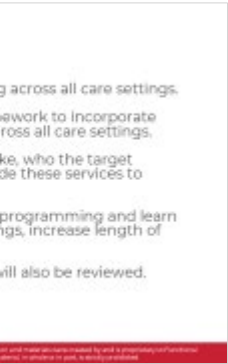




# From Leisure to Wellness: Branching Out Beyond Bingo

Brittany Austin, MBA, CPT, National Director of Health and Wellness

# Objectives



Review ageism and its impact on programming across all care settings.

Identify what wellness is and establish the framework to incorporate wellness components into activity programs across all care settings.

- Redefine the mindset on what wellness looks like, who the target demographic is, and why it's beneficial to provide these services to residents.
- Understand the value and purpose of wellness programming and learn how these services can enhance existing offerings, increase length of stay, and promote continuity of care.
- Resources for evaluating an existing program will also be reviewed.





# What is Ageism?

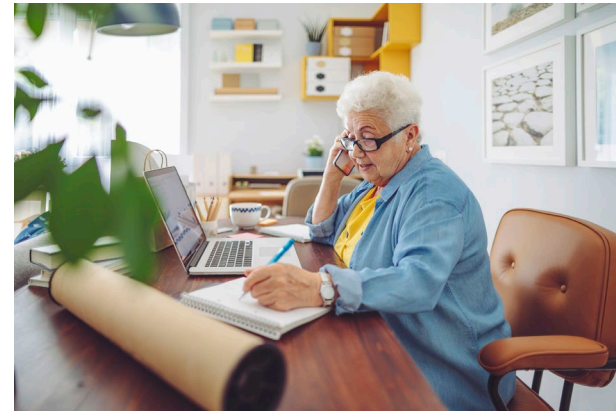
- Ageism is a prejudice or discrimination on the grounds of a person's age
- Combination of three connected elements
  - Aging Process
  - Discriminatory Practices
  - Institutional Practices
- How can it impact our residents?





# Aging – What Do You See?

- Assumptions around ageism and activities
- When you think of activities, what do you think of?
- Common Stereotypes



# Aging – What If...?

- What if you had...
  - Unlimited resources
  - Flexibility
  - A resident-centered approach



# What are Leisure Activities?

- An activity chosen for pleasure, relaxation, or other emotional satisfaction
- Activity and Life Enrichment Programs
- **Goal:** Keep residents entertained





# Entertain versus Engage



- Benefits of entertainment
- Downfall of *JUST* entertainment



- Benefits of engagement





# Incorporating Wellness

- Practicing healthy habits daily to attain better physical and mental outcomes
- Goals
  - Increase engagement
  - Prevent functional declines
  - Expand the breadth of how we provide comprehensive dimensions of care
  - Age in place/thrive in place
- How do we do that?



# Activities Across the Continuum

- Elevate Existing Offerings
  - Activities Programming
  - Therapy Services
  - Wellness Programming
- Increase Length of Stay
- Continuity of Care



# Activities Across the Continuum



- What Does Wellness Look Like?
  - AL
  - IL
  - SNF
  - LTC
  - Memory Care
- Typically, haven't seen lots of wellness in the higher acuity settings, but wellness is *essential* here



# Activities Across the Continuum

- Activities isn't *JUST* activities
- It's EVERYBODY in the facility engaging the residents
  - Wellness
  - Therapy
  - CNAs
  - Family
  - Dining
- All hands-on deck





# How do you know what to offer?

Generic list of services



Learn from the residents



# Assessments

- Why are they important?
- What are some of the different assessments?
  - Functional
    - Senior Fitness Test
    - BERG Balance Test
    - 4-Stage Balance Test
    - Otago
  - Cognitive Testing
  - Frailty




