



***Out of the
Box...Activity Ideas
and resources to take
you to the next level***

**Rachelle Blough
www.rachelleblough.com**



Trends In Senior Living

1

Communities stepping up to meet the needs of *higher acuity residents*.

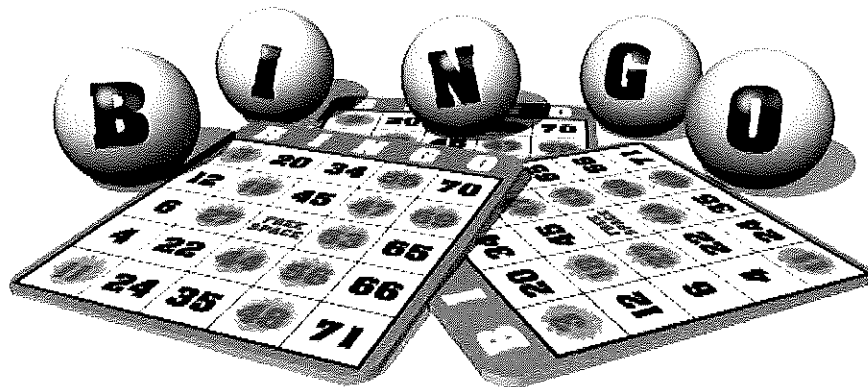
2

Labor Shortage will put pressure on operators to more effectively recruit and retain workforce

3

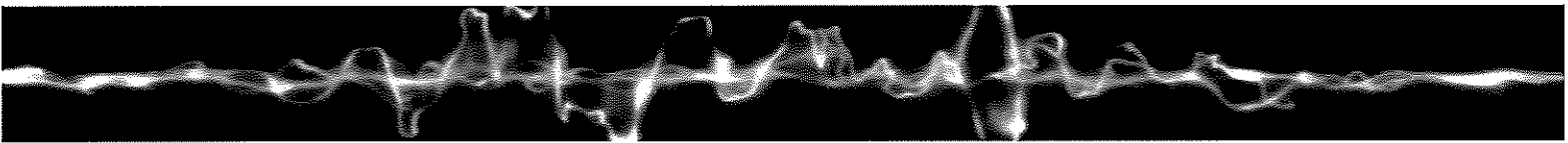
There are new personas who have *high expectations*, and they are tomorrow's customer.

ICE BREAKER INNOVATION BINGO....



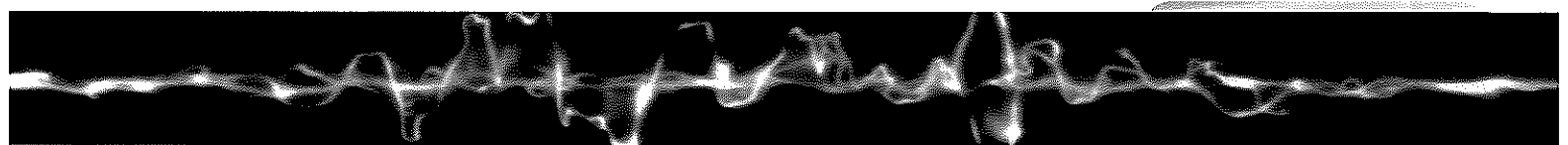
What's Happening...
Let's hear from the audience!

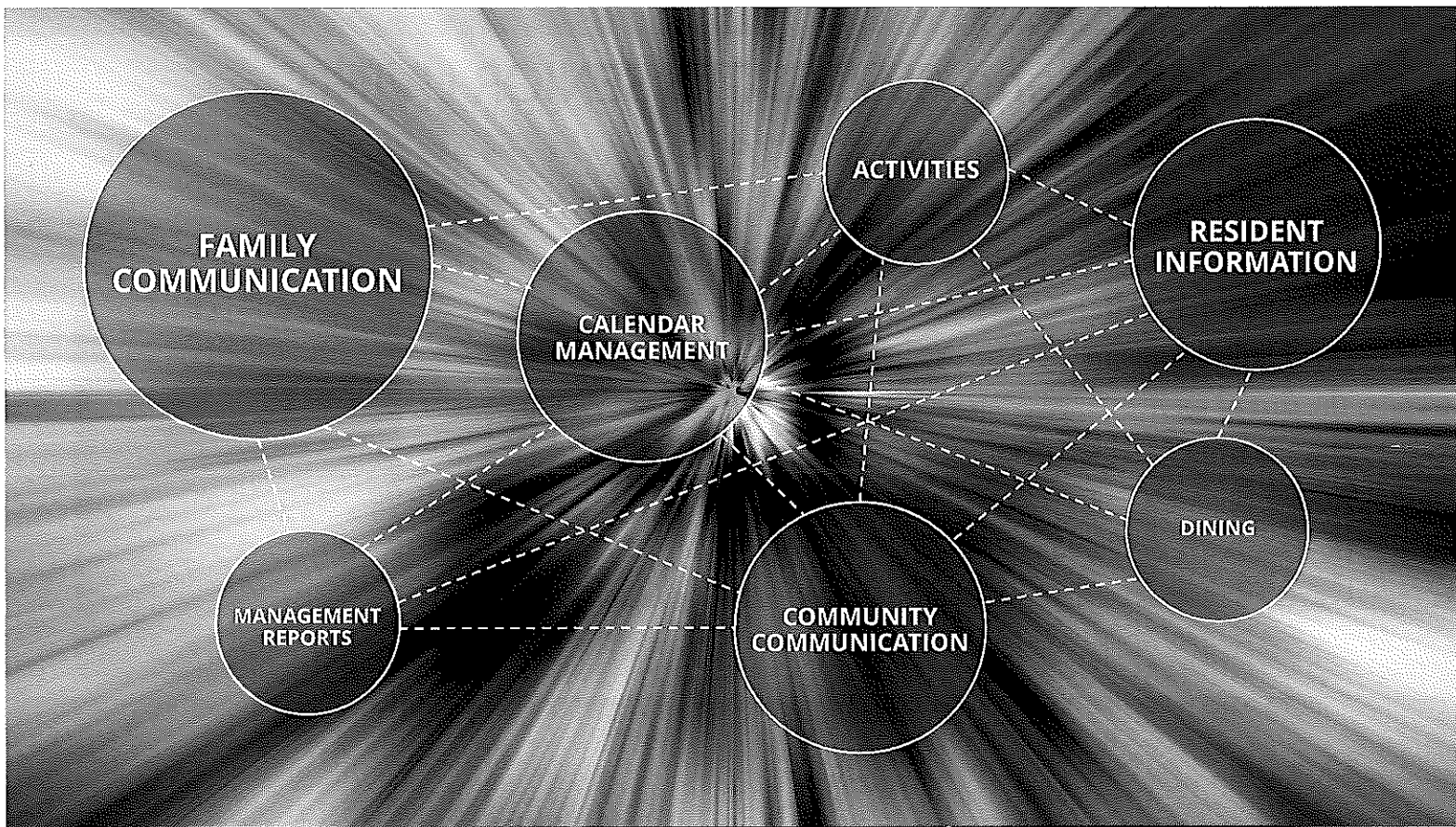
What's Happening?



JD POWERS and ASSOCIATES SENIOR LIVING STUDY...2018 What matters

- The survey looked at 6 areas that comprise the resident experience (in order of importance):
- Caregivers and staff
- Services and activities
- The cost of services
- Physical plant
- Food & beverage
- How service is delivered and new resident orientation
- <http://www.jdpower.com/press-releases/jd-power-2018-senior-living-satisfaction-study>





Relationships: staff to residents; caregivers & staff *the most important metric for satisfaction*

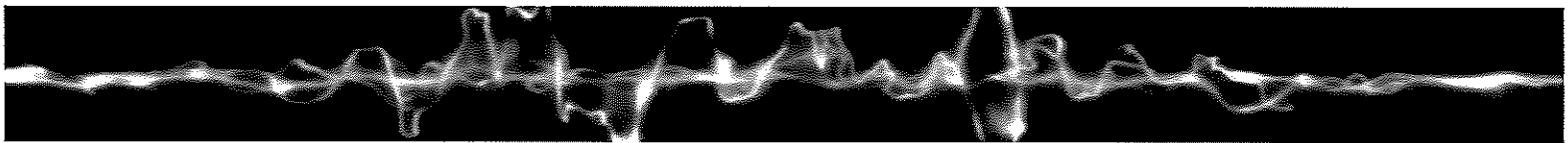
- What are you doing in your communities?
- Need to create Mini-me's
- Needs to be everyone
- Sample prompter
- Paint the picture



