



Resident Focus Playbook

VERSION 1, JUNE 2020



National
Church
Residences

Table of Contents

Introduction	3
Enabling Community	4
Meal Sharing Potluck Event	5
Perform a Play	8
Inviting Conversation	9
Resident-to-Resident Connection	10
Pen Pal Sign Up	12
Language Walk	13
Paper Quilt Art Project	14
Reserving Judgment	15
Photographic Collage	16
Painted Rocks River	18
Write a Play, Monologue, or Poem	19
Putting Aside Differences	20
Learn Traditional Dances	21
Non-verbal Charades	23
Physically Apart, Socially Together	24
Create a Healthy Community	25
True or False: COVID-19 Facts	26
Daily "Gathering"	28
Family and Friends Car Parade	29
Additional Resources	31
Activity Survey	36

Introduction

This playbook is a step-by-step guide for conducting activities that support the Resident Focus Initiative of National Church Residences. Each section focuses on activities that correspond to Enabling Community, Inviting Conversation, Reserving Judgment, and Putting Aside Differences. In addition, there is a section entitled Physically Apart, Socially Together. This section was created in response to the COVID-19 pandemic and will detail activities to keep residents engaged during this time of physical distancing. Please refer to the Table of Contents for quick reference to each sections of the document.

It is important to stress that these activities were created to help foster communities of inclusion and to support residents in breaking down cultural barriers. The staff and residents of National Church Residences come from diverse backgrounds and rich cultures. In order to create truly welcoming communities, all staff will need to champion the ideal of diversity. Please make this initiative a team effort in order to foster community within the residents.

Where possible, all instructions and supplemental documents are included. Some activities may require you to gather supplies or have residents bring their own supplies. Other activities may require coordination with a volunteer instructor or group. We have attempted to limit activities of this last type to make it easier and quicker to complete activities with the residents. When residents need to bring supplies, first ask interested participants if they have a surplus of supplies to share with others. This can be another way to build a sense of community with the residents. For larger or more involved projects, grants may be available through the city or state. Check with local organizations for availability.

As you are conducting activities, take some mental or physical notes to help you fill out a brief survey after the completion of the activity. This survey will ask you what worked well, what didn't work, and how the residents reacted and felt about the activity. Your answers will be submitted to National Church Residences to create better experiences for the residents. Although you will find a copy of the survey in this document, this is for reference only. You may complete the survey online here: <https://nationalchurchresidences1.wufoo.com/forms/r1yzwsmo01z4wz6/>.

Thank you for spearheading this initiative within your community. We intend this to be a fun and exciting experience for residents to gather and learn about each other and each other's culture. We welcome feedback on any roadblocks you or the resident's experience and on what was successful with the activities.

Enabling Community

<i>Meal Sharing Potluck Event</i>	5
<i>Perform a Play</i>	8
<i>Create a Healthy Community</i>	9
<i>True or False: COVID-19 Facts</i>	10
<i>Daily "Gathering"</i>	12
<i>Family and Friends Car Parade</i>	13



Meal Sharing Potluck Event



You will need:

1. Potluck Event Flyer PDF
2. Recipe background card PDF
3. Pens or markers

This event is designed to bring people of diverse backgrounds together over a meal. It will invite conversation over where their dishes are from, any family history to the recipe, and any other connection to the food they are sharing.

This could be a recurring series every month (or other agreed upon time frame) with a different theme each gathering. A suggested first theme would be for residents to bring a dish common in their culture. Other themes could be: family recipes, recipes that involve a specific food (i.e. tomatoes, rice, leafy greens, cultural beverages, etc.) This event could be modified to include an afternoon or midmorning event that involves tea or coffee as many cultures make those beverages, but serve them differently.

Instructions:

1. Fill out flyer template with date and theme. Print and post around property. Also spread by word of mouth.
2. Print recipe story cards for residents to fill out. Either hand out to residents attending the event beforehand, or place them on the tables with pens or markers for residents to fill out at event.
3. Prepare common area for residents to gather food, drinks, and utensils on a table.
4. If desired, collect recipe cards after event and display in common area for residents to read after event.

Physical Distancing Adaptations:

1. Food may be prepped by residents as long as clean hands and utensils are used before, during, and while serving.
2. A property employee may pick up and disperse food from residents at their doorways.
3. Residents may package individual servings if possible to be dispersed.
4. Residents may converse and eat together at their doorways once food has been dispersed, sharing the stories behind their dishes.
5. If enough outdoor space is available and the weather is pleasant, chairs can be placed at least 6 feet apart in all directions. Circle and U-shaped arrangements can still encourage conversation.

Please join us for a

Resident Potluck



In order to better connect with your fellow residents, please bring a dish that represents your culture or heritage that you can share with others. Come ready to share the history of your dish and what it means to you.

*Please note any potential allergens on a card to accompany your dish.

RECIPE CARD

Name of Dish:

Where it's from:

Made by:

Ingredients:

Background of dish:

RECIPE CARD

Name of Dish:

Where it's from:

Made by:

Ingredients:

Background of dish:

Perform a Play

This activity can range from a small production, to a larger-scale one depending on interest, space, and number of participants. Encourage residents to utilize resources and connections they have to make costumes, props, and parts of sets. This increases collaboration between residents with similar interests.