# Assessments – Questionnaire Based

## Health History / PAR Q

## Mental and Emotional Health Questions

## Interest Surveys

  
PATHWAYS TO WELLNESS  
ADVANCED CARE SPECIALTY PHYSICIAN IN PLACES

### Health History Questionnaire

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Physician:** \_\_\_\_\_

**Current Marital Status:** Single Married Divorced Widowed # of Children \_\_\_\_\_

**Medical History** (please circle all that apply)


<p><b>Heart/Circulation</b></p> <ul style="list-style-type: none"> <li>Aneurysm</li> <li>Artery Blockage</li> <li>Bypass Surgery</li> <li>Congenital Heart Defect</li> <li>Congestive Heart Failure</li> <li>Defibrillator/Pacemaker</li> <li>Heart Attack</li> <li>Heart Murmur</li> <li>Heart Transplant</li> <li>Heart Valve</li> <li>High Blood Cholesterol</li> <li>High Blood Pressure</li> <li>High Blood Triglycerides</li> <li>Stroke</li> <li>Transient Ischemic Attack</li> </ul> <p><b>Hematology</b></p> <ul style="list-style-type: none"> <li>Anemia</li> <li>Blood Clotting Deficiency</li> <li>HIV/AIDS</li> </ul>	<p><b>Pulmonary</b></p> <ul style="list-style-type: none"> <li>Allergies</li> <li>Asthma</li> <li>Bronchitis</li> <li>COPD</li> <li>Emphysema</li> </ul> <p><b>Gastrointestinal</b></p> <ul style="list-style-type: none"> <li>Cirrhosis</li> <li>Gallbladder Trouble</li> <li>GERD (reflux)</li> <li>Hepatitis</li> <li>Jaundice</li> </ul> <p><b>Genitourinary</b></p> <ul style="list-style-type: none"> <li>Bladder Problems</li> <li>Diabetes</li> <li>Kidney Dialysis</li> <li>Kidney Disease</li> <li>Kidney Failure</li> </ul>	<p><b>Neuropsychiatric</b></p> <ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Memory/Cognition</li> <li>Neuropathy</li> <li>Numbness / Tingling</li> <li>Parkinson's</li> <li>Psychological Counseling</li> <li>Seizures or Epilepsy</li> </ul> <p><b>Skeletal</b></p> <ul style="list-style-type: none"> <li>Arthritis</li> <li>Fibromyalgia</li> <li>Osteoporosis</li> <li>Scoliosis</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Visual Impairment</li> <li>Hearing Impairment</li> <li>Other: _____</li> </ul>
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**Family History** (Please circle all that apply)

- Heart Attack (under age 55 if male / 65 if female)
- Strokes (under age 55 if male / 65 if female)
- Sudden unexplained death
- High cholesterol or triglycerides
- Diabetes
- Your family history is unknown

**Past Month** (Please circle all that apply)

- Chest pain or discomfort
- Shortness of breath with exertion
- Shortness of breath while sleeping
- Rapid/Irregular heartbeats
- Fainting/Light headedness
- Ankle Swelling

 1

any bone, joint, or muscle or problems that could be worsened by exercise? YES \_\_\_ NO \_\_\_  
s, please explain: \_\_\_\_\_

requently have any pain? YES NO  
and what causes it? \_\_\_\_\_

had a fall within the last week? YES NO  
had a fall within the last year? YES NO

experienced limited activity due to a medical condition? YES NO  
describe: \_\_\_\_\_

how many hours do you sleep (on average) at night? \_\_\_\_\_

feel more than you feel connected? YES NO

do you exercise daily? YES NO

in the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things?

at all 1 – Several Days 2 – More than half the days 3 – Nearly Every Day

in the past 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?

at all 1 – Several Days 2 – More than half the days 3 – Nearly Every Day


what are you grateful for: \_\_\_\_\_

do you currently use tobacco? Yes No  
(circle all that apply) Cigarettes Cigars Pipe Smokeless Tobacco

Reason: \_\_\_\_\_

what do you currently do? \_\_\_\_\_

what are your top health concerns for today? \_\_\_\_\_

 2



# Frailty



Definition of frail – an agreed upon, standard definition for Frail is missing – so what do we know?

- **Not** part of normal aging process
- Frailty is not a disease, but more a warning for that person being at increased risk of poor health outcomes
- Frailty can be described as a transition between successful aging and disability
- State of increased vulnerability across multiple health domains that leads to adverse health outcomes
- “Physical frailty in older adults is a clinically recognizable state of increased vulnerability to adverse health outcomes...” (Jeremy Walston, MD, Johns Hopkins)





