



## Network Practices: Purposeful Programming

### 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.

### 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.

### “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.

### 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.

### Convivial Crowd

*Multiple Communities*

Department Directors take turns hosting a dining room table each week for a group of specially invited residents. They decorate the table however they want in a way that brings their personality or personal interests to showcase to residents. Examples of theme tables included Patriot's Day, Circus, New York-New York, and Diamonds are a Girl's Best Friend.

### Team Member Fitness Training

*Multiple Communities*

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



## **Beyond Bracelets**

*Judson Park*

Create 4-colored bracelets to represent the four components of successful aging. Each resident and team member that completes the Lifestyle Review receives one. Anytime the team member or resident passes someone who is wearing a bracelet, he or she can strike up a conversation about that person's goals. This is a great way to deepen conversations between team members and residents.

## **Spa Day**

*Multiple Communities*

Hold a Spa Day to promote Breathe. This may include chair massages, pedicures, manicures, meditation class, and a reception area with hot specialty teas and cucumber water offered. Rooms may be transformed into a spa-like environment with table-top waterscapes, flameless candles, and relaxing music.

## **HumorCon**

*Kirkland Village*

This community offered a variety of activities to promote laughter. Residents and team members brought jokes, they had a resident stand up comedy performance and were featured in the local news for the event.

## **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.

## **Celebration of Life**

*The Buckingham at Houston*

The Buckingham's Masterpiece Living Debut was a celebration of friendship, remembrance and new beginnings. Residents and team members participated in the planning of this special ceremony. The week began with a wonderful Celebration of Life opening ceremony that was led by both residents and team members. They joined instruments and voices to begin the celebration with a marching brass band. The ceremony included a tree planting in memory of our past residents and a butterfly release declaring New Life and a wonderful new beginning at The Buckingham.

## **Intergenerational Technology Experience**

*Edgemere*

Edgemere has developed a "Good Neighbor" Program with the University of Texas at Dallas enabling Edgemere to benefit from their professors, scientists and Doctoral candidates for programs and classes. Student volunteers from UTD instruct Edgemere residents on their iPads and iPhones with great results.

## **Hobby in the Lobby**

*Multiple Communities*

Hobby in the Lobby is an opportunity for residents and team members to share their passions/hobbies with others. Tables are set up in the lobby area, and each participant has a table set up showcasing his/her items. Many different hobbies may be shared: an old fashioned doorknob collection, a toy train collection, a stamp collection, baseball items, homemade lamps, homemade quilts, homemade afghans and more.

Outcome/Benefit: This is an opportunity for team members and residents to use/share their skills, abilities and experience. It is also a great opportunity for residents and team members to make personal connections and learn a little more about each other.



## **Dance Class**

*The Stayton at Museum Way*

Host a team member/resident dance. A line dance instructor can teach residents and team members new and traditional line dances.

## **Resident Memoir**

*Multiple Communities*

Create a community memoir project. Students from the local high school come to campus weekly and interview residents and take notes that are collected and shared with the resident and their family.

## **Stairwell Mural**

*Multiple Communities*

The stairwell project was created by local high school art students. Students visited each week to complete the work of art. A reception with the artists, residents, and team members was the grand finale.

## **Old Time Radio Reading Show**

*Multiple Communities*

This program was designed to incorporate the passions of the leadership team and residents for old time radio shows. One resident, a former theater director, selects the script and casts the play. The cast and crew are made up of residents and team members.

## **Flash Mob**

*Multiple Residents*

Invite residents and team members to participate in a flash mob. Hold practices for several weeks and then surprise and unsuspecting crowd. Dance, sing and show them what your community is made of: vibrant residents and team members that are full of life.

## **Art Scavenger Hunt**

*Multiple Communities*

The Art Scavenger Hunt provides examples of how a community can interpret wellness in each of the four components uniquely and personally, just like art. The champion team was asked to pair up with at least one other resident and one other team member in the community to create their interpretation of "health". These pieces of art were showcased throughout the community to encourage residents to visit parts of campus they may not see as often as others, which further supports the goal of uniting all areas of the community. Each resident and team member was presented with an Art Scavenger Hunt sheet that they completed to be entered into a drawing. Below each piece of artwork was a short artist's statement explaining the process and intention behind the creation.

## **Great Courses**

*Multiple Communities*

Send personal invitations to those residents who have shown an interest in this type of programming. After establishing a base of interest, utilize these residents to spread the word. The facilitator should embrace his/her role as learner, purposefully selecting topics about which they know very little. Let the residents know this right up front, as it levels the playing field during discussions and makes the facilitator more of a participant and less a teacher.