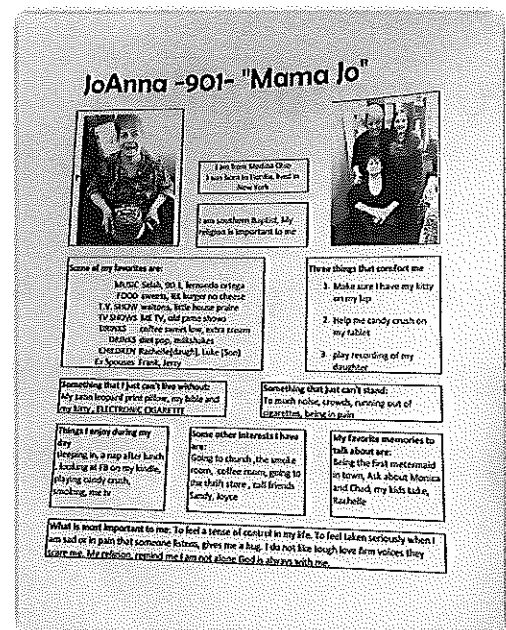
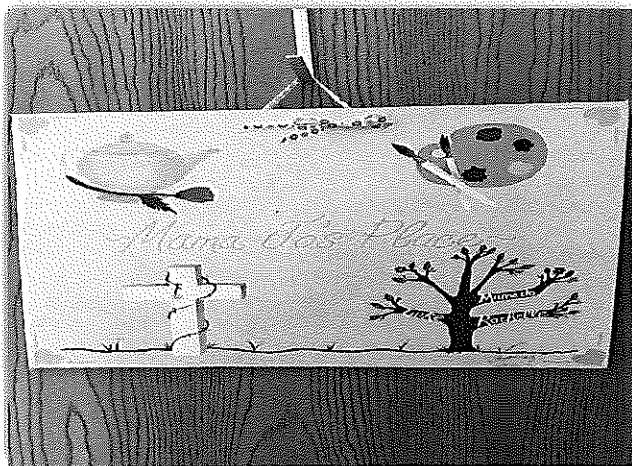
BEYOND THE CALENDAR

"Last month these are some examples of the Connections, moments, and interactions that Sometimes matter more than the big things"

- Post a collection of some of the most meaningful Interactions next to the calendar and add to monthly newsletter, share pictures

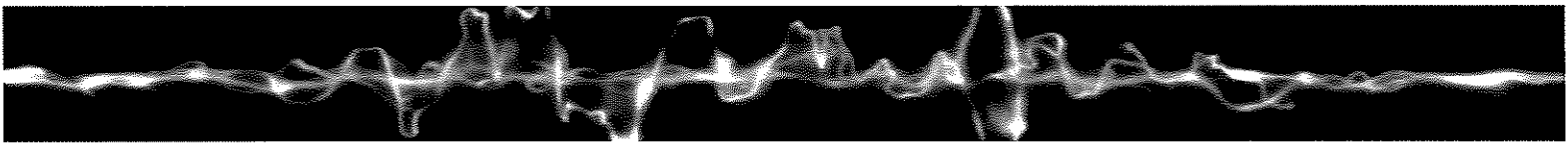


Examples



Old paradigm

- Work hard, retire
- Move to Florida
- Golf, drink, entertainment
- Recreation, fun all day every day...



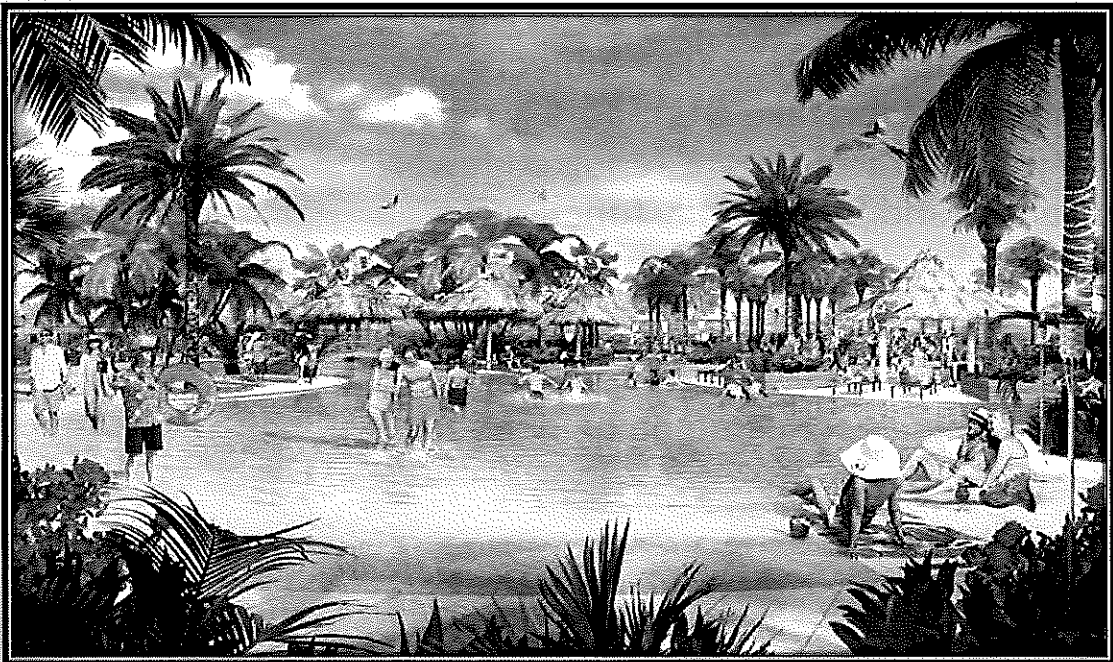
Research about this model

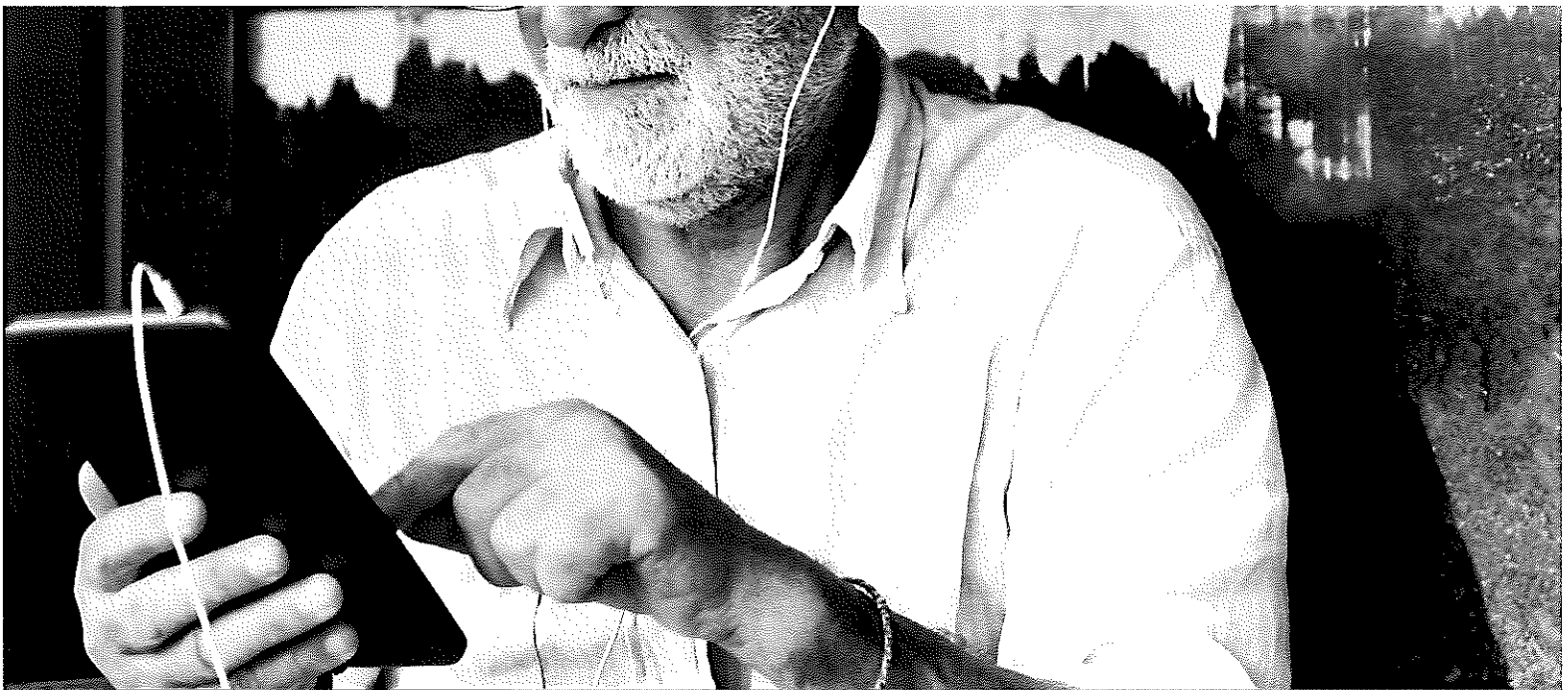
- A study in the Journal of Occupational Health Psychology of more than 12,000 subjects found that those who take a temporary or part-time job after retirement reported fewer major diseases and better daily functioning than people who stop working entirely.
- According to Maslow's Hierarchy of needs ALL humans, forever need to have a sense of purpose and being useful and being needed