It is advised to find a resident who is willing to head up this project; one who is capable of owning the production and coordinating other residents. This could be a team of people as well. Below is a list of websites with plays in the Public Domain. These plays are free to download the scripts and free to produce. Some plays, like Shakespeare, are available in several languages.

If there is a mix of languages represented in participating residents, encourage them to think of how they can incorporate multiple languages into a show. Do characters speak in different languages? Can some scenes be in one language and some in another? How can the actors portray what they are saying with physical movement or facial expressions?

Instructions:

1. Gather interest from residents and find one or two to lead the process.
2. Meet with interested residents and assist them in choosing a play to perform based upon links provided or other sources.
3. Create a timeline and performance date with residents.
4. Assist as needed with securing a space in the residence (if needed), flyer creation, spreading the word about performance, etc. This will be primarily driven by the participating residence and only periodic check-ins and assistance should be necessary.

3. Participating residents can coordinate and rehearse via technology if available.

Plays in the Public Domain (meaning they are free to download and produce):

<https://library.owu.edu/playsinthepublicdomain>

<http://www.feedbooks.com/books?category=FBDRA000000>

<http://www.charlesmee.org/plays.shtml>

https://www.one-act-plays.com/royalty_free_plays.html



Physical Distancing Adaptations:

1. The play can be performed with all actors remaining 6 feet apart. All audience members can sit 6 feet apart as well. The play could be performed outside given appropriate space and weather.
2. Shorter plays can be acted out in hallways for smaller groups of residents.

Inviting Conversation

<i>Resident to Resident Connection</i>	10
<i>Language Walk</i>	13
<i>Paper Quilt Art Project</i>	14



Resident-to-Resident Connection



This activity will pair residents together and have them connect to each other in one of three ways: Calling on the phone, writing letters, or drawing comics/illustrations. This will promote sharing of their lives and stories. Interest will need to be gathered ahead of time for this project.

Instructions:

1. Share the Information Flyer virtually or by printing and placing around the property to gather interest.
2. Create a list of willing participants and the language(s) that they speak/write.
3. Match resident's randomly as long as they speak/write the same language.
4. If residents do not speak or write the same language, they can use comics and illustrations to tell stories to each other. This can be a fun challenge for those that share a language as well. Artistic skill level doesn't matter, only that they do their best to convey a story. See resources for more information.
5. Encourage participants to include a photo of themselves in the first exchange.
6. Share a set schedule for residents and then exchange letters or make phone calls. This can be set up between individuals or maintained by someone else.
7. See resources section for possible prompts to share with participants.

You will need:

1. A list of interested residents and what language they speak/write.
2. Information Flyer PDF
3. A spreadsheet or schedule to track when letters are picked up and dropped off (optional)

Physical Distancing Adaptations:

1. This can easily be done during physical distancing times by having participants drop off letters at the doors of the other. Or an employee can pick up and distribute letters under stricter distancing restrictions.
2. If technology is available, residents may video chat the other for more personal connections.

Resources

1. Comic Drawing Tutorial: <https://medium.com/@chazhutton/how-to-draw-comics-when-you-cant-actually-draw-dd0b8b684562>
2. Read Shaun Tan's *The Arrival* for an example of a comic book without words.
3. Letter/Comic Prompts: What can you see from your window each day? Where did you grow up? What is your earliest memory? Where does your favorite animal live in the wild? What is your favorite food or meal? What country does it originate from? Is it a family recipe? Where is the favorite place that you have visited? Who were you with? How did that place make you feel?

Sign up today for a

Community Pen Pal



Make a phone call or video chat, write a letter, or draw out a story without using words for a challenge. Introduce yourself in the first call/letter and tell your pen pal a little bit about yourself. You may ask a question at the end of each letter to help guide topics.

Pen Pal Sign Up

Please sign up by _____

[illegible]

In order to participate in this activity, your partner will need either your address for letters, or phone number for calling. Please indicate that you are ok with the property sharing this information with your partner.

Language Walk



This activity will consist of pairs or small groups working together, exploring their property or neighborhood, and sharing each other's languages. This activity will invite understanding between individuals with language barriers and provide deeper connection between residents.

You will need:

An area for residents to explore together or a selection of objects to use if mobility is limited. This would be a great way to get residents outside and into their neighborhoods or parks, if possible.

Instructions:

1. Divide participants into either pairs or small groups.
2. Begin with introductions and teaching simple phrases like, "Hello." and "My name is..." in the language of the other participants.
3. For example, if one participant knows English and the other knows Spanish, begin with the Spanish speaker teaching "Hola." and "Me llamo.."
4. Then teach a simple question like, "How do you say... in Spanish." ("Como se dice...en español?")
5. Head outside or around the building. Have one participant ask how to say certain objects and point to them to help indicate what they are talking about. The other participant will respond in their language.
6. Partners can alternate after a time if desired.
7. Encourage the participants to practice what they learned with their partners after the walk.
8. Repeat as often as desired.

