



Network Practices: Physical Health

Sharing Fresh Produce

Multiple Communities

Team members may be grateful for the generosity that members show by bringing in baked goods and sweet treats, but realize that the temptations do not fit into a culture of whole-person wellness and physical health in particular. Encourage members to find healthier options. One result was members sharing the bounty from their own gardens. The fresh produce of apples, tomatoes, zucchini, peppers and more were received with great enthusiasm. This creates the opportunity to talk about healthy eating, recipes and gardening tips.

Healthy Living Lunch

Multiple Communities

Host a monthly Healthy Living Lunch. A special healthy menu is designed and a speaker presents during lunch on a variety of health topics.

Blue Zone Meals

Multiple Communities

“Blue Zone” meals are highlighted at each dining opportunity. Healthier options are also highlighted on the permanent menu.

Juice bar

Multiple Communities

Set up a juice bar as a monthly or weekly offering is a great way to create a supportive culture of healthy eating. Juice bars are also a great healthy snack for events and programs.

TomatoPalooza

Acacia Creek

The director of dining services maintains a tomato garden each year. The produce is used in the meals, and residents help with harvest. TomatoPalooza was designed to bring the community together in a fun, social atmosphere to highlight the various components of successful aging and celebrate the community tomato crop with a parade. The event consistently draws a large number of attendees, both team members and residents.

Nutritional Information

Multiple Communities

Make nutritional information of menu items available for residents to review. Residents can access the binder at any time to review nutritional information.

Masterpiece Meals

Multiple Communities

Designate more nutritious meal options with the Masterpiece Living logo to help residents make healthy food choices.

“Eat This, Not That”

Multiple Communities

Led by dining services, this program demonstrates healthy substitutions to residents. Shows how making modifications with healthier options don't necessarily impact taste.

Cooking competition

Multiple Communities

Create cooking competitions for healthy items to be added to the menu (Iron Chef/Chopped theme). Residents and team members vote for the winners which will be added to the menu.

15-Minute Circuit Training

Llanfair

Have a fitness professional set up a 15-minute circuit routine for any team member that wants to participate. Perfect for 15-minute breaks or for part of lunchtime.

Team Member Fitness

Multiple Communities

Offer specific fitness programs to team members. Designate hours in the fitness center, a healthy living newsletter, healthy lunch options, and team member health fairs to support team members in their successful aging.

Team Member Fitness Training

Multiple Communities

Offer special fitness classes or a 5k training program for team members.

Silver Sneakers Flex Program

Multiple Communities

A Strength and Balance Class is offered two days a week through the Silver Sneakers Flex program. The class is open to residents, as well as individuals living in the surrounding community. The program helps to increase physical fitness opportunities for residents and also promotes wellness to the greater community. Promote the class through bulletins throughout the community and in local monthly publications.

Infuser Water Bottles

Llanfair

During an open house, Llanfair provided infused water bottles to attendees and had an infuser water bottle bar where attendees could select the fruit they wanted to use to infuse their water.

Winter Golf

Holly Creek

Holly Creek has created a winter Golf Fitness class to get or keep people in shape for the upcoming golfing season. It's a good way to keep people active during the off-season and engage men. Each month, the class focuses on a different part of the body that supports a good golf game. In the springtime, the class will golf as a group.

"Studying" for the Mobility Review/Booster

Piedmont Gardens

After their initial Mobility Review, residents became focused on improvement. The community's fitness team member began integrating elements of the reviews into her fitness classes, doing "quizzes" to test progress. Taking it a step further, she also grouped residents according to their specific areas for improvement and provided each group with at-home exercises geared toward their needs.

Laughter Yoga

Multiple Communities

This is a combination of laughter, silliness, and yoga that makes exercise fun.

Fitness Center

San Joaquin Gardens

The fitness center employs trainers 5 days a week. The residents that take advantage of this time also celebrate birthdays together. It has become a club atmosphere, making it a physical and social activity.

