

Adult Day Services & Assisted Living Week Contest Winners

14TH ANNUAL NATIONAL ASSISTED LIVING WEEK September 7 - 13, 2008 "Filling Life with Love"

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 fifth year in a row. The 2008 theme is "Filling Life with Love." This year's theme emphasizes "the need for all those connected to an assisted living facility - whether it be staff, residents, family members, or volunteers - to recognize and celebrate the lives of those they touch everyday."

The National Assisted Living Week planning and product guide is posted on www.nalw.org and mailed to member facilities in early summer. For further information, e-mail ssabo@ncal.org, call (202) 898-2848, or write National Assisted Living Guide, ATTN: Shelley Sabo, NCAL, 1201 L St., NW, Washington, DC 20005.

25TH ANNUAL NATIONAL ADULT DAY SERVICES WEEK September 21 - 27, 2008 "Creativity and Innovation: Moving Adult Day Services Forward"

The sponsor of this week is the National Adult Day Services Association (NADSA). The 2008 theme is "Creativity and Innovation: Moving Adult Day Services Forward." For more information, visit www.nadsa.org. Additional contact information is e-mail info@nadsa.org, phone 1-877-745-1440, or fax (206) 461-3218.

We are pleased to present the winners of *Creative Forecasting's* 13th 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

■ CARD GAMES

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

The following card games have a lot of variations. Enthusiasm and suspense (Will you be safe or knocked out? Will you draw the winning card?) are the main ingredients for success. We play them late in the afternoon when the simplicity and humor of these games are most appreciated.

WIN WITH (ONE PLAYER'S NAME)

Materials: photo of each player, deck of cards, 4 - 6 players

Game Preparation: Take a digital photo of each player. Close-ups work best. Print out a small picture on regular paper, small enough to fit on a playing card. Tape one of the player's pictures on the front of a playing card. Be sure that no edges of the tape are showing.

Game Play: Announce the name of the game (i.e., if the photo is of Mary, the name of the game is Win with Mary). The name of the game will change depending on whose photo is being used. Spread the 52 cards on the table, face down. The card with the photo on it should look the same as the other cards when it's face down. The person who draws the photo card wins. Each person takes a turn turning over one card. Put cards that have been drawn in front of the players who drew them to separate them from the cards still face down. Play a few times using the same photo, then replace the photo with another player's photo. Remember to announce the name of the game again, since it will change every time you change the photo.

Variation: Instead of a photo card, tape a picture of a gift on the card. The winner may choose a gift from the selection provided.

KNOCK-OUT

Materials: deck of cards, 5 players

Game Preparation: Have one person draw a card which will be the knock-out card. For example, if a 2 is drawn, that will be the knock-out card.

Game Play: Spread the 52 cards on the table, face down. Each person turns over one card. Put cards that have been drawn in front of the players who drew them to separate them from the cards still face down. The person who draws a knock-out card is knocked out of the game. Place that card in front of the person who's been knocked out. (At our center, we always sing "Goodnight (name), goodnight (name), goodnight (name), we hate to see you go" to the person who's been knocked-out. Play continues until all four knock-out cards have been turned over and only one person is left.

Variation: Add another deck for every five players.

■ REMINISCING BEANBAG TOSS

Sister Mary Irene Konshak, Activity Director,

St. Joseph's Retirement Community Assisted Living, West Point, NE

This activity is a game that offers resident participation from beginning to end. Besides providing physical activity, this game also stimulates the mind with multiple opportunities for reminiscing and sharing. It can be played with any number of people.

The game consists of 12 categories to reminisce about. The categories include mom / wife, dad / husband, siblings / children, home, food, clothing, transportation, job, faith, education, fun, and pets. The involvement begins with making the game.

BEANBAG TOSS GAME

Materials: 12 folders, black marker, old magazines and catalogs, scissors, 8½" x 11" white or colored paper, glue or glue stick, 12 8½" x 11" plastic sleeves, category check-off sheet (grid listing the 12 categories across the top and players' names down the left side), pencil, beanbags (one for each player)

Steps in Making the Game:

- 1) Write a category name on each folder.
- 2) Tear desired pictures out of the magazines and catalogs and place them in each category folder.
- 3) For each category, choose pictures to use and trim their edges. Arrange the pictures in a collage on a piece of 8½" x 11" paper, leaving space to write the category.
- 4) Write the category on the paper using the marker. Glue the pictures on and let dry.
- 5) Put the collage into a plastic sleeve.

Playing the Game:

With the residents sitting in a circle, spread the collages in the plastic sleeves on the floor within tossing distance. List the players' names down the category check-off sheet. Give each player a beanbag.

