

Heart-to-Heart

RECIPES FOR ENGAGEMENT
JUNE 2020

GREAT IDEAS TO KEEP RESIDENTS UPBEAT AND CONNECTED

BIRTHDAY PARADES,
POSITIVITY PUZZLES,
WINDOW PAINTING,
AND MANY MORE!



14

**EASY TO
IMPLEMENT
SUGGESTIONS**
FROM MEMBER
FACILITIES THAT ARE
BUDGET CONSCIOUS

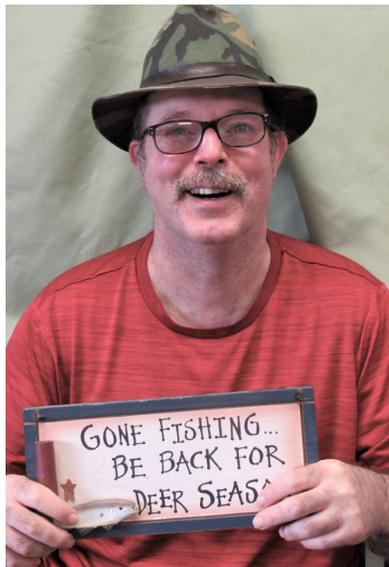
RESIDENT PH

We are keeping residents busy with activities and drive by visits for families to continue to see their loved one doing well. We also had a photographer come and capture our ladies through the window after all of our staff had them glamour up! She took pictures of 55 ladies! Check out Ashley Leach Photography on Facebook and the Gower Convalescent Center photos!



– Gower Convalescent
Center

PHOTO SHOOT



Our residents have received mail from family and friends as well as homemade cards and coloring pictures from kids in our community to let them know they are being thought of. We have decided that those on the outside of our facility need to know they are thought of as well. So many families no longer have recent pictures of their loved ones, so we have been doing a fun individual photo shoot and sending it with a note card the resident signs themselves. We use simple props to add a little creativity. Our residents always smile and laugh a little when they see the picture and comment on the fun. Their face lights up and they say over and over again, "Thank you for doing this" and "That is really nice of you to do this". Sometimes we have even gotten a message from a family member thanking us for the picture, saying they have put it on their refrigerator, and simply "I had tears in my eyes when I saw the picture and to see my mom's handwriting again". We treasure mail inside these walls; but in these difficult times of no visitors, it is important to send out the love as well. A smile is a universal language and a picture is the best way to capture that...and it will last forever. Let us write on the hearts of others things the world cannot erase.

– Heritage Care Center

A woman with blonde hair, wearing a blue baseball cap and a pink hoodie, is shown in profile, looking out a window. The background is a blurred view of a building's exterior with horizontal siding. A dark blue semi-transparent box is overlaid on the left side of the image, containing white text.

During this time of social distancing, isolation and sitting looking out windows, we were privileged to have a visit from Kyren Gibson of the Alliance Carnegie Arts Center and her talented artistic crew who gave us some magnificent scenery to enjoy. Using acrylic paints of bright and cheerful colors, they painted flowers, birds, wildlife, and rays of sunshine bringing the outside in. This was a demonstration of talented people giving themselves strictly for the mental benefit of our resident family.

*– Highland Park
Care Center*

A hand is shown painting intricate white calligraphic flourishes on a dark, possibly black, surface. The hand is wearing a black bracelet and a ring. The background is a blurred, light blue and white pattern, suggesting a window or a light source. The overall scene is artistic and creative.

W W I N

D O W N

A R T

STORY TIME SENIORS WITH

Our community has close ties with many children due to our inter-generational programming. Many residents and students read together throughout the year. Since we are unable to read together in person, our Life Enrichment team decided to record residents reading children's books. We posted the videos on our Facebook page and let our school groups know about it. The feedback was wonderful! The blessing we didn't expect was how thankful the families were to see their loved one reading a children's book. One resident read, "Wherever You Are My Love Will Find You". His daughter who lives in another country said, "Oh my! Comfort to my soul." Another resident's granddaughter said, "Saved for my eventual grandkids!"

