

**Nursing Home Week: "Nurturing a Love that Last" May 10 - 16, 2009**

**Decoration suggestions for bulletin board:**

A treasure chest with gems cascading out with the marquee "Treasure our Gems for "Nurturing a Love that Last" On each gem stone write the names of staff members and/or residents. Use treasure maps to lead the residents to their daily activity. The rest of the décor use adventure related items that your facility may already have (tropical, pirate, archeology, or safari).

OR

Display a garden scene with trees, flowers and animals with daily themes for each day and the related activity as part of the tree leaves or flower buds. Have a rainbow arching over the scene displaying "Nurturing a Love that Last" is the color in all our rainbows" Use a color theme each day that is in the rainbow. Example: Faith = blue for trust, Family = red for love, Pets = yellow for joy, Plants = green for life, Knowledge/education = gold for riches and tradition, Work = orange for energy, change and health, and Country = purple for royal, precious and scared which is also the color for bravery used in the military honors. Website reference for color meaning is:

[http://desktoppub.about.com/od/choosingcolors/p/color\\_meanings.htm](http://desktoppub.about.com/od/choosingcolors/p/color_meanings.htm)

OR

Decorate bulletin board with text reading "From sunrise to sunset we are "Nurturing a Love that Last"OR "Sunny mornings and starry nights light our life while "Nurturing a Love that Last". Display on one side a sunrise and the other side with a sunset or a day and night scene. Use sun, clouds and birds for the sunrise and stars and moon for sunset. Use yellow smiley face as the front of the activity invitation and the back is the yellow-orange large star (these are two separate pieces) staple and/or tape the smiley face in the center of the large star. If you position it in the middle it will look like a sun on one side and the back view will only look like a star. Make sure you staple/tape at the top of the smiley face so you can flip the smiley up to display the activity list underneath. Just think flip chart style. The outside is made with construction paper and print out a list of the activity date/time/theme then cut to size and paste to fit. Have your higher level residents help assemble these as part of their volunteer service with activities. (If you need a visual, email me and I will send a digital picture).

(NOTE: I did not include a Mother's day event since most will have a special activity to honor mothers. If not then just switch day two Love of Family with day one Love of God/Faith. You can really rearrange the daily themes to fit your calendar or change the theme title to fit your need...or don't use it at all, but maybe past it on to another AD that might need some suggestions....SHARING is CARING!)

**1. Love of God/Faith (Day one)**

Faith – A lasting love when nurtured daily:

Activity 1 – Devotion: morning, afternoon and evening by different church groups.  
Ask each to focus their devotion on how to daily build their faith.

Activity 2 – Music: songs of faith, hope and charity that are uplifting and inspirational.

Activity 3 – Game: a lighthearted fun memory game to see what faith related scripture or inspiration quote the resident remembers which nurtured their faith in everyday life. You may need to have some basic verses and positive quotes to help start the conversation going. If you have pictures or items that people use to help inspire or put them in a positive mood. Example: bible, cross, inspiring pictures, etc... You may need to recite the beginning of a verse/quote and see if a resident can finish it. You could call this activity “Finish my line” or “Faith Flash” (could create your own flash cards with famous verses or inspiration quotes).

Activity 4 – Movie: Show a movie that is inspirational. Suggestions: The Ultimate Gift – from the best-selling novel by Jim Stovall. You can see a trailer on the official website <http://www.theultimategift.com/movie.php?cid=1560810621&cat=movie> or get some creative ideas to build activities around the “gifts” from their PDF file which says it is for youth groups; however you can adjust the activities to use for your residents. This site could very well be your entire activity program for the week...really good ideas that can tie in with the theme “Nurturing a Love that Last”.

<http://www.youthfilmproject.org/documents/TheUltimateGiftActivityGuide.pdf>

Another movie suggestion is the old favorite “It’s a Wonderful Life” Don’t just use this for Christmas viewing...it has the message that we all have a purpose in nurturing love in our life that last.

I found this website that had inspiration Flash movies, which were really good because they are short: Biblical and life inspiration: <http://www.inspiringhots.net/> (I love the one called “Finding Joy” It is great!!!

The AFI most 100 top inspiring movies:

<http://rogerebert.suntimes.com/apps/pbcs.dll/article?AID=/20060616/COMMENTARY/60616003> (Use wisdom on your selection from this site!)

