



1-1 Activities from Around the World

Cat Selman, BS

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Let's face reality...

120-bed Community:

- 40 working hours in each week
- 1 Activity Director doing nothing else but 1-1 activities; each resident would get a 20 minute activity PER WEEK!
- 2 Activity Directors doing nothing else but 1-1 activities; each resident would get 40 minutes of activity PER WEEK!



Let's face reality...

The Activity Department
can NOT get the job
done by themselves!



How many times
does a staff
member enter
a resident's room
within a 24-hour
period?





Life Stories:

- ▶ <https://www.youtube.com/watch?v=-9rdvJhkzXE>
- ▶ https://www.huffpost.com/entry/how-to-write-a-memoir_n_5440161
- ▶ <http://familystories4ever.blogspot.com/2010/03/outline-or-writing-life-story>
- ▶ <https://www.pinterest.com/pin/402579654181064338/>

§483.24(c) F679 Activities

- The facility must provide, based on the comprehensive assessment and care plan and the preferences of each resident, an ongoing program to support residents in their choice of activities, both facility-sponsored group and individual activities and independent activities, designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community.



§483.24(c) F679 Activities

- “Activities” refer to any endeavor, other than routine ADLs, in which a resident participates that is intended to enhance her/his sense of well-being and to promote or enhance physical, cognitive, and emotional health. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence.

NOTE: ADL-related activities, such as manicures/pedicures, hair styling, and makeovers, may be considered part of the activities program.



CMS Guidance

1-1 Programming

- “One-to-one programming should be provided for all residents who have been assessed as needing such intervention, especially those residents needing added sensory stimulation, socialization, or specific activity adaptations.
- The length, duration, and content of one-to-one programming is determined by the specific needs of the individual resident. A one-to-one activity may be as short as 3 minutes if someone has extremely low tolerance, or if there are behavioral issues.



CMS Guidance

1-1 Programming Examples:

- Sensory stimulation or cognitive therapy; i.e., touch/visual/auditory stimulation, reminiscence, or validation therapy.
- Social engagement; i.e., directed conversation, initiating a resident to resident conversation, pleasure walk or coffee visit.



CMS Guidance

1-1 Programming Examples:

- Spiritual support, nurturing; i.e., daily devotion, Bible reading, or prayer with or for resident per religious requests/desires.
- Creative, task oriented; i.e., music therapy, pet therapy, letter writing, word puzzles.
- Support of self-directed activity; i.e., delivering of library books, craft material to rooms, setting up talking book service.



Important Considerations

1-1 Programming:

- INFECTION CONTROL and all appropriate/mandated protocols!
- All staff should be involved in the provision of 1-1s
- There should be documentation to support interventions/actions
- Activity should match cognition, ability level and assessed need.



