



**PLANNING GUIDE &
PRODUCT CATALOG
2016**



www.nnhw.org
www.ahcapublications.org

[www.Facebook.com/
NursingHomeWeek](https://www.facebook.com/NursingHomeWeek)



It's a small
WORLD
with a big
HEART

National Nursing
Home Week®

MAY 8-14, 2016



Es un mundo pequeño, con un Corazón Grande

It's Our World

Every skilled nursing care center is a small, vibrant world. Care centers are sharing, welcoming communities that encourage everyone to interact with the wonderful folks who populate them. Once a year, always beginning on Mother's Day, care centers nationwide take pride in publicly honoring the indomitable spirit of residents and recognizing staff who face each day with a sense of purpose and compassion.



During National Nursing Home Week, May 8 to 14, 2016, skilled nursing care centers will coalesce under the theme, "It's a Small World, with a Big Heart." This theme underscores the bond between staff, older adults, and individuals receiving therapies or with developmental disabilities. Staff and residents view each other in the spirit of family. For staff, this reality is often a calling to a special mission and a life's work.

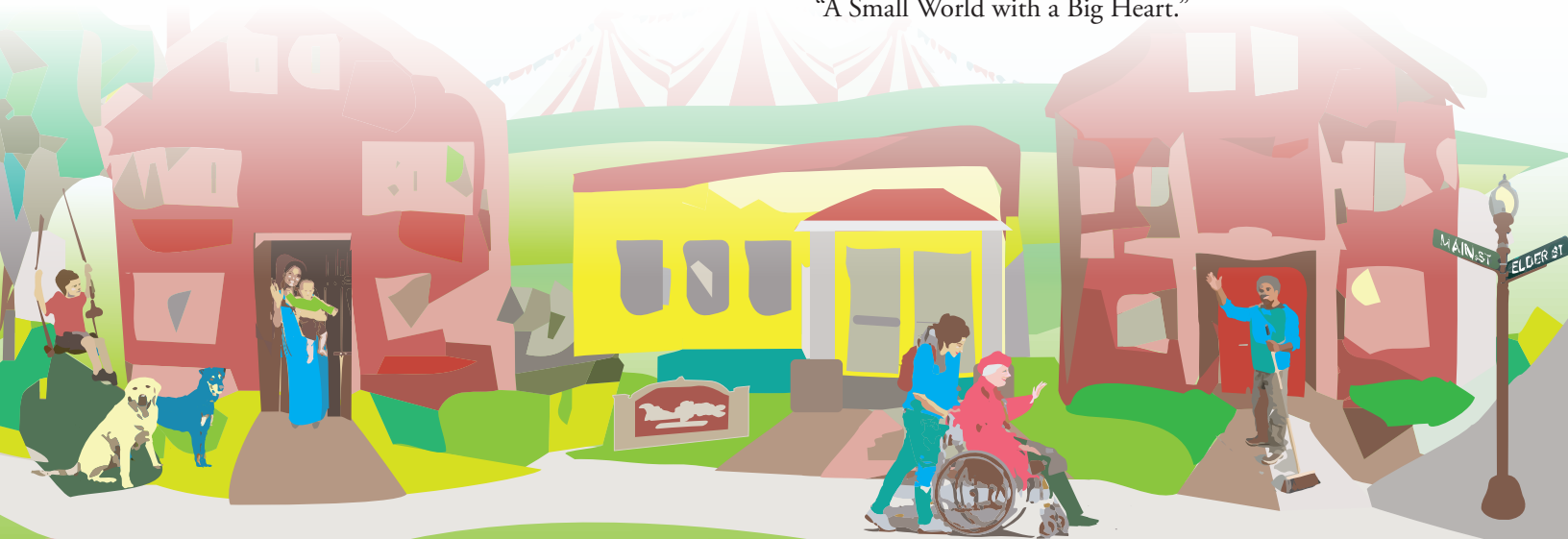
LET'S HAVE FUN!

This year's theme is all about your care center being the central hub where the daily pursuit of health and happiness occurs. What better way to promote community outreach and awareness during National Nursing Home Week® (NNHW) than by sponsoring a good old, street-style fair.

LET'S CALL IT A FUNFAIR

A FunFair is a great way to create positive interactions between the residents, their extended families, including many kids visiting Grandma and Gramps, and friends or volunteers.

Through the power of relationships, games, s'mores, entertainment, sing-a-longs, food, fundraisers, and much more, you have the perfect platform to display the unique characteristics of your care center – as in "A Small World with a Big Heart."