The New Paradigm

Latitude Margaritaville





84%

OF OLDER ADULTS
BELIEVE THE INTERNET
CONNECTS THEM TO
FAMILY AND FRIENDS

Pew Research Institute 2016

77%

OF OLDER
ADULTS USE
TECHNOLOGY
EVERY DAY

Pew Research Institute 2016

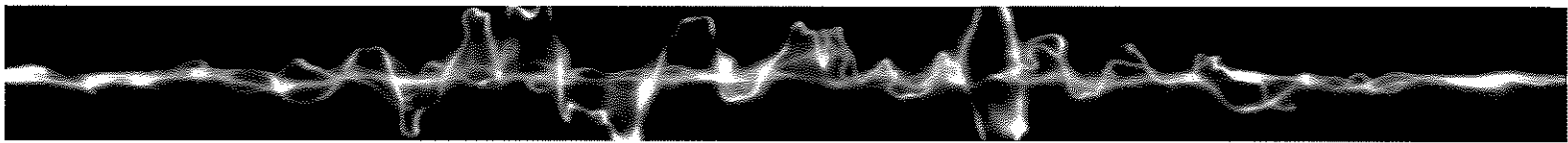
92%

OF PEOPLE TRUST
RECOMMENDATIONS
FROM FRIENDS AND
FAMILY MEMBERS ABOVE
ALL OTHER MARKETING

Live Chat Inc. 2016

New Paradigm

- People are waiting longer to move in to senior living
- More frail populations- manage expectations – sample case study model apartment and review at care plan
- EVERYONE needs a purpose and reason to get out of bed every day have to offer more than just recreation and leisure.
- Need to identify meaningful ways to contribute to the community



Blue Zones- What do we know about vitality

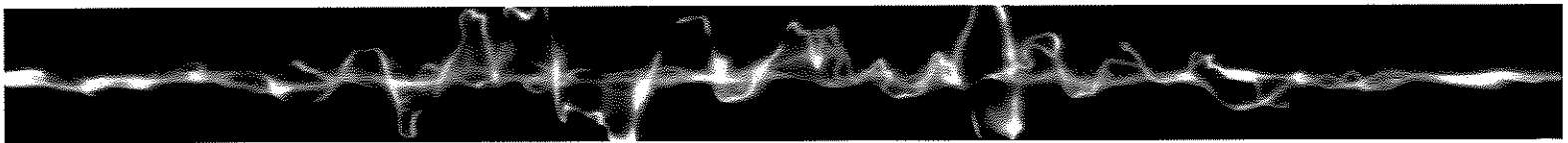
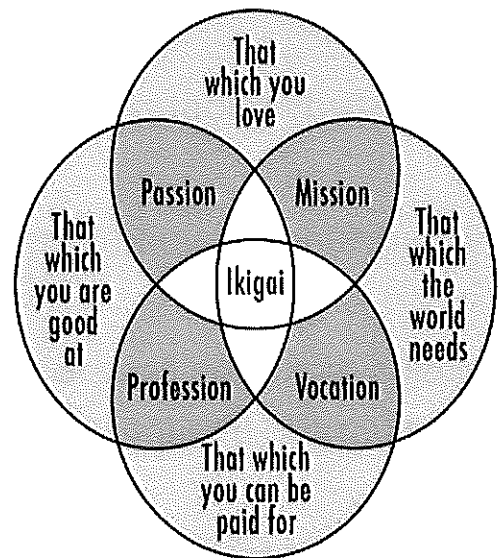
- What is ikigai ?
- What gets us out of bed everyday
...what is your passion

<https://youtu.be/Qp-cf9z-oVg>

<https://www.thebluezonesstore.com/collections/books-dvds>

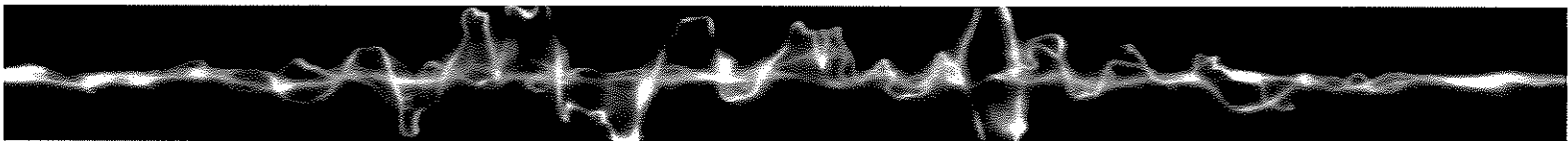
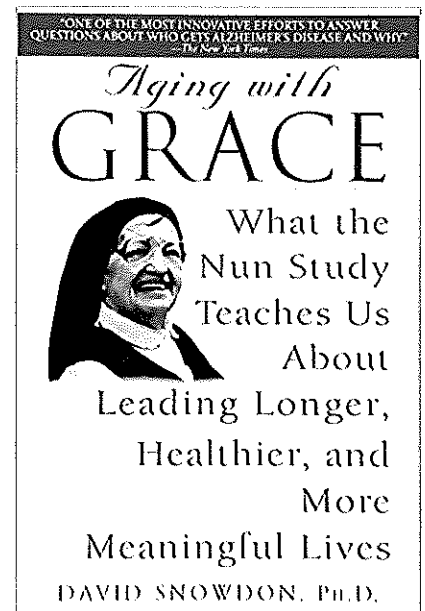
Active aging

生き甲斐
ikigai



Aging With Grace – the Nun study

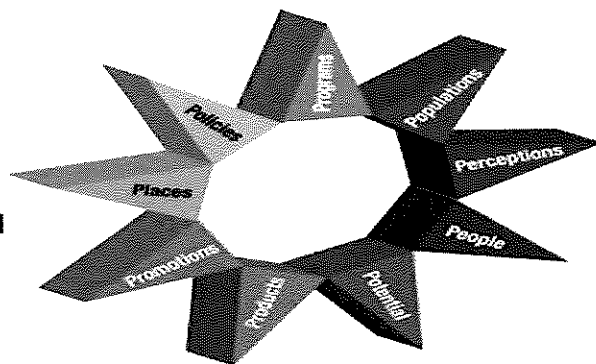
- First study about the importance of staying active
- Importance of volunteerism helping others
- Helps make the case for asking active residents to contribute and volunteer to help others in community



International
Council on
Active Aging



**Seven Dimensions
of Wellness**



**Nine Principles
of Active Aging**

International Council on Active Aging®

The DIMENSIONS OF WELLNESS

1 Spiritual

Establishing peace and harmony in our lives by finding a connection to our inner values which helps give more meaning to our days.

2 Emotional

Understanding ourselves and coping with the challenges life can bring. Being able to acknowledge and share feelings in a productive manner.

3 Purposeful

The desire to feel a greater sense of meaning and purpose with activities that lead to agreement between personal values and actions.

4 Vocational

Staying connected or giving back to our community with skills from past careers through knowledge sharing, consulting or volunteering.

5 Intellectual

Finding ways to expand our skills and knowledge by learning new concepts, improving existing skills and seeking challenges in pursuit of lifelong learning.

6 Social

Relating to and connecting with other people. Our ability to establish and maintain positive relationships with family, friends and co-workers.

7 Physical

Maintaining a healthy quality of life with activities that allow us to get through our daily activities without undue fatigue or physical stress.

8 Nutritional

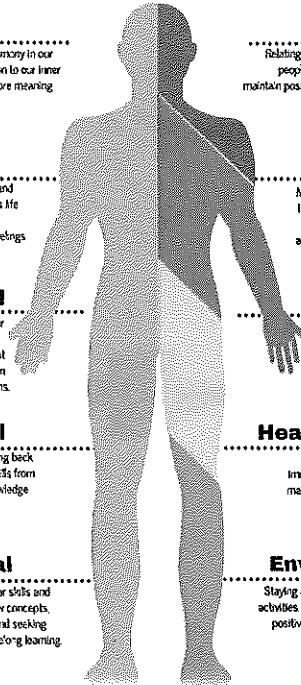
The importance of maintaining a healthy diet, and rejuvenating our bodies through diet and food choices.

9 Health Services

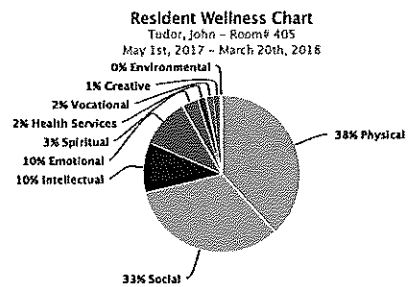
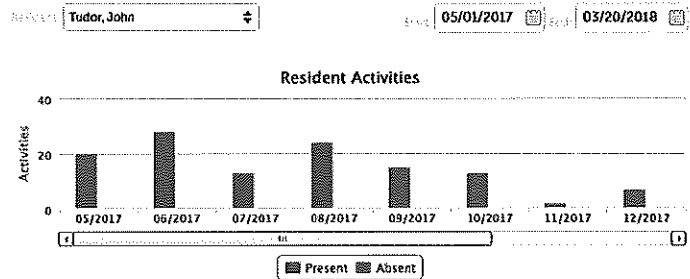
Routine medical exams, immunizations and screenings to maintain our physical and mental health.