Tell the players about the 12 categories they will be reminiscing about. Have the first person toss his beanbag onto a desired collage. Check off that category for him on the sheet. Ask a question relating to that category. (See questions below.) The next player takes his turn, and the game continues until someone gets all the categories or the allotted time is up.

REMINISCING QUESTIONS

Add more questions, as desired.

Mom / Wife, Dad / Husband, and Siblings / Children: Describe your mom / wife, dad / husband, siblings / children. How many people are in your family? Describe something you like about a certain family member. Share a funny or happy memory.

Home: Where was your first home? Describe it. Describe your bedroom. Did you share it? How many times have you moved in your life? What was your favorite home you lived in and why?

Food: What is your favorite meal? What is your favorite meat, vegetable, fruit, salad, dessert, beverage? What is your least favorite meat, vegetable, fruit, salad, dessert, beverage? What is a food that you liked to prepare? What was your least favorite food to prepare?

Clothing: Describe a favorite piece of clothing. Did you receive hand-me-downs? Did you make your own clothes? When did you get new clothes?

Transportation: Describe your family's first car. Who taught you how to drive? Describe your first car.

Job: What were your chores as a child? What was your favorite chore? What was your least favorite chore? What was your first job? What was your favorite job? What was your worst job? What job did you always want to have?

Faith: How has your faith helped you? How do you worship?

Education: What is important for children to learn in school? What do you need to know to be a mom or dad (or a certain occupation)?

Fun: What were your favorite activities growing up? What did your family like to do for fun? What is your favorite hobby?

Pets: Describe the types of pets you've had over the course of your life. Who was your favorite pet and why?

VARIATIONS

◆ Use the collages and/or pictures collected for the categories to stimulate memories during a small group.

◆ Use the category pictures to create lists such as moms' jobs, dads' jobs, boys' names, girls' names, different places where families live, types of homes, food ingredient and what can be made with it, how to prepare a specific food or recipe, clothing to wear in different seasons or situations, types of transportation, how to care for a car, occupations for men and women, what tools are used for which job, different religions / faiths, school subjects, activities children, men, or women do for fun, types of pets, and how to care for a pet.

■ **GONE WITH THE WIND: THE LATER YEARS**

*Jan Sessions, Director of Activities, Greenwood Gardens
Assisted Living and Memory Care, Marietta, GA*

We made a movie at our assisted living community. We watched *Gone With the Wind* and thought it would be fun to make our own version of the movie. I wrote a short script that was easy to follow and "fed" the actors and actresses their lines. No memorizing was necessary, making it possible for individuals with Alzheimer's to participate.

In *Gone With the Wind: The Later Years*, our resident heroine pictures herself as Scarlett O'Hara and imagines that people and events in our home are scenes from her favorite movie, *Gone With the Wind*. You find out at the end that it was only a dream, but she resolves to think about Rhett tomorrow - "after all, tomorrow is another day!"

Famous Scenes We Included

- ◆ Opening scene where the Tarleton twins flirt with Scarlett and talk about the war (sports in our case) and the barbecue
- ◆ Scene where the slaves are working on the plantation (morning exercise time in our case)
- ◆ In the library as Scarlett tries to get Ashley to say he's in love with her not Melanie
- ◆ Prissy's panic when she's asked to help birth a baby (Our resident cat served this purpose well, though she didn't have kittens as our movie suggests.)
- ◆ Rhett's proposal of marriage and Scarlett's indifference to him
- ◆ Scarlett, penniless and desperate, swears she will never be hungry again (filmed in the dining room)
- ◆ Scarlett needs a new dress to impress Captain Butler and realizes her green velvet curtains might do the trick
- ◆ Final scene where Rhett has had all he can stand of Scarlett's fickleness and says he through

I purchased the *Gone With the Wind* music online and downloaded it to use throughout our movie. Using a digital video camera and Windows Movie Maker®, it was easy to

dub in sound effects and music and edit the lines that didn't come out right. Save the mistakes, though. The residents and families got a kick out of the bloopers at the end (be sure to good use good judgment in the selection of them).

The movie lasts 11 minutes including bloopers and outtakes and is a light-hearted spoof of life in a senior community. Over 25 residents were involved with an average age of 85. The majority of the participants had one line (more people were involved that way). Only the main characters had costumes, found at a local thrift store, so there was very little cost for this activity. Before you start filming, get a signed release from each participating resident's family or power of attorney, giving permission for their loved ones to appear in the movie.

