



# **Change Ahead: Activities Re-Enhanced**

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## Change Ahead: Activities Re-Enhanced

***In 100 words or less, briefly describe your Best Practice.***

Declining Activities raised a concern that the residents may not be enjoying activities to its maximum experience. It became our wish to revamp our activity program in order to encourage residents to not only enjoy new and exciting activities, but to invite their neighbors to have fun as well. Our Best Practice is to open a new world for our residents and to invent new activities that our residents have not experienced before and to move beyond Bingo. We would like to enhance our program to maximize enjoyment and help keep our resident's minds sharp, bodies strong and their spirits high.

***What problems does your Best Practice address, and what is it's primary purpose?***

We had a decline in Activities and the residents stated that other than Bingo, they seemed to play the same old things. They wanted something new and exciting. There was no basic camaraderie between the residents. They see each other at Bingo, but more than a few did not know each other's names or anything about them. We felt we had a lot to tackle. We wanted to increase activity participation, bring the outside world in and to build a kinship between the residents.

***What group(s) of residents and others are involved in your Best Practice, and how does it work (who and how many are helped, what are the benefits to these people and what methods or procedures/protocols are used to get results)?***

We began with an Each One Reach One Program where each resident is responsible for inviting their roommate and their neighbors to activities. If their roommate or neighbor wanted to participate, they are responsible for asking the CNA's to help them get there. Next we asked CNA's to help. Once a month we meet with the residents and ask if there is any new activities they would like to try. We then began incorporating our volunteers for new ideas, CNA students twice a month, utilized our community resources, encouraged family members to join in and finally, we added the outside world with Guest Speakers once a month.

The Each One/Reach One was the most beneficial aspect as it encouraged all to participate, and was beneficial in getting the word out. Once we had increased participation, we received new suggestions from the residents on new activities. Hosting guest speakers, brought in the outside world, and in turn stimulated their thought process and pride during the question and answer periods.

At this point in time our outside world has brought in a Pilot, Aubie Tiger, Matthew Scott/Elvis Impersonator, McDonalds, The Mayor of Fyffe, Hospice and an Army Veteran, Vintage Gospel (once a month) and also Mr. Robert Stephenson (Song writer, artist and entertainer) twice a month. We have also had the R.O.T.C. Color Guard.

In addition, we have incorporated Armchair Travels, utilizing personal vacation videos, pictures, guest speakers who went on the trip and foods from around the world.

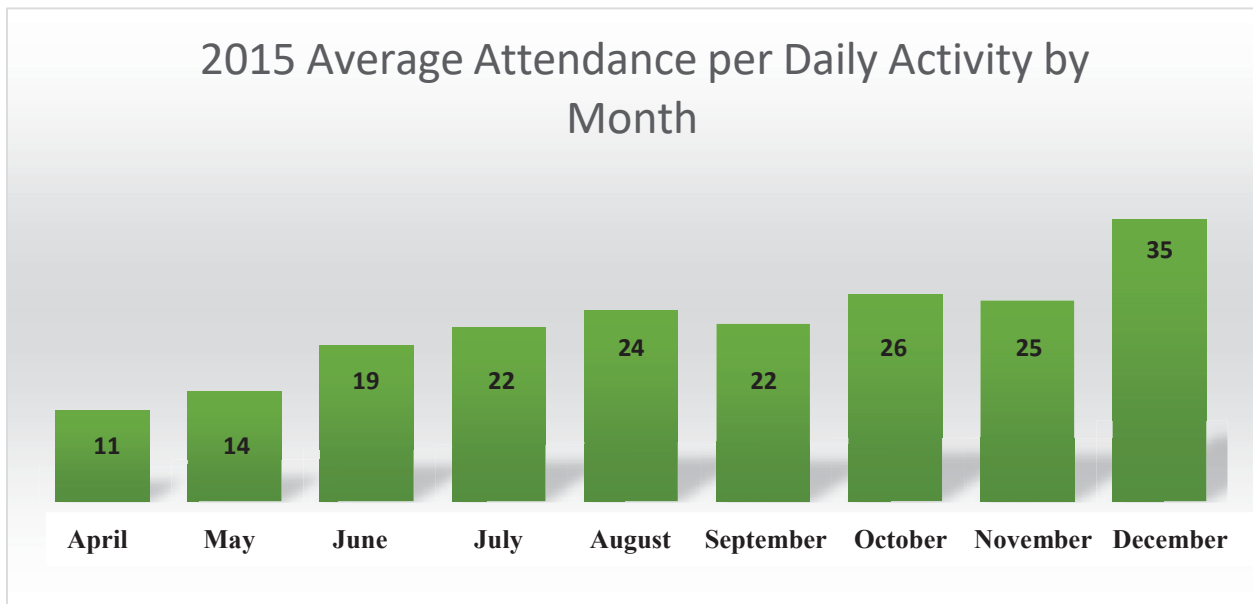
Our residents have developed a love of painting, and paint the most beautiful pictures.