Reopenings and Activities

Phase 1

- 1-1 Activities
- No group activities
- Window Visits
- Drive-by Parades

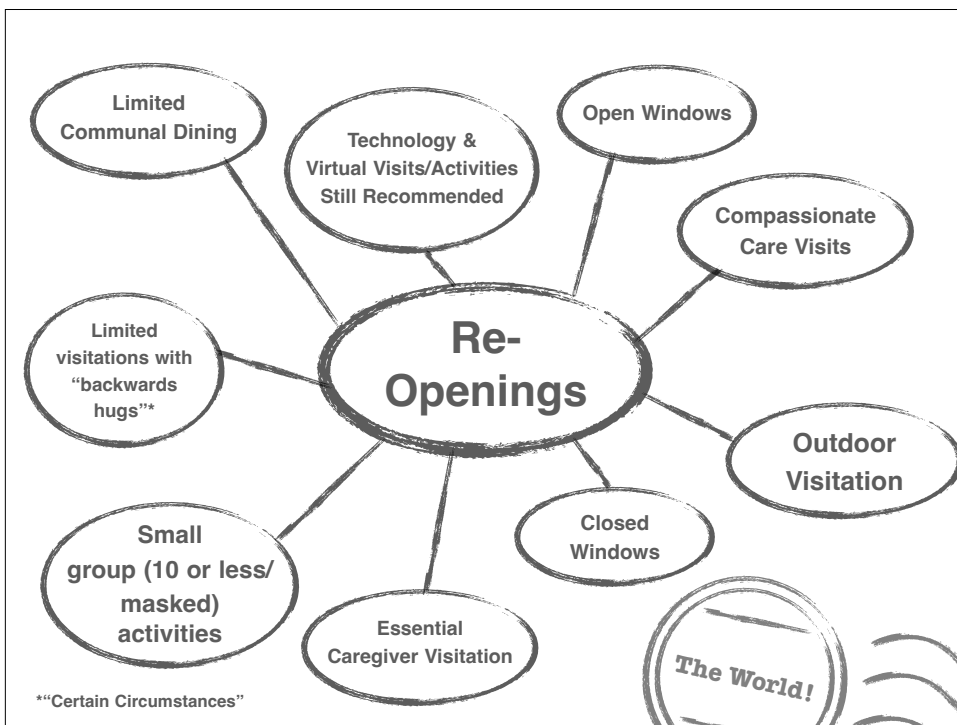
Phase 2

- Outdoor small groups (social-distanced)
- No shared resources/equipment
- Masks for all
- Indoor small groups (social-distanced, masks, no shared supplies, 1-time use or disinfected)
- Passive groups preferred

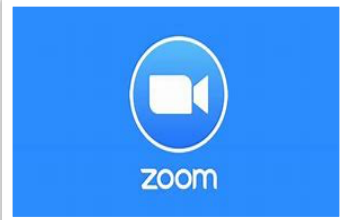
Phase 3

- Larger outdoor events
- Social distancing
- Family visitation under specific guidelines



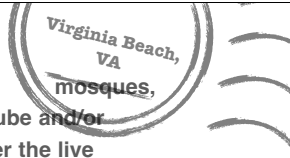


- **Live Broadcast:** Utilize your laptop, Zoom, and current provider to deliver in-room activity programming. www.nccap.org/covid19 for a tutorial on how to set this up (suggested in an NCCAP webinar posted by Bryan Rife)
- All you need is access to the computer/cable/electrical room, a digital-to-analog converter that converts coaxial audio/video input to HDMI, a laptop to connect to the TV channel box, and a video conferencing app like Zoom.
- On your live broadcast, you can give a rundown of the daily news, read daily horoscopes, lead exercise activities, have dance parties, play music requested by residents, call bingo, and much more. The possibilities are nearly limitless. Many of the ideas in this document are great for broadcasting to your residents' TVs.
- **Exercise Class:** Broadcast a Zumba class or any other fitness class (chair dancing, laughter yoga, et al.) video to residents' TVs or broadcast a live class led by yourself or another staff member. (suggested by Deborah Iacoboni, Administrator at Claremont Retirement Village in Columbus, OH)

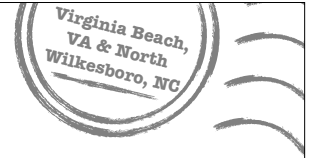
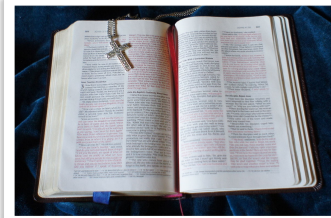


Virginia Beach, VA
See <https://>

- **Virtual Church Services:** Many churches (and synagogues, mosques, etc.) are broadcasting their services live over YouTube and/or Facebook. (Often, these services are available after the live broadcast is over, as well.) If your facility has set up a dedicated channel for in-house broadcasting, you can broadcast one of these services over that channel at a certain time each week. If you have many residents of different denominations and religions, set up a schedule and broadcast their respective services at different times. Even if you do not have in-house broadcasting capabilities, however, your residents can still watch virtual services individually on laptop computers or tablets. (suggested by Lori Presser, NCCAP Vice President)
- **Hymns:** You can listen to or sing hymns (or other religious music) with residents 1:1 in their rooms. You can also play hymns over a portable speaker and go up and down the halls, or play them over an intercom or dedicated TV channel, so that residents may sing together from their rooms/doorways if they wish. (suggested in an NCCAP webinar posted by Bryan Rife)



- **Live Broadcast:** Utilize Daily Reading: Read a daily Bible verse—or wisdom from another religious text—and discuss it with your residents. (suggested in an NCCAP webinar posted by Bryan Rife)
- **Allie Long, Activity Director at Rose Glen Manor in North Wilkesboro, NC, reads a daily devotion on each hall as residents listen from their doorways.**



[Your Facility]’s Got Talent: Have a hallway talent show where residents (and staff) can showcase any kind of talent, no matter how small. (suggested by Connie McNeal, Activities Director at Willow Brook Christian Village in Delaware, OH)



- **Virtual Visits:** Allow loved ones to virtually visit (via Skype, FaceTime, Zoom, etc.) your residents.