# Identify the Frail

Resilient ←————→ Frail

Robust	Subclinically Frail	Early Frailty	Late Frailty	Endstage Frailty
Resilient: able to recover from stressors	Appears resilient, but recovers more slowly or incompletely from stressors	Clinical appearance of being frail  Poor tolerance of stressors; No disability	Clinical appearance of being frail  Poor tolerance of stressors, very slow recovery  Outcomes: disability d/t decreased strength and energy	Clinical appearance of severe frailty.  Poor strength, weight loss  Outcomes: dependent, high risk of death within 12 months

Source: Hazzard's Geriatric Medicine and Gerontology, 6<sup>th</sup> edition



# Assessments – Frailty

## Edmonton Frail Scale (U of Alberta, Rolfson, et al.)

- Cognition (Clock drawing)
- General health
- Functional Independence
- Social support
- Medication use (5 or more)
- Nutrition-weight loss
- Mood
- Continenence
- Balance and mobility (TUG)

### Edmonton Frail Scale (EFS)

Scoring: The EFS score ranges from zero to 17 points. Severe Frailty is defined as a score of 12-17 possible points; apparent vulnerability is a score of 6-11 points; and non-frail is a score of 5 or less points.

Frailty Criterion	Definition
<b>Cognition</b>	Clock Drawing Test: place numbers the correct positions on a pre-drawn circle, and place hands to indicate the time of 'ten after eleven' <ul style="list-style-type: none"> <li>• 0 points if no errors</li> <li>• 1 point if minor spacing errors</li> <li>• 2 points if other errors</li> </ul>
<b>General Health Status</b>	"In the past year, how many times have you been admitted to a hospital?" <ul style="list-style-type: none"> <li>• 0 points if 0</li> <li>• 1 point is 1-2</li> <li>• 2 points if &gt;2</li> </ul>
	"In general, how would you describe your health?" <ul style="list-style-type: none"> <li>• 0 points if 'Excellent', 'Very Good', or 'Good'</li> <li>• 1 point if 'Fair'</li> <li>• 2 points if 'Poor'</li> </ul>
<b>Functional Independence</b>	"With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone, housekeeping, laundry, managing money, taking medications)" <ul style="list-style-type: none"> <li>• 0 points if 0-1</li> <li>• 1 point is 2-4</li> <li>• 2 points if 5-8</li> </ul>
<b>Social Support</b>	"When you need help, can you count on someone who is willing and able to meet your needs?" <ul style="list-style-type: none"> <li>• 0 points if 'Always'</li> <li>• 1 point if 'Sometimes'</li> <li>• 2 points if 'Never'</li> </ul>
<b>Medication Use</b>	"Do you use five or more different prescription medications on a regular basis?" <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
	"At times, do you forget to take your prescription medications?" <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Nutrition</b>	"Have you recently lost weight such that your clothing has become looser?" <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Mood</b>	"Do you often feel sad or depressed?" <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Continenence</b>	"Do you have a problem with losing control of urine when you don't want to?" <ul style="list-style-type: none"> <li>• 0 points if 'No'</li> <li>• 1 point if 'Yes'</li> </ul>
<b>Function Performance (balance and mobility)</b>	Timed Up and Go test: "sit in this chair with your back and arms resting. Then, when I say 'GO', please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3m away), return to the chair and sit down" <ul style="list-style-type: none"> <li>• 0 points if completed in 0-10 seconds</li> <li>• 1 point if completed in 11-20 seconds</li> <li>• 2 points if completed in &gt;20 seconds, or if the person is not willing or if they require assistance.</li> </ul>



# Living Gems – Teepa



## Sapphire ~ True Blue ~ Optimal Cognition, Healthy Brain

True to self: personal preferences remain basically the same  
Can be flexible in thinking and appreciate multiple perspectives  
Stress/pain/fatigue may trigger Diamond state: back to Sapphire with relief  
Able to suppress and filter personal reactions: chooses effective responses  
Selects from options and can make informed decisions  
Processes well and able to successfully transition  
Aging doesn't change ability: processing slows, more effort/time/practice needed



## Diamond ~ Clear and Sharp ~ Routines and Rituals Rule

Displays many facets: behavior and perspective can shift dramatically  
Prefers the familiar and may resist change: challenged by transitions  
More rigid and self-focused; sees wants as needs, when stressed  
Personal likes/dislikes in relationships/space/belongings etc, become more intense  
Reacts to changes in environment; benefits from familiar; functional/forgiving  
Needs repetition and time to absorb new/different information or routines  
Trusted authority figures can help: reacts better when respect is mutual