Physical Distancing Adaptations:

1. Participants can gather in their doorways or virtually with video calls.
2. Images/flashcards can be used to replace walking together.

Paper Quilt Art Project



The goal of this project is to get residents working together for a common purpose, and to get them talking to each other about things they care about. This will involve residents working with paper to create artwork that is personal to them and representative of the community.

You will need:

1. Construction Paper in a variety of colors
2. Scissors
3. Glue or glue sticks
4. Pens or markers

Instructions:

1. Gather participants around a table or tables to encourage conversation.
2. Instruct them to create a 4"x4" square "quilt" piece out of paper.
3. This can be connected to some cultural symbol or aspect they want others to understand and know about, or it can be something that reminds them of a cherished memory or family member. I.e. a tulip cut from colorful paper to represent a time they visited Tulip fields on vacation.
4. Assist with cutting or gluing as needed.
5. After participants are finished. Prepare a surface to which they can adhere their quilt pieces. As they arrange their pieces, ask residents to share the story behind the piece they created if they haven't already.
6. Display finished quilt in a public space on the residence.

Physical Distancing Adaptations:

1. Disperse instructions and information to participants via email or leave printed papers at doorways.
2. Give residents a time frame to complete their piece and write a small explanation of their piece. A video conference could be held for residents to work on their pieces together if technology is available.
3. Have residents leave the completed piece outside their doors at a specified time and date.
4. Assemble the quilt and display in a prominent area on the property so residents can read and view the piece. Display the explanations with the piece if possible.

Reserving Judgment

<i>Photographic Collage</i>	16
<i>Painted Rocks River</i>	18
<i>Write a Play, Monologue, or Poem</i>	19



Photographic Collage



The goal of this project is to get residents working together for a common purpose. This can take the form of a few different art projects, but this one will tie residents and their life stories to each other.

The project requires printed photographs supplied by residents. It is important that these photographs are copies of originals in case the photograph gets damaged in the process of hanging or display.

You will need:

1. Photographs from residents.
2. A large, empty wall to display collage.
3. Tape or other temporary adhesive appropriate for the wall.
4. This could be permanent with a large piece (or pieces) of chipboard or other backing and permanent adhesive.

Instructions:

1. Inform residents of the project and have them attain a copy of a photograph from their life. It could be a family portrait, of them on vacation, or a birthday or other event.
2. Allow time for them to attain a copy of a photograph as they may need to contact family members or have a copy made.
3. Locate an empty wall within a visible area of the property from which images may be attached to the wall. Or gather permanent materials if desired.
4. Have residents gather at a certain date and time and encourage them work together to create a collage with their images. They could be arranged chronologically, by event, subject matter, etc.
5. Encourage residents to share the story behind the photograph with the other participants. This creates discussion and conversation about possible shared life experiences and will allow for the opportunity to further understand each other.
6. Adhere photographs to wall or material appropriately.
7. As a bonus, have the residents create an "Artist's Statement" that shares what they learned and how they decided to arrange the images. Display this next to the collage.



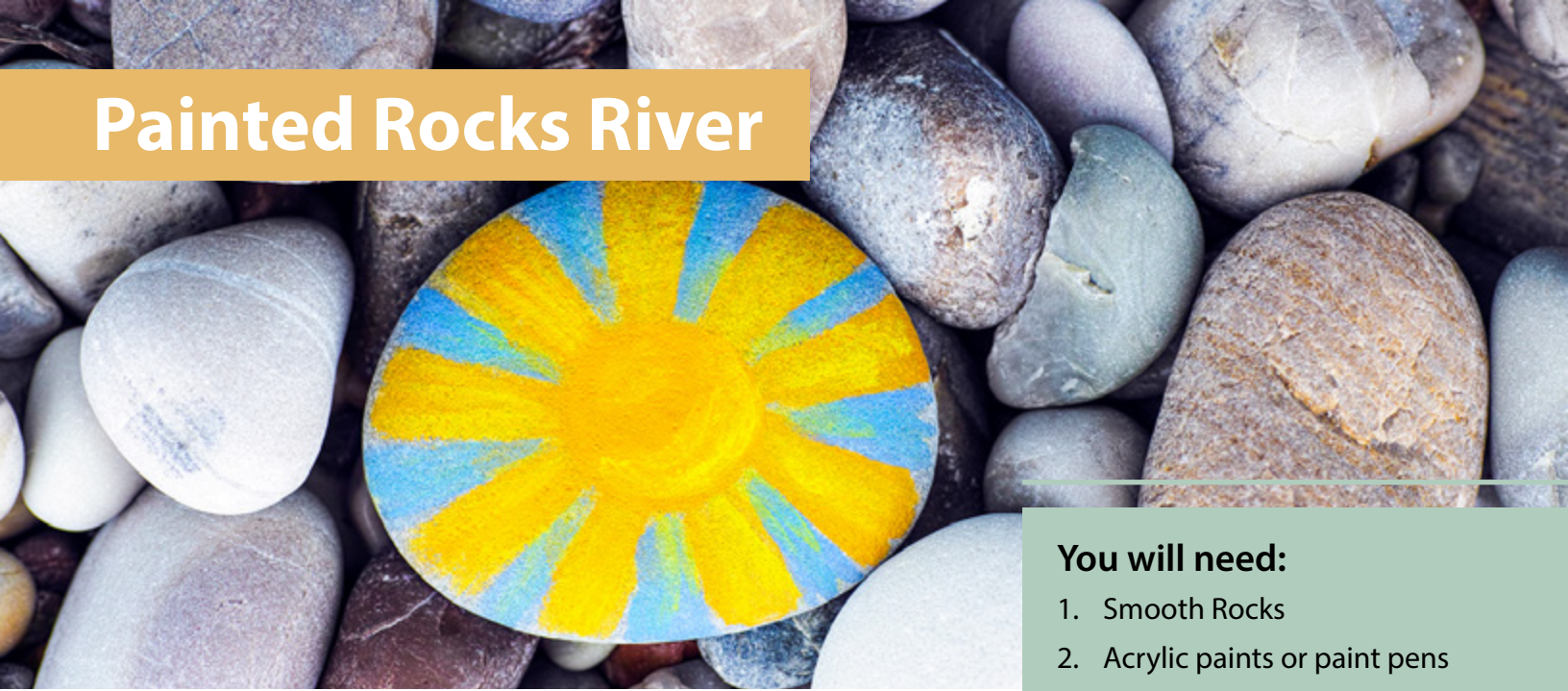
Physical Distancing Adaptations:

1. Disperse instructions and information to participants via email or leave printed papers at doorway.
2. Give residents a time frame to attain a copy of their photograph and to write a short story of their piece. A video conference could be held for residents to work on their pieces together if technology is available.
3. Have residents leave the photograph and story outside their doors at a specified time and date.
4. Assemble the photographs and display in a prominent area on the property so residents can read and view the piece. Display the stories with the piece if possible.

Resources:

Copies of photographs may be made at office supply stores such as Office Depot, Staples, or Kinko's. Photo Centers in stores such as Costco or Walmart may also be able to make copies. Check with store websites for more information.

Painted Rocks River



Inspired by an elementary school's art project found here:
<https://www.scarymommy.com/only-one-you-sharon-elementary-painted-rocks-art-project/>

This project will bring residents together by sharing some of the traditional imagery from their culture, religion, or childhood. Supplies can either be gathered by residents or by the property. This will require an outdoor or indoor space with which to display the project, ideally permanently. This can create pride in the property as well as sharing stories and histories of residents.

You will need:

1. Smooth Rocks
2. Acrylic paints or paint pens
3. Paintbrushes
4. Plates for paints and cups for water to clean brushes
5. Paper towels or napkins for clean up
6. A clear top coat paint for outdoor use if this will be displayed outdoors
7. Garden Stakes (optional)

Instructions:

1. Select a date and time to create the project and inform residents of the project.
2. Create clean surfaces for working on the day of the project. Make sure rocks are clean of dirt.
3. Have residents bring a design, symbol, or motif from their culture that they identify with. This can be a cultural symbol, religious symbol, or something that makes them think of their childhood.
4. Have residents select a rock and paint the symbol on said rock. While painting residents should share what the symbol is and what it means to them.
5. Work together to arrange the rocks in the desired display space.
6. Once arranged, place stakes near symbols from the same culture or religion and write where they are from. This step is optional, but can display the variety of cultures present in the property.

Physical Distancing Adaptations:

1. Disperse Instructions and supplies to participants by delivery to their doors.
2. Give residents a time frame to complete their piece and write a small explanation of their stone. A video conference could be held for residents to work on their pieces together if technology is available.
3. Have residents leave the completed piece outside their doors at a specified time and date.
4. Assemble the stones in an area previously decided on by residents or where allowed on the property.

Write a Play, Monologue, or Poem

This activity is meant to get residents interested in creative writing and sharing their stories. This activity can have two variations: a play/monologue or poetry.

For a play, have residents write about a defining moment in their lives. This could be when they faced great adversity, or a moment of great joy, accomplishment, or grief. Or have a resident interview another and write a play to tell that story. These can be simple, One-Act plays with limited actors and simple props or monologues where they simply tell their story. Encourage residents to utilize resources and connections they have to make costumes, props, and parts of sets.

For the poetry version, again ask residents to write about a defining moment in their lives. This time, they will write about it in a poem. These can be any type of poem. Refer to the links below to learn more information. Once their poems are ready, ask residents to verbally share their poems with other participants.

If residents are not interested in performing, these can be written out and displayed in a common area on the property.



Instructions:

1. Gather interest from residents and give them one of the prompts listed below.
2. Create a timeline and performance date with participants.
3. Assist as needed with securing a space in the residence (if needed), flyer creation, spreading the word about performance, etc. This will be primarily driven by the participating residents and only periodic check-ins and assistance should be necessary.