I personally recommend the “Love Saga” movies. Good clean, wholesome entertainment.

[http://www.christiancinema.com/love\\_comes\\_softly/?s\\_kwcid=love%20comes%20softly%20video|2261512646&gclid=CKq8ubH7z5kCFQRkswodR2Dutw](http://www.christiancinema.com/love_comes_softly/?s_kwcid=love%20comes%20softly%20video|2261512646&gclid=CKq8ubH7z5kCFQRkswodR2Dutw)

## 2. Love of Family (Day two)

Family - nurturing through relationships:

Activity 1- Family Name Game – a game that describes a different member of a family by their relationship title. Read the definition then have residents guess the relationship title. Example: uncle – a brother or brother-in-law of one’s father or mother. The residents must guess the answer, which for the example is uncle. Discuss if the residents had special titles/names for relatives other than the norm. Such as in my family my sister’s grandchild calls her “G” instead

of grandmother and my dad was Big Papaw instead of grandfather. Someone should take notes as to the unique names that each residents share to use in a later activity (scrapbook maybe?)

Activity 2 – Scribble, Family Style – example: randomhretg = grandmother, only use family titles and scribble up the letter for the residents to unscramble. Don't forget to use titles of the resident's extended family (pastor, care giver, neighbor ...)

Activity 3 – Family Memories – This is a scrapbooking craft idea to make a small memory book. Ask resident family members to bring in pictures to make copies of so the residents can cut and paste in a small book to keep. Remember to add names, relationship titles and dates. For the residents that no longer have family....take pictures of their care givers/staff members, for they are their daily family they count on...come to think about it even the residents that have family should have staff photos in their book...your facility is their home and all staff that has daily contact with them are their extended family! If you have already done a small memory book like this, then make flash cards to show to all residents to see if the owner recognizes their own family....this just might be tones of fun and lots of laughter to see who does or doesn't claim their family photos.

Activity 4 – have a special family get together night just to celebrate “Family Love” including staff and their families! Websites to check out for some fun ideas:

<http://www.familieswithpurpose.com/family-fun-ideas.html>

### **3. Love of Pets/Animal (Day three)**

Pets – Nurturing love to our animal companions:

Activity 1 – Animal Mania - Have local animal group or special care animals trainers to bring in some animals for the residents to see. The special care animals can do some amazing life saving things for their owners, plus they are very well trained.

Activity 2 – Memorable Pets – have a “show and tell” time letting the residents bring a picture or just tell about their childhood pets. You can let the residents sign in as they come to the activity so you will know who wants to talk and the order they can go in. You will have to engage family member to bring them pictures of pets or maybe family members have well trained pets they can bring in to show.

Activity 3 – Name that Animal - Play recordings of animal sounds to let the residents guess which animal it is. There are lots of children toys that have animal sound or you might be able to download or use the following websites:

<http://www.seaworld.org/animal-info/sound-library/index.htm>

<http://www.animalpicturesarchive.com/animal/SOUND/>

This site is a cross word puzzle for animal sounds that you can print and enlarge for the residents to work or do it as a group activity: <http://iteslj.org/cw/1/vm-animalsounds.htm>

Activity 4 – craft/cooking project – Feed local feather friends by making simple pinecone birdfeeders to hang around the facility courtyard or next to window.

[http://familycrafts.about.com/od/birdfeeders/Bird\\_Feeder\\_Projects.htm](http://familycrafts.about.com/od/birdfeeders/Bird_Feeder_Projects.htm)

<http://www.craftideas.info/html/bird.html>

OR

Bake some bones for the resident dog or to donate to the local animal shelter as a community project: <http://www.bullwrinkle.com/Assets/Recipes/Recipes.htm>

OR

Make cat treats: <http://www.simpypets.com/pet-recipes/Cat/Treat>

Activity 5 – Movie – Check out the latest animal DVD/video for the residents to watch as an evening activity. A cute animal cartoon movie is “Happy Feet” and the movie “Eight Below” is based on a true story...very emotional. See reviews:

<http://movies.about.com/od/eightbelow/a/eightbelw021606.htm>

#### **4. Nurturing our Love for gardens (Day four)**

Lasting love through nurturing the earth we live on:

Activity 1 – How did your garden grow? – Reminiscing time on gardening methods and myths. Use gardening books, Almanac or photos for visuals to get the conversations going. Show videos of how new technology is used in today’s gardening and get your residents opinions.