## Emerald ~ Green and On the Go With a Purpose ~ Naturally Flawed

Sees self as able and independent, with limited awareness of changes in ability  
Lives in moments of clarity mixed with periods of loss in logic/reason/perspective  
Understanding and use of language change: vague words and many repeats  
Cues and support help when getting to/from places and doing daily routines  
Awareness of time, place, and situation will not always match current reality  
Strong emotional reactions are triggered by fears, desires, or unmet needs  
Needs to know what comes next: seeks guidance and assistance to fill the day



## Amber ~ Caught in a Moment of Time ~ Caution Required

Focused on sensation: seeks to satisfy desires and tries to avoid what is disliked  
Environment can drive actions and reactions without awareness of safety  
Visual abilities are limited: focus is on pieces or parts, not the whole picture  
What happens to or around an Amber, may cause strong and surprising reactions  
Enters others' space and crosses boundaries attempting to meet own needs  
Has periods of intense activity: may be very curious or repetitive with objects or actions  
Care is refused or seen as threatening, due to differences in perspective and ability



## Ruby ~ Deep and Strong in Color ~ Others Stop Seeing What is Possible

Makes use of rhythm: can usually sing, hum, pray, sway, rock, clap, and dance  
When moving can't stop; when stopped can't get moving: needs guidance and help  
Big, strong movements are possible, while skilled abilities are being lost  
Danger exists due to limited abilities combined with automatic actions or reactions  
Tends to miss subtle hints, but gets magnified facial expressions and voice rhythms  
Can mimic actions or motions, but will struggle to understand instructions/gestures  
Able to pick up and hold objects, and yet not know what to do with them



## Pearl ~ Hidden Within a Shell ~ Beautiful Moments to Behold

Will frequently recognize familiar touches, voices, faces, aromas, and tastes  
Personhood survives, although all other capabilities are minimal  
Understanding input takes time: go slow and simplify for success  
In care, first get connected by offering comfort then use careful and caring touch  
Changes in the body are profound: weight loss, immobility, systems are failing  
As protective reflexes are lost, breathing, swallowing, and moving will be difficult  
Care partners benefit from learning the art of letting go rather than simply giving up

<https://teepasnow.com/about/about-teepa-snow/the-gems-brain-change-model/>



# Activity Levels by Stage

Dementia Stage	General Recommendations
<b>Early Stage</b> ACL: 4.0-4.8 GDS: 3-5  <b>Symbol Samples</b> <ul style="list-style-type: none"> <li>Sailboat</li> <li>Green</li> <li>Emerald (Teepa Snow)</li> </ul>	<ul style="list-style-type: none"> <li>Introduce yourself every time you approach them. Tell them your name, don't ask to see if they can remember you.</li> <li>Always use friendly approach.</li> <li>Accept their reality – resident cannot reason with you.</li> <li>Set up a familiar schedule and routine to follow.</li> <li>Approach resident by moving directly in front of them so you are in their visual field.</li> <li>Start with visual cues before moving to verbal cues and finally touch.</li> <li>Also ask for permission before you touch the resident by reaching out to shake their hand.</li> <li>Ask questions with two options, not an open-ended question ... would you like to wear the blue dress or the green one - Not "what do you want to wear"?</li> <li>Place ADL supplies in their visual field so resident can perform self-care tasks.</li> <li>Provide one step directions if needed to complete each part of the task.</li> <li>Allow at least 30 seconds for a response to a direction.</li> <li>Provide cues to decrease errors and increase thoroughness of personal hygiene during toileting.</li> <li>Requires two to three times the average time to complete a task.</li> <li>Resident will want to stay busy, fill their time with purposeful activities - their joy is in the process, not the end result.</li> <li>Try to avoid using the "help" phrase.</li> <li>Will repeat things over and over – accept and do not confront.</li> </ul>

