

# Creating a Rewarding Activity Program

6 CEU Hours – RCFE and ARF



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# Course Objectives

1. Review Title 22 Regulations for RCFE's and ARF's regarding Activities
2. Finding out what your residents want
3. The different types of activities
4. Activities for residents with cognitive impairments
5. Resident Councils
6. Utilizing volunteers
7. Getting your families involved

# Title 22 Regulations

# Activity Programs – RCFE's

## Title 22, Section 87219 – “Planned Activities”

### Activity program must include:

- o **socialization**, achieved through activities such as group discussion and conversation, recreation, arts, crafts, music and care of pets.

# Activity Programs – RCFE's (cont'd)

- **Daily living skills/activities** which foster and maintain independent functioning.
- **Leisure time** activities cultivating personal interests and pursuits, and encouraging leisure-time activities with other residents.
- **Physical activities** such as games, sports, and exercise which develop and maintain strength, coordination and range of motion.

# Activity Programs – RCFE's (cont'd)

- o **Education**, achieved through special classes or activities.
- o Provision for **free time** so residents may engage in activities of their own choosing.

Residents should be encouraged to contribute to the planning, preparation, clean-up and critique of the planned activities.

# Activity Programs – RCFE's (cont'd)

## Title 22, Section 87219 (cont'd)

- (d) In facilities licensed for **seven (7) or more** persons, notices of planned activities shall be posted in a central location readily accessible to residents, relatives, and representatives of placement and referral agencies.

Copies shall be retained for at least **six (6) months**.

# Activity Programs – RCFE's (cont'd)

## Title 22, Section 87219 (cont'd)

- (e) In facilities licensed for **sixteen (16) to forty-nine (49) persons**, one staff member, designated by the administrator, shall have primary responsibility for the organization, conduct and evaluation of planned activities.

This person shall have had at least **six (6) months** experience in providing planned activities or have completed or be enrolled in an appropriate education or training program.

# Activity Programs – RCFE's (cont'd)

Title 22, Section 87219 (cont'd)

- (f) In facilities licensed for **fifty (50) persons or more**, one staff member shall have **full-time responsibility** to organize, conduct and evaluate planned activities, and shall be given such staff assistance as necessary in order for all residents to participate in accordance with their interests and abilities.

The program of activities shall be written, planned in advance, kept up-to-date, and made available to all residents.

The responsible employee shall have had at least **one year of experience** in conducting group activities and be knowledgeable in evaluating resident needs, supervising other employees, and in training volunteers.

# Activity Programs – RCFE's (cont'd)

## Title 22, Section 87219 (cont'd)

DSS may make an exception to these requirements if:

- presented with a written, satisfactory, alternative plan; *or*
- the residents are self-directed to the extent that they are able to plan, organize and conduct the facility's activity program themselves.

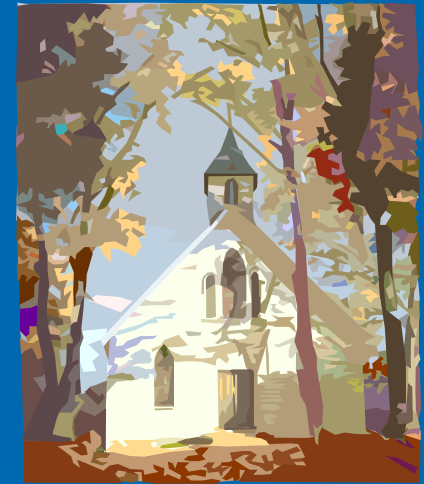
# Activity Programs (cont'd)

	1-6 residents	7+ residents	16-49 residents	50+ residents
Notice of planned act's posted; keep 6 mos.		X	X	X
1 ee - primary resp. of act's			X	
1 full-time ee resp. for act's				X

# Activity Programs – RCFE's (cont'd)

You should arrange for the utilization of available community resources, such as:

- ✓ attendance at resident's choice of place of worship;
- ✓ service activities for the community;
- ✓ community events, such as plays;
- ✓ participation in community organized group activities, such as senior citizen groups.



# Activity Programs – RCFE's (cont'd)

## Supplies:

- \* appropriate activity supplies
- \* access to daily newspapers
- \* current magazines
- \* variety of reading materials
- \* special equipment and supplies appropriate for physically handicapped persons with special needs.



# Activity Programs – ARF's

Title 22, Section 85079:

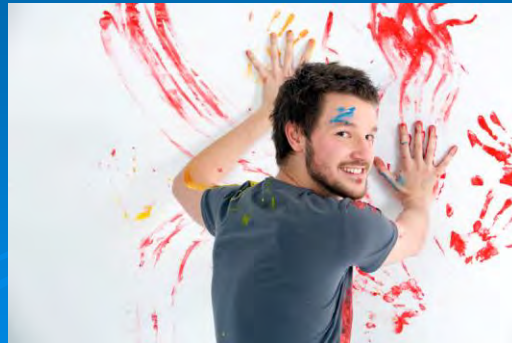
(a) The licensee shall ensure that planned recreational activities, which include the following, are provided for the clients:

- 1) Activities that require group interaction.
- 2) Physical activities including but not limited to games, sports and exercise.

# Activity Programs – ARF's (cont'd)

Title 22, Section 85079 (cont'd):

- (b) Each client who is capable shall be given the opportunity to participate in the planning, preparation, conduct, clean-up and critique of the activities.



# Activity Programs – ARF's (cont'd)

Title 22, Section 85079 (cont'd):

- (c) The licensee shall ensure that clients are given the opportunity to attend and participate in community activities including but not limited to the following:
- 1) worship services and activities of the client's choice.
  - 2) community Service activities.
  - 3) community events, including but not limited to concerts, tours, dances, plays, and celebrations of special events.
  - 4) self-help organizations.
  - 5) senior citizen groups, sports leagues and service clubs.

# Activity Programs – ARF's (cont'd)

## Title 22, Section 85079 (cont'd):

- o In facilities with a licensed capacity of **seven or more clients**, notices of planned activities shall be posted in a central facility location readily accessible to clients, relatives, and representatives of placement and referral agencies.

Copies of such notices shall be retained in facility files for at least **six months**.

# Activity Programs – ARF's (cont'd)

## Title 22, Section 85079 (cont'd):

- In facilities with a licensed capacity of **50 or more clients**, a current, written program of activities shall be planned in advance and made available to all clients.
- Activities shall be encouraged through provision of the space, equipment and supplies specified in Sections 85087.2, 85087.3, and 85088(g).

# Activity Programs

For both RCFE's and ARF's, there must be adequate indoor and outdoor activity areas.

Outdoor areas must include a shaded, comfortable area.



# Resident Councils

- ★ You are responsible for providing a space, posting the meeting notice and assisting residents who wish to attend.
- ★ Encourage the resident council meetings.
- ★ Do not attend the meeting until you are invited.
- ★ Their purpose should be to work with the administration to improve the resident quality of life.

# Volunteers

- Volunteers can be a great asset to your activity program, but you must take caution to ensure that the volunteer works safely in the Community and with the residents.
- Volunteers should be given and trained for a specific job or activity; they should never roam the building looking for something to do.
- Volunteers should work in public areas only, not in resident rooms and their actions should be closely monitored.
- Never let a volunteer into a resident's room or give them keys.

# Volunteers (cont'd)

## Health Screenings and TB Tests:

- ★ Not required for volunteers, but they *should* sign a statement that they are in good health.

# Volunteers (cont'd)

Must I fingerprint volunteers? No, if they:

- ☑ are directly supervised by the licensee or a facility employee with a criminal record clearance or exemption;
- ☑ are never left along with clients;
- ☑ do not provide any client assistance with ADL's;
- ☑ are at the facility during normal waking hours; and
- ☑ spend no more than 16 hours per week at the facility.

# Volunteers (cont'd)

Ideas for volunteers:

- Reading to the residents (groups or individuals)
- Work with residents on the computer
- Playing games with residents, i.e. Monopoly, Bingo, Scrabble
- Assist individual residents with individual needs (reading mail, etc.)
- Gardening activities

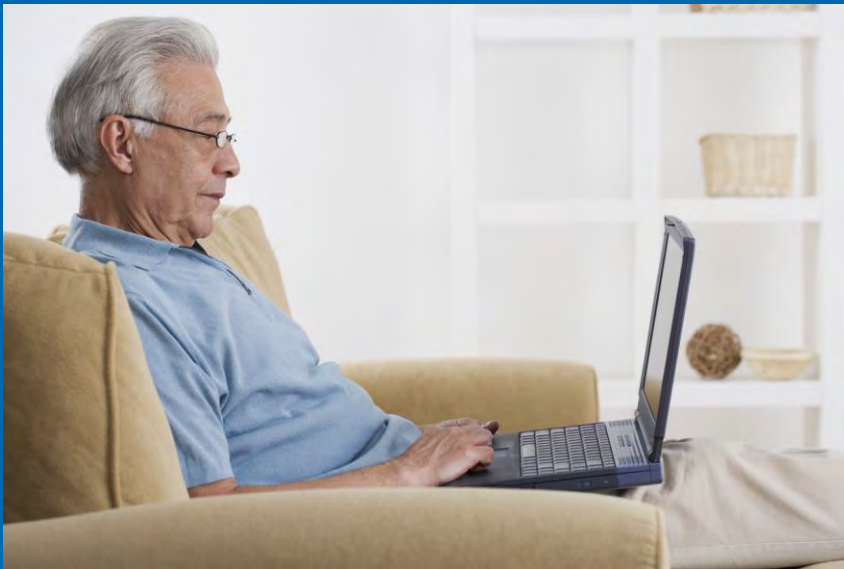
# Volunteers (cont'd)

Train your volunteers to:

- ✧ watch for changes in the residents, such as strange behavior, pain, etc.
- ✧ report changes immediately
- ✧ call 911, if necessary
- ✧ notice the signs of a heart attack, stroke or other major medical incident
- ✧ never pick up a resident that has fallen

Why are  
activities so  
important???

