Compliance before You Shout, "Action!"	Mar	37
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 Brain Games (Alphabet Games, Famous Sayings, States and Capitals, Mother Goose Rhymes)
 Cake Walk
 Caregiver / CNA / Program Assistant Trivia Game
 Celebrating Life's Stories (Contest Winner)
 Celebration of Chocolate Party
 Christmas Bulletin Board
 County Fair
 Creative Forecasting's *Bulletin Board Trivia Books Volumes 1 & 2* (Resource)
 Dice Game
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 Gift Wrapping Volunteer Project (Medical Notes)
 House Spouse Relay (Contest Winner)
 Lucky Eight Game (Contest Winner)
 Medical Jeopardy (Contest Winner)
 Minute to Win It Games (Penny Stack, Cup Stack, Balloon Float, Lego® Stack, Marshmallow Transfer, M&M's® Toss)
 Movement and Imagery Routine (Medical Notes)
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RECOGNITION THEMES

Making a Difference Every Day!
 Thank You for Your Commit-Mint!
 Thanks for All You Do!
 Thanks for All You Do and All that Jazz!
 Thanks for Taking the Time to Make a Difference!
 Thanks for Your Helping Hands!
 We Go Bananas for You!
 We Raise Our Glasses to You!
 We're Bursting with Appreciation for You!
 You're a Peach!
 You're No.1 in Our Book!

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 Awaken the Spirit: Breathwork and Movement Parachute Class
 Awaken the Spirit: Pink Color and Breath Meditation Class
 Breath Work
 Healing Drum and Meditation Class
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 Slow Motion Exercise and Sound Healing Class
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The following features are also in 2019 issues: Dates To Celebrate, Monthly Recognition Dates (when there are some), Event Calendar, and Word Pictures.