



Network Practices: Movement Matters

Walking Around Europe

Multiple Communities

A goal was set each week to walk from one city to another in Italy. Table tents and other promotional materials were created to show the distance and provide education and trivia about the city to which we were traveling.

Calendar Steps

Piedmont Gardens

Post steps associated with each applicable activity on the monthly calendar. For example, Chair Volleyball yields 1760 steps.

Jazz Band & Color Guard Kick-off

Rosewood Retirement Community

Kick off Walk to Wellness with a local high school jazz band and color guard providing entertainment and leading the community through its first few steps.

Route 66

Plymouth Village

Encourage residents and team members to walk across "Route 66." End the walking campaign with an antique car show and rides in an antique car.

Label Community Distances

Multiple Communities

Map out distances between different points throughout the community, and encourage team members and residents to walk together daily. Link Walk to Wellness with the team member fitness initiative, including e-bucks as incentive for their walking efforts.

Mountain & More

Judson Park

Start everyone at the "starting line" with water bottles and pedometers. Throughout the campaign, offer many walking events such as Mystery Walk and Walk in the Park, as well as a Walking Brigade that meets at the same time each week. To add some competition, create a Walk to Wellness Mountain where teams of three can log 600 minutes of walking after they pick a team name and decorate a cardboard cut-out mountain climber. Keep track of the whole community's walking goal on a giant thermometer.

Creative Awards to Celebrate

Terraces at Los Altos

Create creative prize categories for residents and team members. In addition to the overall winners (one from each department), prizes may be awarded for: best walker with a pet/doggie companion, most often seen walking on campus, most like the energizer bunny, best newcomer to walking, most improvement from last year, best walker with a boot on one foot. Gift cards may be given at the end of Walk to Wellness.

Partnering with Local School

Piedmont Gardens

Piedmont Gardens partnered with 7th graders from the school across the street. Students joined the debut event, weekly exercise/dance events, tracked their steps and performed with the residents during the celebration event. Residents enjoyed getting to know these students and students had fun showing residents dance moves and encouraged them to dance.

Souls4Soles

The Buckingham

This year we walked with a purpose, and for every 1,000,000 steps we donated one pair of shoes to the Soles4Souls organization. Residents could also donate money. We also had residents donate new shoes if they wanted.

Four Pointes Summary

Four Pointes – Center for Successful Aging

New members are joining Four Pointes on a daily basis. When our front desk team member told them about Movement Matters, many responses they heard were “so that is why so many older adults in my neighborhood have been out walking with those green boxes on their shoes lately.” Those “green boxes” are the pedometers that each member receives when they sign up for Walk to Wellness. All the pedometers were donated by a local insurance company.

Exploring the Community

Four Pointes Center for Successful Aging

Create a display in the community that mirrors the popular app “Map My Walk.” Members have an opportunity to explore new walking routes in the area. Each route is defined by level of difficulty and includes information regarding restroom and drinking fountain availability along with locations of park benches.

Minutes for Charity

Multiple Communities

Record minutes of exercise every month and then those minutes are matched by the community towards a fund for distribution for various charities. Many participants push themselves to keep to their routine if not for themselves but for the benefit of helping others.

Campaign T-shirts

Acacia Creek

Hold a t-shirt logo contest, which is open to team members and residents. Everyone who signs up for Movement Matters has a chance to vote among the logos submitted, and all participants get a t-shirt with the winning logo.

Virtual Walk

The Terraces at Los Altos

Take virtual walk each week. By setting these weekly goals, we were able to increase movement. We had weekly prizes for those teams who not only met the weekly goal, but exceeded the respective number of steps. The weekly winning team was recognized during our morning huddles by mentioning their names and their total number of steps. They also received a team gift certificate and had a team picture taken.

Intergenerational Movement

Deerfield Retirement Community

Gather support from a local school. A school near the community brought two bus loads of children to walk with residents on different routes during our Walk to Wellness Day. We stationed resident ambassadors at different mile markers to encourage walkers and hand out water, healthy snacks, and rubber ducks with inspirational sayings attached. One resident had just finished therapy for a new hip replacement and, with her doctor's approval, decided to try the 1/2 mile route. She was elated when she was able to walk alongside a student participant. Her smile at the end of the day was priceless! Many of the children were amazed at the residents' endurance. They also enjoyed the conversations that ensued. The event brought generations together with a common goal of walking, moving, and great conversation.

'Stepping' Up Participation

Lutheran Sunset Ministries

In our Health Center, activity attendance could use improvement. With this in mind, during Movement Matters, residents earned a predetermined amount of 'steps' for each activity they attended. All activities, even if they weren't physical, earned 'steps' for the residents. (Example: 200 steps for exercise class, 50 points for Bingo.) This encouraged residents to get out of their rooms, participate in more activities, and meet new people. From week to week, you could definitely see an increase in attendance in activities.

