

# Adult Day Services & Assisted Living Week Contest Winners

## 15<sup>TH</sup> ANNUAL NATIONAL ASSISTED LIVING WEEK

September 13 - 19, 2009  
"Traditions of the Heart"

This week was founded by the National Center for Assisted Living (NCAL) and is celebrated with the American Association of Homes and Services for the Aging as a collaborative partner for the sixth year in a row. The 2009 theme is "Traditions of the Heart." This year's theme "pays tribute to the personal connection that caregivers, relatives, and volunteers have with nearly one million people residing in more than 38,000 assisted living and residential care communities nationwide."

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. For further information, e-mail [sosborne@ncal.org](mailto:sosborne@ncal.org), call (202) 898-2843, or write National Assisted Living Guide, ATTN: Shane Osborne, NCAL, 1201 L St., NW, Washington, DC 20005.

## 26<sup>TH</sup> ANNUAL NATIONAL ADULT DAY SERVICES WEEK

September 20 - 26, 2009  
"Enriching Lives Through Wellness and Creativity"

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2009 theme is "Enriching Lives Through Wellness and Creativity." For more information, visit [www.nadsa.org](http://www.nadsa.org). Additional contact information is e-mail [info@nadsa.org](mailto:info@nadsa.org), phone 1-877-745-1440, or fax (206) 461-3218.

We are pleased to present the winners of *Creative Forecasting's* 14<sup>th</sup> Annual Adult Day Services & Assisted Living Contest. Congratulations to the winners! Thanks to everyone who sent in entries. The following activities can be adapted for all settings.



### WINNERS

#### ■ GET TO KNOW YOUR NEIGHBOR

*Sharan Lee Hardisty, Hairdresser, Otsego Place  
- Assisted Living Campus, Storm Lake, IA*

I am the hairdresser for Otsego Place, and I do craft sessions with the residents. Recently, the Activity Director had the monthly birthday party planned, but she was sick that day, so I volunteered to do it, after rearranging my hair schedule. I did not want to have the residents come down and just eat cake, so I created Get to Know Your Neighbor, and came up with questions to get them to talk about themselves and interact.

**Editor's Note:** *This winning entry is featured in its entirety in Reminiscent Corner on page 23.*

#### ■ BOX TOPS FOR EDUCATION

*Denise Bauersachs, Activity Director,  
The Manor at Mason Woods, Pinckneyville, IL*

A wonderful project our residents took on was working with elementary-school-aged children and their mothers from our community for a special school project, Box Tops for Education ([www.boxtops4education.com](http://www.boxtops4education.com)). The residents cut thousands of box tops (from General Mills and many other household products; go to the Box Tops for Education web site for participating products) saved by the children and their mothers. Each box top is worth 10¢ for schools to purchase supplies, books, etc. The children took the labels to school, and they were delivered to our facility. The residents trimmed the box tops and put 50 of them in each sandwich bag. This was an ongoing project this past year. The residents could participate by either cutting or counting. It was a great project on weekends or when someone was bored. A total of 18,600 box tops were cut.

The biggest reward came when we learned that the cash value of the box tops for the school was \$1,800. The elementary school principal came to the facility to personally thank the residents who participated. For the residents, it is a great way to make a difference in the classrooms of our community's school children. We are already sharpening our scissors and looking forward to cutting more for Box Tops for Education for the next school year.

#### ■ PING-PONG POKER

*Juliana Morgan, Activity Director,  
McCarthy Manor, Duluth, MN*

Ping-pong Poker is a game that is good for different functioning levels to play together as it combines skill with luck. Players can either keep their cards concealed or let everyone see what they have in their hands.

