

# Adult Day Services & Assisted Living Week Contest Winners

## 16<sup>TH</sup> ANNUAL NATIONAL ASSISTED LIVING WEEK® September 12 - 18, 2010 “Living Life”

This week was founded by the National Center for Assisted Living (NCAL). The 2010 theme is “Living Life.”

“Assisted living communities around the country are committed to giving their residents the environment and opportunities they need to reach their goals on a daily basis,” says David Kylo, NCAL’s Executive Director. “Living Life’ means enjoying activities and pursuing passions, whatever they may be. It is the life-long pursuit of happiness and growth. ‘Living Life’ reflects the commitment of assisted living professionals providing person-centered care to their residents. During National Assisted Living Week®, communities create special programming that is fun for the residents and family members, and involves everyone who contributes to enhancing residents’ lives.”

The National Assisted Living Week® planning and product guide is posted on [www.nalw.org](http://www.nalw.org) and mailed to member facilities in early summer. Here’s additional contact information: e-mail: [sosborne@ncal.org](mailto:sosborne@ncal.org), phone: (202) 898-2843, or mail: National Assisted Living Guide, ATTN: Shane Osborne, NCAL, 1201 L St., NW, Washington, DC 20005.

## 27<sup>TH</sup> ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 19 - 25, 2010 “Adult Day Services: A Smart Choice”

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2010 theme is “Adult Day Services: A Smart Choice.” For more information, visit [www.nadsa.org](http://www.nadsa.org). Here’s additional contact information: e-mail: [info@nadsa.org](mailto:info@nadsa.org), phone: 1-877-745-1440, or mail: NADSA, 85 S. Washington St., Suite 316, Seattle, WA 98104-3405.

We are pleased to present the winners of *Creative Forecasting’s* 15<sup>th</sup> 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

### ■ MSM FEUD

*Rebecca Finnegan, Activity Coordinator,  
Main Street Manor at Russell Regional  
Hospital, Russell, KS*

Our residents at Main Street Manor participated in an adaptation of the TV show, *Family Feud*. A couple of weeks before the activity, I gave a list of 15 questions to the various departments of our hospital and asked staff members to fill it out and return it by the end of the week. The response was perfect for a “survey of 100 people.” Some of the questions were What is your favorite cartoon character?, Name a state that starts with the letter N. Name a famous “Bob.” Finish this – Pop... What would be first on your honey-do list? What is the most used appliance in your home? I also surveyed first and second graders at our local elementary school asking them the following two questions: What is your favorite color? and What is your favorite musical instrument?

It took awhile, but I tallied all the responses and organized the top answers for each question and made a MSM Feud game board. I cut out seven rectangles for answers and completed game sheets with the top responses and positioned them over the cutouts and taped over the cutouts with construction paper numbers 1 - 7.

On game day, the residents were divided into two groups, Friends and Neighbors, and they were called the F. A. N. Club. A member on each team threw a large soft number die to determine which team answered the first question. A white erase board was used to keep score and to mark strikes. No timer was used to time the response of answers to reduce the stress. After a game question was asked and answers shown, I changed to the next question while a resident read from a joke book to keep the players and audience entertained. At the final tally, the Neighbors won. I chose two members for the final questions. One person left the room while the teammate answered. I recorded the answers on the white board and totaled points received, then I erased the answers and the other teammate returned to answer the same questions. The Neighbors won the big prize, 100 grand. They shared their prize with the Friends, so everyone got a 100 Grand® candy bar. There were lots of ☺

smiles and laughter throughout the game, and at the end, the Friends asked for a rematch. The staff were e-mailed the results of the questions and the game. We're planning another MSM Feud soon!

#### ■ WHERE IN THE WORLD IS NANCY?

*Joan Wills-Birch, Operations Manager, The Little Red House Adult Day Care, Inc., Spring Lake, MI*

"Nancy" is a foam cutout in the shape of a person. She is large and easily visible to our participants. Throughout the seasons, we change things such as adding a scarf or changing her shoes or hat. She hangs on our wall above a map of the United States and a map of the world. A banner reading, "Where in the World Is Nancy?" is also posted on the wall. A few times a week, we schedule Where in the World Is Nancy? into our daily activities. A new clue is given for each session. We begin the session by reminding everyone where Nancy was last time we knew. After we read each clue that has been given thus far, we reveal the new clue. The clues are fun and informative. Examples are "It's a good thing I packed my winter coat for this trip. It's only 35 degrees here!" or "Whew, that was a long drive. It took me 16 hours to get here." All the clues are posted on a wall along with a sheet of paper that reads, "Where Is She?" Guesses are recorded on this sheet after each session. At the end of the month, Nancy's whereabouts are revealed during our last session. We celebrate her new location with a trivia contest about her latest destination. The clients who guessed her location are awarded a ribbon, and we start over the next month as Nancy continues her travels.

This activity is fantastic for interaction and discussion, in addition to learning many new things about the world we live in. Nancy has been traveling for us for almost four years now.

#### ■ COMMUNITY VOLUNTEER WORK

*Tracey Mingle, Direct Support Professional,  
Fluvanna Day Services - A Division of  
The Resource Center, Jamestown, NY*

Fluvanna Day Services is a day habilitation program where 36 individuals with developmental disabilities attend Monday through Friday. An array of activities, outings, and volunteer work are broad areas in which our participants are involved.

