

YOUR MOVE- Time to get Back on the Horse

Tara Weiss

Restoration Senior Living at Westgate



We all have the Same Challenge

- ▶ Seniors spent a year aging in place.
 - ▶ That place was a Lazy boy and a Craftmatic.
 - ▶ Our Seniors were encouraged to entertain themselves and isolate.
 - ▶ After over a year, they perfected their new skill.

Whether they were **at home or in a facility**- they withdrew from society.
The news on TV and in the paper scared us/US into hiding.
(Or if you are from Florida we “Hunkered Down”)



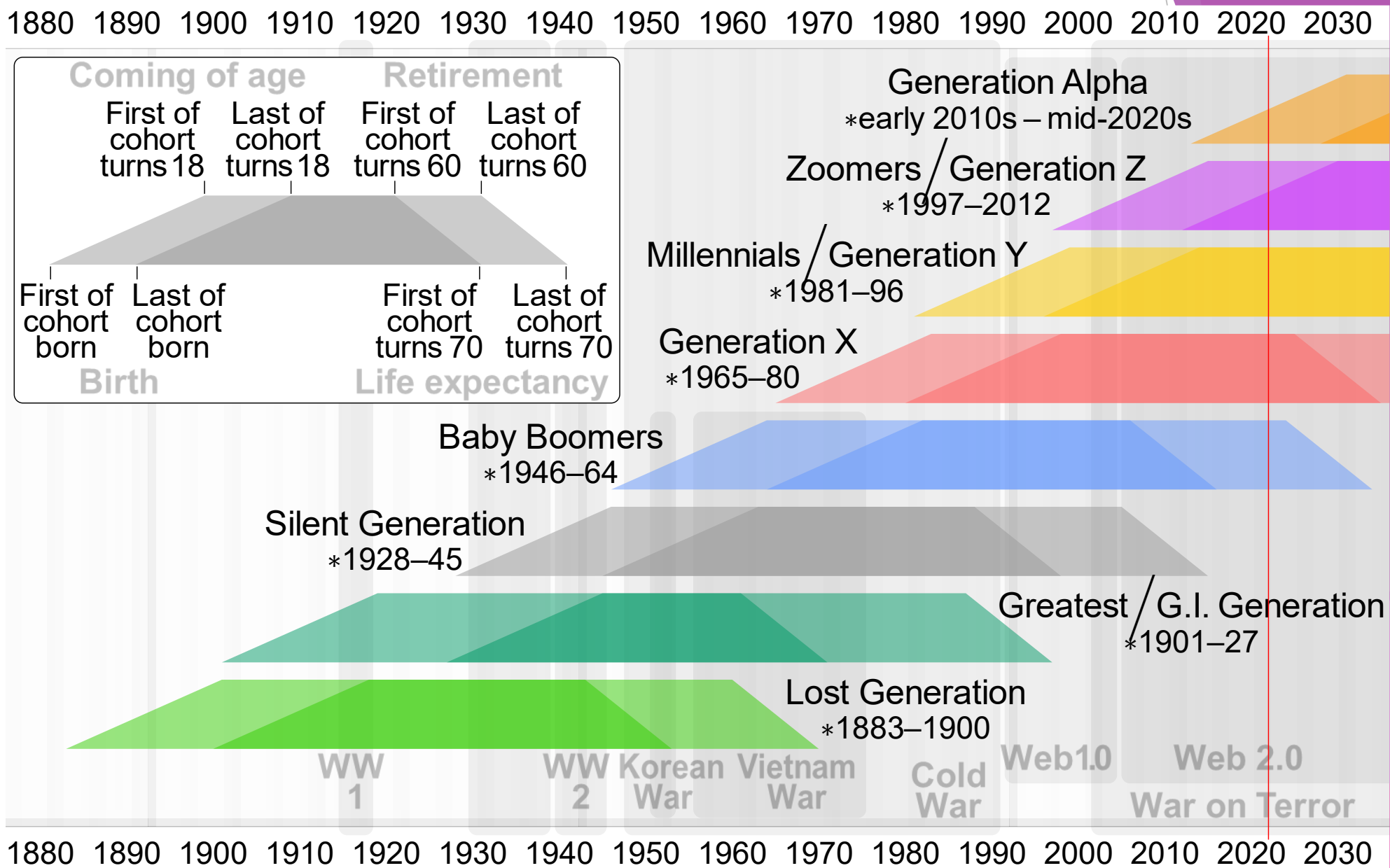
COVID-19

**Invisible Industry: Patience Wears Thin,
As Senior Living Pleads for Government
Support**

By **Tim Regan** | May 21, 2020

Encouraging the residents to come out and stop hiding in their rooms.....
It is all about perspective and motivation.





Who Do We Have Now.....

In the United States, the Great Depression of the 1930s and World War II in the early-to-mid 1940s caused people to have fewer children and as a result, the generation is comparatively small.^[3] It includes most of those who fought during the Korean War. Upon coming of age in the postwar era, Silents were sometimes characterized as trending towards conformity and traditionalism, as well as comprising the "silent majority".^[4] However, they have also been noted as forming the leadership of the Civil rights movement and the 1960s counterculture and creating the rock and roll music of the 1950s and 1960s.^[5]

Ways to Reach Out and Engage

- ▶ Music (In and Out)
- ▶ Local Events
- ▶ Living Library
- ▶ School Events- All Ages
- ▶ Parades



Having a Purpose, a Goal, or a Finale.
It will help get the residents to come out of their shell.

Come to a Sing-Along VS. We have a concert for our families coming up next month.

Ex. Resident Choir practice for an event.