Remember that these lectures are just one way to learn about the topic. Ask residents at the introductory lesson if they have ideas for other ways they'd like to find out more. Residents may suggest book lists, documentaries on the topic, guest speakers (especially for the comparative religion lectures), and field trips. The more ways everyone can look at the topic, the richer the discussions will be.



## Books for Discussion

*Multiple Communities*

The following books are used either as reference or for book clubs or discussion groups:

1. *The How of Happiness: A New Approach to Getting the Life You Want* by Sonja Lyubomirsky
2. *Living Life in Retirement: Making Your New Freedom Work* by Marvin H. Berenson, M.D.
3. *Can't Remember What I Forgot* by Sue Halpern
4. *Happiness at the Speed of Life* by Jim Smith.

## Intellectual Integration

*San Joaquin Gardens and Others*

Integrate intellectual programming (brain teasers, Dr. Rob's Cognitive Connection games, Neurobics excerpts, etc.) during fitness classes and with other programs and events. Every program, event, and activity can have an intellectual component! (Please see "Successful Practices for Developing Cognitive Stimulation Programs" under Master Practices Supporting Documents.)

## Trivia with Purpose: Free Rice

*Multiple Communities*

Choose from several subjects. With each question you get right, 10 grains of rice are donated to the World Food Programme. Set this up outside of the dining room for people to play while they wait to be seated for meals. [www.freerice.com](http://www.freerice.com)

## Older Adult Theatre

*Multiple Communities*

These are full-scale musical programs including lights and sound. An ICAA article featured residents and highlighted benefits of involvement in theater; the group is supported by a local theater company and their parent organization.

## Game Night

*Multiple Communities*

Residents gather to play the Wii and board games such as Cranium, Battle of the Sexes, Family Feud, etc. It is a multi-generational evening as the Wii appeals to grandchildren and great-grandchildren!

## Relationship with local AFJROTC

*La Loma Village*

La Loma Village has made a recent connection with Agua Fria High School Air Force Junior ROTC program and has had several meaningful encounters. La Loma Village is located a stone's throw away from Luke Air Force Base and has a large retired military resident population, so the connection with the young military hopefuls was a great intergenerational experience for both the residents and the students. The AFJROTC prepared a special ceremony for Patriots Day and had an immediate connection with the residents. After the success from the initial meeting, the AFJROTC requested to return to La Loma Village to interact and learn more from the residents. They have returned to La Loma Village to assist in decorating the campus for the holidays and to take down the decorations after the holidays are over.

## Complaint-Free World

*Multiple Communities*

Team members and residents alike wear wrist bands that remind them to not complain and to look at the glass as half full. This 21 day campaign helps people change their outlook on their circumstances. Go to [www.acomplaintfreeworld.org](http://www.acomplaintfreeworld.org) for more information.



## Photo Displays

*Multiple Communities*

Community residents are happy to share a part of their lives through photos. Try these ideas:

- **Baby Photo Guessing Contest** – Collect resident baby photos and number them on a display board. Provide worksheets for other residents to guess who is who by number.
- **Military Photos** – This makes a great display for Veterans Day or Memorial Day.
- **Grandkids** – Make holiday ornaments with grandkids' faces on them for a community tree they all can share.

## Not Your Grandma's Bingo Anymore

*Multiple Communities*

Try some new games for Masterpiece Living flair and to excite the crowd.

• **"Lousy Card Bingo"** – Everyone is asked to stand up from their seats. The caller calls a number. If the player has that number on their card they must turn the card over and sit down. Repeat with other numbers with the object being to be the last player standing without having any of the called numbers on their card...thus giving them the lousy card of the night.

• **"Math Bingo"** – This version has more work for the caller. Instead of saying B-10, the caller would say a math problem like  $2 \times 5$  and the player would know to cover "10". Keeping the problems easier enough to solve in their heads, this can be a lot of fun.

• **"Gotta Go!"** Only "G" and "O" numbers are called. When they have both column covered, they yell "I've gotta go!" instead of yelling BINGO!

## Crafting for the Community

*The Stayton at Museum Way*

Add a "Crafting for the Community" project with a craft that would benefit an organization in the greater community. One example is Warm Place, a non-profit organization that provides free grief support for children from kindergarten all the way to 25 years of age who have lost a parent, sibling, or loved one. Residents not only contribute in making the crafts, but in assisting with delivery of the final product.

## 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.

## Nintendo Wii

*Multiple Communities*

Start a league or competition with other communities or local senior centers. This is also a great multi-generational program.

