



ADULT DAY SERVICES & ASSISTED LIVING WEEK CONTEST WINNERS

26th ANNUAL NATIONAL ASSISTED LIVING WEEK® September 13 - 19, 2020 “Caring is Essential”

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 2020 theme is “Caring is Essential.”

From NCAL’s web site: *“In light of the challenges brought on by COVID-19, it is even more essential to celebrate National Assisted Living Week® (NALW) this year which will take place September 13 - 19, 2020. The theme, ‘Caring is Essential,’ is more relevant today than in recent years and highlights the incredible care provided by essential caregivers in assisted living communities across the country.*

“Additional information will be available on our web site in the coming weeks. Please visit and continue to check back on the NALW page for a revised list on how to celebrate NALW and for limited merchandise to show your appreciation for your incredible caregivers.”

For any questions, email ncal@ncal.org.

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37th ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 20 - 26, 2020

“Serving Seniors, Veterans and Those with Disabilities through Diverse Adult Day Programs”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2020 theme is “Serving Seniors, Veterans and Those with Disabilities through Diverse Adult Day Programs.” This week has been celebrated annually since it was proclaimed by President Reagan on September 27, 1983. Visit www.nadsa.org 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 25th 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

■ WALKING WONDERS CLUB

Charmaine Emond, Therapeutic Life Enrichment Director, and Laurie Banos, Activities and Program Coordinator of The Assisted Living Program at Immanuel House, Hartford, CT

The Assisted Living Program at Immanuel House promotes a healthy lifestyle for seniors. One of the more successful programs has become the Walking Wonders Club which was established in 2012. The Activities and Program Coordinator thought it would be beneficial for the residents to walk all year long. When she first brought up the idea, residents were hesitant. That quickly changed when she made it more challenging and competitive. The benefits of this program are that residents’ physical endurance increased, balance improved, and some even saw a slight decrease in weight. In 2019, the Walking Wonders Club membership grew to 22 members and proudly walked a total of 214 miles. The top walker had a total of 42 miles. In 2020, she has stated that she must step up her game due to the fact a new walker has joined the club and will give her a run for her money. The Walking Club has become a community of its own. They look out for

each other and inquire when a peer has missed a group. They walk together and cheer each other on. Because this activity is enjoyable, the participants do not realize they are exercising.

Steps to Develop a Walking Club

- ✓ Make sure participants have physicians' approval before beginning the program.
- ✓ Make sure that participants have appropriate footwear before they start walking.
- ✓ Select indoor and outdoor locations that are appropriate for walking so people can walk all year long no matter what the weather is. (We have three locations, two outside - one area has a paved walkway with a small hill, while the other is paved and flat - and one inside walking area.)
- ✓ Measure the distances of all locations selected.
- ✓ Create a Walking Club tally sheet for each day. List each participant's name and each time he or she does a lap, marking it on the tally sheet. At the end of the session, total the tally marks for each resident.
- ✓ Set up an Excel spreadsheet with each participant's name, the title of each walking area (i.e., Walkway, Parking Lot, Basement), the distance of each area noted, then the total miles. For this example, there are three columns which you would have to divide by 5280 (5280 ft. equals one mile) to calculate the miles a person walks during the group.
- ✓ Because we all have a competitive side, hold a celebration award ceremony twice a year, one being at the end of the year. Announce the top three walkers, present them with certificates and small tokens of appreciation for their efforts. Give the rest of the walkers award necklaces. (These can be purchased online or at a dollar store.) The main reason for two celebrations is that new walkers often join when they see the fun their peers are having.

Additional Suggestions

- Provide a hydration station.
- Music is a great mood setter and can set the pace of the walkers.
- Provide areas for frequent rest periods.
- Offer a Wellness (blood pressure / pulse oximeter) Clinic once a month to the group.
- Track each walker's miles on a map of your state. For example, Miss Apple walked 45.5 miles. This is like walking from Colorado Springs, CO to Canon City. (This can be done easily on Google Maps.)
- Once your program is up and running, consider offering longevity awards at the five-year mark.