Dementia Stage	General Recommendations
<b>Middle Stage</b> ACL: 3.0-3.8 GDS: 6  <b>Symbol Samples</b> <ul style="list-style-type: none"> <li>Tugboat</li> <li>Yellow</li> <li>Amber (Teepa Snow)</li> </ul>	<ul style="list-style-type: none"> <li>Introduce yourself every time you approach them. Tell them your name, don't ask to see if they can remember you.</li> <li>Always use friendly approach.</li> <li>Resident usually speaks using one-word responses.</li> <li>Approach resident by moving directly in front of them so you are in their visual field.</li> <li>Start with visual cues before moving to verbal cues and finally touch.</li> <li>Ask for permission before you touch the resident by reaching out to shake their hand.</li> <li>Resident will like to move in large movements and have difficulty manipulating small objects.</li> <li>Will recognize familiar objects but need hand under hand support to use the item in the intended manner (toothbrush, spoon).</li> <li>Requires constant cuing to remain on task since attention span is very limited.</li> <li>Can see only 12-14 inches from their body.</li> <li>Place ADL supplies at direct eye level – will not scan the environment to find items.</li> <li>Needs frequent assist to bathroom.</li> <li>Provide one step directions if needed to complete each part of the task.</li> <li>Needs quiet environment for meals.</li> <li>Visual field is impaired – may need prompts to eat all their meal.</li> <li>Color contrast with food, plate and table surface helps them see their meal.</li> <li>Allow at least 30 seconds for a response to a direction.</li> <li>Provide cues to decrease errors and increase thoroughness of personal hygiene during toileting.</li> <li>Requires three to four times the average time to complete a task.</li> <li>Want to stay busy, fill their time with purposeful activities - their joy is in the process, not the finished product.</li> <li>Try to avoid using the "help" phrase.</li> <li>Will repeat things over and over – accept and don't confront.</li> <li>All about the sensation and always in the moment.</li> <li>Needs quieter environment.</li> <li>May resist personal care; back off and re-approach in a few minutes.</li> <li>Will put items in their mouth which are not edible.</li> </ul>





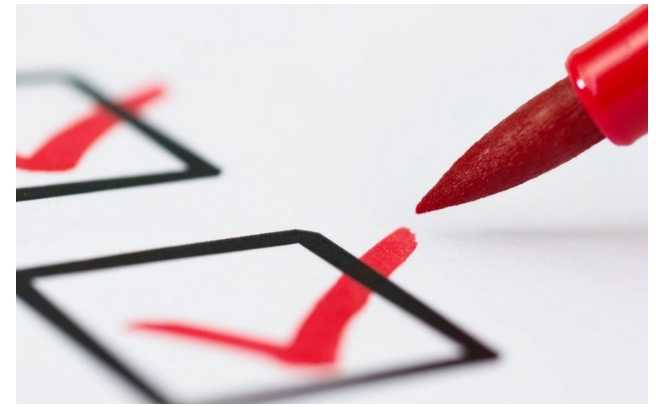
# Activity Levels by Stage

Dementia Stage	General Recommendations
<p><b>Late Stage</b>  <b>ACL: 1-2</b>  <b>GDS: 7</b></p> <p><b>Symbol Samples</b></p> <ul style="list-style-type: none"> <li>• <b>Anchor</b></li> <li>• <b>Red</b></li> <li>• <b>Ruby/Pearl (Teepa Snow)</b></li> </ul>	<p>Introduce yourself every time you approach them. Tell them your name, don't ask to see if they can remember you.</p> <p>Always use friendly approach. Will resist care based on caregiver approach.</p> <p>Usually speaks using one-word responses.</p> <p>Approach resident by moving directly in front of them so you are in their visual field.</p> <p>Start with visual cues before moving to verbal cues and finally touch. Also ask for permission before you touch the resident.</p> <p>Has a strong fear of falling because of gravity.</p> <p>Has two speeds – on and off (becomes agitated if hurried).</p> <p>Wanders to resist confinement. Will follow other people.</p> <p>Visual field is impaired – may need prompts to eat all their meal.</p> <p>Able to use grab bars for sit to stand; stand to sit.</p> <p>Can see only 12-14 inches from their body.</p> <ul style="list-style-type: none"> <li>✓ ADLs will require assistance of caregiver but allow them to participate</li> <li>✓ Ensure adequate footwear.</li> <li>✓ Will spontaneously drink and eat finger food. Allow time for snacks throughout the day.</li> <li>✓ Beginning to lose swallow reflex so modified diet may be needed.</li> <li>✓ Allow at least 30 seconds for a response to a direction.</li> </ul> <p>Try to avoid social isolation. Needs stimulation to engage in their world.</p> <p>Likes rhythmical movement – music, marching, rocking</p> <p>At risk for joint contractures when movements become limited.</p> <p>Needs to balance activity with rest periods.</p> <p>Limited fine more coordination.</p> <p>Will repeat things over and over – accept and don't confront.</p> <p>All about the sensation and always in the moment.</p> <p>Loss of ability to walk and transfer.</p> <p>Inability to speak.</p> <p>May resist personal care; back off and re-approach in a few minutes.</p> <p>Will put items in their mouth which are not edible.</p> <p>Watch for their needs by looking, listening and feeling.</p>