## Laughter Yoga

*Multiple Communities*

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

## 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.

## **Resident Teaching College Level Courses**

*Edgemere*

A retired professor is teaching a continuing education literary course of Shakespeare's works. Outside students are invited into the community to participate alongside residents. The local University is working with the community to expand the curriculum. This provides challenging and engaging programs for residents and celebrates learning and teaching at any age.

## **First-Century Christian Churches**

*Edgemere*

Residents recognized the need for a spiritual 'home' for many who no longer were near their home churches or were physically unable to attend some of the local churches nearby. One resident decided to reintroduce the concept of the First-Century Christian Churches, which met and grew in homes of the first believers. There are weekly Sunday morning Worship Services that are truly community-wide. Residents of different Christian affiliations gather together Sunday mornings in the theater for a 40-minute service. A panel of ecumenical clergy provides worship leadership. More than 29 volunteer clergy rotate through the year, Lifestyles provides administrative support, and any flowers or outside music is supplied by residents.

## **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.

## **Piano Group**

*The Terraces at Los Altos*

The Piano Group is resident-led and includes 6 resident performers. They practice weekly and perform three times a year: spring, summer and holiday programs including piano duets & solos and performances with a violinist.

## **Storytelling in the Art Gallery**

*Holly Creek Retirement Community*

Take your art gallery one step further by posting a story about each art piece underneath the display. Going beyond the title and creator acknowledgement, this is a great way for residents, team members, and visitors to have a better understanding of the person associated with each piece of art.

## **Life Stories with Art Students**

*La Loma Village*

Invite art students from a local school to visit the community to interview participating residents about their life stories. The students work for a period of time on an art project based on the resident's story, and then return to the community to present their projects.

## **"Masterpiece Mixers" Block Parties**

*Multiple Communities*

Concierge hosts an individual party for each floor of the building to help people connect with their neighbors. Icebreaker games are played at each block party. 90% of residents attend the parties. Those who don't attend are sent a follow-up note from the concierge.



## Social Train/"Fast Friends"

*Multiple Communities*

Building on the speed-dating concept, residents sit across from each other at long tables and discuss answers to "getting to know you" questions. They discuss each question for two minutes with the person seated across from them. Then the residents switch seats and discuss another question. Note: have one side of the tables reserved for those who do not want to switch seats, and the other side for mobile residents.

## Clermont Park College

*Clermont Park*

Clermont College of Creative Life began as a way to present the Living It! campaign. We wanted to present opportunities for learning and teaching in a college format. We asked residents, family members and team members if any of them would like to lead/instruct a course for the summer college, and we had an overwhelming positive response from everyone. 37 new courses by 26 faculty members were introduced in our Summer College Trimester. No faculty members were paid to teach—it was 100% volunteer-led. More than 200 resident participants attended at least one or more courses. This means that 2/3 of the residents, from all levels of living, participated in the College.

We put out a College Brochure every month to introduce any new college courses, with a short description of the course, time, date, location, and the credit component that course addresses. When participants reach 3 or more credits in each of the 4 components (Social, Intellectual, Physical, Spiritual), they then earn the amount to graduate. To track each person's credits, we provide a sign-in sheet for each course, and individuals are responsible to sign in if they want to receive credit. The credits are tracked in an Excel spreadsheet.

This first semester was concluded with a Clermont College Graduation ceremony. Several residents shared their experience through reflective presentations that included a poetry reading and a skit! Dr. Roger Landry was the Salutatorian. He spoke and presented graduates with their diplomas, at which time a picture was taken of them together. As a surprise gift to the students and faculty, a swing band was hired and the ceremony concluded with a party in the courtyard.

## 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.

## Member-Led Concept

*Four Pointes Center for Successful Aging*

The beauty of the member led concept is the ability to have as many programs and activities as space and time allow. No one single team member is responsible for the implementation of a program. Team members give support on many levels, but once launched, most programs take off and do very well. We have a form in place for Member Led Events and another form for Member Led Activities. The Lifestyle Coordinator and Wellness Center Director do not have to have endless meetings with member leaders to sort out details. Most of the details are on the form as a guide for the member leader. Team members can meet with the member leader for short, 10-minute, informational opportunities and to make sure they have the support they need. Support is given by making a flyer for the event, providing encouragement, and guide when there are questions. Four Pointes team members do not take on any of the responsibilities listed on the form except to requisition checks when appropriate or to contact the entertainment or speakers when necessary. Creating handouts is the responsibility of the Member Leader. Making copies of handouts can be done by the Lifestyle Coordinator or the front desk team member in advance of the class or activity. Member Leaders are made aware of the boundaries we have as an agency: inclusivity, approval of documents with our logo, building/space usage, the budget that may be available, when we are open to the general public vs. limited to members only.