- **Take pictures of staff in their masks and have residents try to guess who they are.**

Window Visits:

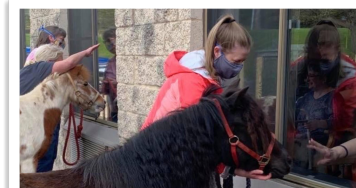
- **Loved Ones:** Depending on how your facility is set up, you may be able to allow loved ones to visit your residents at their windows. If they cannot hear each other well through the window, it may be necessary to also have them call each other and talk over the phone.



Ontario, Canada
& West VA

Window Visits:

- **Animal Visits:** Though therapy animals are not currently being allowed into most facilities, residents can still get a little animal therapy from window visits. Animals of all sorts have been brightening residents' days across the country. Reach out to any animal sanctuaries, shelters, or even farms in your area and see if they would be willing to bring some of their animals by. You could also reach out to your community in general and ask if anyone would be willing to visit with their pets.



Window Visits:

- rabbits from a bunny sanctuary (Kara Reiser, Activity Director at Johanna Shores in Arden Hills, MN)
- llamas (Kara Reiser)
- alpacas (Altercare Majors Lane in Millersburg, OH—shared by Debbie Hommel, founder of DH Special Services)
- a camel and a llama for Hump Day (Bobbie Jo Adams, Life Enrichment Director at Autumn Woods Health Campus in New Albany, IN)
- a pony (Imas Anzal, Activities Director at Hampton Ridge Healthcare & Rehabilitation in Toms River, NJ)
- miniature ponies (Shawn Hanberry, a Recreation Services Specialist at James River Convalescent and Rehabilitation Center in Newport News, VA)
- Lucky the bird (Ester Milhazes Daly, Activity Specialist at Monmouth Crossing in Freehold, NJ)—actually, by virtue of being a bird in a cage and therefore not an animal anyone would get to touch (and therefore not a potential infection vector), Lucky got to visit each resident in their room



Virginia
Beach, VA



(Your Facility) Idol: If your facility has the ability to broadcast your own channel to residents' TVs, you can have your own version of *American Idol*. Have each staff member who is willing to participate sing a song as residents watch on their TVs, and let residents vote for 1st, 2nd, and 3rd place. You can do this even if you don't have internal broadcasting capabilities by recording the performances and showing them to each resident individually, or by doing separate live performances on each hallway. (suggested by Bryan Rife)



Virginia
Beach, VA

The Masked Singer: Similar to the *American Idol* idea, this is your facility's version of the TV show *The Masked Singer*. Have each staff member who is willing to participate sing a song while wearing their mask; you can broadcast this live on your facility's dedicated TV channel or, if your facility does not have that capability, you can either film it and play it for each resident individually or put on performances in each hallway. Have residents try to guess who each "masked singer" is. (suggested by Bryan Rife)

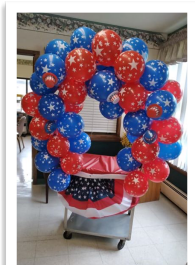
Solo or 1:1 Games: There are many games you can play one-on-one with residents in their rooms. You can play board games like checkers, backgammon, dominoes, tic-tac-toe, Parcheesi, Sorry!, Mille Bornes, Yahtzee, Scrabble, or Battleship. You can also play card games like War, Concentration, Go Fish, Uno, Bunko, or Rummy. If your facility has tablets or any handheld video game systems, or if any of your residents have a smartphone, residents can play games by themselves using these devices. (suggested in an NCCAP webinar posted by Bryan Rife)

- Hallway Karaoke: Residents and staff at The Bluffs Rehabilitation and Healthcare Center in Vicksburg, MS, sang karaoke together in the hall. Residents stayed in their doorways, and the staff member sang with one resident at a time while the others watched/danced/sang along. Be sure to sanitize the microphone after each resident uses it. If you don't have a karaoke machine, you can just use a portable speaker and look up songs on YouTube.

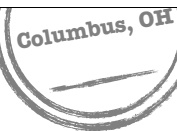


- Auto Paint Shop: A local craftsman donated wooden cars to Autumn Woods Health Campus in New Albany, IN, and residents each got to paint and put stickers on their own car as staff came around with a mobile craft cart. (posted by Autumn Woods Life Enrichment Directory Bobbie Jo Adams)

- DIY Bird Feeders: Helena Bodine Berardinelli, a CNA at The Manor Health and Rehabilitation Center in Freehold, NJ, posted pictures of residents at her facility making bird feeders in their rooms. Each resident was given a pinecone, a cup of birdseed, and some peanut butter; they spread the peanut butter over the pinecone and stuck the birdseed to the peanut butter, then staff hung the feeders, along with some additional store-bought feeders, outside the residents' windows.