# Evaluating Your Existing Program

- ✓ What does your activity calendar look like?
- ✓ Who is providing your services for your residents?
- ✓ Are you doing any functional fitness testing regularly?
- ✓ Capturing all dimensions of wellness? Dementia Staging?
- ✓ Engagement vs. Entertainment



Social  
Physical  
Emotional  
Environmental  
Intellectual  
Vocational  
Spiritual

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>SIGN UP SHEETS FOR ALL OUTINGS ARE IN THE VILLA VIEW LOUNGE. THE BUS ONLY HOLDS 3 WHEELCHAIRS AT A TIME. WE WILL TAKE WHEELCHAIR AND WALKER RIDES SEPARATELY.</b>	<b>1</b> 9:30 FINISH THE PHRASE-VVL 10:00 RESIDENT COUNCIL-VVL 11:00 LUNCH 1:30 BINGO-VVL  3:00 MAIL VISITS	<b>2</b> 9:30 COFFEE CIRCLE-VVL 10:00 REMINISCING-VVL 11:00 LUNCH 1:30 RELAXING OUTDOORS WEATHER PERMITTING 3:00 CATHOLIC MASS-CH 3:00 MAIL VISITS	<b>3</b> 9:00 MUSIC-VVL 9:30 MANICURES-VVL 11:00 LUNCH 1:00 WHEEL OF FORTUNE IN THE-VVL  3:00 MAIL VISITS	<b>4</b> 9:30 COFFEE CIRCLE-VVL 10:00 HILARIOUS HISTORY-VVL 11:00 LUNCH 1:00 COUNTRY MUSIC ON THE T.V. 1:30 PENNY ANTE-VVL
<b>5</b> 9:30 REFRESHMENTS-VVL 10:00 CHIT CHAT-VVL 1:30 CHURCH SERVICE IN THE CHAPEL	<b>6</b> 9:30 EXERCISE GROUP-VVL 10:00 TRIVIA-VVL 11:00 LUNCH 1:00 DANCE MUSIC ON THE T.V. 1:30 WHATS IN THE BAG KITCHEN SUPPLIES-VVL 3:00 MAIL VISITS	<b>7</b> 9:30 BIBLE STUDY-CH 11:00 LUNCH 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 PLAY ME A TUNE 3:00 MAIL VISITS	<b>8</b> 9:30 TRIVIA-VVL 9:45 MUSIC REQUEST-VVL 11:00 LUNCH OUTING MUST SIGN UP 1:30 BINGO-VVL 3:00 MAIL VISITS	<b>9</b> 9:30 COFFEE CIRCLE-VVL 10:00 REMINISCING-VVL 11:00 LUNCH 1:30 MARVIN COOK WILL PERFORM-VVL  3:00 MAIL VISITS 5:00 FAMILY FUN NIGHT IN THE FRONT CIRCLE DRIVE	<b>10</b> 9:00 MUSIC-VVL 9:30 MANICURES-VVL 11:00 LUNCH 1:30 RELAXING OUTDOORS AND LEMONAIDE  3:00 MAIL VISITS	<b>11</b> 9:30 COFFEE CIRCLE-VVL 10:00 HISTORY-VVL 11:00 LUNCH 1:00 OLDIES ROCK ON THE T.V. 1:30 SPIRAL SUN CATCHERS IN THE VILLA VIEW LOUNGE
<b>12</b> 9:30 REFRESHMENTS-VVL 10:00 DISCUSSION GROUP IN THE-VVL 1:30 CHURCH SERVICE IN THE CHAPEL	<b>13</b> 9:30 EXERCISE GROUP-VVL 10:15 TIM SMITH WILL PERFORM IN THE-VVL 1:00 MUSIC VIDEOS -VVL 1:30 MAKING CHIA PETS-VVL 3:00 MAIL VISITS	 <b>14 FLAG DAY</b> 9:30 KICKBALL-VVL 9:30 MENS GROUP-PLACING FLAGS ALONG THE CAMPUS 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 ROOTBEER FLOATS 3:00 MAIL VISITS	<b>15</b> 9:30 SANDWICH GAME-VVL 10:00 REFRESHMENTS-VVL 10:00 MENS FISHING TRIP TO THE IVH MUST SIGN UP 1:00 ELVIS MUSIC ON THE T.V. 1:30 