**Materials:** Masking tape, 20" - 22" diameter bucket, 2 decks of playing cards (depending on the number of players, make sure you have enough cards for two rounds of play), four ping-pong balls

**Game Prep:** Place a strip of masking tape on the floor for the shooting line and put the bucket about 12 feet away.

**Game Play:** Each game consists of two turns for each player. Each participant takes a turn going up to the shooting line and tries to toss four ping-pong balls into the bucket. For every successful shot, he receives a playing card. At the end of two rounds, the player with the best poker hand is the winner. Give the winner a quarter or other small prize. After declaring the winner, collect the cards, shuffle them, and start the next game.

**Rules:** Poker hands cannot be made up of more than five cards (for example, if a player has won seven cards, he can make his best hand with five cards). A player with

only two or three cards could still be the winner if he is lucky enough to get a pair or three of a kind.

**Ranking of Hands:** ○ Royal Flush (10 through ace, all one suit) ○ Straight flush (five in a row, all one suit) ○ Four of a kind ○ Full house (pair and three of a kind) ○ Flush (five cards the same suit) ○ Straight (five in a row, mixed suits) ○ Three of a kind ○ Two pair ○ One pair

### ■ MEATLOAF BAKE-OFF

*Bambi Marangio-Pitts, Therapeutic Recreation Director,  
Abbott Terrace Adult Day Center, Waterbury, CT*

We are a small adult day center, and it's great when you have a program that everyone enjoys and participates in, no matter what their limitations may be. We started a Gourmet Club that stimulates all the senses. During one of our discussions, one of the clients asked how other people made meatloaf. It was interesting to hear about the variety of ingredients they used. This is where the idea of having a Meatloaf Bake-off came from.

First we assigned teams, mostly based on their preferred main ingredients. Staff made sure that all the ingredients that were requested were available the day of the Bake-off. Some of those items were ketchup, bacon, cheddar cheese, mozzarella cheese, oats, barley, spaghetti sauce, bread crumbs, pieces of bread, onions, peppers, and hot sauce.

On the day of the Meatloaf Bake-off, people put on their chef hats (made the day before) and had fun creating their meatloaf masterpieces. The conversation was wonderful, the aromas were amazing, and the end results were delicious. Everyone won a ribbon.

### ■ WELCOME JEOPARDY

*Karen McKeon, CTRS, Annandale Adult Day  
Health Care Center, Annandale, VA*

Welcome Jeopardy was created initially as part of the celebration to welcome a new staff member to our group of participants. It soon became clear that it could also be used with a new admission to the Center. We also adapted it to become Good Luck Jeopardy to use with staff or participants leaving the Center. Both variations are below.

### WELCOME JEOPARDY

There are five categories: **Welcome, 2 - to, Annandale** (I use examples of volunteers and entertainers that come to our Center.), **Center, Staff or Participant Name** (All answers begin with the first letter of the person's name. The \$500 point clue is the new person's name.)

#### WELCOME

? \$100: Name two ways to welcome someone. **What is shaking hands or hugging or throwing a party or introducing him?**

? \$200: How do you say "hello" in Spanish? **What is ola?**

? \$300: What is the name of the rug outside of a front door? **What is a welcome mat?**

? \$400: What is the name of the organization that welcomes people that move into your neighborhood? **What is the Welcome Wagon?**

? \$500: The little people in *The Wizard of Oz* sang, "We represent the Lollipop Guild and we wish to welcome you to \_\_\_\_." (name of place) **What is Munchkinland?**

#### 2

? \$100: These 2 popular sandwich items have the initials PB & J. **What are peanut butter and jelly?**

? \$200: To season your food, use these 2 popular seasonings that come in shakers. **What are salt and pepper?**

? \$300: These "2 of a kind" pairs are often referred to as either fraternal or identical. **What are twins?**

? \$400: This popular candy is either pink or white with licorice in the middle. **What is Good & Plenty?**

? \$500: If you have 2 of something (like socks or shoes), it's often said you have a \_\_\_\_\_. **What is a pair?**

### ANNANDALE

? \$100: This piano player comes every Tuesday to lead a sing-along. **Who is (name)?**