10 Environmental

Staying active by getting outdoors for activities. Learning about and making a positive impact on our environment.



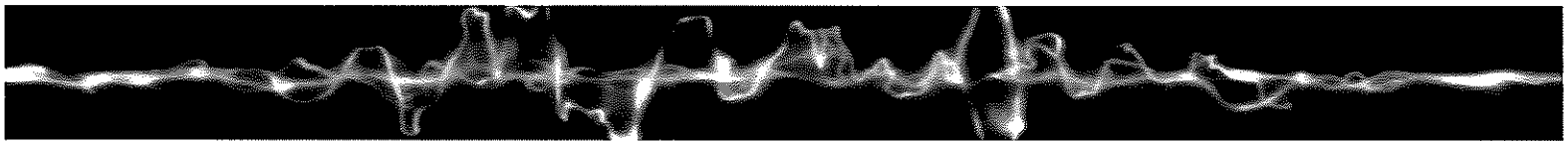
Residents	Total Attended	4 Week Chart	Trend
Ackermann, Niccla	5		
Ashland, Daisy	5		
Barbosa, Noble	6		
Borders, Deborah	3		
Bowmann, Grant	0	no events attended	
Bright, Katherine	3		
Brody, Mark	1		
Chalmers, Etta	1		
Cicero, Martin	0	no events attended	
Coe, Daniel	2		



Creating Cluster, natural groups around interests – would you rather

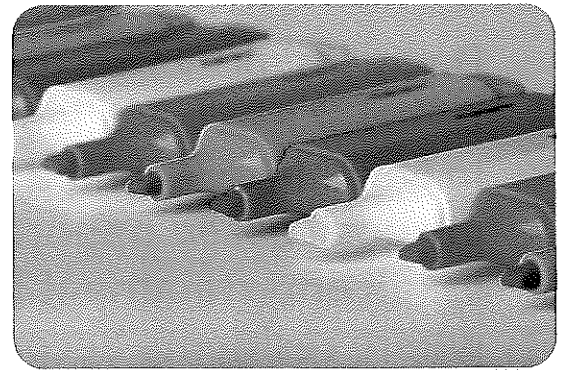
- Exercise- sweating to the oldies
- Mind aerobics class or book club
- Baking or bowling
- Meditation or cocktail hour

Would you
rather ...



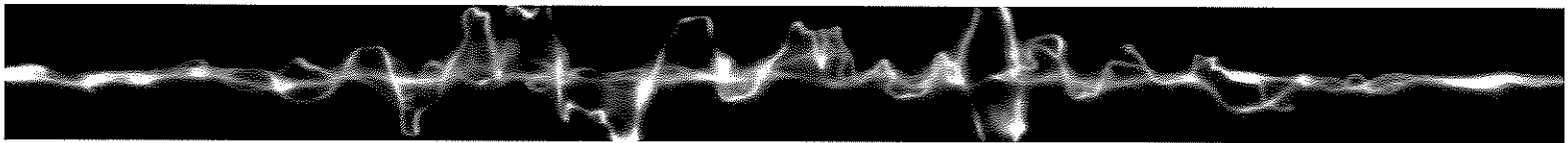
Highlighter Test.... old faithful or computer generated reports

- Variety of offerings and intentional and not diversional
- Software that can run reports for you to determine a balanced amount of offerings in Dimensions of Wellness



Purpose Driven Programs

David Pokorny Executive Director and Activity Director Mary Mullenfield at Concord Place in Northlake IL had a vision to have more purpose based opportunities for his residents vs. all entertainment based opportunities where residents become dependent on staff for enjoyment.



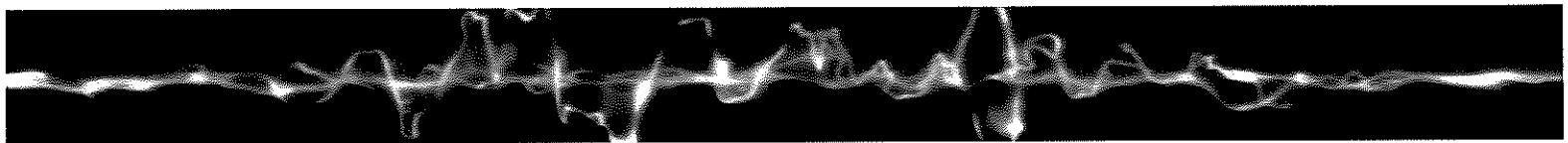
Purpose driven programs continued

- Residents' Club
- Resale shop
- Residents' Country Store
- Birthday and Cocktail Parties
- Garden Club volunteer club
- Exercise and Swimming leaders
- Welcome Wagon
- Resident Information Desk
- Prayer Group
- Reading to Blind Residents
- Visitation Group

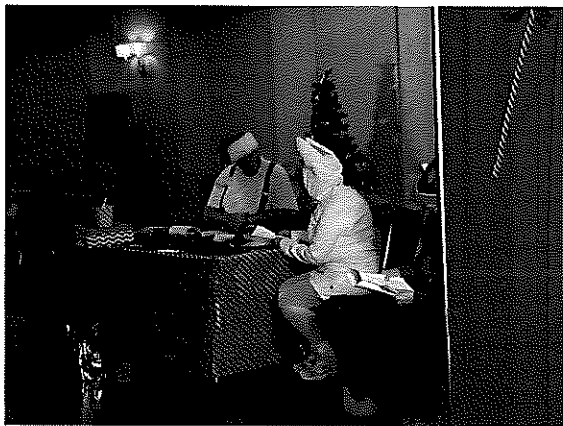


CONCORD PLACE
RETIREMENT & ASSISTED LIVING COMMUNITY

<https://www.youtube.com/watch?v=ITV-0icilal>



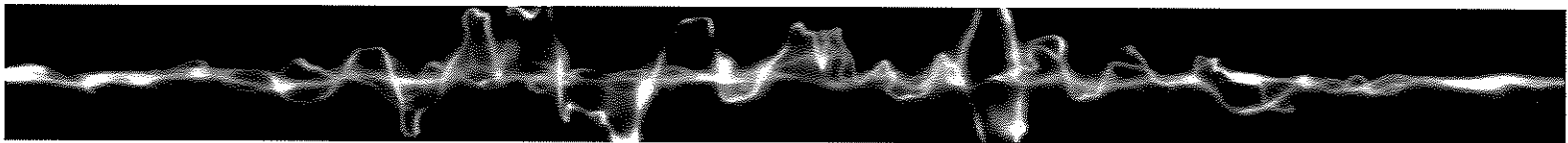
Purpose driven programs



CHRISTMAS SHOW



GREENHOUSE and GARDENING



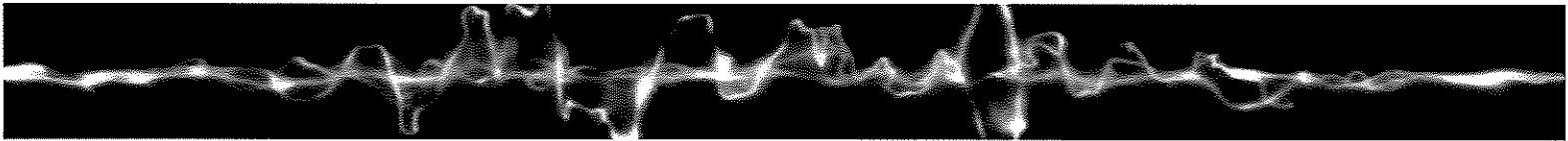




Purpose Driven programs

At the beginning there were 8 activities led by residents out of the total 26 activities

After implementing this program there are 37 resident run activities out of 56 activities



Resident Volunteerism related to past occupation and interests

John resides at Parkside Villa and Activity Director Valerie Provenzale, ADC paired my father with John to assist him with his work . Valerie can be reached at Parkside Villa 440.260.7626 x2264 for questions



Innovation continued

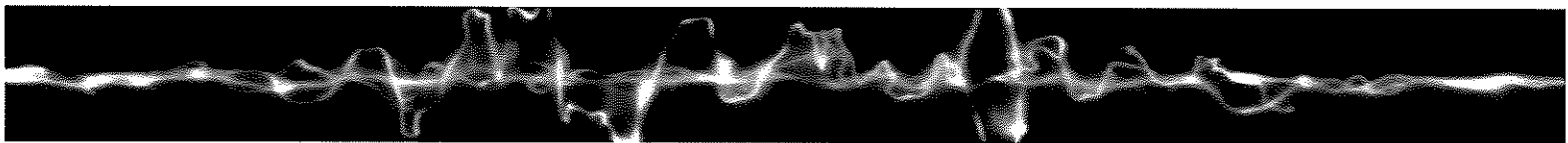
- Annual overnight trip..... THE IMPORTANCE OF ANTICIPATION

"Over that past several years, we've visited Mackinac Island, MI, Frankenmuth, MI, Louisville, KY and in the Fall of 2018, we plan to tackle the city of Cleveland where we will visit the Rock & Roll Hall of Fame, see a Cleveland Browns game and enjoy some of the best restaurants and bars the city has to offer! "