– Heritage Assisted Living



MOVIE MAKING MONDAY



As the Life Experience Director, I have adapted activities for social distancing while still trying to keep them fun and upbeat. One of the newest is Movie Making Monday! This is where my team creates a video with them as the stars! At the end of the week, they are

able to see the finished product. It has brought so much joy and laughter! It has especially helped the families to feel connected and comforted that their loved one is adjusting and thriving in the midst of this uncertain time.

– Vista Springs Wyoming

POSITIVITY PUZZLE

The teamwork the team has shown has been an absolute amazement to me. They are working diligently to create fun and creative ways to make this experience a "fun" one. We have grown as a team and a family so greatly through this. While the changes and the news are tiring, we have weathered this storm to come out only stronger. Our team members have created a positivity puzzle. Each piece has a positive thing that has come from Covid19 and we will be displaying this for others to see. Some of the things they came up with has made me so proud of them.

– Rose Lane Home



Resident / Family Communication Lounge



Family members are adjusting to the new normal during this time, and for some, that means fewer visits to loved ones. To keep spirits and communication up, staff at First & Main Assisted Living and Memory Care in New Albany, created a space for families to visit. "We are here to visit my mom and dad," said Kelly Vaziri, as she waited outside the center. "They have been married almost 64 years." With two parents in assisted living, Kelly Vaziri was anxious about coronavirus. But, she quickly learned that her mom and dad were in great hands.



"The staff keeps them entertained and I'm able to call my mom at night and read poetry to her," said Vaziri. "My dad makes videos that the staff sends us." The staff at the assisted living facility has gone above and beyond to make this time easier. They are doing so with the creation of a "Resident and

Family Communication Lounge." "Hi mom," said Vaziri as she waved to her mom from the outdoor lounge. Family members and visitors can sit outside on the patio. Equipped with comfy chairs, markers, and paper, to write messages to those inside. While residents are on the other side of the door, inside the facility. "You look great mom, you look happy, and healthy," said Vaziri to her mother. While it's not a hug, this allows for a sense of normalcy. Allowing friends and family to laugh with each other, joke around with one another, and just have some quality time with the ones they love. Vaziri said her parents are doing well. The facility is working hard to create activities, while social distancing, and keep residents in communication with one another.

– First and Main Assisted Living and Memory Care

MANAGEMENT TEAM APPRECIATION

Parkmoor Village is managed by Vivage Senior Group who has provided endless support to our Community. In addition to weekly updates from our Collective Corporate Specialists, the wonderful owners and C-level executives

have gone above and beyond in providing all the staff in the numerous Vivage communities certain support such as: free meals and ordering to staff, free toilet paper to staff, donations of masks for residents, cookies for staff, flowers to the administration, and cards of support, which has some way or another saved our overworked staff from having to further put themselves out in the stores to purchase needed items and basic needs. These little gestures have gone a long way in uplifting the morale of staff given the current uncertainties.



– Parkmoor Village Healthcare Center

Our nursing leadership team ordered t-shirts for all staff with the logo "I AM ESSENTIAL". Our team members showed a great level of appreciation for this. We also took portraits of our residents that were willing to participate.

We sent those photographs to their family member as a way of communicating their well-being while we have restricted visits to the facility. We have adjusted to a new normal. It is because of our staff that we are providing consistent care during this pandemic.



– Peak Resources Charlotte

Fellow Nursing Home Support



Long-term care workers are unsung heroes during the COVID-19 crisis. Kearney, Nebraska, has five other facilities and as a leadership team we decided that we needed to reach out and let the others know we are thinking about them and praying for them. The hours and the extra stress at keeping the most vulnerable safe and meeting their psychosocial needs has been trying on the long-term care communities. We took cookies and popcorn to them along with a card full of encouraging words. Sometimes the long-term care facilities are forgotten about when it comes to things like this. Although we

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are well aware of what the health care places, including the hospitals in our community are doing to care for the sick and people during COVID-19, we feel that it is important for our fellow nursing home families to know that we see them going the extra mile in making sure that the elderly population in this area is cared for. We know that this hasn't been easy on them. In fact, this is probably one of the hardest things that some of us as leaders and as team members in long-term care facilities has ever had to endure.