# Being Active



What's so bad about being inactive?

Haven't our residents earned the right to just sit and relax?

# Being Active (cont'd)

If a person is **physically** inactive, they can have problems like.....

Wasting away of their muscles, joint stiffening

Pressure sores

Pneumonia

Constipation

Insomnia, trouble sleeping

Edema

Blood clots

Urinary tract infections

Poor overall health

Poor appetite

Weight gain

# Being Active (cont'd)

If a person is **mentally** and **emotionally** inactive, they can have problems like.....

depression, withdrawal

loneliness

feelings of failure and helplessness

decreased self-esteem and confidence

dulling of the mind

increased stress

# Being Active (cont'd)

So why do residents give up activities?

- ★ As they age they may slow down and have less energy for activities.
- ★ They may become forgetful and not remember how to do the activities.
- ★ They may have less confidence due to changes like loss of eyesight, hearing, or mobility.
- ★ They may be depressed due to these changes or the onset of a disease.

# Being Active (cont'd)



Also, when a resident participates in an activity, we are able to observe them for changes in their physical condition, or for changes in their mental or emotional condition.

# The Importance of Activities

Just imagine how you would feel if you walked into a facility and it was **silent**. No one was in the lobby, every resident was in their apartment.

How would it feel? Would you want to move your mother into that Community?

**NO!**

You want your mother to live in a Community where there is **LIFE!** You want to see happy and active residents, you want to hear music or entertainment and see decorations or pictures.

This is where the activities department comes in.

# The Importance of Activities (cont'd)

Along with keeping the residents active and happy, it is the Activity Director's responsibility to help market the building by creating an atmosphere that attracts potential residents.

You can do this by keeping the activity board in the front lobby up to date, decorating for holidays or special events and by maintaining a full and varied activity calendar.

# The Importance of Activities (cont'd)

- 🚌 Another way your department can help market is out in the community.
- 🚌 Your bus drivers are a very good marketing tool!
- 🚌 They are sometimes the only representative from our Community to see nurses in doctor's offices or other professionals. The way they dress and present themselves is crucial.
- 🚌 Are they marketing your building the way you would?

What do my  
residents want?

# Activity Programs

How do you know what activities to have?

1. Ask your residents!
2. Assess your residents.
3. Involve your staff and family members.



# Activity Surveys

1. “Interview” your incoming residents.
2. Create an Activity Committee.
3. Do random surveys.
4. Keep an open door policy.
5. If something doesn't work, try something new, or try it again at another time.

# What do my residents like to do?

Ask them:

- ★ What did you enjoy doing before you had to spend all your time at work?
- ★ When you had free time as a youngster, how did you fill it?
- ★ When you were younger, what did you dream of doing?

# What do my residents like to do?

Ask them:

- ★ Do you like large group activities or smaller groups?
- ★ Were (or are) you a member of a club or organization?
- ★ Do (or have) you volunteered?
- ★ What do you want to be when you grow up (say this with a smile on your face!)?
- ★ What type of spiritual activities did (or do) you participate in?

# The different types of activities

# Types of Activities

Activities can be...

*entertaining*...like watching a movie on TV.

*a distraction*...like playing cards.

*stimulating*...like doing a crossword puzzle.

*communication*...like chatting with friends.

*creative*...like painting a picture.

*completing a necessary task*...like taking a bath.

*therapeutic*...like going for a walk.

# Types of Activities (cont'd)

Activities can also be.....

*planned*...like a weekly Sunday at church

*spur-of-the-moment*...like singing and dancing to a song on the radio

*daily*...like getting dressed

*occasional*...like going out to the mall.

# Types of Activities (cont'd)

ADL's

Passive

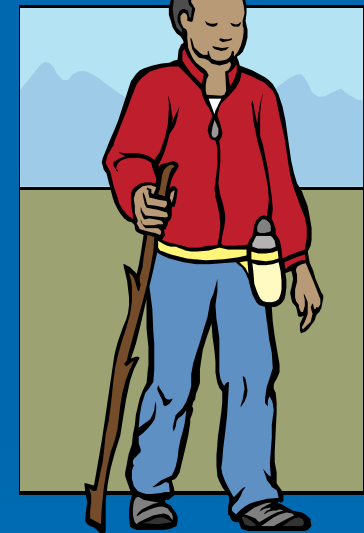
Active

Physical

Mental

Spiritual

Group vs. individual



# ADL's

- Activities of Daily Living
- Bathing, dressing, grooming,...
- Depending upon the capabilities of your resident, these may take up to 90% of their day.

# Passive Activities

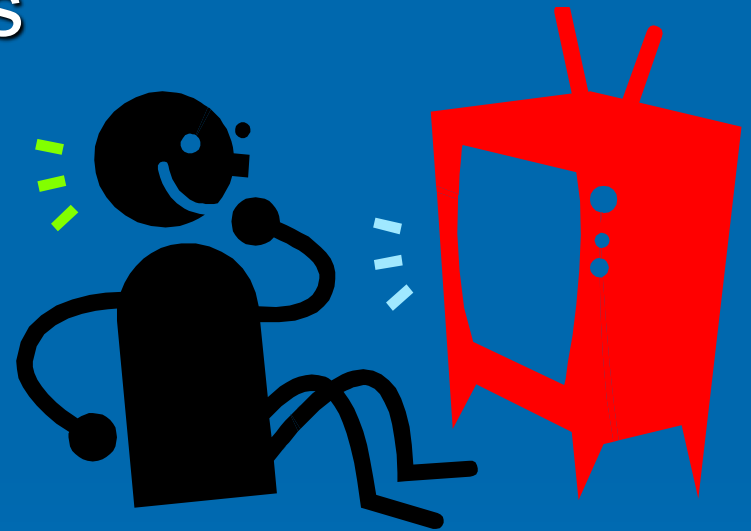
Non-participatory activities

Examples:

Watching TV

Listening to music

Watching a cooking demonstration



# Active Activities

Exercise

Going on an outing

Going out for lunch

Participating in a painting or art class

Singing

Dancing

Puzzles, games

# Physical Activities

Chair exercise

Walking

Bicycling

Dance

Swimming

Sweeping the floor



# Mental Activities

Puzzles

Games

Reminiscing

Watching and participating in Game Shows

Name that Tune

Name that “ “

Art or other craft classes

Educational classes

# Spiritual Activities



Going to church

Going to the temple

Going to the mosque

Participating in service  
in your facility

Participating in  
communion

Bible study

End of life discussions

# Group vs. Individual Activities

## Group

Group discussions

Games

Exercise class

Book club

Outings

Lectures

## Individual

Reading

Playing pool

Individual exercise

Lunch with family

Blood pressure clinic

Going to church

# A million and one activity ideas

# Games

Bingo

Chess

Checkers

Bridge

Wii tournaments

Poker

Balloon toss

Board games

Lawn bowling

Name that Tune



# Games

Putting contests

Dominoes

Group Crossword

Keno

Hearts (card game)

Solitary (card game)

Uno

Brain teasers

Wheel of Fortune

Jeopardy (with TV)

Yahtzee

Name that President

Scattegories

Charades

Ring Toss

Bunko

Go Fish (card game)

Monopoly

Group Word Find

Trivia

Price is Right Game

I Spy

# Reminiscing



Pictures of celebrities

Old-time radio shows

Old-time TV shows

Dancing from the 30's,  
40's, etc.

Singing old hymns

Singing songs from the  
30's, 40's, etc.

# Reminiscing

Tell me about the year you were born

Tell me about:

your wedding

your children

places you've traveled to

your school days

your work

what your favorite type of food is

# Entertainment

Comedians

Guest speakers

Educational speakers

Musicians

Singers

Clowns, magicians

Children groups

Dance groups



# Entertainment

Happy Hour

Dance contests

Christmas carolers

Visiting pets

Old movies on TV

New movies on DVD

Travel speakers

Music appreciation

Watching sports on TV

Playing on the computer

Karaoke

Choirs

Impersonators

Lobby watching

Old TV shows

New TV shows

Travel shows

Senior Prom

Opera at the movies

# Outings



Scenic drives

Concerts in the Park

Library

Movies

Senior Center

Trips to the mall

Trips to the local park

# Outings

Big Lots, 99 Cent Store

Opera or local theatre

Lunch or dinner out

Shopping

Drive to the beach

Christmas light viewing

Boat tours

YMCA

Bowling

Banking

Day care

Visit family

County Fair

Drive to the mountains

Doctor, dentist appts.