And the carts...



Roller Coaster Ride: Lori Presser, NCCAP Vice President, shared an article about virtual roller coaster rides via Canada's Wonderland YouTube channel (link: <https://www.youtube.com/channel/UCmIlgKn7CF8frAV5wdFs2AwQ>). Many other roller coaster point-of-view videos from various theme parks may also be found online, such as this official video of the Apollo's Chariot roller coaster in Busch Gardens Williamsburg (link: <https://www.youtube.com/watch?v=0Z0OBGnUDRM>). You can broadcast these virtual rides over your dedicated TV channel or play them for residents one-on-one. Perhaps use the virtual roller coaster rides as a jumping-off point for reminiscing about theme parks or state/county fairs residents have been to, or thrilling activities they enjoyed doing.



Safari: There are many live animal cams available to access for free, allowing your residents to watch their favorite animals even though they cannot leave their rooms. You can broadcast these over your dedicated TV channel or watch them one-on-one with residents. (NAAP website)

- puppies (link: <https://explore.org/livecams/warrior-canine-connection/outdoor-puppy-pen>)
- polar bears (link: <https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>)
- honey bees (link: <https://explore.org/livecams/honey-bees/honey-bee-hive-cam>)
- jellyfish (link: <https://explore.org/livecams/oceans/moon-jelly-camera>)
- horses (link: <https://explore.org/livecams/kentucky-equine-horses/kentucky-equine-horses>)
- and many more (link: <https://explore.org/livecams>)
- Monterey Bay Aquarium has live cams available as well, with animals like otters, sharks, and all kinds of fish. (link: <https://www.montereybayaquarium.org/animals/live-cams>)
- The Cincinnati Zoo has daily virtual zoo visits which it posts to its YouTube channel in the Home Safari playlist. (link: <https://www.youtube.com/playlist?list=PLEk4nkkPq41obS0YS2V140MJn0rQAYedf>)





IN, SD,
Canada

- **Hallway Fishing Tournament:** Residents at Yorktown Manor in Yorktown, IN, competed in a “fishing tournament” from their doorways. Place a blue sheet, blue plastic tablecloth, or long sheet of blue paper on the floor between two residents' doorways. This is the “water.” Scatter lots of plastic magnetic fish (you can buy these online or just make your own fish with paper and magnets) across the “water,” and give two residents sitting in their doorways a rod and reel with a magnet tied to the end of the fishing line instead of a hook. You can also get fishing hats for them to wear. The residents compete to see who can “catch” the most fish. (Yorktown’s Activities Director is Heather Quirk)
- **Individual Fishing:** Angela Grams, Recreation Director at United Living Community in Brookings, SD, posted a photo of a fishing game she created for residents who miss getting to go out and fish for real. She printed out realistic pictures of many varieties of fish (two copies of each picture), cut them out (so it was just the fish itself), and laminated them. Then she hot glued the pairs of laminated fish cut-outs together with a magnet stuck in between each side. (For fun, she also included a boot and some driftwood.) She also tied a magnet to the end of the fishing line on several fishing rods. You can do this with residents individually in their rooms.
- **Tune-a-Fishing:** Joan M. McCormack, a Recreation Programmer at the Salvation Army in Ontario, Canada, commented that she has done something similar to Angela Grams’ fishing activity in the past, but the undersides of her fish had song names or musical trivia questions on them. She called this “Tune-a-Fishing.” When residents catch a fish, they have to sing the song or answer the trivia question.



MD, CT, IN,
Canada

Live Performances: Although you cannot bring outside entertainers into your facility right now, you can still have them perform for your residents outside and let residents watch from their windows. If any of your staff is musically or otherwise talented, you can have them perform in hallways or 1:1 in residents’ rooms.

