



## Tailgate with Us

### **Administrator:**

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On Friday's we have tailgate parties with staff and residents. We have also involved our community and a sister facility. Our high school band came to our facility during homecoming week and did a street performance for the residents. Our office staff has come together to be our facility cheerleaders. They perform each Friday at our morning huddle meetings and do a cheer for the staff and residents. We also have a pot luck lunch.

Our Best Practice gets the morale up and gives staff, residents, and community something to look forward to each week.

Our office staff gets together each week to decide on a cheer then practice it until time to perform on Friday morning. For the most part our whole facility is involved including residents. They perform in the hall and everyone gathers around to watch. They interact with our cheerleaders and at the end, the floor that interacts the most wins the Spirit Stick. There are 11 office staff members that perform for the facility.

Our Best Practice has accomplished bringing our staff and residents together more as a family and not as a resident and caregiver relationship. This Best Practice helps with staff and resident involvement and interaction. The cheers often bring happy memories to our residents; they are taken back to a time when they themselves were in school or college cheering on a team or even when their children were involved in sports.

For replicating our Best Practice at another facility it would be relatively easy to do. We called out one of our sister facilities to join us and by the end of the day they were on their way to making it a weekly rivalry. There were no obstacles to overcome with our Best Practice. This Best Practice costs little to no money for us to accomplish. The cheerleaders eventually bought their own matching shirts but it is not necessary. The only other expense was our pot luck lunch and we all bring a dish each Friday. The kitchen staff also pitches in to ensure everyone is fed.

Our Best Practice is excellent because our overall morale at our facility has increased. This Best Practice gives not only staff but residents also something to look forward to each week. Having good morale reduces absentees and the residents feel like they are a part of something and they have more of a purpose. We understand that running a nursing home is about so much more than simply managing a business; caregivers are the backbone of the senior living industry. Their care is just as important as the residents they serve.