It took one week for the filming, then we set a date a few weeks later for the Pre-release Private Showing for the residents and their families, complete with a concession stand and popcorn. The attendance and response was tremendous. The movie has generated so much enthusiasm from family members and guests that we put it on DVDs. The residents love seeing their names in big letters on the screen and are tickled when anyone asks to see our movie. It has become a wonderful marketing tool, as well.

Editor's Note: The script used for the movie (edited to be generic) is on our web site, www.creativeforecasting.com or via e-mail cfi@cfactive.com.

■ ELEPHANTASTIC!

*Mariellen Mory Combs, CTRS, MS, CRC,
Lewinsville Adult Day Health Care Center, McLean, VA*

What better way to celebrate Adult Day Health Care in a BIG way than to have a party fit for pachyderms. Because of my love and appreciation of elephants, we celebrated these fascinating animals on Elephant Appreciation Day, September 22, and U.S. Elephant Day, April 13 (anniversary of the first elephant coming to America in 1796). Below are some of these activities which can be done with a group of seniors or as an intergenerational activity like we did at our center.

ELEPHANTS NEVER FORGET FACTS

We printed out facts about elephants (from the Internet and books) and cut them out as slips of paper and put them in a box decorated to look like an elephant. We explained that we were going to review some interesting facts about elephants. Our group of 30 seniors and children sat in a big circle. Each participant drew a slip of paper and read the fact to the group (staff read the facts, if needed). Here are a few:

- ◆ The elephant, known as the "gentle giant," is the largest animal that lives on land.
- ◆ There are three living species of elephants: African bush African forest (until recently these two species were called the African elephant) and Asian (also known as the Indian elephant).
- ◆ Elephants are also called pachyderms which means "thick skin" that also refers to other large, thick-skinned, hooved mammals such as the rhinoceros or hippopotamus. An elephant's skin is about 1" thick.

- ◆ An African elephant (both species) has two opposing fingers at the tip of its trunk, while an Asian elephant has one triangular finger at the tip of its trunk.
- ◆ An African elephant's ears (both species) are larger than an Asian elephant's ears, and their ears are shaped like the continent where they each live.

PINK ELEPHANTS ON PARADE

Before this activity, we hid 30 laminated pictures around the room (enough pictures so each player could find one). The pictures included Babar from the book series, *Babar*, Horton from *Horton Hears A Who*, Dumbo from the Disney movie, ivory tusks, African elephant, Asian elephant, baby elephant, circus elephant, trunk, skin, ears, feet, Republican political party elephant, and various other elephant pictures. We explained that we were going to have a scavenger hunt for elephant pictures. We split the group into two teams. Each team chose its name (i.e., Asian elephants vs. African elephants). We wrote the teams' names on a board and taped a clear Ziploc® bag underneath each name.

We explained that each player was to find only one picture to receive a Styrofoam packing peanut (use regular peanuts if no one is allergic) for them to put into the Ziploc® bag under their team's name. We played the song, *Pink Elephants on Parade*, from the movie, *Dumbo*, as they were searching for the pictures. After each person found a picture, he sat down, and we taped the picture he found on the floor in front of his chair. Once everyone was sitting down, we discussed the pictures.

BABY ELEPHANT WALK

We played the song, *Baby Elephant Walk*, composed by Henry Mancini from the 1962 movie, *Hatari!*. We asked the seniors and children to walk around the circle of chairs in a clockwise direction and swing their arms and stomp like they were elephants. Once the music stopped, they sat in the chairs closest to them. Smaller versions of the 30 pictures used earlier were placed in the box decorated like an elephant. One at a time, a person chose a picture out of the box. The player who had the selected picture in front of him was asked to share a fact he learned about the picture. Teammates could help with a fact. Once the player shared a fact, he left the circle to go to a table to do Ele-Art (drawing and coloring pictures of elephants), and his chair and picture were removed. The Baby Elephant Walk musical chairs trivia game continued until everyone was at a table. Cupcakes decorated with elephants (prepared by residents prior to the event) were served, and the seniors and children shared their elephant experiences and stories (i.e., seeing them at the circus or zoo, riding an elephant, collecting elephant figurines).

OTHER ELEPHANT ACTIVITIES

- ◆ Read elephant jokes.
- ◆ Watch an educational video on elephants.
- ◆ Set up a screen or SmartBoard to watch elephant cams from a zoo or sanctuary. One web site is www.sandiegozoo.org/wap/ex_elephants.html.
- ◆ Watch a movie or read a book about elephants (i.e., *Dumbo*, *Horton Hears A Who!*, *Barbar*, *Dumbo Drop*). CF