– Brookestone Gardens



Leisure Living Management operates 26 Senior Communities in Michigan. On Friday, April 17th, members of the LLM leadership installed "Heroes Work Here" Signs in front of all of the communities. Staff, residents, and families were incredibly thankful for the gesture and echoed appreciation for the work being done in our communities each day.

– Leisure Living Management



Staff Meals

Heritage of Bel-Air's dietary department has been providing FREE meals to our team members during the COVID lock-down. We've been well fed with excellent barbecue, fabulous chef salads and scrumptious sandwiches, among other items! It's just another way that Heritage of Bel-Air shows their team that they care. The free meals have been very well received by team members.

– Heritage of Bel-Air



LIFE @ Enri

At Reflections Memory Care, our Life Enrichment team has been hard at work keeping our residents engaged while still social distancing. Phillicia, our coordinator, goes from room to room playing tunes on her guitar to get residents physically involved in exercises through playing instruments or simply by dancing and having a good time. With the help of assistants Katlin and Nevaeh, the Life Enrichment team helps residents participate in weekly crafts, science projects, travelogues, virtual art exhibits, and taste tests – where the LE team comes around with a creatively themed cart and passes out a snack such as smoothies, candy or Sweetwater's donuts. The LE team also never misses an opportunity to have "fun in the sun" in the courtyard or patio. Recently, Phillicia and the Marketing Director, Susan, worked together to get the resident's outside and enjoy a "family parade" where families decorated their cars and passed through the parking lot while waving hello to their loved one's residing at the memory care.



– Reflections Memory Care



Keeping busy with what we have on hand—we cut up old jeans into strips, then braided them into dog pull toys for the for our dog pound. So we were still able to give to our community in a small way.

– Highland Park Assisted Living

Comment

We are doing a lot of 1:1's so we are getting to know the residents even better and building stronger relationships! We have had a beverage cart go through and offer drinks, hallway BINGO, Root Beer float parade, theme days for staff and residents to dress up to keep things fun (daily), Jewel (a lovely horse who dresses as a Unicorn) brought by Sheila Carroll to do window visits, keeping connected with families via Skype and FaceTime, dancing in the hallways and dining rooms, and family members doing window visits with their loved ones!

-Ridgewood Rehabilitation and Care Center





In our community, we start our day with hallway "strength and stretch". On Mondays, Wednesdays, and Fridays we have hallway bingo. We still play hallway trivia and have mobile nail care one time per week. In addition, I take the activity cart room to room with activities and snacks each day. My favorite and most priceless are the FaceTime visits, window to window visits or the families stopping by in the driveway and rolling their windows down to visit with their loved one while getting some good fresh air. We even made a sign and went to the sidewalk to have drivers honk and wave at us.

– Jackson Manor

Birthday Parade



Dorothy, a resident at Boulder Creek Assisted Living and Memory Care in Rockford, Michigan, turned 100 years old on Sunday, 4/19. Dorothy's family worked with the Boulder Creek team to ensure her 100th birthday did not go uncelebrated! 31 cars lined up on the road and paraded Dorothy's family through the parking lot as she waved and shared blew kisses to her family. It was a great moment to celebrate such an important milestone!



– Boulder Creek Assisted Living and Memory Care



Salon D



Our Office Manager, a huge help to all the ladies were getting their hair done, actually attended the salon when she started doing the change in their outfits.



ays



anager, Jeannie, has
art. She saw that our
e struggling without
one each week. She
beauty school, so
e residents hair. The
utlook after having



their hair washed and styled was amazing. Jeannie has been coming in on her days off to make sure that everyone who wants their hair done gets it done. Her dedication and love for the residents shows in the smiles on their faces.



– Heritage Assisted Living