■ FIND YOUR CREATIVITY

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

The events for this week were based on the 2019 theme for National Assisted Living Week, "A Spark of Creativity." We started the week by turning our main lobby into a display of different forms of arts and creativity our residents and staff provided - from musical instruments to books they wrote to samples of stain glass, paintings, woodworking projects, homemade cards, and so much more! It encompassed an array of resourcefulness, imagination, and inventiveness that shine here at Bethany Village.

We were inspired by the interests of our residents and the inventions that they have witnessed over their lives. This prompted conversation that inspired us to make a time line display of the different creative inventions that have been developed in the years between our oldest resident (100) and youngest one (68). Residents were encouraged to tell stories about how these inventions changed their lives. This led to a suggestion that we should do something creative for our community and include our furry friends in the celebration. The residents and staff made the decision to collect donations for our local animal shelter and items were brought in and inspected by our house cat, Oscar, before delivery was made to the shelter. To make the event more interesting, people who donated had their names put into a pot for a chance to win a TV. The plan for the week was to learn about different ways to be creative and inspired, have fun, and try new things.

DAY 1 - SUNDAY This morning we learned about puppetry. We had a large assortment of puppets from small hand puppets to larger ventriloquist puppets for people to try. The local community was invited for an open house to see our display and how creative our residents and staff are. There was musical entertainment on the patio along with dancing. We redesigned our Memory Garden and had a rededication program with a butterfly release. The butterflies represented a new beginning of all the creativity we have

within ourselves and the lessons we were going to experience in the week ahead. Staff designed and gave special chocolate bars to the residents for the celebration of Grandparents Day. On our first day, we covered creativity with music and dance and beautiful flowers and plants.

DAY 2 - MONDAY In the morning, we did an art project using repurposed items. It was an exercise in imagination and inspiration to see how creative we could be giving a second life and purpose to something thought to be useless. Photography skills were utilized by residents and staff to design items of interest to be entered into the local Arts Alliance Photo Contest. In the afternoon, we did a One-minute Painting Challenge. Residents and staff were divided into two teams, and each person had one minute to paint something on the canvas from a list of words to create a picture. This was a lot of fun and provided so much laughter and teamwork.

DAY 3 - TUESDAY In the morning, we had a local award-winning author do a presentation about how she became an author and the process of writing a book. (She is now working with the residents and staff to write a children's book about our very handsome and sometimes cranky resident cat, Oscar. In the afternoon, a resident's family member, who writes and performs plays at a local theater, joined with fellow actors to do the skit, "Vitameatavegamin" of *I Love Lucy* fame. The residents played a very spirited 1950s and 1960s-era TV trivia game.

DAY 4 - WEDNESDAY A local music teacher came with a huge assortment of instruments to demonstrate. Everyone was given a kazoo, and the rest is history. Music, smiles, and laughter were heard throughout the community. Later in the day, we hosted a Community Car Show which was exciting for the residents and staff. There were many cars and trucks that were representative of the decades of the automobile industry. People reminisced about how they once owned particular makes of cars or how they learned to drive using certain vehicles. The exhibitors were very happy to discuss how and why they like to restore old vehicles making the event very magical.

DAY 5 - THURSDAY A local poet talked about different forms of poetry. Residents put on their thinking caps and wrote some of their own. The presenter was so impressed with their writings that she asked to use some of them on her radio show. She also offered to come on a regular basis for a residents' Poetry Project. In the afternoon, professionals from the local community talked about their services. It was very interesting to hear what was available.

DAY 6 - FRIDAY We had a demonstration on cake decorating and learned that we can eat our mistakes! (We decorated our own small cakes.) To end the week, some of the residents and staff put on a Talent Show, showcasing their many talents.

This week was a great reminder that just because people are older does not mean their creativity and zest for life has diminished. Just like butterflies, it represents a new beginning in creativity and self-fulfillment.