Family Night, Holiday, Party.

What was Successful During Covid?



Continue being Creative.



Going Forward

▶ Embracing Family Events- Host

- ▶ Family Reunions
- ▶ Birthdays
- ▶ Babies
 - ▶ Host a Shower
- ▶ Weddings
 - ▶ Host a Shower
- ▶ Class Reunions
- ▶ Homecoming
- ▶ Senior/ Senior Prom

- ▶ Don't forget to continue to use technology to keep-in-touch with out-of-towners.



We are 'Live and In Person' again -
Act Like it
Enjoy the Interaction.
Encourage families to get involved.



Breaking Free

- ▶ Going out to Eat
- ▶ Scenic Drives-
 - ▶ Look for Progress and Changes
 - ▶ All the Old Familiar Places
- ▶ Bringing Entertainers and Volunteers Back
- ▶ Educational Outings
- ▶ Current Events
- ▶ Church and Bible Study



Music & Games

- ▶ Encore Play the Game
- ▶ Music Trivia/ Bingo (Hand Out)
- ▶ Christmas Carols Bingo 2020.pdf (Hand Out)
- ▶ Bingo Cards famous people.pdf (Hand Out)
- ▶ Famous Faces.pptx

myfreebingocards.com- Design your own cards based on resident interests

- ▶ Dance Challenge
- ▶ PM/ TB Shake
- ▶ New Trend...

From Colonial Courtyard at Bedford



Shaking the Dust off Our Feet



We want to be active, alert, agile, stylish and surrounded by family.



What is the best Bribe? FOOD!





Give Everyone a Reason to Dress Up.



For Any Occasion Backdrops and Props vs. Snapchat



Use Technology

Capture Moments with Family, Friends & Staff

WANTED
DEAD OR ALIVE



REWARD \$ 1,000,000





Sports Challenges- Make it a Contest

- ▶ Corn Hole Toss
- ▶ Basketball
- ▶ Baseball
- ▶ Bowling
- ▶ Pickle Ball
- ▶ Ping Pong
- ▶ Beer Pong Grandma
- ▶ Noodle Hockey
- ▶ Hungry, Hungry [Hippo](#)
- ▶ Chair Volleyball
- ▶ Sandwich Pong [tic tac toe](#)
- ▶ Beachball Pong/ Bucket Ball **





Hungry Hippo or Chair Volleyball



Beer Pong with Grandma



Ping Pong Anyone?