Cortney Metcalf – 10 years as the Senior Healthy Lifestyles Director Elmcroft of Lima Assisted Living, 419-331-2442

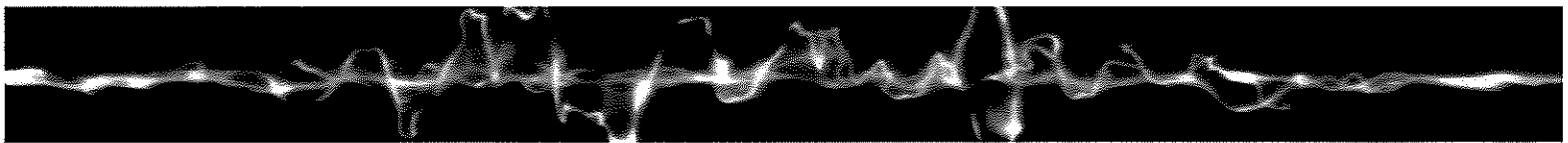
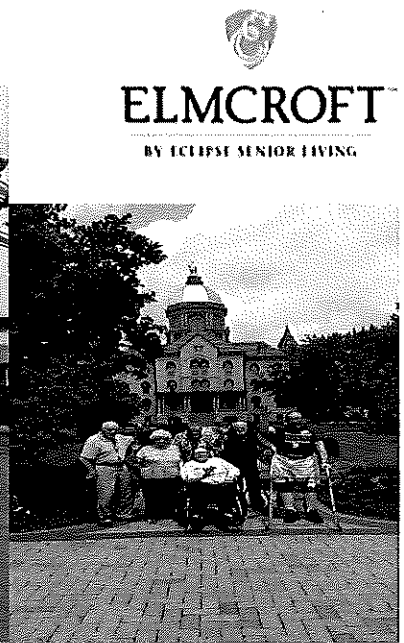
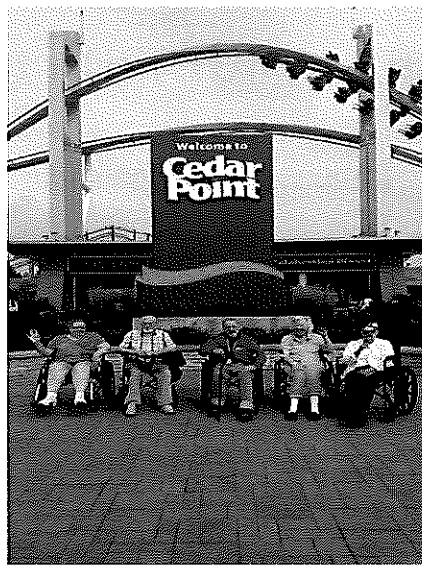


ELMCROFT™
ELMCROFT SENIOR LIVING
BY ECLIPSE SENIOR LIVING



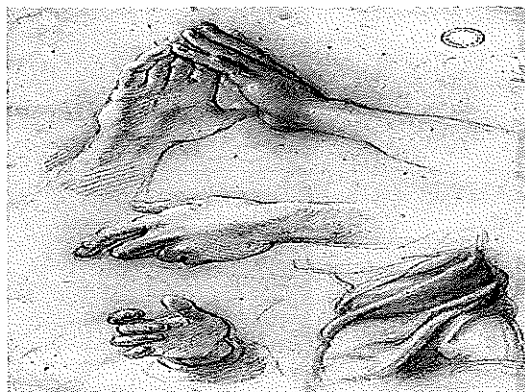
Out of the box outings

- Use your bureau of tourism – you might be surprised at offerings, what is free
- Elmcroft of Lima, Ohio
- At Cedar Point, Notre Dame



Innovation ...Out of the Box Program Offerings – Human Figure Drawing class

<https://www.seniorhousingforum.net/blog/2015/2/23/nude-modeling-assisted-living>



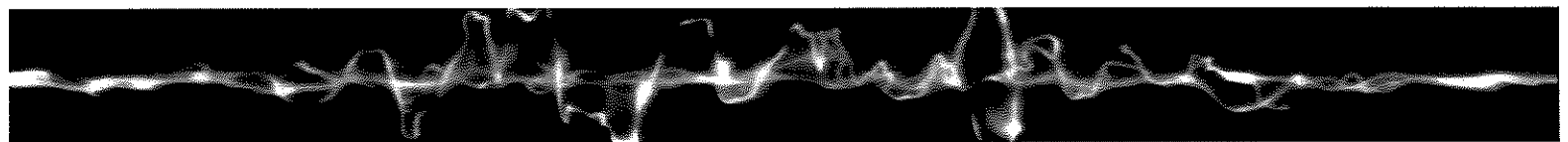
Balancing Innovation with the favorites residents want and supporting their emotional needs with support groups

SANCTUARY
GRANDE[®]
DANBURY SENIOR LIVING

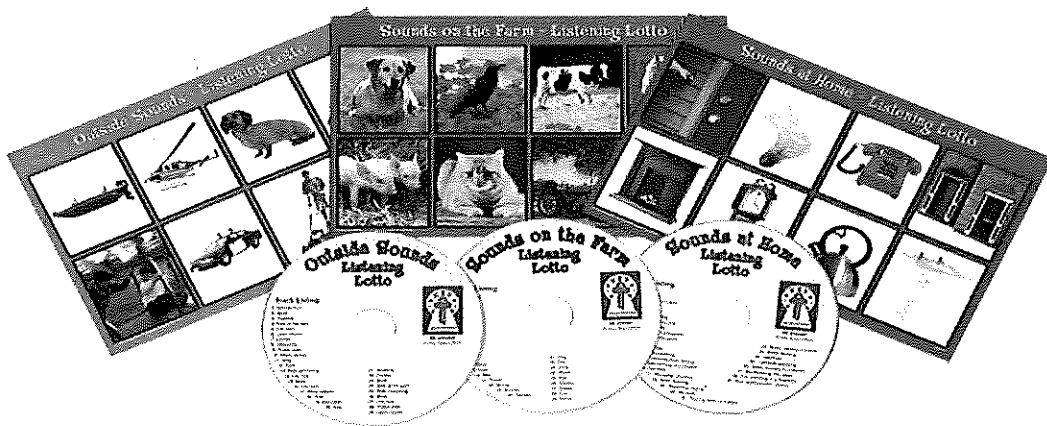
- Residents making baskets
- Bingo for prizes
- Support groups for resident
- Caregivers and grief support

Alicia Hoffman

Life Enrichment AND Memory Care Director

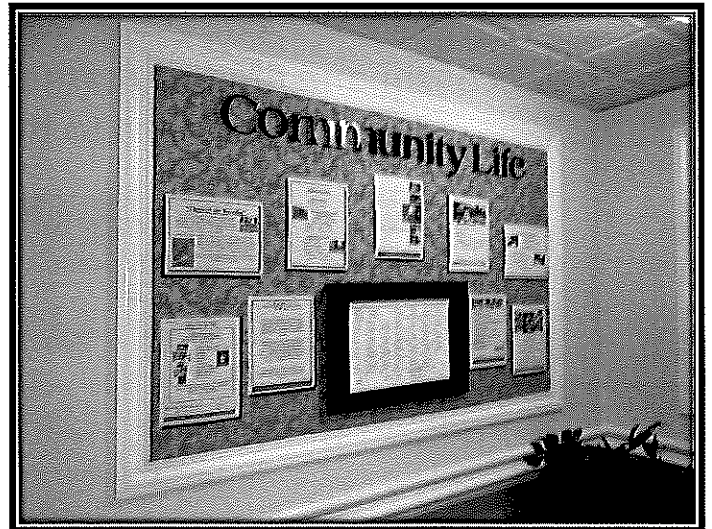


New Twist on Bingo- Sensory Bingo



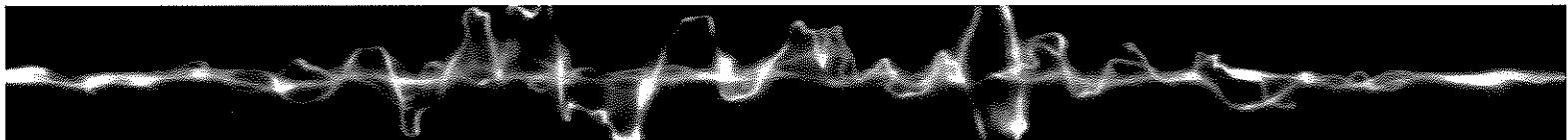
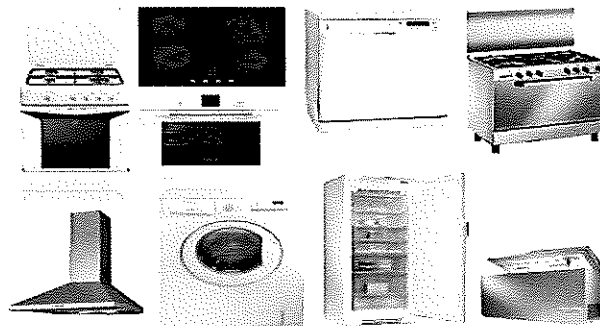
Enrichment Resource Center

- Central Location – room
- Sign up for party planning –private dining
- Sign up for committee's, volunteering
- Sign up for outings
- Check out wellness workbooks
- Check out electronics for grand kids, games
- Office hours –concierge type model to
- Help secure tickets, car service et.