Sports games

# Holidays

## Goals:

1. celebrate faith
2. entertainment
3. family visits
4. invoke memories
5. share with friends
6. education



# Holidays

Religious holidays

Birthdays

War remembrance holidays

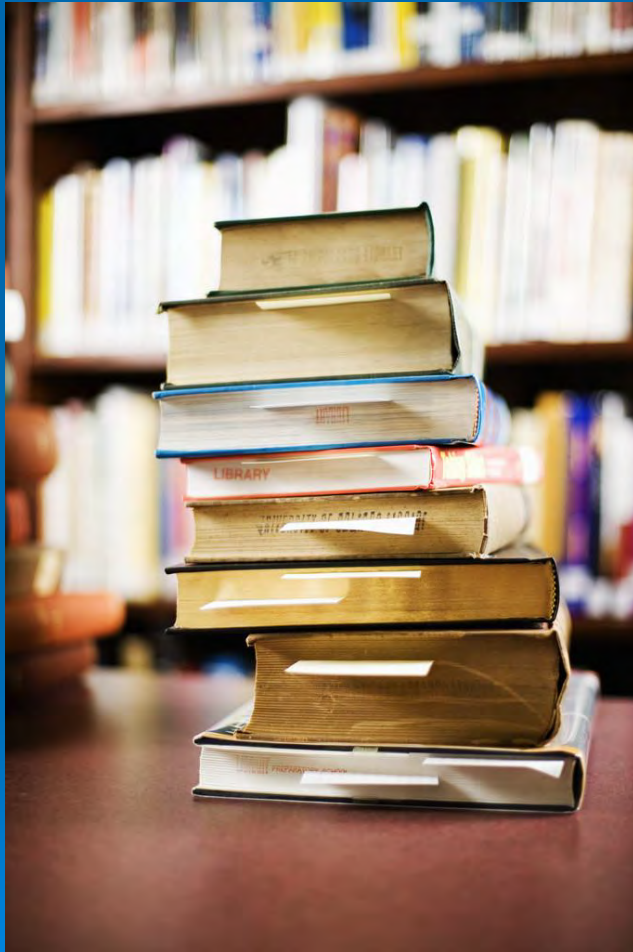
Anniversaries

U.S. holidays (President's Day)

Other country holidays (Bastille Day)

Funny holidays (crazy hat day)

# Education



Computer lessons  
Educational speakers  
Travel videos  
Educational TV shows  
Planet Earth DVD's  
Clergy visits  
Hospice agencies  
Mortuary visits

# Education

Trivia

Lectures by doctors, dentists

Photography class (how to use a digital camera)

Current events discussions

Political discussions

Medicare representatives

Long-term care insurance representatives

Learning an instrument

Brain fitness companies: Happy Neuron Inc.,  
CogniFit Ltd. and Vibrant Brains

Foreign language classes

# Arts and Crafts

Drawing

Sewing

Decorating for holidays

Jewelry making

Painting class

Studying artists

Making collages

Candle making



# Arts and Crafts

Making table arrangements

Making pottery

Pinatas

Knitting blankets for babies

Crocheting hats for babies

Quilting

Making recipe books

Pine cone bird feeders

Scrapbooking

Making frames

[www.seniortheatre.com](http://www.seniortheatre.com)

Calligraphy

Rug hooking

Braiding

Macrame

Needlepoint

Tatting (lace)

Sand art

Decorating potted plants

Gallery Open Houses

Museum visits

Garden visits




Making placemats

Flower arranging

# The Cruise Ship

“The Cruise Ship that never leaves port”



-  3, 4 or 7 day cruise
-  Choose “countries” or “ports”
-  Theme the entire day around that country/port

# The Cruise Ship (cont'd)

## *Example:*

Day 2: Paris, France



activity: French language class

meals: Coq au vin, French bread, crepes

happy hour: cheese tasting and wine

dress: everyone wears berets

decorations: French flags, Eiffel tower pictures

evening: show a video or movie from Paris

# Senior Prom or Prom

- ♪ Residents dress up in “prom” clothes
- ♪ Decorate the room
- ♪ Have a dance floor
- ♪ Make corsages as an activity
- ♪ Put up a disco ball
- ♪ Hire a band or DJ or just play music
- ♪ Provide refreshments – “spike” the punch

# Senior Olympics

Announce the “games”

Practice

Break residents into groups

Win medals or prizes



Examples of games:

Wii or hallway bowling, putting contests,  
croquet

# Guess that \_\_\_\_\_

.....Baby, couple, photo

Example: for Valentine's Day



- residents provide pictures of their wedding day
- display the pictures on a table
- have other residents guess who they are
- win a prize

# Adopt a Family

- Adopt a family in need
- Example: residents at Nohl Ranch Inn in Anaheim adopted the family of a CHP officer that was killed on duty.
- The media was contacted and it was great marketing for everyone involved.

# The Knit-Witters

- ☺ Another Nohl Ranch Inn club
- ☺ The ladies knit hats and blankets for the local hospital
- ☺ They were given to babies who were born addicted to drugs
- ☺ Again, the media was contacted and it was great marketing coverage

# Writing a Memoir

- According to AARP, writing a memoir is beneficial to both the resident and the family member.
- They suggest only writing 2 pages per day.
- If the resident is not able to write, think about video taping it.

# Writing a Memoir (cont'd)

Here are some questions they suggest that can get them started:

What's the greatest joy in life?

Do you have a big regret?

What's one thing you always thought mattered but really doesn't?

What's love all about anyway?

What advice do you wish someone had given you earlier?

Is there a key to your happiness?

What's the best meal you ever had?

# Movie Night



Choose a famous celebrity, such as Clint Eastwood



Show 1 or 2 movies



Activity: trivia questions regarding the celebrity (example – What is Clint Eastwood’s most famous line? “*Go ahead, make my day!*”)

# Volunteer

Find ways for your residents to volunteer,  
give back to the community

Does your local theatre need ushers?

Does your local senior center need  
volunteers?

Be a food drive drop-off site

# Etiquette Classes

- Invite children clubs, schools into your facility
- Have the residents teach them proper etiquette

Ex: writing thank you cards  
using silverware properly  
how to address adults

# “Camping”



Turn down the lights and tell ghost stories



Sing campfire songs



Make s'mores and hotdogs



Roast marshmallows over a barbeque or fire pit



Show funny camping movies or videos, or travel videos of National Parks



Share stories of camping or backpacking

# English Tea Time

Everyone speaks in an English accent

Dress up, wear funny, big hats

Serve different types of teas

Have residents bring their favorite tea cups

Serve finger sandwiches, bite-size foods

Show travel video of London



# Humor

Look for old Old-time comedies:

*Laurel and Hardy, Charlie Chaplin, Red Skelton, Abbott and Costello, and Marx Brothers* movies.

*Groucho Marx's "You Bet Your Life"* TV programs.

These may be available on DVD or audiotape.

# Gardening



Can be done in a large, outdoor setting or in small pots

Try bonsai trees, terrariums or container water gardens – they are easy to maintain

Raised potting boxes are available

# Fashion Shows

- ✿ Contact an appropriate boutique or clothing store
- ✿ Have them bring clothing over
- ✿ Use residents as models, if possible
- ✿ This is good for residents who cannot get out to the stores; they are able to purchase clothing

# Activities by Month

# January

January 1<sup>st</sup>: New Year's Day

Tournament of Roses Parade

Rose Bowl Game or other Bowl Games

January 7<sup>th</sup>: Harlem Globetrotters Play First Game Anniversary

January 8<sup>th</sup>: 75th Birth Anniversary of Elvis Aaron Presley

January 17<sup>th</sup>: National World Religion Day

January 18<sup>th</sup>: Dr. Martin Luther King, Jr. Holiday

January 23<sup>rd</sup>: National Pie Day

# January

New Year's Day

Save the Eagles Day

Martin Luther King, Jr. Day

Australia Day

Chinese/Lunar New Year

National Eye Care Month

National Volunteer Blood Donor Month

National Book Month

National Dress Up Your Pet Day

National Glaucoma Awareness Month

Epiphany

Amelia Earhart Day

Ben Franklin's Birthday

Inauguration Day

Super Bowl Sunday

# January

- ★ New Year's Day: share New Year's resolutions – current and past resolutions, write down resolutions in an envelope and do not open them until the end of the year, watch football games
- ★ Martin Luther King, Jr. Day: study the history of his life and studies and how his birthday became a holiday, review the “I have a dream” speech

# January

- ✓ Watch the Rose Bowl parade on TV – vote on the best float
- ✓ Have a Chinese New Year's Party – determine what Chinese animal you are, show Chinese travel videos, serve Chinese food
- ✓ Elvis Presley Birthday – show old Elvis movies, have Elvis karaoke night, Elvis trivia