[http://www.expertvillage.com/information\\_633\\_garden-lawn.htm?it=1&cats=9](http://www.expertvillage.com/information_633_garden-lawn.htm?it=1&cats=9)

Farm tractor videos

<http://www.youtractor.com/index.php?page=videos&type=&c=5>

Activity 2 – Take a trip to a local garden or take a drive to some of the local flower displays in your area.

Activity 3 – Garden Eatables – Make your residents (or order) a fun special fruit and veggie tray

[http://ediblecraftsonline.com/edible\\_creations/index.htm](http://ediblecraftsonline.com/edible_creations/index.htm)

I am including this site because the veggie trays are really creative. You could order them, but just scroll down and get your own ideas on how to make a creative tray. I understand residents don’t really like vegetables, however they may be willing to try if they are presented in a unique way...my mom says she does not like veggies now, but put a fancy tray in front of her and she will at least eat a few with dip...it’s all in the presentation.

<http://www.vegiebouquet.com/bouquet.html>

Activity 4 – Play the price is right with vegetables....the residents will be in shock how much veggies cost now days. Make sure you use local store pricing when not on sale.

Activity 5 – Plant a garden – let your residents plant their own little garden. Let them choice between veggie and flowers. Instead of planting in the ground where it is hard for residents to get down or costly as a raised bed, use unique or recycled containers. This site has some very creative containers for planting:

<http://tipnut.com/creative-container-gardening-tips-ideas/>

As an additional activity or an alternative, rent or borrow DVD/videos on Home and Garden shows to inspire the residents in caring for their gardens or just to enjoy the beauty of gardens around the world: [http://www.gardendesignpro.co.uk/acatalog/gardening\\_dvds.html](http://www.gardendesignpro.co.uk/acatalog/gardening_dvds.html) Always check with family members to see what garden type videos they may have that you can borrow, or check them out at the library.

## 5. Love of Knowledge/education (day five)

Love through nurturing your mind with knowledge and movement:

Activity 1 – Morning stretch/walk

Activity 2 – Sing-a-long with Body Smart – Play a game to include body part movement OR see if the residents remember the words and motions to the well known “Dry Bones” song:

<http://www.kididdles.com/lyrics/d009.html>

This site has all the words and you can listen to a little part of the song, but if you want the whole song you will have to pay to download. There are several songs for all ages like “Head and Shoulders” just about everyone learned that in elementary school, so you could pick several songs they could do. <http://www.songsforteaching.com/movement.htm>

Activity 3 – Brain Games - This site just has lots of good info on brain exercise, but the “50 ways to boost your noodle” is a must read: [http://www.aarp.org/health/healthyliving/brain\\_health/](http://www.aarp.org/health/healthyliving/brain_health/)

One of the “boost your noodle” ideas was to really look around, which made me think of the game where you have a box with several items in it, such as a pencil, match box car, keys, ball, spoon, chap stick, gum, etc... and pass the box around instructing the residents to look at everything they see in the box. After the box has been passed around (in a good size group I would do two or three with the exact same items in each box), then give each resident paper and pen tell them to write down everything they saw in the box OR have each person tell you one item they saw in the box and you write it on the board. This gives their cognitive skills a workout. You could call the activity “What was that?” or something more clever to get them to come to the activity.

Activity 4 – Countries and Cultures – Have a learning craft time which will teach the residents about another country and their culture. This site had lots of information with many simple, cheap ideas for crafts: <http://www.dltk-kids.com/world/index.htm>

Activity 5 – Travel video – Check with library or family/friends, you would be surprised how many people have travel DVD's now.

OR

Ask someone that has recently been on a trip to another country to come share their experience by showing pictures, videos and souvenirs with the residents. You could possible have a snack that is related to the country or maybe a specialty drink instead, just so the residents will have something other to do than just listen.

## 6. Work of Love (day six)

Those that work, ensure a quality of life by nurturing love that last:

NOTE: Nurses Day for Canada is May 12<sup>th</sup>, so you may want to switch days with pets, so you can honor your nurses on the Work of Love day.