Fitness and Physical Therapy Combo

Multiple Communities

Provide a smooth transition between outpatient therapy and ongoing fitness. The two departments work can transfer people from one service to the other. A therapy 'graduate' is transferred directly to fitness, and fitness can refer residents to therapy.

Terraces Trekkers

Terraces of Phoenix

Residents take their physical activity to new heights by breaking out of the gym and heading to different mountainscapes in their region. Residents have the correct gear and plan group trips throughout the year.

Active Aging Week

Piedmont Gardens

We had a week of fun games and competitions between residents. The week ended with residents' performance of "synchronized swimming" (on land). Residents of all levels of living participated, rehearsed for weeks and had a blast.

Balance Basics

We have a large percentage of residents who participate in the Fitness Center, and this program was inspired by our desire to reach out to those who do not attend classes or utilize the gym/pool. The objective was to teach these residents basic balance exercises, and to teach proper form and precautions so they may safely exercise in their apartment. We developed a detailed handout of the most important exercises to begin with for increasing one's balance (including strengthening exercises as well as balance specific exercises). Individual invitations were sent to the residents that we do not regularly see in the FC inviting them to join a small group of their peers and a fitness professional in the lobby close to their apartment. Each session was 20-30 mins long, 1 day a week, for 4 weeks

Age is Just a Number Walk

Friendship Village of Bloomington

This event is an 8 year tradition, it began as a way to celebrate our anniversary and continues as the start of our review process kick-off. The walk includes all team members, residents from all levels of living and members from the surrounding community. The event begins with some form of live entertainment like a band to raise spirits. It processed with three walking options, from an easy loop to a more challenging one. Once all participants have returned, the event concludes with healthy snacks and a motivational speaker presents to the crowd. The message behind the walk is that "aging is full of possibility."

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.

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.

Grove Gym Program

Terraces of Phoenix

The fitness coordinator and MPL coordinator bring six residents from memory support (Grove) to the main Residential Living Gym on Monday and Wednesdays. Volunteers are recruited from Residential Living Residents to be a "Gym Buddy" to the memory support residents in order to have one on one attention while working out. Team member coordinators are there to provide assistance moving between machines. The volunteer stays with the resident and talks to them, counts or keeps track of time for them. The residents do 15 minutes of cardio and about 15 minutes of strength training.

Farmers Market Truck

Multiple Communities

After reviewing the data from the lifestyle reviews, we noticed that many of our residents were lacking in the food and vegetable consumption category. We partnered with a local farmer's market truck to come to the community for the residents. The truck comes for one hour each week, and the residents can use their dining dollars towards the purchase of the fruits and vegetables.

Table Tennis Fitness

Las Ventanas

Research sights the many health benefits the sport of table tennis affords to residents, both socially and physically: improvement in hand-eye coordination, improved muscle movement, increased blood flow to the brain, great aerobic activity and it's fun! Install a Table Tennis table in the Fitness Center, and partner with local professional players for free instruction. A weekly tournament hosted by the Fitness Center Coordinator and judged by the professional can also be added. Purchase colorful paddles and balls for best contrast against the table, and add a Table Tennis Robot so residents can practice their technique against a professional "arm". (Please see "Fascinating Facts on Table Tennis" under Master Practices Supporting Documents.)

Water Class

The Terraces of Phoenix

Include Assisted Living and Memory Care in the aquatics program. Fitness instructors can work with Program Managers and caregivers to help residents change and be ready for the start of class. At The Terraces of Phoenix, residents are picked up on the golf cart, participate in class, and are brought back. Encourage family members to provide beach towels so that residents can be wrapped in them immediately following class. Residents receive assistance with drying off and wear damp suits back. Right upon re-entry the caregivers are ready to help them shower and get dressed again. This is a great transition program for those residents in AL who would soon be moving to Memory Support. Both instructors are in the water with residents – lots of 1:1 work; most of them enjoy floating so about half will float on noodles while instructors do exercises with the other half. Exercises include walking drills, squats, and arm curls. Instructors try to connect individually with each person during each class. Once in the pool, residents become a lot more engaged, which creates the opportunity to connect on a personal level with quality time. Waterproof Depends are a good option for managing incontinence. They are available on Amazon, very affordably, and family members are encouraged to purchase these. Additionally, encourage caregivers to encourage residents to use the restroom prior to leaving for the pool.