# January

Host a Super Bowl party:

“bet” on the winning team

have a tailgate party with chicken wings, 7-layer dip, chips and beer

play Super Bowl trivia (who has the most wins?)

rate the commercials and vote on the best one



# February

February 2<sup>nd</sup>: Ground Hog Day

February 7<sup>th</sup>: Super Bowl Sunday

February 12<sup>th</sup>: Lincoln's Birthday

February 14<sup>th</sup>: Valentine's Day

February 14<sup>th</sup>: Chinese New Year

February 15<sup>th</sup>: President's Day

February 16<sup>th</sup>: Mardi Gras

February 16<sup>th</sup>: Washington's Birthday

# February

National Freedom Day

Boy Scout Day

Valentine's Day

Fat Tuesday

Ash Wednesday

American Heart Month

National Black History Month

Cancer Prevention Month

American Music Month

International Friendship Month

National Senior's Dental Health Month

National Potato Lover's Month

Groundhog Day

Chinese New Year

President's Day

Mardi Gras

Purim

Senior Day

Norman Rockwell's Bday

# February

Valentine's Day celebrations:

Valentine's Dance

Guess the couple game

"Roses are red, violets are blue" poem contest  
(complete the phrase)

Read romantic poems

Valentine's Bingo

Sing love songs

Make homemade valentines



# February

- ◎ Have a Super Bowl party – serve Bowl foods, “bet” on the game
- ◎ Oscar party – dress up, vote on best dressed celebrity, “bet” on the Oscar winning movies
- ◎ Watch the Indianapolis 500
- ◎ Have a Mardi Gras/Carnival party, research the history of each, provide beads, serve beignets, learn the samba

# March

March 12<sup>th</sup>: Middle Name Pride Day

March 17<sup>th</sup>: St. Patrick's Day

March \_\_: Day Light Savings

March 20<sup>th</sup>/21<sup>st</sup>: Vernal Equinox (first day of Spring)

March 26<sup>th</sup>: Make Up Your Own Holiday Day

March 29<sup>th</sup>: Passover

# March

Doctor's Day

Ash Wednesday

1<sup>st</sup> day of Spring

Passover

Save your Vision Month

National Nutrition Month

Sleep Awareness Month

Read Across America Day

National Poison Prevention Week

Dr. Seuss Birthday

St. Patrick's Day

Palm Sunday

Genealogy Day

National Kidney Mo.

National Craft Month

Girl Scout Week

Nat King Cole's Bday

# March

- ✓ Doctor's Day: host a Doctor's appreciation luncheon, have residents nominate their doctor
- ✓ St. Patrick's Day party: serve corned beef and cabbage, green beers, talk with Irish accents, study the history of this Day
- ✓ Make Up Your Own Holiday Day: have a contest for silliest, best holiday idea and celebrate it
- ✓ Passover: have a rabbi or clergy member speak on this day, serve traditional foods
- ✓ First day of Spring: plant flowers or plants, make flower arrangements for the dining tables

# March

- ✓ Dr. Seuss' Birthday: Serve green eggs and ham, review his books and pick a favorite, watch funny Seuss movies, give everyone a "Sam I Am" nametag, dress up like Dr. Seuss and have a contest for best costume
- ✓ Nat King Cole Birthday: Listen to his music, have a jazz appreciation class, vote on a favorite song
- ✓ Genealogy Day: have the residents share old photos, help them on trace their families with the use of internet sites

# April

April 1<sup>st</sup>: April Fool's Day

April \_\_\_: Good Friday and Easter

April 7<sup>th</sup>: World Health Day

April 15<sup>th</sup>: Income Tax Day

April \_\_\_: Boston Marathon

April 24<sup>th</sup>: Arbor Day

April 24<sup>th</sup>: Astronomy Day

# April

April Fool's Day

Easter

Earth Day

Arbor Day

National Humor Month

National Garlic Day

National Honesty Day

Alcohol Awareness Month

World Health Day

Administrative Professional's Day

National Volunteer Weeks

Good Friday

Income Tax Day

Patriots' Day

Cancer Control Month

Stress Awareness Month

Medication Safety Month

Holocaust Remembrance

National Poetry Month

National Garden Week

# April

- ❁ April Fool's Day: bring out all the old holiday decorations and hang them up, serve dessert first, study what they do in different countries (ex: France – April Fish Day)
- ❁ National Humor Month: hire a comedian, share favorite jokes, dress up as silly characters, have a crazy hat/sock/shoe day
- ❁ Easter: invite children in for an Easter egg hunt, serve a beautiful brunch, make table decorations for the brunch, have an egg-dyeing contest, create Easter baskets for needy families, study the history of the Easter bunny

# April

- ❁ Holocaust Remembrance: bring in guest speakers, have a group discussion about the Holocaust, have war veterans speak and share
- ❁ Arbor Day and Earth Day: start a recycle bin, plant a tree, plant flowers, watch Planet Earth DVD's, have a group discussion on global warming
- ❁ National Poetry Month: have poetry readings, share resident-written poetry, learn Haiku and how to write poems

# May

May 1<sup>st</sup>: May Day

May \_\_: Kentucky Derby and Preakness Stakes

May 5<sup>th</sup>: Cinco de Mayo

May 6<sup>th</sup>: Nurse's Day

2<sup>nd</sup> Sunday: Mother's Day

3<sup>rd</sup> Saturday: Armed Forces Day

May \_\_: Indianapolis 500

May 30<sup>th</sup>: Memorial Day (may be observed on a different day)

# May

May Day

National Teacher's Day

Mother's Day

Armed Forces Day

National Maritime Day

Memorial Day

National Pet Week

Senior Citizen's Month

National Stroke Awareness Month

National Osteoporosis Prevention Month

National Senior Health and Fitness Day

Older American's Month

Join Hands Day

Cinco de Mayo

Nurse's Day

Pentecost

Victoria Day

Better Sleep Month

Flower Month

National Day of Prayer

# May

- \* May Day: make paper cones, fill with flowers and place on residents' doors
- \* Cinco de Mayo: study the history of this day, have a party with Mexican food and margaritas (or virgin margaritas), make pinatas and sombrero's, hire a mariachi band or play Mexican music, learn salsa or have a local dance group put on a show, call everyone Senior or Senora(ita)

# May

- ✳ Mother's Day: host a brunch, give all the mothers a rose, serve champagne and toast the mothers, hire a harpist or singer
- ✳ Armed Forces Day and Memorial Day: study the history of each war, have war veterans or military veterans speak and share their experiences
- ✳ National Stroke Awareness Month: have a medical professional speak about stroke prevention

# May

- \* Kentucky Derby: have the women wear their biggest hats, watch the Derby on TV, serve virgin mint juleps, speak with a southern drawl and call everyone “dahling”
- \* Indianapolis 500: watch on TV, serve tailgate-type food, guess who will win
- \* Nurse’s Day: prepare small gifts or tokens of appreciation for your residents’ nurses, deliver, host an Appreciation Luncheon or Happy Hour at your facility

# June

June 14<sup>th</sup>: Flag Day

June 21<sup>st</sup>: Summer Solstice

3<sup>rd</sup> Sunday: Father's Day



# June

World Environment Day

Father's Day

St. Baptiste Day

Paul Bunyan Day

National Flag Week

National Rose Month

Philippines Independence Day

National Hug Week

National Men's Health Week

National Cancer Survivor's Day

Flag Day

1<sup>st</sup> day of Summer

Ascension Day

Helen Keller's Birthday

Honor America Days

National Dairy Month

Family History Day

National Safety Month

# June

- ✦ Father's Day: Host a barbeque with families, play games, read about famous fathers in history, vote on favorite celebrity father, decorate ties
- ✦ Helen Keller's Birthday: have professionals speak about blindness and deafness, watch the Helen Keller movie
- ✦ Flag Day: study the history of the flag, have the residents make flags for table and wall decorations, have a military personnel speak about the flag ceremony

# June

- ✦ National Candy Month: share candies from around the world, find old-fashioned candy to share, watch Willy Wonka and the Chocolate Factory
- ✦ National Rose Month: plant roses, make potpourri, vote on prettiest rose
- ✦ Philippines Independence Day: have a geography lesson, have someone from the Philippines speak about their country, serve adobo (food)
- ✦ Men's Health Week: invite guest speakers to speak about prostate cancer, heart disease, high blood pressure, etc.