? \$200: This classical piano player has played professionally for many years. **Who is (name)?**

? \$300: This lovely lady doesn't work here, but she comes in often and usually goes on community trips with us. She is often very silly. **Who is (name)?**

? \$400: This lady comes in with her guitar to sing with us. **Who is (name)?**

? \$500: Her pet therapy dog's name is Autumn. **Who is (name)?**

### CENTER

? \$100: This delicious breakfast treat has a hole in the center. **What is a donut?**

? \$200: What is in the center of an Oreo® cookie? **What is white crème?**

? \$300: One type of lollipop has a brown center. What is in the center? **What is Tootsie Roll®?**

? \$400: S'mores have two things in the center of the graham cracker. Name one. **What is chocolate or marshmallow?**

? \$500: A turkey often has this in its center. **What is stuffing?**

### STAFF OR PARTICIPANT NAME

? \$100: Name an animal that starts with the letter "A." **What is an ant?**

? \$200: Name a covering that protects your clothes while you're cooking and begins with the letter "A." **What is an apron?**

? \$300: This card has the highest value in the deck and begins with the letter "A." **What is an ace?**

? \$400: This fruit grows on a tree and begins with the letter "A." **What is an apricot?**

? \$500: This is the name of our new participant who we are very pleased to welcome to our Center. **Who is Anne?**

## GOOD LUCK JEOPARDY

To wish good luck to a staff member or participant who is leaving, change the first and second categories to **Good Luck** and **From**, and use the other three categories **Annandale**, **Center**, and **Staff or Participant Name**.

### GOOD LUCK

? \$100: To keep the doctor away, eat one of these every day. **What is an apple?**

? \$200: If this walks towards you, it brings good fortune, but if it walks away, it takes the good luck with it. **What is a black cat?**

? \$300: It's good luck to find one of these in the field. **What is a four-leaf clover?**

? \$400: What is bad luck to pick up if it's tails side up and good luck comes if it's heads up. **What is a coin?**

? \$500: Athletes spit on this before using it for the first time to make it lucky. **What is a new bat?**

### FROM

? \$100: It rhymes with "from" and one might march to a different beat of this. **What is a drum?**

? \$200: It rhymes with "from" and one might chew this to freshen his breath. **What is gum?**

? \$300: It rhymes with "from" and this morsel might be left on the plate after eating a sandwich. **What is a crumb?**

? \$400: It rhymes with "from" and if you're at the dentist and you can't feel the drilling, you might be this. **What is numb?**

? \$500: It rhymes with "from" and it may be the shortest and fattest of your fingers. **What is the thumb?**

## AROUND THE WORLD GAME

*Regina Gardella, TRS, Recreation Therapy Intern,  
Lewinsville Adult Day Health Care Center, McLean, VA*

Around the World Game tests people's knowledge about all seven continents. The questions for the continents were adapted from web sites (listed next to each continent). We played this game on East Meets West Day.

**Objectives:** To get the playing piece from the starting point to the ending point with all seven Continental Collectables Cards by correctly answering questions along the way.

**Number of Participants:** 2 - 6 people or teams with equal numbers of people

**Materials:** Game board, vehicle playing pieces (i.e., cars, planes, train cars), 1 die, duplicates of Continental Collectables (see list in the second column), printouts of additional questions from web sites and other sources

**Game Board:** On a large piece of cardboard, draw the shapes of the seven continents and color or paint them the colors listed below. Color or paint the rest of the area on the board blue (for water). At one corner of the board, draw an igloo. This will be the starting and ending point of the game. For the spaces on the game board, add seven or eight squares of corresponding colors for each of the continents and one circular colored spot for each of the seven continents. Mix the colored squares and circular spots

around the board starting and ending on the igloo.