Physical Distancing Adaptations:

1. The play can be performed with all actors remaining 6 feet apart. All audience members can sit 6 feet apart as well. The play could be performed outside given appropriate space and weather.
2. Participating residents can coordinate and rehearse via technology if available.

Prompts:

1. Write about a defining moment in your life. What happened? What change did it create in you? What do you want others to understand about this moment in your life?
2. Write about a favorite childhood memory. Was it a family vacation? Time spent with a childhood friend? An unexpected day off from school?
3. Write about your family. What was the dynamic between you and your parents, grandparents, or siblings? What were some family traditions handed down to you? What traditions did you not carry on and why?

References:

<https://bookriot.com/2018/05/08/different-types-of-poems/>

Putting Aside Differences

<i>Learn Traditional Dances</i>	21
<i>Non-verbal Charades</i>	23



Learn Traditional Dances

This activity is designed to teach residents about the other cultures in their community and to get them moving, although accommodations may need to be made for those with limited mobility that want to participate. This activity can be taught by a resident who is experienced in a traditional or cultural dance, whether or not it is from their own culture. As long as they understand the background to the dance and it will be taught respectfully, the teacher could be from any source. This could also be a recurring series if there is enough interest and instructors.

Instructions:

1. Locate an instructor to teach a class on a traditional dance.
2. Print flyer and spread the word about the class.
3. Have them prepare a short presentation on the dance and its cultural significance.
4. Teach a short version of the dance.

Physical Distancing Adaptations:

1. This can be held with residents in their doorways and the instructor in the hall if there is enough space.
2. Alternately, it can be hosted via video conferencing so all participants can see the instructor at once.

You will need:

1. A dance instructor with knowledge of the cultural significance of the dance. This can be a resident, resident family member, or other volunteer.
2. A clear space for the dancing to take place.
3. A method to amplify music like a bluetooth speaker or two.

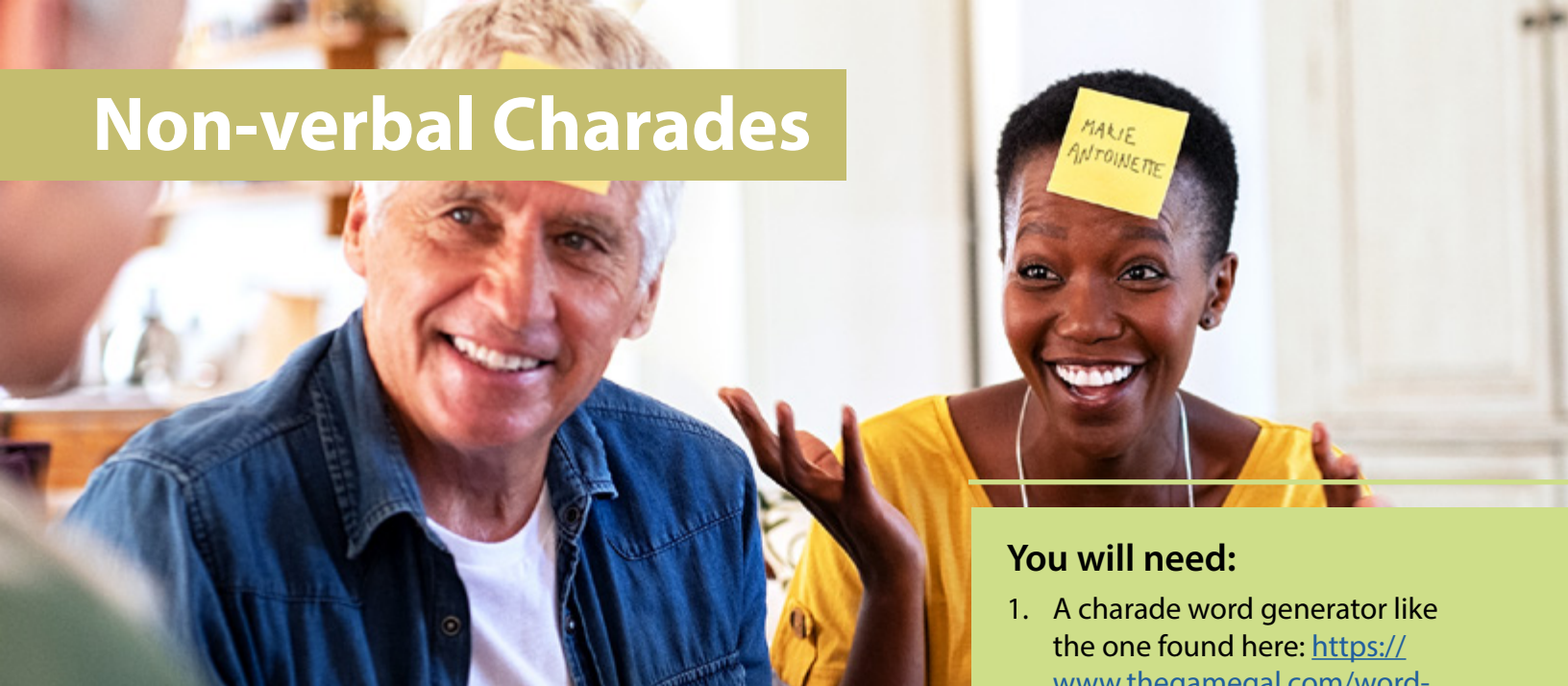
Please join us for a

Traditional Dance Lesson



Please wear clothes that are comfortable to move in and wear comfortable shoes.