# July

July 1<sup>st</sup>: U.S. Postage Stamp Day

July 4<sup>th</sup>: Independence Day

July 7<sup>th</sup>: Chocolate Day

July 14<sup>th</sup>: Bastille Day (France)

3<sup>rd</sup> Sunday: National Ice Cream Day

July 24<sup>th</sup>: Tell an Old Joke Day

# July

Canada Day

Bastille Day

Puzzle Day

National Ice Cream Day

National Mobility Month

National Foreign Language Month

National Picnic Month

National Hot Dog Month

Independence Day

Parents' Day

National Salad Week

# July

- o July 1<sup>st</sup>: National Stamp Day: have residents share old stamp collections, talk about the history of the stamp and post office
- o 4<sup>th</sup> of July: have a barbeque, serve hot dogs, watermelon and potato salad, watch local fireworks or watch on TV, play “Name the States” game, wear red, white and blue, read the Declaration of Independence
- o Watch Wimbledon and the Tour de France on TV: root for your favorite player/biker

# July

- National Picnic Month: take the residents to the local park and have a picnic or serve a picnic in the dining room
- National Hot Dog Month: create a hot dog bar with many toppings
- National Ice Cream Day: “create” new ice cream flavors and vote on the best, craziest flavor, etc., take a trip to the local ice cream store, have sundaes for dessert or set up a sundae bar

# August

August 1<sup>st</sup>: U.S. Air Force Day

August 6<sup>th</sup>: Hiroshima Day

August 6<sup>th</sup>: Lucille Ball's Birth Anniversary

August 13<sup>th</sup>: International Left Hander's Day

August 15<sup>th</sup>: Best Friends Day

August 21<sup>st</sup>: Senior Citizen's Day

August 26<sup>th</sup>: Women's Equality Day

# August

Friendship Day  
Hug a Senior Day  
Islamic Ramadan  
Assumption Day  
National Aviation Day  
Women's Equality Day  
Cataract Awareness Month  
Eye Exam Month  
Family Fun Month  
Elvis Week  
National Relaxation Day



# August

- ◆ Best Friends Day: Have residents share stories about their best friends, watch movies about best friends (i.e., Beaches)
- ◆ Women's Equality Day: study the history of women's rights, have a guest speaker talk about equal rights
- ◆ Eye Exam Month: have an optometrist/ophthalmologist speak on eye health, glaucoma, blindness

# August

- ◆ Have a luau! Invite family and friends, hire a hula dancer and have lessons, play Beach Boy CD's, have roasted pig and Hawaiian food, have residents make grass skirts and flower leis to wear, have a hula hoop contest
- ◆ Ramadan: study the Islamic holiday by inviting a cleric to speak, study Middle Eastern customs, serve falafel or gyros for dinner
- ◆ Lucille Ball's Birthday: watch I Love Lucy videos, have a look-a-like contest, vote on favorite shows

# September

**1<sup>st</sup> Monday** of September: Labor Day

September \_\_: Rosh Hashanah

September \_\_: Islamic Eid ul-Fitr

September **12<sup>th</sup>**: National Grandparent's Day

September **13<sup>th</sup>**: International Chocolate Day

September **17<sup>th</sup>**: Citizenship Day

September \_\_: Yom Kippur

# September

Labor Day

Islamic Eid ul-Fitr

Grandparent's Day

Constitution Day & Week

Native American Day

International Day of Peace

First Day of Autumn

Gold Star Mother's Day

Talk Like a Pirate Day

Johnny Appleseed Day

National Hispanic Heritage Month

National Adult Day Services Month

Rosh Hashanah

Patriot Day

Stepfamily Day

Yom Kippur

Jewish Sukkot

Fall Hat Month




National Cholesterol Day

Classical Music Month

National Sewing Month

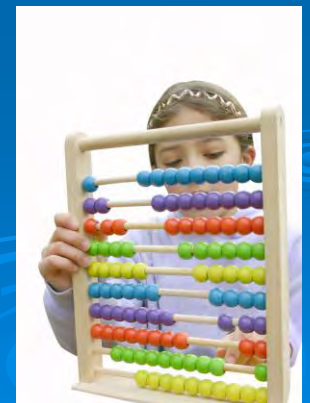
Deaf Awareness Month

# September

-  Labor Day: Host a good-bye summer party or picnic, have war veterans or military personnel speak and share their experiences, make flags for decorations
-  Grandparent's Day: invite grandchildren over for a party, share pictures and stories, take pictures of the residents with their grandchildren
-  Rosh Hashanah and Yom Kippur: have a rabbi speak about the holidays, celebrate the holidays with a special meal

# September

Back to School Week: have residents put together school boxes (supplies) for under-privileged children, ask local schools to participate in inter-generational programs, arrange for residents to tutor students after school, ask schools if they would like any residents to be guest speakers



# September

- ✓ Citizenship Day: Have residents share their ancestry, pictures and stories of their countries of origin, study the geography of each country discussed, serve food from each country, talk about Ellis Island and the Statue of Liberty
- ✓ International Chocolate Day: host a chocolate party, have a chocolate fountain with fruit and pound cake, give hand massages with chocolate-scented hand lotion, have a chocolate tasting, watch the movie *Chocolat* or *Willy Wonka and the Chocolate Factory*

# September

- ❑ Classical Music Month: invite local schools or bands to play at your facility, study music appreciation, go to the symphony
- ❑ Fall Hat Month: make silly hats and have a parade and contest
- ❑ Johnny Appleseed Day: serve apple desserts, plant apple trees, take a trip to a local orchard, serve hot apple cider

# October

October 1<sup>st</sup>: World Vegetarian Day

October 5<sup>th</sup>: World Teacher's Day

October \_\_: Columbus Day

October \_\_: Make a Difference Day

October 24<sup>th</sup>: United Nations Day

4<sup>th</sup> Sunday: Mother-in-law Day

October 31<sup>st</sup>: Halloween

October 31<sup>st</sup>: National Knock-Knock Joke Day

# October

Child Health Day

Leif Erickson Day

Canadian Thanksgiving

Sweetest Day

United Nation's Day

Family History Month

National Liver Awareness Month

National Physical Therapy Month

National Storytelling Month

National Breast Cancer Awareness Month

National Children's Day

Columbus Day

National Boss Day

Mother-in-law Day

Halloween

National Pharmacy Mo.

# October

## Halloween:



host a trick-or-treating day for a local school, provide candy for the trick-or-treaters



have the residents make costumes and dress up, have a parade and a contest for best, funniest, scariest costumes



play Halloween games



decorate the facility



have a pumpkin carving contest



make popcorn balls



watch scary movies



review the history of Halloween



make witches for decorations



# October

- Country Music Month: play country music, learn how to line dance, serve fried chicken and biscuits, wear cowboy hats
- National Pizza Month: have a make-your-own pizza bar, study the origin of pizza, go out for pizza, compare Chicago style with New York style, etc.

# November

**2<sup>nd</sup> Tuesday:** General Election Day

November \_\_: Daylight Savings Ends

November **11<sup>th</sup>:** Veteran's Day

November **14<sup>th</sup>:** World Diabetes Day

November **18<sup>th</sup>:** Mickey Mouse's Birthday

**4<sup>th</sup> Thursday:** Thanksgiving



# November

All Saints' Day

Veteran's Day

Remembrance Day

Islamic Eid al-Adha

Election Day

Good Nutrition Month

National Alzheimer's Disease Month

National Diabetes Month

Great American Smoke Out

National Teddy Bear Day

America Recycles Day

National Family Caregiver's Month

Daylight Savings

Thanksgiving

Armistice Day

Hanukkah starts

Aviation Month

World Kindness Day

# November

- General Election Day: Host a polling site at your facility or take the residents to vote, watch the political debates, hold a mock debate, decorate the facility in red, white and blue
- Mickey Mouse's Birthday: Have a Disney-themed party, make mouse hats, have everyone dress up as their favorite Disney character, rent old Mickey Mouse shows, watch classic Disney movies

# November

- World Diabetes Day: have physicians, nurses, or other professionals speak about diabetes and prevention, have a nutritionist speak about food choices
- National Alzheimer's Disease Month: rent the Maria Shriver Alzheimer's videos, have a guest speaker from the Alzheimer's Association, offer to be a support group site

# November

- Contact local agencies for volunteer opportunities for your residents
- Offer to be a gift donation or food donation drop-off site
- Set up a giving tree with a local agency
- Adopt a family
- Contact local churches or temples for holiday schedules
- Arrange for Christmas carolers to come to your facility
- Donate turkeys to your local food banks

# December

December    : Hanukkah begins

December 4<sup>th</sup>: National Cookie Day

December 7<sup>th</sup>: Pearl Harbor Day

December 21<sup>st</sup>: First Day of Winter

December 25<sup>th</sup>: Christmas

December 31<sup>st</sup>: New Year's Eve



# December

Hanukkah begins

Islamic New Year

Wright Brother's Day

Christmas

Kwanza begins

New Year's Eve

Read a New Book Month

Universal Human Rights Month

National Bingo Anniversary Month

National Pearl Harbor Remembrance Day

AIDS Awareness Day

Human Rights Day

First Day of Winter

Forefather's Day

Boxing Day

Games Day

Card Playing Day

# December

## Christmas:



host an employee party with the residents



have a candle-light Christmas eve dinner with families



hang stockings for staff with their names on them (residents can make them)



serve a traditional Christmas dinner



have a cookie decorating contest



read *'Twas the Night Before Christmas*



have a door decorating contest

# December

## Christmas (cont'd):



make ornaments to hang on the tree



have a present wrapping service for other residents



serve eggnog at Happy Hour



watch old Christmas movies



take the residents Christmas caroling in the community



host a Christmas Eve candlelight dinner

# December

## Hanukkah:



celebrate the candle lighting ceremony



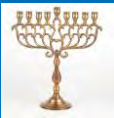
serve traditional Hanukkah food  
(brisket, latkes)



study the history of the menorah



sing traditional songs











play dreidel games

# December











- o Read a New Book Month: start a book club, donate used books to the library or local homeless shelter
- o Celebrate Kwanzaa: a week-long celebration, study its history and learn about the symbols of Kwanzaa
- o New Year's Eve: have a party! Decorate with balloons, watch the ball drop in New York, hire a band, dance, make resolutions, count down – this doesn't have to be done at midnight

