



# Master Practices: Blended Programming

## Campus Orientation

*Llanfair*

Residents and team members start orientation together when they are new to the community. The morning of the first day of the two day training, new residents and team members join together to kick off the orientation with a light breakfast and an ice breaker. Next, the residents and team members pair up and spend time getting to know each other; they then introduce their partner to the entire group. This training creates a connection between the two new groups.

## Blended Triathlon

*La Loma Village*

Two residents and one team member formed a triathlon team. When the teams sign up, they decide who will complete each leg of the race; they have 1 week to complete the triathlon. A celebration was held at the end of the week to recognize the teams and their commitment to movement.

## MPL Governance Council

*Presbyterian Senior Living*

At PSL, we would like to see the MPL initiative by 100% resident run, so support this goal we created an MPL Governance Council with residents and team members from all our communities. This council meets on annual bases to discuss innovative practices, create strategic plans for the year ahead and share time to network and grow socially. In addition, members of the corporate leadership team are present to listen, share and support plans.

## Holly Creek Boat Regatta

*Holly Creek*

Every year in August, Holly Creek has a boat regatta. Residents from all levels of living and Team Members band together to create a five to six person team. This team then designs, builds, and pilots (a person in the boat) a boat made out of cardboard, duct tape, and green trash bags. Once built, the entire community bets on what team they think will win the race. The money is then gathered and submitted to the Alzheimer's Association. We have held this event for the past eight years, and it is one of our favorite examples of an entire community coming together to support a worthy cause.

## Resident Taught ESL Classes for Team Members

*Beacon Hill*

Our community has many team members who speak a language other than English as their primary language. To boost their English skills so they can have for meaningful communication with the residents, we began offering ESL classes. These classes are scheduled to fit the team members needs and are taught by 16 different residents with teaching backgrounds.

## 100 Acts of Wellness

*Querencia*

Querencia created a booklet for both residents and team members to use for documentation of our 100 Acts of Wellness initiative. In it, were 25 acts for each of the four SIPS plus spaces to add your acts of wellness. Each act-measurement is for 15 minutes or less (on average). The goal was for each individual to consciously do one act a day, although you could complete several in a day and/or skip days, etc. The idea was for everyone to focus on and improve whole-person wellness. The initiative lasted 100 days. We would recommend you make the directions clear and give people the freedom to add their unique ideas/acts.