Non-verbal Charades



This is a fun and laid-back way for residents to interact with each other, even if spoken languages are different. This will function similar to a normal game of charades, however no words will be spoken. One partner will act out the given word, and the other must draw the word or action on a piece of paper. This activity is a light-hearted way to overcome language barriers and get residents involved with each other.

Instructions:

1. Divide participants into teams.
2. Have one person draw a word to act out
3. Set a timer for 45 seconds.
4. The other teammate(s) will watch the other act out the word and will have to draw what they think that word will be without using any written words.
5. Each correct guess is one point. The first team to 10, wins.
6. If more rounds are desired, mix up teams for added fun.

You will need:

1. A charade word generator like the one found here: <https://www.thegamegal.com/word-generator/> Select "Charades" from the Game dropdown and the level under the Category dropdown.
2. A selection of words can be printed off and cut up to be drawn during the game, or if a tablet is accessible, the website can be used during the game.
3. Several pads of paper
4. Pens or markers
5. A Timer

Physical Distancing Adaptations:

1. This can be held with residents in their doorways and the time keeper/moderator in the hall if there is enough space.
2. Alternately, it can be hosted via video conferencing so all participants can see each other and interact with one another.

Physically Apart, Socially Together

<i>Create a Healthy Community</i>	25
<i>True or False: COVID-19 Facts</i>	26
<i>Daily "Gathering"</i>	28
<i>Family and Friends Car Parade</i>	29
<i>Additional Resources</i>	31



Create a Healthy Community

This series of activities and information was created in response to the COVID-19 pandemic of 2020. Included in information from the CDC and other public health sources to properly educate residents on healthy habits and stopping the spread of diseases and contagious illnesses, not just COVID-19. It is important to stress that COVID-19 and even the common cold and flu have nothing to do with certain people or countries, and that those living at National Church Residence Facilities may be at a higher risk for contracting common illnesses. These activities should be conducted in a calm manner and encourage actionable steps that residents can take so that they don't live in fear.

First, you will find a list of websites and resources for information. Some printable documents will follow the activity instructions page(s) that can be dispersed digitally or physically to residents. Remember to always use reliable, scientific sources when talking about COVID-19 and other illnesses.

For easy usability, all COVID-19 and Contagious Illness activities will be kept under the Enabling Community tab even though activities may fall under other pillars. This is to enforce the idea that learning and understanding how illnesses are transmitted, and learning how to prevent the spread of them is a community effort. It takes action from all residents to keep a community healthy.



Resources:

1. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
2. https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386949645
3. https://www.youtube.com/watch?time_continue=145&v=TjcoN9Aek24&feature=emb_title
4. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
5. <https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html>
6. Refer to state and local guidelines for stay-at-home orders, physical distancing measures, and if and when to quarantine.

True or False: COVID-19 Facts

This activity is meant to spread knowledge about COVID-19 in an engaging way to residents. It will require one main volunteer to ask the questions and get answers from participants. A vote can be quickly tallied by participants raising their hand for which answer they think is correct. In smaller groups, a vocal answer may be given. A thumbs up or thumbs down may also suffice.

If under stay-at-home or social distancing measures, residents can stay at their open doorways as long as they are an appropriate distance apart. The person leading the activity may conduct from a shared hallway, as long as residents in the immediate vicinity approve.

This may also be conducted virtually through a service such as Zoom if technology is available. Inform residents of a scheduled date and time for the activity.

Note: These questions were pulled from the World Health Organization website in April of 2020 and reflect what is known about COVID-19 at that time.

Items Needed:

1. True or False Question document

Instructions:

1. Gather residents as applicable to the current situation. Remember to follow government guidelines if social distancing measures are in place.
2. Give a brief description to residents on what they will be discussing. While this is meant to be a knowledge sharing activity, allow room for follow-up questions and discussion from residents.
3. Ask a question.
4. Tally answers.
5. Give the correct answer and the brief explanation.
6. Repeat steps 3-5.

COVID-19: True or False Questions and Answers

1. You cannot get COVID-19 in hot or cold climates. **FALSE.**

Countries with hot and cold climates have reported cases. Outdoor and room temperatures do not appear to have an effect on the virus.
2. The new coronavirus cannot be transmitted through mosquitoes. **TRUE.**

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.
3. Washing your hands with soap and water for at least 20 seconds is the most effective way to prevent the spread of COVID-19. **TRUE.**

Washing your hands with soap and water, covering coughs and sneezing with tissues or your sleeve, as well as using disinfectants with at least 60% alcohol are all suggested preventative measures to take.
4. Vaccines against pneumonia protect you against the new coronavirus. **FALSE.**