# Only for Men (Activities)












# Men's Activities

-  Poker party – serve beer and pretzels, provide the poker chips and cards
-  Become Foster Grandpa's or tutor young boys
-  Sports night – watch Monday Night Football, horse races, boxing matches, serve popcorn and beer
-  Read the newspaper out loud
-  Take the men to a car show
-  Call your local Lion's Club or Elk's Club to see if they will visit with your residents
-  Set up a train set
-  Men's bible study

# Men's Activities (cont'd)

-  Have your local Boy Scout troupe meet at your facility
-  Carve wooden cars and have a soap box race
-  Put together model planes and cars
-  Provide gardening tools for residents who are interested in gardening
-  Play checkers or chess or dominoes
-  Play darts
-  Take the men fishing
-  Car talk – get car magazines, share stories
-  Have a putting or croquet contest
-  Have a crazy tie/hat day

# Men's Activities (cont'd)

-  Listen to talk radio
-  Have a men only lunch
-  Watch old Westerns or war movies
-  Watch old shows, like Bonanza or Hee Haw
-  Take the men to a sports bar to watch games
-  Have a pizza party
-  Sort and organize tool boxes, fishing boxes
-  Male-themed trivia
-  Play horse shoes
-  Have a book club – read Lord of the Flies, etc.
-  Go on an outing to Home Depot or Lowe's

# Outings

# Outings

- ✦ All residents need to get out of the facility once in a while, even those residents with needs (i.e., residents with AD).
- ✦ Outings can be for an hour, a day or even overnight, depending on your residents.

# Outings (cont'd)

Necessary outings:

Doctor visits

Bank visits

Grocery store

Counseling visits



# Outings (cont'd)

If you are transporting residents to doctor appointments, etc., what is your facility's policy on:

- distance (mileage)
- escorting to and from the appointment
- timeframe to schedule such appointment (ex: 2 days prior)

# Outings (cont'd)

Fun outings:

Scenic rides

Picnics in the park

Shopping at the mall

Casino visits

Out to lunch

Library

Movies

Senior Center

*\* Always make sure that the residents who go on these outings are appropriate.*

# Outings (cont'd)

- If you have a large facility, you may have to have the residents sign up for an outing due to space.
- Also, it is imperative that the staff at the facility know that a resident is with you on an outing.

# Outings (cont'd)

- 👉 Your vehicle can be used as marketing tool in the community.
- 👉 Make sure it is clean at all times and in good repair.
- 👉 Make sure your driver is appropriate when transporting the residents, especially at the doctor offices.

# Welcoming New Residents

# New Residents

Imagine switching high schools in the middle of the school year...it's time for lunch in the cafeteria – where do you sit??

This is what our residents feel when they enter a new facility and they don't know anyone.



# New Residents (cont'd)

- ✓ Create a Welcoming Committee.
- ✓ Offer free escorts to and from the dining room and activities for the first 3 days.
- ✓ Host a Welcome Tea or Luncheon for new residents.
- ✓ Assign each new resident a “buddy.”

# New Residents (cont'd)

- ✓ Have each department head, manager, or employee introduce themselves to the resident.
- ✓ Have the Activities Director meet with them to find out what type of activities they would like to participate in.

# Activities for your Residents with Limited Abilities

# Your Residents

Depending on your facility, your residents may have limited abilities due to:

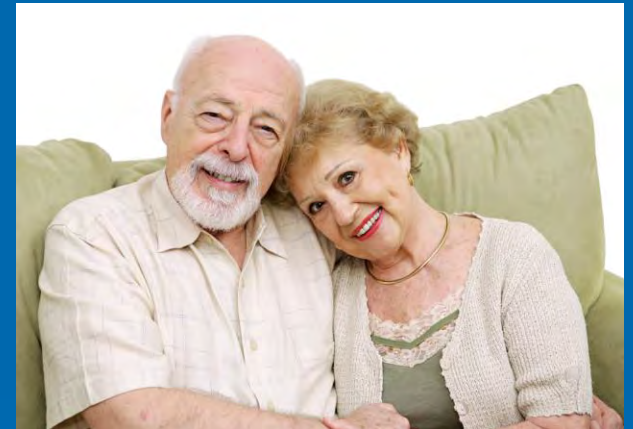
Alzheimer's disease or dementia

Developmental disabilities

Mental disabilities

Paralysis

Cognitive disabilities



# Activity Program

- Keep activities between 30-45 minutes
- Try to have at least one scheduled activity after dinner
- Outdoor time (walks, etc.)
- Exercise/physical fitness
- Small group activities
- Birthday and anniversary parties
- Gender specific activities
- Support group meetings
- Snacks
- Use of volunteers

# Low functioning activities

- Folding laundry
- Sorting socks
- Setting the table
- Washing dishes
- Cooking/baking class
- Chair exercise
- Stretching
- Sing-a-long's
- Watching TV
- Listening to music



# High functioning activities

- Outdoor walks
- Exercise
- Current events
- Reminiscence
- Creative activities such as painting, poetry, building things, story-telling
- Gardening
- Hallway bowling, kicking the balloon

# More activity ideas

Clip coupons

Polish silver

Bake cookies

Dance

Sing favorite hymns

Pop popcorn

Rub on scented hand lotion

Decorate paper placemats

Arrange dominoes

Change beds

Cut pictures from magazines and make collages

# More activity ideas

Roll yarn into a ball

Play kickball

Have a pet visit

Sing Christmas carols

Water house plants

Name the presidents

Match a basket of socks

Plant a flower

Look at magazine pictures

Sort buttons by color and size

# Activities for Challenging Residents

Residents who yell:

Having a snack

Chewing gum

Exercising, walking

Mentally stimulating activities, such as word games or puzzles

One-on-one interaction

Singing



# Activities for Challenging Residents

Residents who wander:

- Physical activity, such as walking or dancing
- Life skill activities (sweeping, dusting, making beds)
- Folding
- Sorting
- Assisting a staff member

# Activities for Challenging Residents

Residents who need to maintain or increase their self-esteem:

Assisting staff

Service projects

Daily life skills

Crafts

Gardening

Helping other residents

Working puzzles

Assisting with meal service

Manicures, facials, putting on make-up, hair styling



# Activities for Challenging Residents

Residents who experience sundowning:

- Exercise, especially before bedtime
- Walking, dancing
- More daytime activities outdoors
- Listening to soft music and old radio tapes
- Taking a nap during the sundowning period
- Table games, like easy puzzles
- Limit activities and amount of stimulus during this time – 15 minutes maximum.

# Activities for Challenging Residents

Residents who cry:

- Involvement in activities to help them look/feel good about themselves (ex: hair styling, applying makeup)
- Receiving a manicure or hand massage
- Daily life skills, like setting the table or making the bed
- Music activities
- Pet therapy
- Service projects
- Sensory stimulation

# Activities for Challenging Residents

Residents who take off their clothes:

- Holding a stuffed animal or doll
- Activity pillow with tactile stimulation
- Playing with buttons, zippers, textured materials
- Painting, sorting, making scrapbooks
- Physically-stimulating activities
- Card playing

# Activities for Challenging Residents

Residents with paranoia, delusions, etc.:

- ☒ One-on-one activities
- ☒ Validation therapy
- ☒ Socialization activities
- ☒ Current events
- ☒ Massages
- ☒ Group discussions
- ☒ Assisting other residents and/or staff

# Activities for Challenging Residents

Residents that are aggressive:

- Pet therapy
- Tactile stimulation
- Music activities, dancing
- Having a snack
- Massages, hand and feet
- Folding items
- Physically stimulating activities

# Activities to Avoid



- A. Leaving the TV on all day
- B. Playing the radio all day
- C. Noisy, confusing activities
- D. Activities that last more than 45 minutes
- E. Physically demanding activities
- F. Things that require memory
- G. Childish activities
- H. Bad news or sad news

# Exercise

# The Benefits of Exercise

- People of **all** ages and physical conditions benefit from exercise and physical activity.
- Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia.
- The National Institutes of Health (NIH) reports that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

# Exercise





4 components of a good exercise program:

1. Stretching
2. Strength
3. Balance
4. Endurance







# Exercise (cont'd)

## Stretching:

-  gives more freedom of movement.
-  allows residents to be more active, especially during their senior years.
-  always warm up before stretching exercises by doing some easy walking or arm-pumping first, or by doing stretching exercise after endurance or strength exercises.
-  Never bounce into a stretch -- make slow, steady movements to help the muscles stretch naturally.