■ FEED THE HUNGRY PROGRAM

Charmaine Emond, Therapeutic Life Enrichment Director, and Laurie Banos, Activities and Program Coordinator of The Assisted Living Program at Immanuel House, Hartford, CT

In our local community, there is a large population of homeless individuals. Some people stay in shelters and receive hot meals, while others live under bridges and do not know where their next meals will come from. The Assisted Living Program at Immanuel House strongly believes in helping their local community and those in need. The Resident Service Coordinator and the Activities and Program Coordinator joined forces to establish the Feed the Hungry Program in 2018. They wanted to focus on those without food and felt that sandwiches would be the best for them. A group of residents gathers monthly to make the sandwiches for the homeless. To date, they have made more than 1,700 sandwiches! Our residents have shared that this program makes them feel useful and needed, and they enjoy the comradery and fun they experience. Members also stated that this group has inspired and motivated them to do more for the local community.

Steps to Develop a Feed the Hungry Program

- ✓ Research the need in your local community.
- ✓ Develop contacts in the local community (i.e., religious organizations, soup kitchens, shelters, community centers). Let them know that your residents want to help the homeless by making sandwiches.
- ✓ Work in connection with your contacts and make a plan that works best for both parties (i.e., your group makes the sandwiches and a religious organization delivers them).

Steps to Make the Sandwiches

- ✓ Purchase the supplies to make the sandwiches (4 loaves of bread - 1 loaf makes 10 sandwiches, 4 lbs. lunch meat - ham, turkey, and/or bologna, 2 lbs. of American cheese, box of fold-over sandwich bags).

Note: When residents and team members learn that you are feeding the homeless, they may want to donate some of the items.

- ✓ Invite residents to join this group (Six to 10 individuals are plenty.)
- ✓ Select a day and time to hold the group. (An hour is plenty of time.)
- ✓ Select an area with a long table that the volunteers can sit around comfortably.
- ✓ Cover the table with a tablecloth and have residents wear dietary gloves for sanitary purposes.
- ✓ Develop an assembly line.
 - One person takes all the bread out of each bag (save the bags) then selects two slices of bread and gives them to the next person.
 - This person places two slices of meat on the bread and gives them to the next person.
 - This person places one slice of cheese on the bread and gives them to the next person.
 - This person closes the sandwich and gives it to the next person.
 - This person places the sandwich in the small bag and folds over the flap and gives it to the next person.
 - This person places the small bag into the larger bread bag.

Additional Suggestion

Make a bag lunch with the sandwiches you just made by including small packages of condiments, bottle of water, and piece of fresh fruit.

■ NEVER TOO OLD

Denise Adderly, Activity Director, Hickory Hill Retirement Community, Burkeville, VA

One of our residents is blind and partially deaf; she has a cochlear implant to help her hear, but otherwise she is totally deaf. She attended the Helen Keller School for the Blind and was taught sign language. I thought it would be a wonderful idea to have her teach her fellow residents how to sign and finger spell. This resident agreed. The activity is called Never Too Old because people are never too old to learn a new language. Participants don't always remember what they're taught, but it's different, challenges them, and is great hand-eye coordination. We have been learning how to sign songs, too, which the residents are really getting a kick out of. I encourage other communities to have people teach their residents sign language or new languages.

■ REMINISCENT CORNER

Gary Whitten, Orleans, Ontario, Canada

This activity started in a seniors' retirement residence but has expanded so that it is now at the Eastern Ottawa Resource Centre (EORC). The EORC day program provides therapeutic, intellectual, social, and recreational programming for older adults who are frail, isolated, and/or cognitively-impaired and respite time for their caregivers / care partners. I participate, as a volunteer, by addressing each of the six groups once a month for an hour or so. My participation started more than 10 years ago.

My program is called Reminiscent Corner (so named before I ever saw a copy of *Creative Forecasting*). It typically begins with a sing-along of two or three oldies projected on the screen with music (i.e., Mitch Miller, Doris Day, Patti Page). These songs are often topical such as love songs around Valentine's Day, Irish songs in March, or winter-related songs in December.

The next segment is what has happened over the years in the current month. I put up a slide with a picture and a date and see if anyone can identify the event. For example, the picture could be Jacqueline Bouvier and John F. Kennedy and the date is September 12, 1953. A discussion ensues, and the answer appears noting it was their wedding date. Perhaps, this leads to a discussion of some other notable weddings or participants recalling their own weddings. I show between 20 and 30 such slides covering many types of world events. I try to anticipate what questions will come up so that I have some answers.