A few months ago, we had a meeting with our supervisor about doing additional volunteer work with the community. During this meeting, our team decided to do something special for the nursing homes in our area. A lot of material was donated to us, so we decided to make lap blankets, walker packs (that strap to the front of walkers to carry small items), bags (to put the donated items in), washcloth bunnies (made from washcloths), music books (secular and non-secular), and puzzle books.

When a lap blanket, walker pack, or bag is made, one of the participants helps to lay out the material and measure it with graduated guidance (whatever assistance is needed). One of the staff cuts the material out, then with assistance, the participant puts the materials together. As a staff member feeds the material through the sewing machine, the participant pushes the power button that makes the sewing machine run.

Each washcloth bunny is made from a washcloth that a participant rolls one side to the center, then the other side. He holds it while a staff member ties everything in place with a ribbon.

We also make secular and non-secular music books and puzzle books. The participants help at all stages of this activity which includes copying, sorting, making the covers (out of wallpaper), measuring the yarn used to hold them together, and assembling.

Another project is making walker packs. A nice thing about them is that they are adaptable for each person using them. As always, the participants are involved with the assembly of the packs using graduated guidance to enable them to do as much as possible independently.

Lastly, a bag is made to hold all of the items. The participants put them together and fill them each with a lap blanket, washcloth bunny, and one of each of the books. A pencil and notepad are also included.

Once a month, we choose two participants to go to an area nursing home to present our gifts. A different nursing home is chosen each month.



## ■ RAIN GUTTER REGATTA

*Rebecca Bruns, Life Enrichment Director,  
College View Assisted Living  
Memory Support Community, Hastings, NE*

One of my residents told me about an old tradition her parents told her about. When a family got an indoor bathtub, they invited neighbors to celebrate and bring toy boats to float in the tub. I took that idea and elaborated on it.

College View had its first annual Rain Gutter Regatta. This event created several other activity opportunities. I purchased eight wooden sailboat kits from the hobby store. These boats needed sanding, assembling, and painting, then each boat was named. We bought two rain gutters with caps on either end (approximately 10 feet long) from the hardware store and filled them half full with water. Each boat had a captain who was in charge of powering the boat with a straw to provide the wind power. To begin the Regatta, two boats raced against each other. The winner from that race went again, and this continued until there was a final winner. After the event, many staff members and non-participating residents had races with each other just for fun.

This year we'll choose teams and have the teams' boats race against each other for more competition.

**Editor's Note:** Raingutter Regatta® is a Registered Trademark of the Boy Scouts of America® in the U.S. and other countries.

## ■ MONTHLY BIRTHDAY PARTIES WITH PIÑATAS

*Gay Pendleton, Manager, Friendship Center  
Adult Day Services Program, Homer, AK*

Starting in July 2009, piñatas became a part of our monthly birthday parties. About two weeks before each party, we decide what the piñata will be for the month (i.e., pumpkin for October, turkey for November). In February, we held our birthday party on the same day we had our 4<sup>th</sup> Annual Penguin Party, so the piñata for that month was a penguin.

To make each piñata, we use a blown-up balloon as the base, apply the first layer of papier-mâché, then let it dry. A second layer is added, and it dries. The next step is painting it. For all the stages of the piñata assembly, the clients and staff work together. Each piñata is filled with small candies and stuffed animals.

The piñata is tied onto a piece of PVC pipe that has long ribbons on the ends. Our whacking stick is a small PVC pipe with rubber pieces on each end. The birthday person(s) gets the first whack.

Adding piñatas to our monthly birthday parties is a great way to celebrate and has added an extra punch of enthusiasm. Besides getting lots of laughs from our clients, maybe some of their frustrations are released when they swing at the piñata.

## ■ ACTIVITY BINGO CARD

*Lois Unnerstall, Lifestyle Director,  
Park Place Senior Living, O'Fallon, MO*

Each week, we create an Activity Bingo Card for our residents at Park Place Senior Living in our Assisted Living Community. (I used Microsoft® Word to create a template with columns and rows. See example below.) The residents are given the bingo cards at the beginning of the week and cross off the activities that they attend during the week. (The cards handed out are all the same.) Residents bring their Activity Bingo Cards to the Friday afternoon bingo game. A prize is given to each person who has an Activity Bingo.

In addition to playing one of their favorite games, Activity Bingo Cards encourage residents to check the calendar to attend programs so it creates a greater awareness of activities. Staff and family members are involved by encouraging residents, especially those that are lower functioning, to attend activities and reminding them to mark their bingo cards. **CF**

## Activity Bingo

B	I	N	G	O
Name Game	Shining Lights	Resident Meeting	Walking Club	Left Right Center
Trivia	Card Club	Pokeno	Wii Bowling	Joy Ride
Movie in the Theater	Birthday Party	FREE SPACE	Bible Study	Cooking with Rich
Bingo	No Blarney Trivia	Joy Ride	Barbie Through The ages	Dream Destination
Baby Shower	Manicures	Ron Kuhn	Weekend Word Search	Men's Group