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| **#** | **Date** | **Time** | **# Residents Present** | **# Residents Actively Participating** | **# Residents Actively Participating ≥ 10 Min** | **# Staff Present** | **# Staff Actively Participating** | **Comments About Activities and Participation** |
| 1 | 12/3/13 | 10-11 | ~15 | 7 | 5 | 4 | 2 | Craft activity provided by ALF involved gluing, “sewing”. Difficult for residents, required mod-max assist from staff. One resident repeatedly asked, “Why are we doing this?, What are we making?, Where am I at?” |
| 2 | 12/10/13 | 10-11 | ~15 | 6 | 5 | 4 | 0 | Coloring activity provided by ALF. ALF had 5 markers, one for each resident who participated. Coloring sheets printed from the internet. Christmas themed. The residents who participated enjoyed the quiet activity. |
| 3 | 12/17/13 | 10-11:30 | ~15 | ~15 | 5 | 4 | 3 | Played toss with small stuffed animal; seated exercises = difficult for residents; individual introductions to each resident present; sang Christmas carols along to live cello music |
| 4 | 12/31/13 | 10-11:30 | 10 | 8 | 8 | 0 | 0 | **IN MAIN ALF AS A RESULT OF FLU QUARANTINE IN MEMORY CARE UNIT:** 2014 collages |
| 5 | 1/14/14 | 10-11 | 19 | 19 | 10 | 4 | 0 | 2nd year PT student (CG) came to volunteer: Seated & standing dancing to Motown music, attempted discussion about current events/newspaper (unsuccessful), had greater success with small conversations and one-on-one encouragements to dance and move to music. |
| 6 | 1/21/14 | 10-12 | 19 | 19 | 15 | 6 | 4 | Dancing, singing, paper snowflake decoration using glue and glitter. Crafts required mod-max assist from staff. Dancing and singing was well-received by residents and staff. Dancing was in sitting with trunk sway and arm movement. Residents tapped their feet to the music. |
| 7 | 1/28/14 | 10-11:30 | ~18 | 18 | 10 | 5 | 3 | Dancing and singing to oldies country music (VERY popular); peanut butter bird feeder crafts – more successful as a snack than as a craft. 3 different residents participated in standing dancing for at least 3 minutes. At first, each resident required encouragement from staff or Gabrielle to stand and to dance. 2 residents continued dancing for 10 minutes – they are VERY good dancers, truly have some serious moves! |
| 8 | 2/4/14 | 10-11:30 | 20 | 20 | 20 | 4 | 3 | Listening to oldies music; decorating cupcakes with frosting and sprinkles; eating cupcakes = very big hit; balloon toss = amazing! All residents participated in balloon toss, watching out for the balloon and hitting when it got to them. Even previously sedated and sleeping residents woke up to play balloon toss. |
| 9 | 2/11/14 | 10-11 | ~15 | 12 | 12 | 5 | 2 | Fresh squeezed orange juice, hot cocoa, conversation. Many requests for juice and hot cocoa, but little movement today. |
| 10 | 2/12/14 | 1-1:45 | ~18 | ~18 | 6 | 4 | 0 | Therapy dog visit: 2 handlers + 2 dogs. Elicited new emotional responses and movements from residents. Staff also appreciative of the visit. Specific examples: almost all residents awake and alert compared to sedated and sleepy once dog entered room. Handlers asked every resident in the room if he/she wanted to pet the dog, and every resident replied in some way either positively or negatively. Even in people who are usually a blank slate, there was an opinion of yes or no about petting the dog. A male resident tried to follow the dog out the door. A female resident who has lost most speech was able to respond with sounds today similar to "dog" and "lily"! |
| 11 | 2/18/14 | 10-11:30 | ~15 | 15 | 15 | 4 | 1 | Dolls: very popular – singing, rocking, hugging, dressing, walking. See “dolls” document. |
| 12 | 2/19/14 | 1:30-2:15 | ~15 | 12 | 10 | 4 | 0 | Therapy dog visit: 1 dog, 1 handler: Dog brings out increased movement and responses from residents. Example: severely demented resident who is always in recliner and in one position for hours voluntarily and independently leaned forward to pet George 3x. She moved her feet to pet him with her feet. I have never seen her move more than her hand to her mouth before today. Amazing. Another resident who is always sitting when I see her was being led (walking, holding hands) by a staff person to the bathroom when the dog walked by. The resident bent down to pet the dog and stood back up using Gower’s maneuver. |