BINGO-VVL 3:00 MAIL VISITS	<b>16</b> 9:00 COFFEE CIRCLE-VVL 9:30 REMINISCING-VVL 11:00 FATHER'S DAY BBQ IN THE FRONT DRIVE 1:30 I SURVIVED SHOW ON THE BIG SCREEN -VVL 2:00 POPCORN & SODA-VVL 3:00 MAIL VISITS 3:00 CATHOLIC MASS-CH	<b>17</b> 9:00 MUSIC-VVL 9:30 MANICURES-VVL 11:00 LUNCH 1:00 GOOD OLD COUNTRY MUSIC ON THE T.V. 1:30 TRAVELING GRAB BAG IN THE-VVL 3:00 MAIL VISITS	<b>18</b> 9:30 COFFEE CIRCLE-VVL 10:00 HAPHAZARD HISTORY-VVL 11:00 LUNCH 1:00 OLDIES MUSIC ON THE T.V. 1:30 WHEEL OF FORTUNE-VVL
<b>19 FATHER'S DAY</b> 9:30 FATHER'S DAY TREATS 10:00 DAD JOKES AND DISCUSSION-VVL 1:30 CHURCH SERVICE IN THE CHAPEL	<b>20</b> 9:30 EXERCISE GROUP-VVL 10:00 TRIVIA-VVL 11:00 LUNCH 1:30 KARAOKE ON THE BIG SCREEN-VVL 3:00 MAIL VISITS	<b>21 SUMMER BEGINS</b> 9:30 BIBLE STUDY-CH 10:00 MUSIC-VVL 11:00 LUNCH 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 ICE CREAM 3:00 MAIL VISITS	<b>22</b> 9:30 REFRESHMENTS-VVL 10:00 LUNCH OUTING MUST SIGN UP 1:00 OLDIES MUSIC ON THE T.V. 1:30 MONTHLY BIRTHDAY PARTY WITH DAVID KITCH-VVL 3:00 MAIL VISITS	<b>23</b> 9:30 COFFEE CIRCLE-VVL 10:00 REMINISCING-VVL 11:00 LUNCH 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 PLAY ME A TUNE 3:00 MAIL VISITS 3:00 CATHOLIC MASS-CH	<b>24</b> 9:00 MUSIC-VVL 9:30 MANICURES-VVL 11:00 LUNCH  1:00 ON THE T.V.-VVL 1:30 BINGO-VVL 3:00 MAIL VISITS	<b>25</b> 9:30 COFFEE CIRCLE-VVL 10:00 HISTORY-VVL 11:00 LUNCH 1:30 COUNTRY MUSIC ON THE T.V. 2:00 TRUTH BE TOLD-VVL
<b>26</b> 9:30 REFRESHMENTS-VVL 10:00 FINISH THE SONG-VVL 1:30 CHURCH SERVICE IN THE CHAPEL	<b>27</b> 9:30 VOTING IN THE-VVL 10:00 TRIVIA-VVL 11:00 LUNCH 1:00 MUSIC ON THE T.V. 1:30 COVERALL-VVL 3:00 MAIL VISITS	<b>28</b> 9:30 MEMORIAL SERVICE IN THE CHAPEL 10:00 COOKIES AND COFFEE FOLLOWING IN THE-VVL 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 WATERMELON 3:00 MAIL VISITS	<b>29</b> 9:30 GOOD OLD DAY STORIES 10:00 REFRESHMENTS-VVL 10:00 WOMENS FISHING TRIP TO THE IVH MUST SIGN UP 1:00 OLDIES MUSIC ON THE T.V. 1:30 BINGO-VVL 3:00 MAIL VISITS	<b>30</b> 9:30 COFFEE CIRCLE-VVL 10:00 REMINISCING-VVL 11:00 LUNCH 1:30 RELAXING OUTDOORS WEATHER PERMITTING 2:00 PLAY ME A TUNE 3:00 MAIL VISITS 5:00 PIZZA PARTY-VVL \$4 MUST SIGN	<b>VVL- VILLA VIEW LOUNGE CH-CHAPEL</b> <b>MAIL VISITS- STAFF WILL DELIVER MAIL TO ROOMS AND ASSIST WITH READING AND OPENING</b>	<b>1:1 VISITS AND SENSORY VISITS WILL BE HELD THROUGHOUT THE WEEK</b> <b>ACTIVITY MATERIALS WILL BE LOCATED IN THE VVL FOR INDEPENDENT USE IN THE EVENING TIME</b> <b>ACTIVITIES ARE SUBJECT TO CHANGE</b>