For the gifts needed as prizes on this day to be used as rewards for your staff, contact your community businesses and ask for donations, such as dinner coupons for two, free lunch for one, product baskets, movie passes, gas cards...whatever they will give you...FREE is always good! If you don't ask, you will never receive.....so go out and ASK....if they say no, then thank them politely and tell them you appreciate their time.....always be the professional. If you don't have time to ask, then see if marketing will do the asking for you OR ask a volunteer that has the gift of public networking, or just has no fear in asking and always shows respect (most likely they will get you enough free stuff to use for the week/month. Utilize your friends/family that work for companies that are givers. If you know a lot of people, then don't ask the same ones all the time, but spread the love by asking for donations only once a year.

Activity 1 – Celebrate the staff – Let the residents give honor to the facility staff by awarding every staff member they want to give thanks to with an honor sticker. You can give each resident at least 10 stickers to distribute to each staff member of their choice during the morning. Give a special gift to the staff member who receives the most stickers by the end of their shift. You may need to do this for each shift if your facility has two or three shifts. Website with printable sticker template: <http://parenting.leehansen.com/Printables/Stickers/index.html> or use the apple note sticker PDF file and write "You are the apple of my eye" on it <http://parenting.leehansen.com/Printables/Stickers/apple-tag-stickers.pdf>

OR

Use this as a craft time and have the residents make ribbons to give to the staff members. Ribbon can be purchased at any discount fabric store and just glue on safety pin to ribbon. The ribbons can be decorated as much as the resident wants and can even include their name or initials on it so the staff will know who gave it to them. Glue on buttons, beads, sequins or glitter.

Activity 2 – Sing for your supper – Give residents raffle tickets (at least two) and then have staff members who are willing to participate in a friendly singing/dance competition to perform in an activity right before lunch. After all participates have finished then the residents give their ticket

to the persons they thought gave the best performance. The staff member with the most tickets wins a meal for two at a local restaurant. The residents get free entertainment and the staff has a chance to get a dinner out.

Activity 3 - Random Acts of Kindness – Ask residents to give staff member's compliments (more than normal) to show their appreciation. Ask staff members to let the AD department know which residents gave them a compliment and what the compliment was for. Keep a list and during mid-afternoon have the residents come together for a "Reward Time", however instead of giving the prize to the staff, give a prize to the resident that willing gave the most compliments to the staff members. The unsuspecting resident will get a small prize to show that kindness IS always rewarded through the simple acts we do or say when no one is really watching us, because these are the acts of kindness that come from the heart.

Activity 4 – What's My Line? – This is a game based on the old TV game show where you present three unknown people and the residents hear a description of an occupation that one of them is in. After residents or a panel of staff/residents ask questions to the unknown people relating to the occupation, they then have to determine which person has convinced them they are in that occupation. This can be a team panel game or however you want to make it work for your residents. After the guess is made then the correct person stands up to acknowledge their position. The winning resident/team answer gets a small prize.

Activity 5 – Have different community workers come in to give a brief talk to the residents about their careers OR let the residents talk about jobs they had during their working years, OR have staff members talk about what lead them why they choice to do the job they are doing now. They may also want to tell residents some task/duties that residents are not aware they must do in their job....it will be a real eye opener to the residents.

## **7. Love of country (day seven, which is Saturday and is National Armed Forces Day)**

We take pride in protecting our rights in nurturing a love that last for our country.

Activity 1 – Memorial/Honor for the Armed Services with an early morning flag ceremony. Contact local military office to see if they will send out personal for ceremony and to be honored along with facility military hero. Serve a special brunch or mid-morning cake/punch for all to enjoy.

Activity 2 – You may want to honor those by visiting a local Armed Forces museum.

Activity 3 – Cross Word puzzle or Wheel of Fortune – use only military related words/titles or words of honor in puzzles.

Activity 4 – Movie – Ronald Reagan "This is the Army" or Dean Martin/Jerry Lewis "At War with the Army" (these are oldies....found at Dollar Tree store 2 for \$1.00 on DVD). You can check the movie website from day one for more suggestions.

No matter what you do today honor all armed forces; including the police and security officers...they are our protectors too.

I hope something in this agenda will be helpful to you, if nothing maybe it will get your own creative juices flowing again with new or better ideas.

Thank you for all you do as an Activity Director/Assistant....you have the best occupation to inspire and have fun each and every day!

Blessings,  
Christine J. in North Carolina