**Colors:** South America - Red, North America - Blue, Europe - Yellow, Asia - Brown, Africa - Green, Australia - Purple, Antarctica - White

**Continental Collectables Cards (pictures and names of sites written on cards):** South America - Machu Picchu, North America - Statue of Liberty, Europe - Eiffel Tower, Asia - Chinese monastery, Africa - Pyramids, Australia - Sydney Opera House, Antarctica - Polar bear

### Game Play:

✓ Players start and end on the igloo, but may move in either direction on the path.

✓ Each player rolls the die and then moves his playing piece the number of spaces specified by the die.

✓ The player answers a question that corresponds to the color block of the continent he has landed on. If he answers correctly, he rolls the die and move his playing piece accordingly. If he answers incorrectly, he gets another question. If he does not answer this question correctly, he waits for his next turn to get another roll of the die.

✓ When a player comes to a circular spot, he stops on it and answers the Continental Question (CQ) before moving on. If he answers correctly, the player receives a Continental Collectables Card and continues as usual. If he answers incorrectly, the player uses consecutive turns to answer the question with a different question for every try.

✓ A player wins the game by being the first to reach the igloo with all seven Continental Collectables Cards.

## AROUND THE WORLD TRIVIA SAMPLE QUESTIONS

**SOUTH AMERICA - Red:** [www.factsmonk.com/facts\\_on\\_south\\_america](http://www.factsmonk.com/facts_on_south_america)

◆ What separates North America from South America?

○ Rio Grande ○ Panama Canal ○ Panama / Columbia Border **PANAMA CANAL**

◆ What did the French and Portuguese give to the Native Americans? ○ Corn ○ Clothing ○ Diseases **DISEASES**

◆ What is the oldest town in South America?

○ Caral, Peru ○ Cusco, Peru ○ Cartagena, Colombia **CARAL, PERU**

◆ The movie, *Evita*, was about the first lady of what country? ○ Argentina ○ Bolivia ○ Chile **ARGENTINA**

◆ South America is the \_\_\_\_ largest continent. ○ Third

○ . Fourth ○ Fifth **FOURTH**

**CQ:** The Andes Mountains were formed by the collision of the South American plate with which tectonic plate?

○ Pacific ○ Cocos ○ Nazca **NAZCA**

**NORTH AMERICA - Blue:** [www.funtrivia.com/playquiz/quiz848999ba970.html](http://www.funtrivia.com/playquiz/quiz848999ba970.html)

◆ What is the lowest point on the continent? ○ Death Valley, CA ○ Grand Canyon, AZ ○ Beaver Dam, UT **DEATH VALLEY, CA**

◆ North America was named after what explorer? ○ Christopher Columbus ○ Amerigo Vespucci ○ Juan Ponce de Leon **AMERIGO VESPUCCI**

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*Contest Winners, continued from page 11*

♦ What is the tallest point on the continent?  Mount McKinley, AK  Fishers Peak, CO  Sears Tower, Chicago, IL **MOUNT MCKINLEY, AK**

♦ What is the largest city in North America?  New York City, NY  Toronto, Canada  Mexico City, Mexico **MEXICO CITY, MEXICO**

♦ North America is the only continent that has every kind of \_\_\_\_\_.  Animal  Climate  Food **CLIMATE**

**CQ:** Purcell, Bighorn, and Medicine Bow are ranges that are part of which North American mountains?  Appalachians  Catskills  Rockies **ROCKIES**

**EUROPE - Yellow:** [www.factsmonk.com/20\\_facts\\_about\\_europe](http://www.factsmonk.com/20_facts_about_europe)

♦ The smallest country in Europe is \_\_\_\_\_.  The Vatican  Luxemburg  Belgium **THE VATICAN**

♦ What is the largest city in Europe?  Rome  London  Paris **PARIS**

♦ How many countries are in Europe?  23  25  27 **25**

♦ What was the first country to join the Industrial Revolution in Europe?  Austria  Great Britain  Germany **GREAT BRITAIN**