I follow this with a slide show of 10 to 20 humorous cartoons, usually about older people.

I use the remaining 25 to 30 minutes with slides based on sets of riddles and trivia questions. I try to make the trivia subjects topical such as Irish themes in March, Easter themes in April, and Christmas themes in December. I use as many music-themed trivia sets as I can because music is a great memory stimulant for seniors. I also use three to 10-minute general interest slide shows such as the pictures I took at Mardi Gras in New Orleans, candid shots of Ireland, and interesting items I run across on the Internet while I am researching my presentations, as well as short movies I find on YouTube®.

The participants get very involved in it all and frequently ask, "Where do you find all this stuff?" The six presentations I do each month follow the same general pattern, but I vary some of the material according to the level of cognitive impairment of the group.

■ GRANDPARENTS DAY ACTIVITY

Penny Sacksteder, Life Enrichment Coordinator Retired, Brethren, MI

Here's a great intergenerational activity to include in your Grandparents Day Celebration. It is a Minute to Win It Challenge that was a real winner for us. This event attracted a lot of participation from families, friends, and staff.

Activity: See who can build the highest structure in one minute using marshmallows and long spaghetti noodles.

Preparation: Use cookie sheets or lids of boxes with edges as building bases. Otherwise the structure tends to slide out and flatten instead of going "up." On each tray or lid place a handful of marshmallows and long spaghetti noodles. (Be prepared to provide more of either if teams run out.)

Demonstrate how to attach noodles together (tinker-toy style) by pushing them into marshmallows.

Determine who wants to play. Group grandparents with their grandchildren, if possible, making as many teams as you have trays or box lids.

Hold up your timepiece then say, "Teams, are you ready?" Re-state the Minute to Win It Challenge: "Let's see which team can build the highest structure in one minute. On your mark, get set, GO!"

Participants will figure out what works and what doesn't as they put together their structures. You can make encouraging statements while announcing play-by-play progress. There will be a lot of laughter.

Note: I didn't usually stick with the one-minute rule for this game. If people looked like they were losing interest before a minute, I would call "time;" however, depending on the ages of children involved, some more competitive ages may notice and call it "unfair," so be conscious of the dynamics of your particular group, use discretion, and mostly, have fun.

■ TANGLE WITH TEENS

Tara Weiss, Activity Director, Pendleton Manor, Greenville, SC

We have developed an outreach program with students from the local middle school and high schools. They come with teachers on a field trip for 40 minutes during their outreach class / study hall. They do arts and crafts, jewelry making, card making, decorate, play board games, have history discussions, and/or teach dance and exercise. The seniors enjoy telling their stories and experiences to a younger generation, and the students make mature friends. Some of the students don't have older family members to bond with, so they make friends and keep in touch. This program also develops a volunteer base for the future.

■ CAPTURE THAT COLOR

Karen McKeon, CTRS, Lewinsville Adult Day Health Care Center, McLean, VA

Object of the Game:

To reach the target score

Materials:

- 5 to 10 different-colored playing pieces (i.e., blocks, bingo chips, other colored objects)
- bag or bucket to hide the blocks
- large dry erase board listing across the top all 5 to 10 colors (or pictures of each color), as well as participants' names under the color they chose
- dry erase markers

How to Play:

- 1) Write the colors in play on the board using the same colored marker or attach a picture of the color (i.e., circle, heart, actual color's word), across the top of the dry erase board.
- 2) Ask each player to choose a color and write each name under that color on the board.
- 3) Choose the target number to reach in order to declare the winner(s) (i.e., 20 of one color). Any number can be used as long as it gives all participants the opportunity to reach into the bag and draw a playing piece.
- 4) One by one, players reach into the bag and pull out a colored playing piece. If red is drawn, for example, award one point to everyone under the color red. The item is then returned to the bag.
- 5) Once a color reaches a score of 20, announce the winner(s).
- 6) Play the game again with participants choosing different colors or keeping the same colors.

Variations:

- ✓ Instead of choosing colors, participants can reach into the bag to draw their colors.
- ✓ Use a spinning wheel with colors. Players take turns spinning the wheel to get their colors then they spin the wheel instead of drawing objects from a bag. Scoring is the same. **CF**