Be My Valentine, A Living It Campaign

Breeze Park

Breeze Park combined Living It! with a Senior FIT participation challenge. They created a display with the message: Masterpiece Living and Senior FIT present the Be My Valentine Contest, a Living It Campaign. As part of the display, they provided an envelope (similar what is found in a library book) for each participant. Each time a resident participated in an exercise class, memory class, water class, etc., he/she received a heart with his/her name on it to add to the envelope. Living It! Worksheets were customized with events going on in the community. Residents received one heart for each event. Residents that participated in the Living It discussion group on Friday received two hearts for each thing they completed on the worksheet. This incentivized participation in the discussion groups. At the end of the month, all of the hearts were combined in a big bowl and the community had a drawing. The winner had the choice of a 60-minute massage, dinner for two in the dining room, or a wearable.

Vita Course for Spiritual and Physical Health

Eastcastle Place

The Eastcastle Place Vita Course contains eight strategically located stations throughout the first floor of the community; each station has a posted exercise which combines a physical and spiritual exercise. Stations are strategically located where people congregate, for example by the elevator or next to the dining room entrance, that way when an individuals or group of residents, team members, family members or friends are near a station they can complete the exercise. Varying levels of exercise are provided at each station to met each person's individual skills.

Flexibility Cards

Elim Park

As a way to increased flexibility with in the community, flexibility cards were created. The cards are available for anyone who would like them and display information and pictures of a variety of stretches. Residents are encouraged to use the cards in their homes to work on increasing flexibility.

Water Fest

Terraces of Phoenix

This year for National Senior Health and Fitness Day, the fitness team hosted our first 'Water Fest' event. 'Water Fest' was an all-day event, with various games, activities, refreshments, and a dunk tank! We hosted 'Water Fest' in the assisted living center courtyard to encourage independent living residents to experience life in assisted living and bridge the gap between levels of living. It helped to unify our campus under one event, and get our Independent Living residents to come down to our Lodge's area of living. We did exactly that!! We had all areas of living participating in the event for the entire day...together!

Some of the events included: water gun painting, water gun target shooting, root beer floats, chair yoga, seated beach ball volleyball, water balloon bowl toss, balance with balloons, and of course the infamous dunk tank. In order for a resident to dunk the fitness team member, they had to do chair stands for 30 seconds.

Pedal Pushers Group

Terraces of San Joaquin Gardens

This group is dedicated to enriching the lives of their neighbors by providing support, encouragement and assistance to get outside. Ambulatory residents within the community are paired up with non-ambulatory residents, and together they create a schedule for weekly walks through out the campus. Pedal Pushers also support their neighbors with assistance to and from events, and even on off campus outings.

Gym Photography

Piedmont Gardens

We used to have generic art on the walls of our Gym until Zinnia Koch, Director of Wellness and The Lodge, thought of doing the following: a group of residents, led by Kathleen Dzubur, our Vitality Coordinator, starred in a photo shoot done by Elisabeth Middelberg, our Spiritual Care Coordinator, Zinnia Koch, our Director of Wellness and The Lodge, and Don Gaxiola, our Director of Building & Grounds, all accomplished photographers. The photos show residents in a variety of outdoor activities along the scenic Oakland waterfront, and the poster sized images are now on the walls of the Gym. The Gym was freshly painted a bright blue to show off the photos better, and we purchased new equipment to further update the space. In the photos, residents see their friends (seniors) actively engaged, and the new space inspires even residents who formerly did not use the Gym to engage physically as well. The Gym is open to residents at all levels of living and to family members and guests all of whom enjoy and benefit from the Gym's welcoming environment.