## Local World of Wellness

*Eastcastle Place*

In order to engage residents in community events, we have incorporated World of Wellness with the Milwaukee summer festival season. Before each festival takes place, we've gathered to learn about its culture and wellness practices using the Masterpiece Living template (which we modified to allow more time for discussion). Then, we take newly-educated residents to the festival celebrating that country. Italy and France have been a hit thus far, and we are excited for upcoming countries such as Germany and Ireland. Encouraging residents to share their own experiences has helped to increase excitement about the presentations and attendance at the festivals.

## Aloha Days

*Acacia Creek*

Our successful aging committee was exploring ideas for our annual MPL event. We decided to do Aloha Days, three days of Hawaiian festivities that would encompass the four domains of wellness. A resident organized an event called Spirit of Aloha. He spoke about the many meanings of Aloha and taught us about Spirit of Aloha. He then invited residents and team members who had lived in Hawaii to share what the Spirit of Aloha meant to them. The next day a resident brought her Hawaiian dance troupe in to perform. The dancers were all elders and the resident danced with her walker in front of her, modifying some of the moves. It was a lovely display of grace and resilience. Aloha Days ended in a huge outdoor luau. Residents built a working volcano and a resident painted banners and decorations for the stages. This was the first time our two communities came together to share dinner. The evening ended with everyone on their feet holding hands swaying to Hawaii Aloha, a traditional song sung when people come together in friendship.

## Country Fair

*Acacia Creek*

Host a Country Fair where the residents display items they have made. The items can be categorized, exhibited for a week and ribbons may be awarded at the end of the week. Invite people from outside of the community to act as judges. Residents may also be judges. Categories may include: Sewing/Quilting, Painting & Drawing, Knitting/Crocheting, Beading, Wood Working, Photography, Card Making and Ceramics. Conclude the week with a celebratory dinner, where the ribbons are awarded. Residents recognized that intimate opportunities such as this create a nonthreatening social environment where people with common interests can meet and get to know each other.

## La Loma University

*La Loma*

La Loma University (LLU) is a lifelong learning program that La Loma Village adopted across all levels of living. Many residents are highly educated and had very successful careers and wanted to stay engaged and learn things in their retirement years they didn't have time for while working. We use a "Design Committee" made up of residents to implement LLU with support from team members. This committee is made up of community members that discuss the direction we want to go in. We meet regularly and plan the programs, brainstorm new ideas and discuss the different facets and courses for LLU. Each member of the committee serves in different ways including things such as making contact with possible presenters, assisting in communicating with other communities about partnering with us, putting together the course catalogue, writing course descriptions, planning LLU orientation and sign up for classes. We have a budget to pay for any fees associated with the different presenters/programs we bring to campus. Curriculum catalogues are available as a resource for those who want to sign up for the sessions and the biggest and most precious resource we have is the people who live and work at our community. We have a short survey that residents who participate in each course can fill out at the end of the course to give us feedback on our courses and their content. From these feedback surveys we learn what they liked, didn't like, and future courses they may like to participate in.



## Camp BuckaRoo

*The Buckingham*

Camp BuckaRoo is a team member and resident intergenerational event. Since the summer is filled with visits from residents' grand- and great-grandchildren, we decided to hold an all day camp to entertain and engage residents' grandchildren and team members' children. There were several activities throughout the day which included: guided arts and crafts, the BuckaRoo challenge (games), swimming (lifeguards were team members' children/residents' grandchildren) baking, camp songs and much more! We even had camp BuckaRoo t-shirts as souvenirs. There were several committees in charge of program development (team members & residents) and volunteers from local schools chipped in as camp counselors and received community service hours.

## Anti-Bullying Education and Mission

*Westminster Village in Allentown*

Social Work Director led a 30-minute presentation on Senior Bullying, explaining what it is, giving examples, and introducing a new anti-bullying mission statement. She discussed a zero tolerance policy for team members and residents and encouraged resident participation and acknowledgment. A learning circle with team members and residents on the topic of bullying followed. (Please see "Anti-Bullying PowerPoint" under Master Practices Supporting Documents.)

## Parade of Talent

*Multiple Communities*

Feature, honor, and respect residents' talents, no matter what they are! Ideas include an art show, musical performances, dance, readings, cooking demos, drama, and martial arts. Include family members and showcase their talents, too.

## Main Event Theme Ideas

*Multiple Communities*

Highlight residents' states of origin in a Debut event by creating a booth for each state (food, maps, flags, etc.). Give residents stamp books with the goal of visiting each state during the event. They can turn in their books at the end of the event for prizes.