A FunFair “How to”

Following are some ideas to help you get started. Look for other ideas by searching the Internet and on Pinterest. A FunFair isn't complete without at least a few good shows. Feature your community's talent and volunteers Some ideas:

- Magic Show
- Puppet Show
- Talent Contest
- Dance Performances
- Choral Group
- Local Band
- Add your ideas to the NNHW Facebook page at: www.Facebook.com/NursingHomeWeek

PICK-A-DUCK GAME

For a duck pond use a wading pool or pan with a few inches of water; float ducks (with numbers 1, 2, or 3 on the bottom); prizes (one for each number). Players pick a duck, look for the number on the bottom, and win the prize that corresponds to the number on the duck.



BALLOON POP

Tuck a prize slip or small prize inside a balloon, inflate (add confetti for fun); Write the name of the prize on the slip or just a number corresponding to a prize; Keep the balloons loose or arrange in designs, like a rainbow. Each player chooses a balloon and pops it to see what the prize is. See the NNHW store for supplies at www.ahcapublications.org.



FISHING POND

This is a classic. Attach a magnet to a fishing line. Players “fish” for fish with paper clips attached. www.schoolcarnivals.com.

BUCKET TOSS

Attach 3 to 6 cups to a board about 6” apart. The player tries to toss a ball into the buckets in order, from the closest to the farthest away. Ping-pong balls are good for this game.

AT THE RACES

Make a “racetrack” with multiple lanes (at least 2). Make a simple one with a long sheet of the wide postal wrapping paper or paper used to cover bulletin boards. Draw the lanes with a marker and divide each lane into several spaces (5 to 8). The player places his/her “horse” on a lane and the operator throws a die; the player whose lane number comes up gets to move forward one space. Try using a pair of dice, one to determine the lane that moves and the other for how many spaces to move. The first player to the finish line gets a prize.

DUCK-O-WAR

This might work better for visitors standing in for residents. Have two players at either end of a small pool, long tub, or a wallpapering tray.

Each player has a squirt gun and a floating duck is in the center of the pool. The challengers try to get the duck to the opposite side of the pool to win.

HORSESHOE GAME

Horseshoes can be played indoors or out.

MYSTERY BOX

Have residents reach into a decorated box (shoe box) and try to identify the object inside without looking. Have lots of objects hidden away to switch out. Ideas might include: spoon, half an apple, key, sunglasses, or roll of toilet paper.

PING PONG TOSS

Set up plastic cups in rows. Let players try to throw pennies or ping pong balls into the plastic cups to win a prize. Create bonus cups by putting a gold star sticker on the bottom of a few of the cups. If their penny lands in that cup they can win a better prize.

HAVE A WEEKLONG CHALLENGE

Have everyone participate in a game called *Random Acts of Big Heartedness*. Use “Big Heart” buttons (see right), or print stickers/labels. Explain that everyone is encouraged to show their appreciation for someone’s kindnesses by nominating them for a “Big Heart” button or other prize recognition. The staff person and resident who collect the most prizes by the end of the week, May 14, receive an award as the “Big Hearts” of the week. Another way to play is to have staff pick a name out of a hat and agree to do an act of kindness for the resident they choose.

Buttons (right) and other promotional items are on page 6 and are also available at the online store, www.ahcapublications.org.

MORE IDEAS

- Add your ideas to the NNHW Facebook page at www.Facebook.com/NursingHomeWeek
- Guess how many pennies or jelly beans in a jar
- Learn a cheer with high school cheerleaders
- Diva Center –paint nails, glitter hair, etc.
- Ring or dime toss
- Fortune-teller
- American Idol songs
- Corn hole toss
- Teach the Macarena
- Knock over stacked cans
- Face painting for children
- Decorate a flower pot and plant a seed
- For hundreds of more ideas in 8 categories of pictures, go to www.Pinterest.com/explore/vintage-carnival/



CONTEXT FOR “IT’S A SMALL WORLD”

50th Anniversary of NY World’s Fair

The first incarnation of the famous tune — *It’s a Small World* — was at the 1964-1965 New York World’s Fair! That means you may not be familiar with it – but your residents and patients can probably sing some of the lyrics even today. That’s because “back in the day” it was not just a song, it represented a movement to foster peace and understanding worldwide, sparked in part by the Cuban missile crisis of 1962. For a photo slide show and more history, visit Wikipedia. See below for links to songs and videos.