SUN	MON	TUE	WED	THU	FRI	SAT
Social Physical <b>Emotional</b> Environmental Intellectual Vocational Spiritual			1 Finish the Phrase Resident Council Bingo	2 Coffee Circle <b>Reminiscing</b> Relaxing Outdoors Catholic Mass	3 Music Manicures Wheel of Fortune	4 Hilarious History Country Music on TV Penny Ante
5 Refreshments Chit Chat Church Service	6 Exercise Group Trivia Dance Music on TV What's in the Bag?	7 Bible Study Relaxing Outdoors Play Me a Tune	8 Trivia Music Request Lunch Outings Bingo	9 Coffee Circle <b>Reminiscing</b> Music Performances Family Fun Night	10 Music Manicures Relaxing Outdoors	11 Coffee Circle History Oldies Rock on TV Spiral Sun Catchers
12 Refreshments Discussion Group Church Service	13 Exercise Group Performance Music Videos Making Chia Pets	14 Kickball Relaxing Outdoors Rootbeer Floats	15 Sandwich Game Refreshments Men's Fishing Trip Bingo	16 Coffee Circle <b>Reminiscing</b> Catholic Mass	17 Music Manicures	18 Coffee Circle Haphazard History Oldies Music on TV Wheel of Fortune
19 Dad Jokes & Discussion Church Service	20 Exercise Group Trivia Karaoke	21 Bible Study Music Relaxing Outdoors Ice Cream	22 Refreshments Lunch Outing	23 Coffee Circle <b>Reminiscing</b> Relaxing Outdoors Play Me a Tune Catholic Mass	24 Music Manicures Good Old Country Music on TV Bingo	25 Coffee Circle History Country Music on TV
26 Refreshments Finish the Song Church Service	27 Voting Trivia Music on the TV	28 Memorial Service Cookies and Coffee Relaxing Outdoors Watermelon	29 Good Old Day Stories Refreshments Women's Fishing Trip Bingo	30 Coffee Circle <b>Reminiscing</b> Relaxing Outdoors Play Me a Tune Pizza Party		





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26 Refreshments Finish the Song Church Service	27 Voting Trivia Music on the TV	28 Memorial Service Cookies and Coffee Relaxing Outdoors Watermelon	29 Good Old Day Stories Refreshments Women's Fishing Trip Bingo	30 Coffee Circle Reminiscing Relaxing Outdoors Play Me a Tune Pizza Party		



# Evaluating Your Existing Program

- Example Activity/Event: **Bingo**
- What can we do to:
  - Engage participants
  - Focus on dimensions of wellness
  - Encourage engagement versus entertainment



# Considerations When Developing Your Programming

- Example Activity/Event: Exercise Class
- What can we do to:
  - Engage participants
  - Focus on dimensions of wellness
  - Encourage engagement versus entertainment





# Don't Just Survive ... **THRIVE!!**



# In Summary...

- Reviewed ageism and its impact on programming across all care settings.
- Identified what wellness is and established the framework to incorporate wellness components into activity programs.
- Redefined the mindset on what wellness looks like, who the target demographic is, and why it's beneficial to provide these services to residents.
- Understand the value and purpose of wellness programming and learned how these services can enhance existing offerings, increase length of stay, and promote continuity of care.
- Reviewed resources for evaluating an existing program.
- Multidisciplinary team approach







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Functional Pathways

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