# Exercise (cont'd)

## Stretching (cont'd):

-  You can use towels or rubber bands for stretching exercises.
-  Do each stretching exercise 3 to 5 times at each session.
-  Slowly stretch into the desired position, as far as possible without pain, and hold the stretch for 10 to 30 seconds.
-  Relax, then repeat, trying to stretch farther





# Exercise (cont'd)

## Strength:

-  Strength exercises help build muscle, increase the metabolism and keep weight and blood sugars in order.
-  Before residents start a training program, they should be evaluated and monitored by a physician.

# Exercise (cont'd)

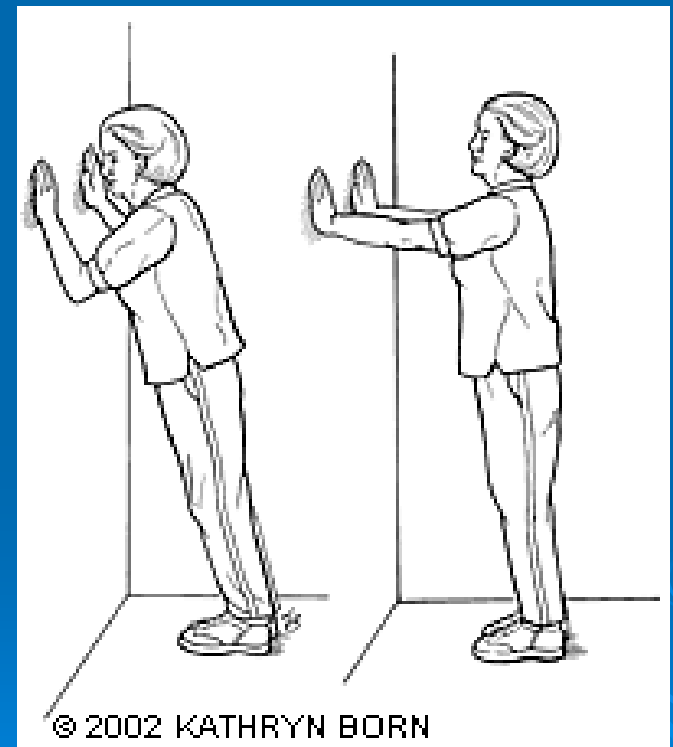
## Strength (cont'd):

-  Remind the residents to breathe while they're training, rather than holding their breath; this can elevate blood pressure.
-  Breathe out when lifting and in when relaxing.
-  Strength exercises can be done with free weights, bottles of water, etc.
-  Exercises can be done sitting in a chair.

# Strength Exercises

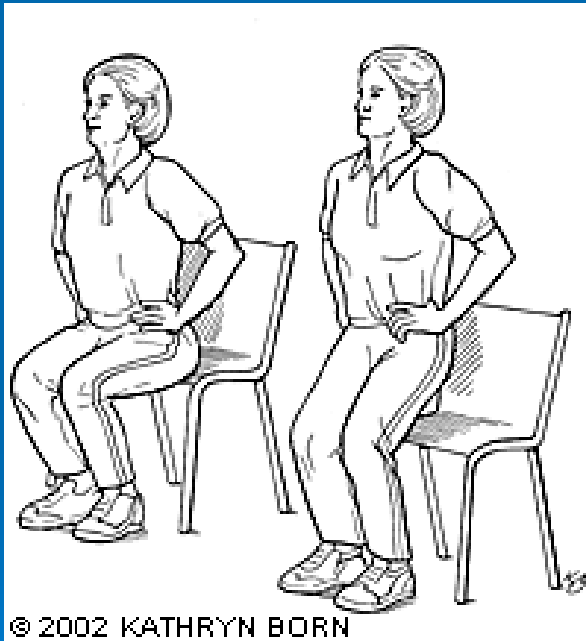
Wall push-ups:

Place hands against the wall;  
slowly lower the body to the wall and then push the body away.



# Strength Exercises

## Chair squats:

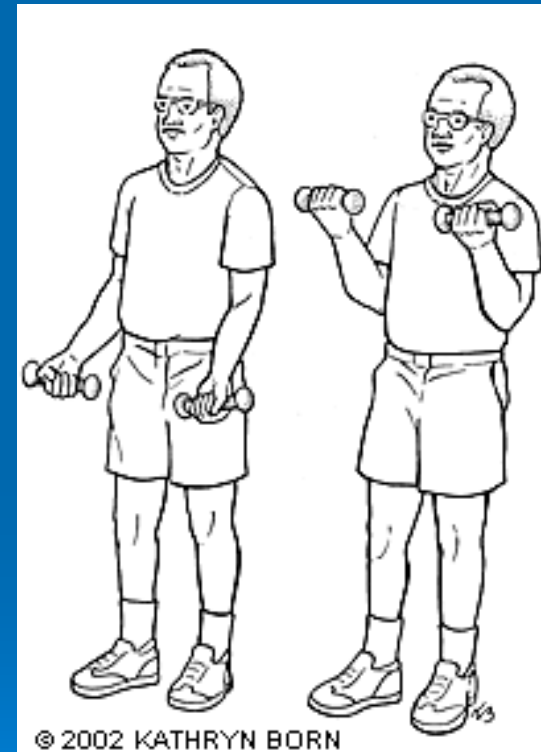


Start by sitting in the chair. Slowly lower down to a seated position, trying not to use your hands. Stand up doing the same.

# Strength Exercises

Bicep curls:

Using free weights or bottles of water, slowly bend arms at the elbows and lift the weights to your shoulders. Lower them to your sides.



# Exercise (cont'd)




## Balance:

 Builds leg muscles, thus helping to prevent falls.

 For seniors, balance exercises can help them stay independent by helping them avoid the disabilities that could result from falling.

# Exercise (cont'd)

## Balance (cont'd):

-  They can start off holding onto a table or chair with both hands.
-  Gradually, they can work up to one hand or fingertips.
-  Always supervise residents doing balancing exercises.

# Exercise (cont'd)

## Balance (cont'd):

### Examples of balancing exercises:

standing on one leg – alternate feet

walking heel-to-toe


sitting down and standing up with no hands

# Exercise (cont'd)

## Endurance:

 Cardiovascular exercise



 Any activity - walking, jogging, swimming - that increases the heart rate and breathing for an extended period of time.

# Exercise (cont'd)

## Endurance (cont'd):

This type of activity has to be approved by the physician and monitored.

Residents have to build up their endurance gradually, starting with as little as 5 minutes of endurance activities at a time.

# Exercise (cont'd)

## Endurance (cont'd):

 Stretch after activities, when muscles are warm.

 Drink water before, during and after exercise.

 Endurance activities should not make residents breathe so hard that they can't talk.

 If a resident experiences dizziness or chest pain, react appropriately and call 911, if necessary.

# Exercise (cont'd)

## Endurance (cont'd):

### Exercise ideas:

- ✓ walking indoors or outdoors around your facility
- ✓ walking on a treadmill
- ✓ using an exercise bike
- ✓ swimming or water aerobics

# Using the Internet

# Using the Internet

The internet is for everyone but here are 6 reasons why the internet is good for our older generation:

1. **Email.** This enables the older generation to easily keep in touch with friends and relatives. They don't have to write a letter by hand, buy stamps or walk to the post box to post the letter. Email is instant and worldwide – no waiting for mail.

# Using the Internet (cont'd)

2. The Internet **keeps the mind active**. Residents can read about any subject at any time of the day without having to leave the house to find the information they want.
3. **Learn new skills** without going to school. They can study languages online, learn new hobbies or even play cards.

# Using the Internet (cont'd)

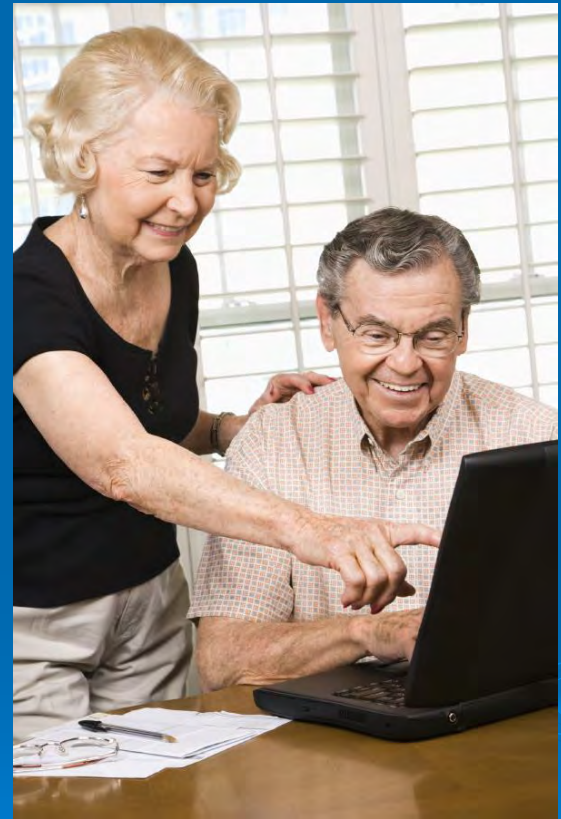
4. **Conversation.** Residents can link up to their grandchildren, kids, even *Facebook* or senior chat groups.
5. **To avoid feeling alone.** They can make friends online in chat groups, online forums, etc.
6. **Activity.** There's always something to do, any time. Games, shopping, searching the web, etc.