Barrington Olympics

The Barrington of Carmel

The Barrington Olympics had 2 games per week, including: shuffle board, horseshoes, badminton, basketball free throws, 3 par golf, corn hole, lawn darts, and a relay race. The community was divided into teams of 10 and given a color to represent their team. Each team had a captain, who was a member of the MPL Champion Team. We then set a goal of walking to Rio De Janeiro, Brazil, and back, as that is where the next Olympics are to be held. The Olympics brought out competition for our community. It encouraged participation, trying new things, and allowed the community to be even more social. We had approximately 50% participation from the community as a whole.

Moving to Music

Rosewood Senior Living

Residents and team members had the option to walk on our "Moving to Music" walkway on a weekly basis. Residents and team members participated in walking adventures, touring and learning about the history of music in Sylmar, California.

Movement Inspired by Nature

Plymouth Village

When one resident pointed out that our tree map (which identifies the trees surrounding our community) was outdated, we used Movement Matters as a means to create an updated version. Every Tuesday and Thursday a group would walk and talk about the trees. We plan on learning all of the trees, updating the tree map, making a tree book, and starting nature classes.

Color Walk

Judson Park

After learning about the Holi festival in India from a team member, we were inspired to add our event to the 100+ color runs nation-wide every year. Participants wore colorful garments, were decorated with beads, walked through silly string, and had their faces painted. A community-wide colorful effort had local passers-by honking their horns and giving thumbs up along the route.

Prayer Walk

Friendship Village of South Hills

In an effort to incorporate the Intellectual component into the highly-physical Movement Matters campaign, Friendship Village Chaplain Cindy McClung developed a Prayer Walk. The ideas allow individuals to focus on spiritual thoughts while exercising their physical bodies. Landmarks along predesignated paths, indoors and outdoors, act as markers to focus on the next topic/person/prayer.

CEO Challenge

Presbyterian Homes and Services

Have the CEO set a goal for number of steps per day, and present the challenge to the MPL Champion Team.

The Balancing Act

Meridian Village

A major theme in our optimization plan for all levels of living this year was the risk of falling and fear of falling. For that reason, we chose "The Balancing Act" for our Movement Matters theme. We chose many balance-related activities and fun activities to highlight movement for all individuals, regardless of ability.

Each 1/2 hour of moving and every balance-themed event/class earn the participant a 'narble' (flat marbles found in floral arrangements). To be inclusive, team members and residents were encouraged to take credit for all the movement they did on their own time and on "community time."

Our maintenance department constructed a balance as a visualize aid for our progress; the beautifully constructed balance was located right inside the main entrance and was left up for the entire month. The balance held 3 X 1-pound weights on one side and an empty jar glued to the other side for the narbles to be dropped into and slowly watch the shift happen. We keep track of how many times the balance was tipped. Our goal for Movement Matters month was to have 1/3 of our residents participate in 3 active things each week--about 300 events. The balance has been a fun and stress-less way of keeping track of our progress without chasing everyone down to be the exercise police!

Movement Matters

The Birches

We had a resident in our memory care neighborhood, our highest level of care, receive the highest amount of stars for Movement Matters. In our memory care neighborhood, we have many Residents who are very active physically but need support to keep track of the time they spent being active. In order to include these residents in Movement Matters, more staff had to become involved in tracking the Residents' active time. This involved each Resident having multiple tracking sheets and having different people track their activity, for example: therapy and the activities department. By having multiple tracking sheets, we were able to more effectively track the intervals of active time and portray a more accurate picture of these Resident's activity levels.

Movement Matters

Piedmont Gardens

For Movement Matters we created a Scavenger Hunt with a weekly list of physical activities and tasks requiring residents to explore new places and new things to do. We enhanced the experience with "Find Kevin the Bear" riddles and searches for interesting items so that the participants would engage on many levels.

Discovery Walk

Multiple Communities

For Movement Matters we created an inclusive "Discovery Walk". We did this by noted keepsakes outside of residents' doors (such as statues, plants, etc.) in all levels of the community, and encouraged all residents to take a "discovery walk" and find these items. This was done over the duration of the Movement Matters campaign and completed (and correct) forms were turned in, and put into a raffle. This idea encouraged all residents to travel outside of their hallway and level of living, and to "discover" the community.

The Barrington 500: Race to Welln

The Barrington

We gave the Movement Matters campaign a theme and created a whole month focused on racing. Since May in Indiana is race month, we brought the Indianapolis 500 race to us and created The Barrington 500: Race to Wellness. 5 racing teams consisting of residents from every LOL and team members from every department competed in a month-long fitness campaign. Included in the month were also twice-a-week Time Trials which were tournament style games such as cornhole, bean bag baseball, bocce ball, relay race, chair volleyball, Top Golf/putt-putt, bowling, lawn darts & basketball free throws. These games were played in every LOL, and team members played in them too! The Lifestyle Department added race-themed activities to the calendar such as a visit to the Indianapolis Motor Speedway Museum and a trip to IndyCar driver Sarah Fisher's go-kart track. We had race tracks posted in each lobby showing the progress of each race team throughout the month. We also held an opening and closing ceremony modeled after the start & finish of The Indianapolis 500 complete with the tradition of "kissing the bricks" at the finish line.