COVID-19 is a new strain of the coronavirus and thus pneumonia vaccines are not effective. A new vaccine will need to be developed for COVID-19.
5. The most common way the virus spreads is from touching a contaminated surface and then touching your eyes, nose, mouth or face. **TRUE.**

Wear a mask when outside your home and avoid touching your face to help prevent contracting the disease.
6. It is appropriate to call COVID-19 the “Chinese virus” or the “Chinese coronavirus.” **FALSE.**

COVID-19 is a virus that jumped from animals to humans and mutated to spread amongst humans. It is a global pandemic and associating it with a country can cause harm to those from that country. A virus doesn’t discriminate between nationality, age, or gender and neither should we. Treat everyone with respect and kindness during this time (and always) as this is a global problem that will require global cooperation.
7. Social distancing measures should only be followed when convenient. **FALSE.**

Act accordingly to local, state, and federal guidelines for social distancing. Keep at least 6 ft between you and other people whenever possible. Stay home unless you need to go out for essential activities like grocery shopping. Always be in accordance with any stay-at-home or quarantine orders as they are the law.
8. It will require participation from everyone to curb the spread of the disease. **TRUE.**

We all need to participate in social distancing, quarantines, and stay-at-home orders. This is a serious matter and can only be stopped if we are all working together.

Daily “Gathering”



This activity is designed for taking place under social distancing measures, but can be put on at any point in time, especially during normal cold and flu seasons.

There is some freedom in what occurs during the activity and how often it is held, but it is meant to give people some connection to others when family and friends are not able to visit. These can be short activities, depending on resident interest. Listed are several suggested activities.

If technology is not available, then have residents gather at their doorways (as long as the doorways are far enough apart) and conduct the activity from the hallway.

The activity can be conducted virtually if appropriate technology (smart phones, tablets, or computers) are available to residents. Simply schedule a date and time and how often it will occur and share the information with residents.

Suggested Activities:

1. Sing a song with residents.
2. Dance to a song to get them active and moving.
3. Read a short story.
4. Hold a moment to honor the healthcare workers on the front lines of the pandemic.
5. Virtual Bingo. Residents can make their own boards and use their own markers while numbers are called out through video chat, or intercom if available.
6. Hold a Costume Contest in the hallways. Give residents a theme to dress up as and have them use what is available in their apartments. Themes could be: aliens, fantasy creatures, crazy hats, 1950s (or any other decade), food, crazy colors, kings and queens, legends and heroes, etc.
7. Host a Door Decorating Contest. Give residents a theme, similar to those listed under Costume Contest, if desired, and give them a time frame to complete their door, using only items in their home. This could be held less frequently, such as once a week or every two weeks.

Family and Friends Car Parade



With physical distancing measures in place and visitation difficult, this activity will allow residents to see family and friends from a safe distance. While it is written for visitors arriving in vehicles, they may also walk by outside the buildings from a safe distance as long as proper precautions are followed, such as mask wearing and maintaining a distance of 6 ft apart.

Please be sure to follow state, city, and county guidance on maximum group gathering sizes. If people are meeting on foot, you may need to set up time slots for visitations to be compliant with public health orders.

Instructions:

1. Notify family members of residents of the date and time of the parade. Ask them to make signs and/or decorate their vehicles with a message for their family member(s).
2. Post the information flyer around the property to inform residents of how and when they may view the parade. If space is available set up residents outside the property, 6 ft apart, for viewing.
3. Have a designated person or persons direct traffic on the day of the parade. Do NOT block regular street traffic and follow all traffic regulations. Plan out a safe route before the event. Local police may be able to assist in this matter.
4. Direct parade participants slowly along a safe route. Encourage music, dancing, and waving from participants.

You will need:

1. A method to notify family of residents of the date and time
2. Information Flyer PDF for residents



Come and see your
friends and family during our

Family Drive-by Parade

Gather by your window or follow staff instructions to be safely outside while your friends and family drive by to say hello from a safe distance. Event will be held weather permitting.

Additional Resources

Here you will find additional options for activities and resources to find more information. Many of those activities listed here were performed by other National Church Residences properties. When possible, the property name will be included with the activity description.

Online Generators for Simple Activities:

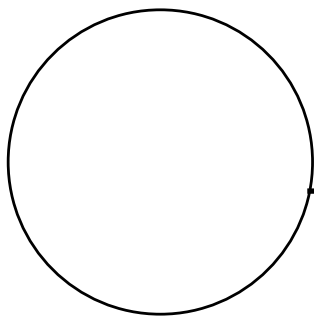
1. Scavenger Hunts: <https://www.scavenger-hunt-fun.com>
2. Crossword Puzzles: <https://www.education.com/worksheet-generator/reading/crossword-puzzle/>
You will need to provide your own answers and clues for this one.
3. Word Searches: <https://www.education.com/worksheet-generator/reading/word-search/>
Here you will also need to provide words for the worksheet. This website also has some other generators and ready made printable worksheets, though they are geared toward elementary children.
4. Sudoku Puzzles: <https://www.education.com/worksheet-generator/just-for-fun/sudoku/>
5. Coloring Pages: <https://www.justcolor.net>, <http://www.supercoloring.com>