Not that you need reminding, but an 85 year old resident today was 34 years old in 1964. That means they will probably be aware of this theme music and the New York World’s Fair. Other numbers related to age, then and now: 90 today = 39 in 1964; 80 today = 29 in 1964.

LEGACY SONGS FOR FUNFAIR QUIZ

Two good songs to use for the theme are “*It’s a Small World After All*” at www.youtube.com/watch?v=F9YqCP_B7EU (includes lyrics). Another popular song from that era is the 1971 Cocoa Cola ad, “*I’d Like to Teach the World to Sing*” at www.youtube.com/watch?v=ZWKznrEjJK4, which was also a hit song by the New Seekers in 1972 at www.youtube.com/watch?v=ZWKznrEjJK4 (includes lyrics).

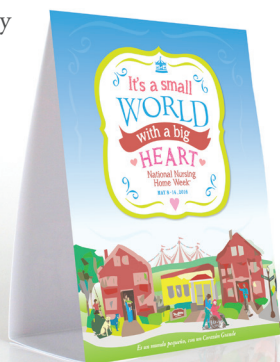
SOCIAL MEDIA

Activity professionals can use social media to share photos, videos, and best moments from your National Nursing Home Week® festivities (be sure you have permission). Suggest to families and visitors that they can view many activities on their home computers like it was an online family album.

You know about Facebook, Twitter, and YouTube. For 2016 we’ll introduce you to “Yelp.” Yelp is an online rating service that focuses on reviews of businesses and other organizations, such as health care centers. Yelp is like a large online bulletin board featuring user-generated content, all geared toward personal reviews based on experiences at local businesses. Two other review-oriented sites are Google Places and Yahoo Local. You might want to check these out to see if there are any comments about your care center.

Two visually oriented social media sites may provide a more compelling experience for activity professionals as the sites rely on pictures or video rather than text. They are Pinterest and Instagram.

See product catalog beginning on page 5 or go to at the online store, www.ahcapublications.org.



BE A CHANGE AGENT

National Nursing Home Week is a time to make an impression with positive community relations – be visible within your community.

Know that you need “Friends of LTC” to sustain a positive PR movement among families, organizations, public officials, community leaders, etc. These “Friends,” such as volunteers, visitors, family members, and others will attest to your care center’s value and commitment to quality and person-centered care.



BRING ‘EM IN

National Nursing Home Week® is a way for today’s care communities to proactively communicate that skilled care centers are light years ahead of what may be thought of as “Grandma’s nursing home.” The NNHW theme is a rallying point and a way to foster a positive attitude toward care in long term and post-acute care centers. Let us know how it works out at your care center at www.Facebook.com/NursingHomeWeek.

THOUGHTS ABOUT NEXT YEAR & BEYOND

We’d like to hear from you on our Facebook page at www.Facebook.com/NursingHomeWeek regarding two items about National Nursing Home Week in the future. **First**, if you have any suggestions for a theme for 2017, please comment on Facebook or use the email address below. You can propose a specific theme (short) or a general topic that we can work with. **Second**, after more than four decades of calling this Nursing Home Week®, AHCA is thinking about updating the name to Skilled Nursing Care Center Week. Let us know what you think on Facebook or send an email to tburke@ahca.org.

2016 PRODUCT CATALOG



LIMITED QUANTITIES - ORDER EARLY!

T-SHIRTS

Order early and get enough for all of your staff, community leaders, family, and residents to wear all week long! These bright and colorful shirts feature the *It's a Small World with a Big Heart* logo on the back and National Nursing Home Week® and dates on the front right pocket. Shirts are pre-shrunk and 100% cotton.

Lavender

Product #8407-1 (M)
AHCA Member \$9.95
Non-Members \$11.95

Product #8407-2 (L)
AHCA Member \$9.95
Non-Members \$11.95

Product #8407-3 (XL)
AHCA Member \$9.95
Non-Members \$11.95

Product #8407-4 (XXL)
AHCA Member \$11.95
Non-Members \$13.95

Product #8407-5 (XXXL)
AHCA Member \$12.95
Non-Members \$14.95

Aquatic Blue

Product #8408-1 (M)
AHCA Member \$9.95
Non-Members \$11.95

Product #8408-2 (L)
AHCA Member \$9.95
Non-Members \$11.95

Product #8408-3 (XL)
AHCA Member \$9.95
Non-Members \$11.95

Product #8408-4 (XXL)
AHCA Member \$11.95
Non-Members \$13.95

Product #8364-5 (XXXL)
AHCA Member \$12.95
Non-Members \$14.95

* Discount applies to t-shirts only and no other NNHW merchandise. Multiple purchases of 25 or more t-shirts are eligible for the discount. Combining orders to total 25 or more are not eligible. Past orders are excluded from this discount, and refunds/credits are not applicable.