Innovation in Memory Care-purpose programming for men

“In Wisconsin one memory care program brought in old appliances for the
men to tinker with and fix”



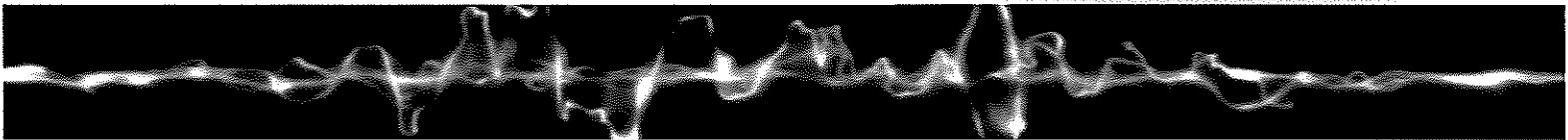
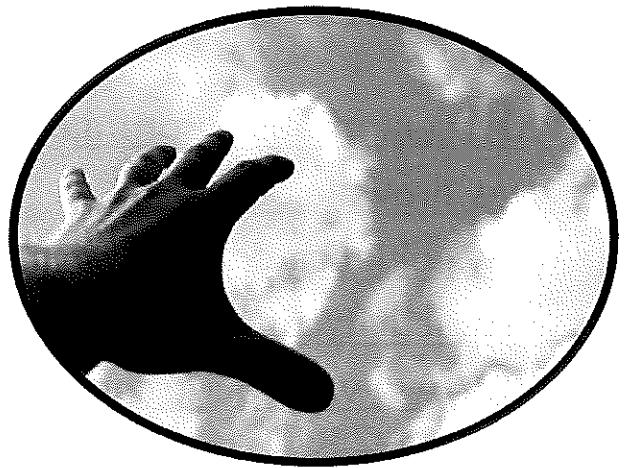


Resources/ Websites

- www.seniorhousingforum.com
- www.brownielocks.com
- www.goldencarers.com
- www.activityconnection.com
- <http://www.discountschoolsupply.com/product/ProductDetail.aspx?product=23001> - Listening lotto game



Reach for the
stars – *more is
possible!*

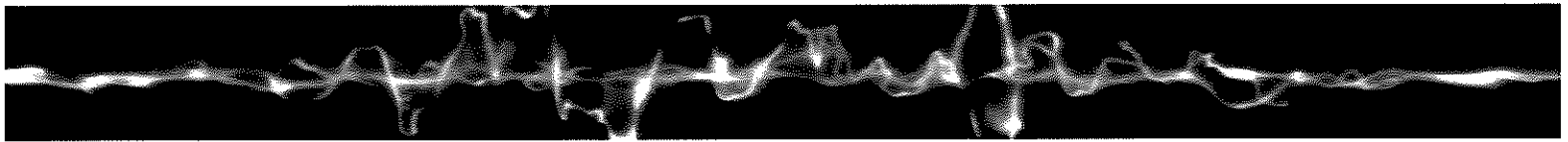


Thank you for attending!
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<https://youtu.be/YEdGaSD3bw>

<https://youtu.be/hLB3C7ZnE5E>



GIFTS TO GIVE ...

Holiday resident volunteer program



Everyone has gifts to give...even if you don't think so...What are your gifts?

Who: YOU

What: This is a resident volunteer opportunity to contribute in big or small ways and make a difference and have a purpose each day.

Why: Share your talents and gifts and make a difference for others and in your own longevity and health (research shows volunteering impacts longevity and health in a positive way)

Please complete attached form below by:

And return to:

I would be interested to

- | | | |
|--|--|--|
| <input type="checkbox"/> Help decorate | <input type="checkbox"/> wrap presents | <input type="checkbox"/> write holiday cards to others |
| <input type="checkbox"/> make holiday crafts | <input type="checkbox"/> lead Christmas carol sing a long | |
| <input type="checkbox"/> make ornaments in room on own time | <input type="checkbox"/> holiday baking club | |
| <input type="checkbox"/> participate in Christmas /holiday choir | <input type="checkbox"/> participate in holiday pageant | |
| <input type="checkbox"/> be a holiday greeter at entry way | <input type="checkbox"/> Saturday Holiday social hostess/host | |
| <input type="checkbox"/> Sunday holiday social host/host | <input type="checkbox"/> lead holiday season /advent devotions | |

Other: _____

Meaningful Holiday Cheer Ideas



Created by: Rachelle Blough LTD

www.rachelleblough.com

The objective is to provide personally meaningful leisure opportunities that are interesting and stimulating that may provide engagement, comfort and non-pharmalogical resources to alleviate or decrease distressing behavioral symptoms of an elder patient who may have cognitive decline.

These activity offerings should always be reviewed and determined as safe and appropriate by the care team and physician as required. At no time should any supply or activity be lead without approval from assigned care provider.

Disclaimer

Safety is always a very important first consideration. Working with your team be sure to determine which patient can safely participate in activities and most importantly if there is a medical reason that a resident is unsafe to participate in an activity they are provided a meaningful alternative. These have been provided as a good will gesture only as suggestions and to only be used as determined by medical care team and in no way can Rachelle Blough LTD be held responsible

Name 10

Supplies needed: A dry erase board and marker if available for visual if not a piece of paper and a pen

Objective: To stimulate retrieval and groups of words and have fun

How to lead:

1. Let the group know we are going to try to work together to come up with 10 items on the list of prompts together and have fun
2. Examples of lists to be made could include
 - Name 10 things you cook at Christmas time
 - Name 10 Christmas Carols
 - Name 10 things you can do with snow
 - Name 10 things you put on a Christmas tree
 - Name 10 things from the 12 days of christmas
 - Name 10 things santa wears
 - Name 10 presents you gotten over the years
 - Name 10 things you are grateful for

Things related to Christmas that start with a “A”, “B”, “C” ...etc

Supplies: A dry erase board and marker

How to lead:

1. Ask residents to begin to provide input on the topic and list answers
2. Begin with A and start with “Angel”, B “Bells....and so on and so forth
3. See if you can come up with more than one for a letter

Finish the phrase /discussion

Supplies: Dry Erase board, and marker

Objective: Cognitive Exercise

How to lead:

Read the phrases out loud and have the resident finish the phrase

Deck the Halls

Silent.... Night

We wish you a merry Christmas

'Twas the night before ... Christmas

The first Noel

I saw mommy Kissing Santa Claus

Away in a ... Manager

I am dreaming of a White Christmas

Joy to the world

God rest ye merry Gentleman

All I want for Christmas is my Two front teeth

The little Drummer boy

Frosty the Snowman

Rockin around the ... Christmas tree

It's the most wonderful Time of the year

Dashing thru the Snow

Walking in a winter.... Wonderland

Hark the Herald... Angels sing

It's a wonderful Life

Rudolph thered nose reindeer

Santa claus is coming to.... Town

Birds of a feather..... answer-flock together

Early birdanswer- catches the worm

The pot calling the kettle Answer – black

Every rose ... answer has it's thorn

Actions speak louder than – answer – WORDS

You are barking up the – answer Wrong tree

Can't judge a book – answer – By its cover

Costs an arm and a leg – answer – LEG

Don't cry over spilled – answer- MILK

Don't count your chickens –answer before the hatch

Don't put all your eggs – answer – IN ONE BASKET

Hit the nail on the – answer – HEAD

It takes two to – answer TANGO

Let the cat out of the – answer BAG

An apple a day keeps the –answer Doctor away

When the cat's away – answer Mouse will play

Perfect Pairs

Supplies: Dry Erase Board, Marker

Objective: Cognitive Stimulation

How to lead:

1. Welcome the residents
2. Discuss that we are going to work our "brain" muscle and begin the pair and see if the group can provide the other word that would go with the pair

The list of paired words is:

Cocoa and marshmallows

Santa and his elves

Red and Green

Holly and jolly

Adam and Eve

life or death

back and forth

lock and key

bacon and eggs

lost and found

bed and breakfast

man and wife

birds and bees

name and address

black and white

nice and easy

body and soul

null and void

bread and butter
peaches and cream
bread and water
pen and pencil
bricks and mortar
pork and beans
bride and groom
pots and pans
business and pleasure
prim and proper
by and large
profit and/or loss
cause and effect
pros and cons
cloak and dagger
pure and simple
coat and tie
rain or shine
coffee and doughnuts
ranting and raving
cream and sugar
read and write
crime and punishment
right and/or wrong
cup and saucer
rise and fall
dead or alive
salt and pepper
down and out
shirt and tie
first and last
shoes and socks
fish and chips

short and fat
flesh and blood
signed and sealed
forgive and forget
slip and slide
front and center
soap and water
fun and games
sooner or later
give and take
stars and stripes
ham and eggs
suit and tie
hammer and nail
supply and demand
hemmed and hawed
sweet and sour
high and dry
tall and thin
high and low
thick and thin
hot and bothered
tossed and turned
huffing and puffing
touch and go
husband and wife
trial and error
in and out
trials and tribulations
Jack and Jill
up and/or down
knife and fork
wait and see

ladies and gentlemen
war and peace
law and order
wine and cheese

Names we Know

Supplies: Dry erase board, marker, list of names

Objective: Cognitive Stimulation

How to lead:

1. Let the residents know we are going to work our “brain” muscle and call on names we know
Start the first part of the name and see if they can guess the last name:

Marylyn Answer: Monroe

Elizabeth Answer: Taylor

Doris Answer: Day

Lucille Answer: Ball

Elvis Answer: Presley

James Answer: Dean

Frank Answer: Sinatra

John Answer: Wayne

Dean Answer : Martin

Lawrence Answer: Welk

Martin Luther : Answer King

Richard : Answer : Nixon

Glenn Answer: Miller

Johnny Answer: Carson

Humphrey Answer: Bogart

Grace Answer: Kelly

Charlie Answer: Chaplin

Marlon Answer: Brando

Ingrid : Answer: Bergman

Katherine Answer : Hepburn

Rita Answer: Hayworth

Betty Answer: Davis

Judy Answer : Garland

Clark Answer: Gable

Joan Answer: Crawford

Fred Answer : Astaire

Who Am I

Supplies: nothing

Objective: Have fun and use cognitive skills

How to lead:

1. You will give 5 clues to try to have the person guess who this person is.

- a. I wear a red suit
- b. I wear a black belt and boots
- c. I have a white beard
- d. I drive a sleigh
- e. I have reindeer

Who am I? – SANTA CLAUSE

- a. I have a great singing voice
- b. They called me old blue eyes
- c. I was a part of the brat pack
- d. I sang New York , New York

Who am I? – Frank Sinatra

- a. I wear a badge
- b. I often carry a gun
- c. I help other people
- d. I drive a car with sirens on it
- e. I do this for a living and starts with the letter P

Who am I? – Police officer

- a. I wear a white coat
- b. I work in a hospital or office
- c. I help people when they are sick
- d. Another way to say it is MD
- e. I went to a lot of school to learn

Who am I? – A doctor

- a. I like to paint
- b. I like to draw
- c. I like to use paint brushes
- d. I like to use an easel
- e. I like to create beautiful pictures

Who am I? – I am an artist

- a. I write on a chalkboard
- b. I have help children learn
- c. I like to eat apples
- d. I make report cards
- e. I work at a school

Who am I? I am a teacher

- a. I wear a jersey
- b. I wear a lot of pads
- c. I wear a helmet
- d. I run on a long field
- e. The ball I carry starts with an "F"

Who am I? I am a football player

- a. I wear a hat
- b. I work in airplane
- c. I went to aviation school
- d. I keep planes in the air
- e. Traffic control helps me land my plane

Who am I? I am a pilot

- a. I wear a lot of equipment
 - b. I help put out fires
 - c. I ride on a truck with hoses
 - d. I often save and rescue people from burning buildings
 - e. My job starts with an "F"
- Who am I? A firefighter

- a. I work at a church
 - b. I lead a group of people
 - c. I say the sermon
 - d. I read the bible
 - e. I have a few titles
- Who am I? Pastor, minister, priest

- a. I like to cook
 - b. I use recipes
 - c. People eat my food
 - d. I charge for my food
 - e. I work in a restaurant
- Who am I? I am a chef

- a. I have floppy ears
- b. I deliver eggs
- c. I deliver baskets in April
- d. I am related to a holiday
- e. I am an animal

Who am I? The Easter bunny

Red or Black

Supplies needed: large print playing cards, pen and paper

Objective: a chance to feel successful and play an adapted card game

How to lead:

1. Place the cards face down on the table , mix them up
2. Take turns guessing red or black. Then turn over a card
3. If you get a guess right you get a point and a 2nd guess
4. The person with the most points wins

Would you Rather....

Supplies: other

Objective: self expression

How to lead:

1. Welcome everyone
2. Have discussion
3. You can adapt this by having people raise their hand or stand up for their choice to make this a physical program as well.

Would you rather....