Play Cards -Make Friends/ Enemies for Life

- ▶ Canasta
- ▶ Bridge
- ▶ Poker
- ▶ Cribbage
- ▶ Uno
- ▶ Old Maid
- ▶ Pokeno
- ▶ Pinochle
- ▶ Euchre
- ▶ Talk to the Residents- See what They know how to Play



Your Participation in Activities

- ▶ Not only does it Excite the residents but..
 - ▶ It builds moral for the staff
 - ▶ Encouraging the staff to participate- lets the residents feel more connected.
 - ▶ Less like a patient or a job-more like family- Making Connections!
- ▶ Inviting Families builds your Community (Facility)
- ▶ Inviting Guests (Community Organizations, Vets, Pastors, Local Businesses, Artists, Musicians, Schools)
- ▶ All Help Spread the “Word” about your Amazing Community
 - ▶ Being on the News doesn’t have to be Bad



Helpful Volunteers and Brave ED/Admin.



Coming and Going....



Riverbanks On the Road

Greenville Zoomobile -5 Star!!

Bee City Zoo

South Carolina Aquarium Educational Outreach

Eudora Farms

Hollywild

Roper Mountain Science Center



Roper Mountain Science Center, Back to School, Clemson, Gone Fishin', Tryon International Equestrian Center, Riverbank Zoo.....and so many more places to go





Upstate Events

Furman- Music by the Lake, Ice Cream or Shaved Ice, Hillbilly Shriner's Cruising



Ok, So maybe we aren't getting on horses but we are getting out in the Community.





College Sports
Basketball,
Tennis, Volleyball,
Baseball,
Football....
and
Semi Pro
(Greenville Drive)



We blend right in....



Night Games are Fun....



Be Part of your Community- Give Back

- ▶ Longest Day & ALZ. Walk
- ▶ Parkinson's Foundation
- ▶ Local Animal Rescues & Shelters
- ▶ Miracle Hill
- ▶ Shriner's
- ▶ Local Food Pantry- Rice Bowl
- ▶ Help for Our Elderly
- ▶ Police & Fire Dept. Charities
- ▶ What is Close to your Heart?



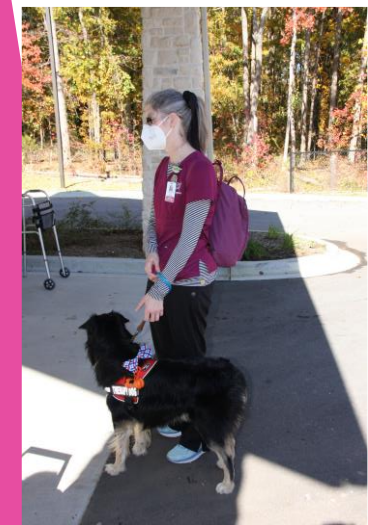
Gardens at Eastside, Greenville, SC-
Cops for Tots



Recognize Your Vets and the Vets in Your Community

- Host Car Shows
- Host a Bike Run
- Host a Breakfast or Social
- Host a Fundraiser
- Take them Cookies

- Attend or Participate in Parades
- Create or Join a Vet's Club
- The Silent Generation is a mix of traditionalist, revolutionaries and rebellious.
- The Greatest Generation is Patriotic.



Bring You're A Game

- ▶ Budget Challenges
- ▶ Team Support- Management and Staff
- ▶ Creativity
- ▶ Evolving Program- Resident population is always changing.

- ▶ Rita Stanley Lark and Tara Weiss
- ▶ Restoration Senior Living at Westgate
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- ▶ (864) 345-2818

When everyone at work is in a bad mood except you



ISO A SWEETIE PIG OR GOAT FOR THERAPY