## Animal Rescue Partnership

*Las Ventanas*

Partner with local animal rescue organizations to bring new life and purpose into the community. Our partnership with the Southern Nevada Parrot Education, Rescue, and Rehoming Society, a non-profit organization dedicated to the education and care of exotic birds, has blossomed into a purposeful, community-wide volunteer project. The birds, now enveloped by a foster community, have brought joy, excitement, and purpose to every level of living. "Bird Socials" and "Parrot-Ed" are now all the rage at the community. The Arts & Crafts Room was appropriately renamed "The Jungle Room" and was completely redesigned and established as a peaceful room for a cup of tea and quiet time: bright natural light coming in from many windows, neutral colors, a fish tank, jungle décor, 2 birds, and quiet music in the background. Engage residents by asking their advice and assigning specific tasks to specific people. The residents understand their collective interest, care, work, love, and nurturing environment have helped save the lives of two majestic parrots, one of whom is on the "rare birds" list.

## 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.)



## Community Vision Event

*Las Ventanas*

Educate residents about leading technology with informative events. We introduced the FDA approved implantable miniature telescope for people with end-stage, age-related macular degeneration via an informative workshop with the experts. We promoted the event through flyers, Facebook, in-house TV, and print ads in local media. We included a reception with refreshments and a raffle for prizes, including free eye exams and frames. We had ushers seat everyone and present individuals with gift bags (including business cards from the expert panel, eyeglasses cleaning solution and cloths, eye drops, pens, notepads, and additional topic information). We recorded the entire event for future use, as well. (Please visit <https://www.youtube.com/watch?v=YSnHPu6QqJk>.) Many attendees made appointments for eye check ups, and one resident caught a very severe issue before it became catastrophic for her.

## Pillow Outreach

*Heisinger Bluffs*

When families are torn apart by domestic abuse, children often leave all of their personal belongings behind. An IL resident organized a group of IL and AL residents to make pillows, many of which are hand-embroidered, to donate to the Rape and Abuse Crisis Center. These pillows are meant to offer comfort to the children seeking refuge at the local RAC. Residents created over 135 pillows.

## The Singing Bowl Experience

*Someren Glen*

Local healer, Ann, leads an individual or a group through the history and stories of Tibetan Singing Bowls. As part of this experience, she shares the many ways in which the vibrations from the bowls can be used for people to heal, connect, meditate and simply enjoy the beautiful sound of the bowls in concert. This is an amazing experience for a group of people to share together.

## Vintage Wedding Dress Show

*Someren Glen*

Someren Glen partnered with the Cherry Creek's National Charity League for a vintage wedding dress show. The sophomore girls modelled seven gowns from residents and their children. A pianist played for the show and the models handed their bouquets to the dress owners.

The event was well received and shared happy memories with a new generation. The residents connected with the high school girls.

## 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.



## **Community Partnership with DU School of Social Work**

*Clermont Park*

Clermont Park partnered with the Graduate School of Social Work at the University of Denver in the 2014-2015 and 2015-2016 academic years. Students in a "Perspectives & Trends in Health and Wellness" class interviewed residents about wellness and the aging process. Groups of residents participated in panels at several classes (including one caregiver panel). Over 40 students from an "Evolving Perspectives & Trends in Aging" course participated in or led a Clermont College class. With the support of a University sponsor, we conducted a research study to see how students' perceptions of aging changed before and after their experience in a Clermont College class. We found a statistically significant decrease on an ageism scale. Several Clermont Park Residents speak in the students classes about ageism as well.

## **Spirit of Aloha**

*Acacia Creek*

The spirit of aloha rooting in Hawaiian culture, it is deeper than a greeting or a farewell, it expresses love and respect for the interconnectedness of all people and nature. Just before twilight, 100 Resident and team members gathered outside to share the deep spiritual meaning of the spirit of aloha. The celebration of was complete with Island music, the resident ukulele group performed several songs with two residents performing hula. Some resident and team member performed Hawaiian solos and shared historical stories about the culture. "The Crooners", six men from Acacia Creek who regularly perform at community functions, performed everything from the "Hawaiian War Chant" to the "Hawaiian Wedding Song".

## **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.

## **All Community Table Tennis Tournament**

*Las Ventanas*

In 2017 Las Ventana inaugurated a Table Tennis Tournament with both residents and team members as participants. We continued this tradition in 2018 and increased the participation from 16 players in 2017 to 32 in 2018. We added cheerleaders from the higher levels of living in our community. Together with players and spectators, the 2018 event was a community-wide success. We provided refreshments and gave away t-shirts and medals to all participants with special prizes for the top two winning teams. It was a successful way to bring the community together, residents and team members and break down barriers between the levels of living.