♦ Adolf Hitler was \_\_\_\_\_.  Austrian  German  Polish **AUSTRIAN**

**CQ:** Europe was named after *Europa*, a \_\_\_\_\_ in Greek mythology.  Greek Goddess  Macedonian Princess  Phoenician Princess **PHOENICIAN PRINCESS**

**ASIA - Brown:** [www.factsmonk.com/asia\\_facts](http://www.factsmonk.com/asia_facts)

♦ Which of these countries is not a landlocked country of Asia (that is, bordering on no seas or oceans)?  Mongolia  Nepal  Syria **SYRIA**

♦ Which of these groups of islands was referred to as the "Spice Islands"?  Molucca Islands  Philippines  Nicobar Islands **MOLUCCA ISLANDS**

♦ Which country of Asia has the most islands?  Japan  Philippines  Indonesia **INDONESIA**

♦ Russia is considered part of what area?  North Asia  Europe  West Asia **NORTH ASIA**

♦ China is the \_\_\_\_\_ largest economy in the world.  First  Second  Third **SECOND**

**CQ:** What type of physical geography feature is Indonesia's Krakatoa?  Forest  Volcanic Island  Mesa **VOLCANIC ISLAND**

**AFRICA - Green:** [www.factsmonk.com/facts\\_about\\_africa](http://www.factsmonk.com/facts_about_africa)

♦ What is the largest country in Africa?  Sudan  Egypt  Algeria **SUDAN**

♦ Which is the longest river in Africa?  Awash (Ethiopia)  Molopo (Botswana)  Nile (Egypt) **NILE (EGYPT)**

♦ Which is the largest lake in Africa?  Lake Edward  Lake Victoria  Lake Malawi **LAKE VICTORIA**

♦ What is the tallest mountain in Africa?  Mount Kilimanjaro  Mount Ayalu  Mount Mumpu **MOUNT KILIMANJARO**

♦ Africa produces nearly \_\_\_\_\_% of the diamonds in the world.  35  50  70 **50**

**CQ:** With the shifting of the tectonic plates, Africa is currently moving in a \_\_\_\_\_ direction.  Southeast  Northeast  Southwest **NORTHEAST**

**AUSTRALIA - Purple:** [www.about-australia.com/facts](http://www.about-australia.com/facts)

♦ What is the name of Sydney's most popular and well-known beach?  Sydney Beach  Coogee  Bondi **BONDI**

♦ What year did Sydney hold the Summer Olympics?  2004  2000  1996 **2000**

♦ What are the Australian indigenous people called?  Koories  Maoris  Aborigines and Torres Strait Islanders **ABORIGINES AND TORRES STRAIT ISLANDERS**

♦ What is the name of the island state?  Tasmania  Cook Island  King Island **TASMANIA**

♦ What is the highest point in Australia?  Mount Kosciuszko  Mount Bogong  Bimberi Peak **MOUNT KOSCIUSZKO**

**CQ:** The Australian government controls how much of Australia?  One Third  Half  All **ALL**

**ANTARCTICA - White:** [www.coolantarctica.com/Antarctica%20fact%20file/fascinating\\_facts\\_about\\_antar.htm](http://www.coolantarctica.com/Antarctica%20fact%20file/fascinating_facts_about_antar.htm)

♦ The continent of Antarctica is buried under how much ice?  One Half Mile  One Mile  Two Miles **ONE MILE**

♦ Antarctica is the ideal place to find what?  Meteorites  Shooting Stars  Penguins **METEORITES**

♦ Antarctica is the \_\_\_\_\_ continent on earth.  Smallest  Second Smallest  Windiest **WINDIEST**

♦ The Dry Valley region on the continent has supposedly not had rain in how long?  50 Years  250 Years  2 Million Years **2 MILLION YEARS**

♦ Antarctica is governed by which country?  United States  England  No Country **NO COUNTRY**

**CQ:** Who was the first person to reach the South Pole?  Robert Falcon Scott  Roald Amundsen  Ernest Shackleton **ROALD AMUNDSEN**