In Resident Council, we have started a “You Have A Voice” program, where every person’s opinion or suggestion matters.

***What has your Best Practice accomplished, and how have you been able to tell this (you may give numbers and/or specific “before and after” examples)?***

We began to revamp our program in April. At that time, we only had a maximum of 11 residents participating on a daily basis. We had 3 men participants in the men’s “Rooster Club”, and 12 ladies in the “Red Hatters”.

We now have an average of 35 residents participate on a daily basis (on some days as many as 48 participants), 8 “Rooster Club” members and 29 “Red Hatters”.



***What problems, obstacles or challenges might other facilities face in replicating part to all of your innovation? Were there any adverse effects or any ways that things turned out differently than you had planned? Do you know of any other facilities which have tried this or a similar best practice idea?***

There has been only one obstacle at this point – TIME. Our programs have been so positive that we are having an issue to fit everything in. But it has been exciting and we have learned so many new things, met so many new people and experienced so much joy.

On certain days we have so many in attendance that we need more room.

***What was the cost to implement your Best Practice (include dollars, supplies, equipment, etc.)?***  
Basically, to start our participation increase, past our normal budget there was no additional cost involved. Most of our additional materials are donated through our volunteers, and community resources, and there has been no charge for Guest Speakers.

The only additional cost at this time was for the Elvis Impersonator and Aubie the Tiger. The cost for these two activities are based on mileage which would depend on your location.

***What are the reasons you consider this Best Practice to be excellent and innovative?***

This Best Practice has opened a whole new world to our residents, staff and visitors.

Our new programs have not only increased our resident participation, but has increased our staff, visitor and volunteer participation. More importantly, it has increased our family environment and achieved a kinship among all.

Our enhanced program has strengthened morale and altered the way we look at problems. This approach has changed the way we look at aging, has taken away the negativity and opened the door to positive views with endless possibilities.

Our residents will tell you that Activities makes them feel that life is worth living. Our residents seem happier, wiser, smarter, and stronger and enjoy so many more things. They can pretty much tell you everyone's name. They laugh, sing, dance and paint. They like to Whip & Nae Nae and do the Quan. Not only do they enjoy life, but they have enhanced our lives as well. Our Residents Are Awesome!!!





*1SG Roy M. Sosebee  
Hildredge Swords  
(Hildredge made  
ammunition for the  
military.)*



*Robert Stephenson  
(Always lets the residents  
sing with him.)*



*Thomas Rayam  
Former Alabama Linebacker  
Penny Auction*

## *A Few Of Our Wonderful Guest Speakers*



*Ms. Kathleen Mason  
Librarian  
(Ms Mason Donated and maintains  
Library for our residents in her mothers  
honor.)*



*Dan Whitlock  
Pilot - Net Jets  
(Dan also brought a special video from  
Jerry Sceinfeld)*





*Red Hatters*

*Gloria Barwick, Cecilia Bellew and Magdalene Wilson*



**CHARLES**

**PROPS**



**MYRTLE**

**ACTIVITIES**



*Ms. Ollie Mae Dunn Painting*



*Gladys Mason & Hildredge Swords  
Making New Friends*



*Mr. Byron Talton  
Drawing & Coloring*



*Martha Bell  
Making Buttons*





**WHIP  
&  
NAE NAE  
WITH  
AUBIE**



**MATTHEW SCOTT  
(Our Hunka Hunka Burning Love"**