Cocoa or egg nog

Candy cane or cookie

Give gift or get gift

Real tree or fake tree

Rudolph or frosty

Christmas ham or turkey

It's a wonderful life or Miracle on 34th street

Silent night or Jingle bells

Wrap presents or cook Christmas dinner

Cinnamon scent or pine tree scent

Coke or Pepsi

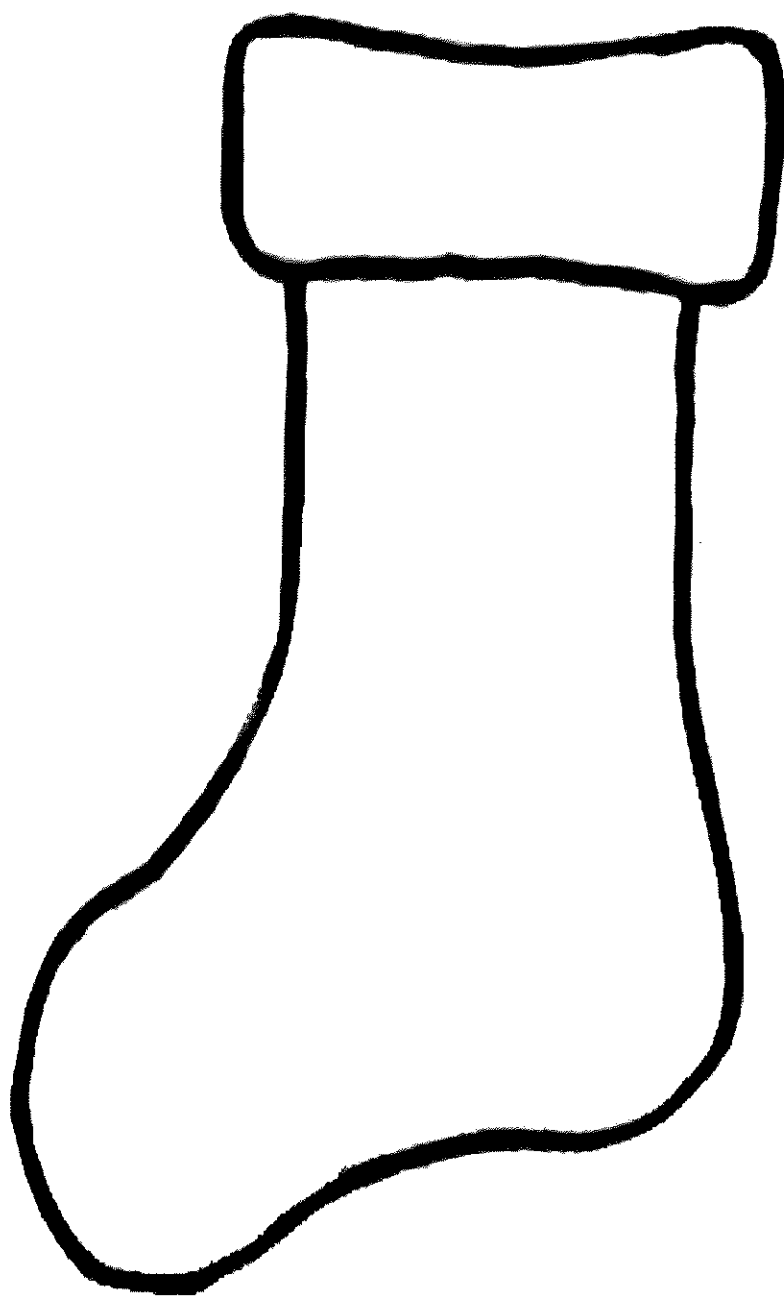
Dog or Cat

Hamburger or hot dog

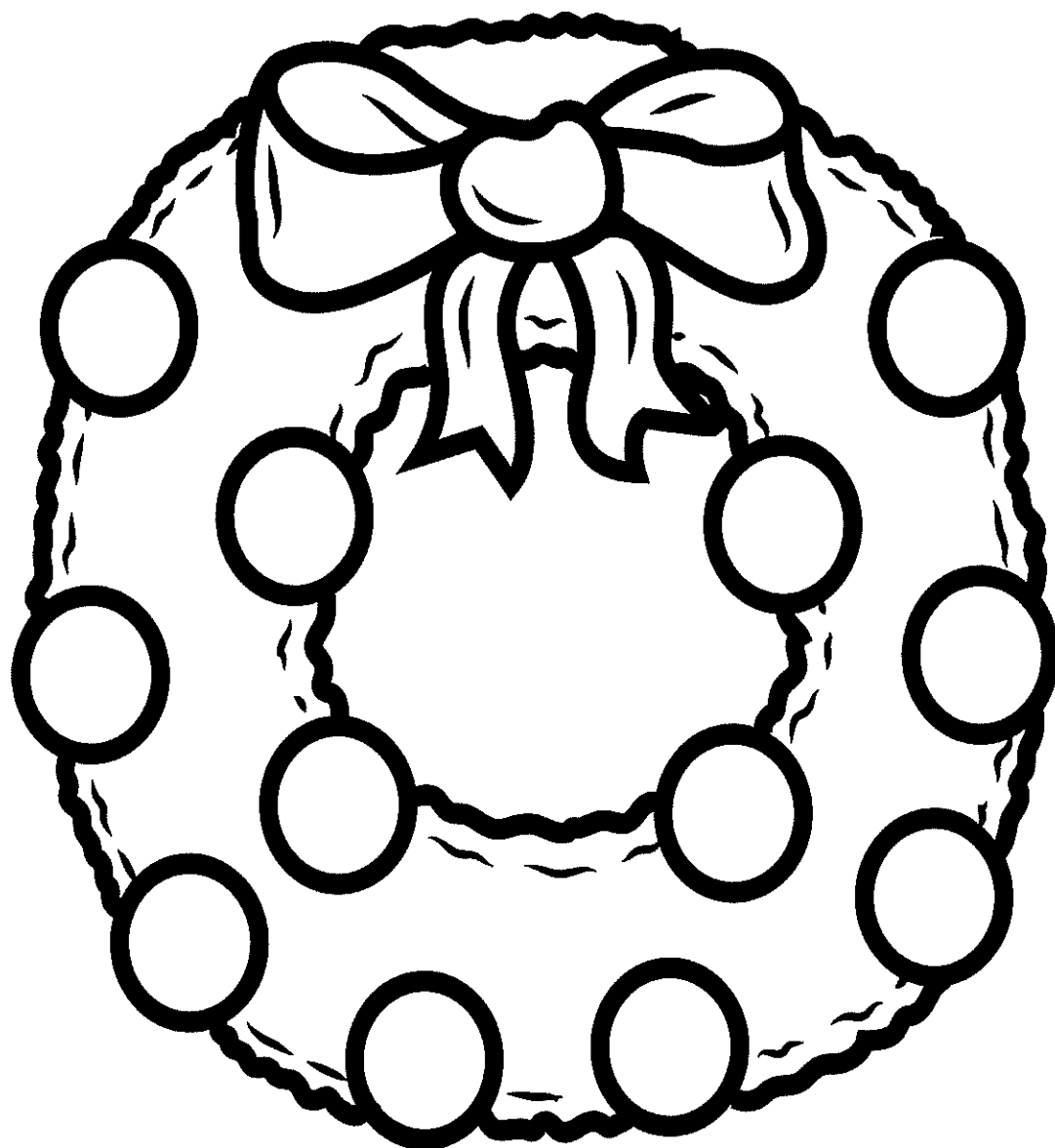
Walk or drive
Cook or clean
Dance or Sing
Read or write
Music or quite
Swim or tan
Bike or jog
Radio or quiet
Book or newspaper
Laundry or dishes
Teacher or doctor
Swim or float
Ocean or mountains
Cold or hot
Sweet or salty
Carrots or cucumbers
Coffee or tea
Soft or hard candy
Plane or train
Winter or summer
Hot or cold cereal
Chocolate or vanilla

Christmas Art Pages

Can you help me? We need to finish at least 100 of these to provide for holiday cheer to the homeless shelter....How many do you think you could do?

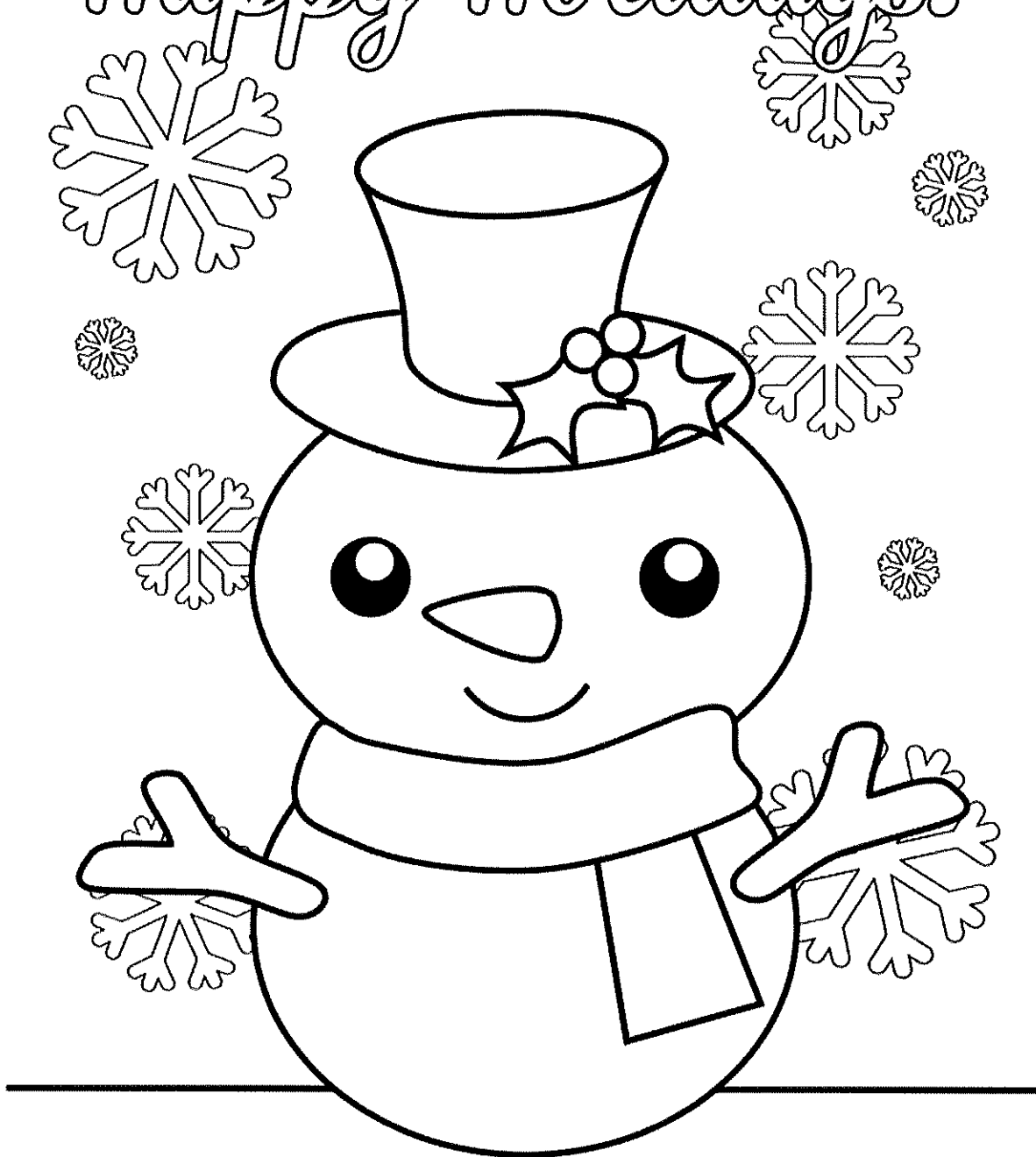








Happy Holidays!





Holiday Cheer Let's Chat...

How did your family celebrate Thanksgiving?

Did you cook a turkey?

What were your favorite side dishes?

Did you decorate for thanksgiving?

What are you most thankful for this year?

Did you and your family put up a Christmas tree?

Did you ever go and cut a real one down?

Do you celebrate Hannukah?

Is there something you want to rededicate yourself to this Hannukah season?

Did your family have a dreidel?

Did your family make Latkes? What was your recipe ?

Did you ever travel for the holidays? Where did you go?

Did you light a Menorah?

Do you enjoy winter? Do you like snow?

What holiday traditions did your family partake in?

Did your family have any traditions your family did for Christmas?

Do you have a special gift you received when you were growing up for Christmas?

When did your family put up your Christmas tree?

What is your most magical Christmas Memory?

Did you or children ever write letters to Santa?

What was your favorite holiday treat that was sweet at Christmas time?

Did you ever build a snowman?

What are your favorite scents at Christmas time?

Do you have a favorite Christmas movie? What is it?

Do you have a favorite Christmas Carol? Should we sing it? 😊

Did your family attend church services on Christmas? Did you enjoy it?

What are some of the traditional dishes that you have had at your Christmas meal over the years?

How did you celebrate Christmas with your children?

What is your favorite holiday?

Did you ever play an instrument?

What is your favorite childhood memory?

What type of child were you?

What do you miss about being a kid?

What was your favorite subject when you were in school?

What was your first job?

Have you ever been in love?

How did you meet your spouse?

Do you like to watch T.V? What shows?

Have you ever traveled? Where was your favorite place?

What is your favorite food?

What is the favorite dish your mom made for you?

Do you have a favorite song? If so what is it ? Will you sing it for me?

Do you have children? What are their names?

What is the best advice you ever received?

What is the most adventurous thing you have done in your life?

Tell me about your first car...

Do you like coffee? How do you take yours...

Do you speak any other languages ?

What is the best thing that ever happened to you in your lifetime?

What is your favorite season? Why?

Tell me about the house you grew up in....

Tell me about your parents...what were they like?

What did your family do for New years eve?



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