# Using the Internet (cont'd)

Do you have computer access for the residents?

Do you teach computer classes?

Remember, it can be hard for them to learn something new.



# Pet Therapy



# Pet Therapy

- Pets relax and calm, and reduce blood pressure.
- They take the human mind off loneliness, grief, pain, and fear.
- They cause laughter and offer a sense of security and protection.
- The Delta Society and Therapy Dogs International are two therapy associations.

# Pet Therapy (cont'd)

What is your facility's policy on pets?

Do you have a facility pet? Why not?



# Intergenerational Activities

# Intergenerational Activities

- ☺ Many residents have limited contact with young people.....and many young people have limited contact with seniors or persons with disabilities.
- ☺ Encourage schools, churches, youth groups, scout leaders and other organizations to either visit the residents or hold their club meetings there.

# Intergenerational Activities (cont'd)

- Have trick-or-treaters come to your facility.
- Host a Christmas tree decorating night.
- Host a Hanukkah service.
- Have a story-telling hour, with either the residents telling stories of their past or reading books out loud.
- Have an arts-and-crafts class – maybe the residents could teach the kids how to knit, crochet, etc.
- Have a local choir or dance studio come to your facility for a show.

# Activity Calendars and Newsletters

# Activity Calendars and Newsletters

The Activity Calendar and Resident Newsletter are very important marketing tools.

They are used to inform and educate current residents and are also used as marketing tools for prospective residents.

Additionally, the newsletter should be sent to families, referral sources and prospective residents.

# Activity Newsletters

This can include:

- ✓ A note from your Administrator
- ✓ News about your facility
- ✓ Articles about health care that is related to seniors or your clients
- ✓ Pictures from a special event (i.e., holiday celebration)
- ✓ Upcoming events and activities
- ✓ Upcoming Family Nights
- ✓ New resident and employee introductions
- ✓ A word from your Resident Council
- ✓ General Store hours (if applicable)
- ✓ Beauty Salon hours (if applicable)
- ✓ Resident birthdays
- ✓ Employee birthdays
- ✓ 'Remember When' articles (...25 years ago this month....)
- ✓ Puzzles, poems, trivia

# Activity Newsletters (cont'd)

- \* Invite your residents to give their input on the content of the newsletter.
- \* Write articles that interest your readers.
- \* Remember - your residents had fun doing what you are reporting and are looking forward to having a good time at the events you are announcing.

# Activity Newsletters (cont'd)

- \* Daily activities should be listed in an area that is frequented by the residents.
- \* Some Communities post their daily activity listing in the elevators and some list them on a large board in the lobby.
- \* Regardless of how the items are displayed, they must be done so in an attractive manner.

# Decorating for Activities

# Decorating for Activities

- The facility's decorations should be centered around the theme of the activity and/or the month.
- Decorations should be attractive and reflect the professionalism of the facility.
- They should not be dirty, torn or in bad condition.

# Decorating for Activities (cont'd)

Decorations should not be hung as to obstruct emergency exits, fire doors, hallways or access to any rooms, nor should they be placed in an area that blocks resident traffic or is a danger to the residents.

Try not to hang decorations with materials that will ruin the walls (staples, nails, etc.).

# Decorating for Activities (cont'd)

Suggested decorations:

- flowers or floral arrangements balloons, crepe paper, streamers
- posters or pictures garlands and wreaths
- pumpkins, hay bales leaves, other nature items

# Decorating for Activities (cont'd)

Where to buy decorations:

Michael's

JoAnn's Fabrics

Party City

[www.orientaltrading.com](http://www.orientaltrading.com)

[www.partycheap.com](http://www.partycheap.com)

[www.partyamerica.com](http://www.partyamerica.com)



# Decorating for Activities (cont'd)

Have the residents make the decorations –  
as an activity!

Ideas:

Christmas ornaments

flower arrangements for dining tables

piñatas for Cinco de Mayo

# Using Entertainers

# Entertainers

Depending on your budget, hiring an entertainer can be a wonderful activity for your residents.

They can be:

singers

clowns

comedians

musicians

travel speakers

educational speakers

# Entertainers (cont'd)

- If you have not used a particular entertainer before, try to interview them prior to having them perform at your function.
- All new entertainers should provide three references that you can contact regarding the quality of their performance.
- Many times the entertainer will provide a biography sheet and/or photograph.

# Entertainers (cont'd)

- ☆ Explain to the entertainer the theme or goal of your event and what you expect of them (length, noise level, resident participation).
- ☆ Let them know where they will be located and how many residents may attend.
- ☆ If they need to be paid on the day they perform, be prepared with either a check or cash.

# Happy Hour!

# Happy Hour

Limitations

Residents taking  
medications

Guests

What to serve



# Happy Hour (cont'd)

## Successful Happy Hour's:

1. serve food
2. serve drinks
3. have entertainment



# Happy Hour (cont'd)

- ✎ It's important to know what residents cannot have alcohol.
- ✎ Either fix them a non-alcoholic drink or water down their drink.
- ✎ If they persist, it is their right to have the drink – you must report it to the appropriate people and document it.

# Happy Hour (cont'd)

Certain medications mixed with alcohol can be extremely dangerous.

These include:

sedatives

anti-anxieties

Coumadin or other blood-thinners

narcotics



# Happy Hour (cont'd)

Selling alcohol....

unless you have a liquor license, you should not be selling alcohol.

Alcohol to minors....

**NO!**

# Happy Hour (cont'd)

Food ideas:



taquitos  
mini-quiches  
cheese and crackers  
veggies and dip  
pigs-in-a-blanket  
finger sandwiches  
chicken wings or nuggets  
you name it!

Ummmm....no  
one showed up!

# No one showed up!

1. They didn't know about the activity.
2. They forgot about the activity.
3. They couldn't understand the activity.
4. They didn't like the activity.
5. They are confused.
6. They couldn't get there.
7. They have eyesight, hearing, mobility loss.

# No one showed up!

8. They are depressed.
9. It's at the wrong time.
10. It sounded boring.
11. No one else was going.
12. They didn't have enough money.
13. They didn't have the correct supplies.
14. Too childlike.
15. "Those" people will be there.

# An Activities QA

# Activities

- \* Is there a variety?
- \* Is your calendar posted? Does it look nice?
- \* Do your residents participate?
- \* Are there many complaints? Are they valid?
- \* Are you addressing all of the Title 22 regulations regarding types of activities?
- \* Do you have outside activities (i.e., scenic drives, trips)?

# Activities (cont'd)

- \* Is your bus/van/car clean?
- \* Are your residents sleeping in the lobby because that is their only activity?
- \* Do you have a designated activity room? How does it look?
- \* Do you have activities on the weekends and evenings?
- \* Do you have a Resident Council?
- \* How do you welcome new residents?

# Questions and Answers

# Q & A

Q: In facilities licensed for \_\_\_\_\_ persons, notices of planned activities shall be posted in a central location readily accessible to residents, relatives, and representatives of placement and referral agencies.

- a) 1-6
- b) 7-15
- c) 7 or more

# Q & A

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- b) 7-15
- c) 7 or more**

# Q & A

**Q:** In facilities for 16-49 residents, the person in charge of activities has to have a minimum of one year experience in activity planning.

- a) True
- b) False

# Q & A

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- a) True
- b) False**

# Q & A

**Q:** You must provide space for a resident council to meet and attend every meeting.

- a) True
- b) False

# Q & A

**Q:** You must provide space for a resident council to meet and attend every meeting.

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- b) False**

# Q & A

**Q:** Certain medications mixed with alcohol can be extremely dangerous. These include:

- a) sedatives
- b) anti-anxieties
- c) Coumadin or other blood-thinners
- d) narcotics
- e) none of the above
- f) all of the above

# Q & A

**Q:** Certain medications mixed with alcohol can be extremely dangerous. These include:

- a) sedatives
- b) anti-anxieties
- c) Coumadin or other blood-thinners
- d) narcotics
- e) none of the above
- f) all of the above**

# Q & A

**Q:** For residents with limited abilities, it's best to keep activities in the 30-45 minute timeframe.

- a) True
- b) False



# Q & A

**Q:** For residents with limited abilities, it's best to keep activities in the 30-45 minute timeframe.

- a) True
- b) False



# Conclusion



Assisted Living Education  
thanks you for attending its  
course: *Creating a  
Rewarding Activity Program*

We look forward to seeing you again at  
another of our courses!