| 13 | 2/24/14 | 10-11 | 14 | 10 | 8 | 4 | 0 | One-on-one interactions with sensory box designed by Gabrielle and influenced by *Simple Pleasures*1; nail care for resident requested by resident’s spouse. Resident smiled and responded to cold hand cloth by clenching fists, grimacing her face, then relaxing during hand massage. |
| v14 | 3/1/14 | 9:30-9:45 | ~15 | 15 | 0 | 4 | 0 | Introduced residents to 12-year-old Girl Scout and her mother who will return to volunteer; the girl easily helped drowsy residents wake up and smile. Residents without speech attempted to talk to the girl. |
| 15 | 3/4/14 | 10-11 | 18 | 12 | 10 | 4 | 0 | One-on-one interactions with sensory box; nail care requested by one resident; seated movement to music (4 residents, required one-on-one encouragement); balloon toss with 8 seated residents at a time. |
| 16 | 3/11/14 | 10-11:15 | 20 | 20 | 17 | 4 | 0 | OT student Shannon Carey led today’s activities: Card-making with markers and construction paper, balloon toss. Card making successful – see “Meeting Notes” for Shannon’s recommendations |
| 17 | 3/11/14 | 4-5pm | 24 | 24 | 24 | 5 | 4 | 15 12-year-old Girl Scouts + 3 Troop Leaders sang, played musical instruments, and tossed balloons with residents. Lots of interaction, smiles, movement all around. One resident walked to piano and tried to play the piano with a Girl Scout. One resident danced during live music. Multiple residents tapped hands, feet, moved during sitting to the music. All residents except occasionally 2-3 were alert and attentive throughout performance. All residents present except 1 participated in balloon toss. |
| 18 | 3/13/14 | 10-11:20 | 20 | 20 | 14 | 3 | 2 | Tom Generous, volunteer, played ukulele, sang songs, and told stories. 14 residents were attentive throughout entire performance despite their normal states of sedation and sleepiness. Attentive = watching the performance, tapping hands and feet along to music. 6 residents and 2 staff members participated in standing dancing for at least 10 minutes. 3 residents sang along to songs they knew. 1 resident who doesn’t speak hummed along to songs. Lots of smiles and movement. One resident who I have never heard say a single word in the time I have been there said, “Thank you,” x 2, “Good girl,” “it’s good,” and “yeah.” This resident took a great deal of encouragement, but she got up from sitting with her head face down on the table and danced by moving her arms side to side while standing. All residents required encouragement to dance. |
| 19 | 3/18/14 | 4-4:30 | 13 | 5 | 5 | 4 | 3 verbally encouraged residents | Walked/danced/assisted-propelled wheelchair up and down hallway along to music. 3 residents participated for the entire 30 minutes. 2 residents reported feeling tired after 30 minutes of physical activity. |
| 20 | 4/1/14 | 10-11 | 18 | 18 | 13 | 4 | 3 | 3 CNAs assisted with activities for >20 minutes, including one who previously played games on her phone during my visits. Nail care as requested by specific residents. Seated exercises for 10 minutes with 4 residents. Walking with 3 residents for 10+ minutes. |
| 21 | 4/8/14 | 10-11 | 15 | 11 | 11 | 4 | 2 | CNAs assisted with nail care for residents who requested it. Walking with 4 residents for varying time. Read story to residents at staff member’s request: 8 residents listened, all but one fell asleep until I said that it was time for us to do seated stretching exercises and gently woke them all up. Seated stretching exercises for 5 minutes with 2 active participants and 2 more who required extensive encouragement to move. |

References:

1. Buettner LL. Simple Pleasures: A multilevel sensorimotor intervention for nursing home residents with dementia. *Am J Alzheimers Dis Other Demen*. 1999;14(1):41–52. doi:10.1177/153331759901400103.