Other Activities:

1. Arts and Crafts Mobile Cart (submitted by Island Parkway Manor)
2. Book and Puzzle Exchange
3. Guess Who Bulletin Board (submitted by Lakeside Villa)
4. Activity Room Service Door Tag (see page 32)
5. The Wellness Trail (see page 33)
6. Home Exercise Bingo (See page 35)

Name: _____

Room Number: _____



ACTIVITY ROOM SERVICE

Independent Activities

- ☐ Crossword Puzzle
- ☐ Word Search
- ☐ Sudoku Puzzle
- ☐ Reading Material

- ☐ Music/Movie

- ☐ Other

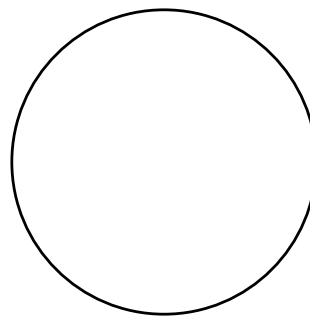
Social Activities

- ☐ Coffee/Tea Chat
- ☐ Mini Dance Party
- ☐ Read Aloud
- ☐ Video Chat

Best Time: _____

Name: _____

Room Number: _____



ACTIVITY ROOM SERVICE

Independent Activities

- ☐ Crossword Puzzle
- ☐ Word Search
- ☐ Sudoku Puzzle
- ☐ Reading Material

- ☐ Music/Movie

- ☐ Other

Social Activities

- ☐ Coffee/Tea Chat
- ☐ Mini Dance Party
- ☐ Read Aloud
- ☐ Video Chat

Best Time: _____

The Wellness Trail

You have most likely mastered “physical distancing” by now but you may be stuck in the same routine. Use the trail map on the back of this page and the list of challenges below to complete the entire trail. Each space on the map is color-coded. Pick any challenge listed below for that color’s tile. Advance forward when you have completed a challenge correlated to that color’s tile. Try to complete the entire trail in one week! Good luck!

Environmental

- Pull a weed out of the flower garden
- Conserve energy by turning off lights in areas not being used
- De-clutter your home or office
- Recycle something today
- Talk about recycling with someone today
- Sit outside & breathe in some fresh air

Physical

- Stand up and sit down as fast as you can for 30 seconds.
- Briskly walk for 5 minutes
- Complete 10 wall push-ups
- Side step at your kitchen counter for 5 minutes
- Stand at least 5 minutes for every hour you are awake today
- Take an extra walk today

Social

- Write an encouraging letter to your favorite local business
- Call someone you haven’t talked to in a month
- Mail a card to someone
- Give a compliment to someone
- Ask someone for help or offer to help someone
- Take a walk with a friend (6ft apart)
- Have coffee with a neighbor (6ft apart)

Intellectual

- Play a game
- Count backwards by 3’s from 99
- Journal your thoughts for one day
- Read for fun
- Write down 50 objects that start with the letter “T” and/or “P”
- Recite the alphabet backwards
- Write a short poem
- Create a new personal goal

Spiritual

- Practice mindful breathing for 5 minutes
- Let negative thoughts go & try to find 3 positives about today
- Pray
- Meditate
- Appreciate the beauty of the season
- Try a YOGA pose
- Write down 3 accomplishments you are proud of
- Self-reflect

THE CHALLENGE STARTS HERE!

This is a green tile, so use the list on the other side to choose a green (environmental) challenge!



HOME EXERCISE BINGO

GOAL: Get up and get moving to complete as many BINGOs as possible! (Examples: Horizontal(s), Vertical(s), Diagonal(s) & Full House)

B	I	N	G	O
Complete 20 Heel Raises + 20 Toe Raises	Stretch for 5 Minutes Before Going to Bed	Make Your Bed in the Morning	Spend 10 Minutes Meditating or in Deep Relaxation	Eat 2 Servings of Fruit
Complete 10-15 Shoulder Blade Squeezes	Practice 5 Minutes of Side Stepping	Perform 2 Minute of Marching (Seated or Standing)	Complete 10-15 Sit to Stands	Practice Deep Breathing for 1 Minute
Complete 10 Side Leg Raises (Each Leg)	Drink 3 Glasses of Water Throughout the Day	REST DAY "FREE SPACE"	Get Up and Dance for an Entire Song	Complete 10 Wall Push Ups
Eat 2 Servings of Vegetables	Complete 10 Arm Circles (FWD + BKWD)	Spend 10 Minutes Cleaning Home or Apartment	Complete 10 Leg Curls (Each Leg)	Spend 5 Minutes Journaling
Go for a 10 Minute Walk	Complete 10-15 Hip Bridges	Complete 1 Minute of Ankle Circles (Each Ankle)	Practice Weight Shifts for 1 Minute	Stretch for 5 Minutes After Waking Up

Activity Survey

FOR REFERENCE ONLY. PLEASE SUBMIT ONLINE

1. Which activity did you complete?
2. How many people attended?
3. How did attendees feel about the activity?
4. How would you rate this activity? (1=Not good at all, 5=Excellent)