Order online at www.ahcapublications.org or call 800.321.0343.

BALLOONS

Balloons are an easy and fast way to add a splash of color to the site of your events or the hallways of your center. These colorful balloons feature the National Nursing Home Week® logo.

Product #8413A
(10 pack of each color)
****SAVE \$3.90 when
ordering the 30 pack****
AHCA Member \$13.95
Non- members \$15.95

Product #8413G
(Lime Green—10 pack)

Product #8413M
(Magenta—10 pack)

Product #8413T
(Teal—10 pack)

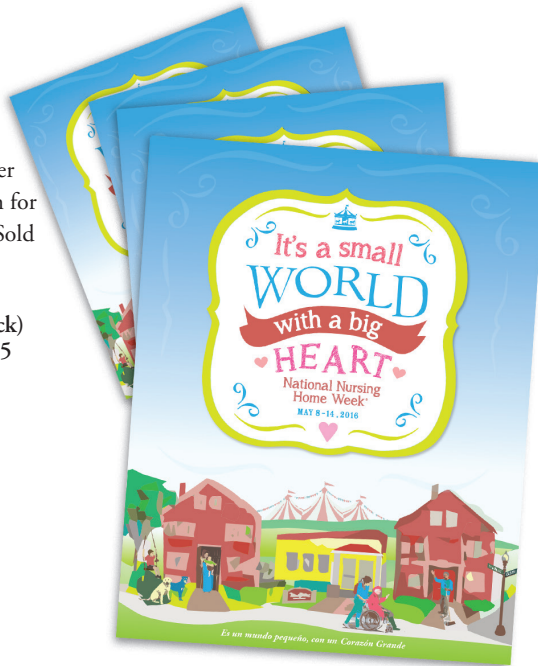
AHCA Member \$5.95
Non-member \$7.95



POSTERS

Hang this poster throughout your center and build anticipation for the upcoming event! Sold in packs of 4.

Product #8411 (4 pack)
AHCA Member \$7.95
Non-member \$9.95



BUTTONS

Celebrate "Random acts of Big Heartedness" by handing out these charming buttons. They are a great way to recognize and show appreciation for those who go the extra mile to spread kindness to everyone in the center and the community.

Product #8409-10 (10 pack)
AHCA Member \$6.95
Non-member \$7.95

Product #8409-20 (20 pack)
AHCA Member \$10.95
Non-member \$13.95

Product #8409-30 (30 pack)
****SAVE \$6.90 when
ordering the 30 pack****
AHCA Member \$13.95
Non-Member \$15.95



NOTEPADS

Notepads make a great gift for staff and can also be used as prize giveaways throughout the week. These notepads are ideal for quick reminder messages, to-do and grocery lists, and whatever you heart desires. These notepads feature the National Nursing Home Week® logo on the front and have 5.5" x 7" pages. Pair with NNHW pens, or see our Notepad and Pen Special Discount Pack!

Product #8410 (each)
AHCA Member: \$4.95
Non-member: \$5.95



PENS

These heart-shaped, bright red pens are a great addition to your National Nursing Home Week® celebration. They make great gifts or giveaways during your games and events throughout the week. They pair great with our notebooks! Black Ink.

Product #8415 (each)
AHCA Member: \$1.95
Non-member: \$2.95



PACK OF NOTEPADS

****Get 5 pens FREE with
this purchase****

This pack is a great prize to hand out to your "Big Hearts" winners or create a special giveaway for a few lucky residents, staff, volunteers, and family members attending your celebration events!

Product #8416 (5 pack)
AHCA Member: \$24.75
Non-member: \$26.75

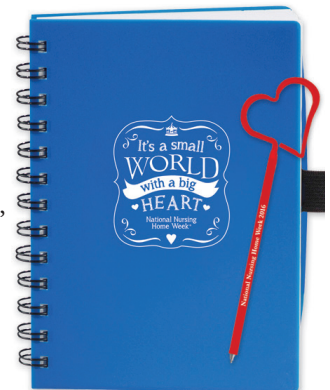


TABLE TENTS

Set these colorful table tents in the lobby, dining or sitting areas throughout your entire center. They will let everyone know that the fun-filled week is approaching! Sold in packs of 10.

Product #8414 (10 pack)
AHCA Member: \$13.95
Non-member: \$17.95