- **Elvis Impersonator:** Brandi Dye, Activities Director at Calvert County Nursing Center in Prince Frederick, MD, posted photos of an Elvis impersonator performing an outdoor concert for residents at her facility as they watched from their windows.
- **Bagpipes:** Lindsay Cameron of Overlander Residential Care in Kamloops, British Columbia, Canada, posted a video of a friend of hers who came to play her bagpipes while walking around the outside of the facility.
- **Guitarist:** Debbie Hommel, founder of DH Special Services, shared a post from Maplewood Senior Living in Westport, CT, with a video of a musician playing his guitar and singing outside the facility while residents opened their windows and enjoyed the show from their rooms.
- **Saxophonist:** Yorktown Manor in Yorktown, IN, shared a video of residents playing “Name that Tune” as a saxophonist played outside their windows for Window Jazz Fest. They also just enjoyed listening to him play. (Yorktown’s Activities Director is Heather Quirk)



NJ, OR, AZ

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- **Religious Singer:** Debbie Hommel, founder of DH Special Services, shared a post from Complete Care at Shorrock Gardens in Brick Township, NJ, showing a video of Jewish singer Shulem Lemmer putting on an outdoor concert for the staff and residents of their facility.
- **Dance Performance:** Debbie Hommel, founder of DH Special Services, shared a video from Arnold Walter Nursing and Rehabilitation Center in Hazlet, NJ, of Activity Director Liz Argueta’s dance class performing a show for the staff and residents.
- **Mariachi Band:** Debbie Hommel, founder of DH Special Services, shared a post from LaRayne Barrios, Activities Director at Marquis Forest Grove Assisted Living in Forest Grove, OR, showing a mariachi band putting on a concert for residents right outside the front doors of the facility on Cinco de Mayo. You could incorporate this into a Taco Tuesday or other Mexican-themed day.
- **Local Bands:** Quail Park Morrison Ranch in Gilbert, AZ, has had local bands put on outdoor concerts for residents. (shared by Lori Presser, NCCAP Vice President)



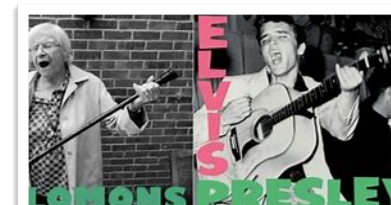
Virginia
Beach, VA

- **All Aboard!:** Lori Presser, NCCAP Vice President, shared a link to an article (<https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides>) listing thirteen virtual train rides that could be broadcast to residents’ TVs on your dedicated channel or which residents could watch individually on tablets or computers. You could incorporate this into a theme day: have staff dress as conductors, decorate snack carts like trains and play a train whistle when you come around with the carts, play a round of Mexican Train dominoes with each resident, give out activity packets all about trains (trivia questions, word searches, crosswords, coloring pages, et al.), play music related to trains, reminisce about train rides residents have taken in the past, and so on and so forth.



- **Royal Flush Bowling Tournament:** Hold a bowling tournament in your facility's hallways and have residents compete from their doorways. Instead of bowling pins, stack several rolls of toilet paper into a triangle. Use a kickball for your bowling ball. Give the first place winner a framed picture of a golden toilet; last place gets a framed picture of a plunger. (suggested by Angie Reed, Activities Director at Besser Senior Living Community in Alpena, MI)

Recreating Famous Paintings: Overlook Village Retirement Community in Moline, IL, got its residents to participate in the current social media trend of taking photos that recreate famous paintings (such as Vermeer's "Girl with a Pearl Earring" or DaVinci's "Mona Lisa") with whatever objects, clothing, etc. they have available. Just Google this trend for inspiration. It's a fun way to get residents thinking creatively and can also be combined with discussing art history, favorite paintings, favorite artists, and things like that.



You can combine this idea with the traveling art museum idea and take printed pictures of the original paintings along with residents' recreations around to all the residents so they can enjoy what each resident came up with. You can also send the photos to residents' families.

Come up with a variety of Olympics-inspired hallway games for your residents to compete in. Do it all in one day or spread it out over a week. You can have opening and closing ceremonies, award medals to contestants who place first through third, decorate your facility in Olympic colors and flags from US States, and present each resident with a participation plaque they can hang on their wall. (suggested by Barbara Ritchey, Regional Lifestyle Consultant and Lifestyle Coordinator at Americare Senior Living in Sikeston, MO)



- **Torch Relay:** Make a "torch" from a flashlight with construction paper "flames" stuck on top of it. Have a staff member go down each hallway with the torch as part of the opening ceremonies. (suggested by Lisa Fortier, Activity Director at Peak Resources in Wilmington, NC)
- **Marksmanship:** Have residents shoot at targets with Nerf guns. (suggested by Barbara Ritchey, Regional Lifestyle Consultant and Lifestyle Coordinator at Americare Senior Living in Sikeston, MO)
- **Javelin Throw:** Cut pool noodles so they are half as long as usual. These are the "javelins." Have residents compete to see who can throw the javelins the farthest down the hallway. (suggested by Lisa Fortier, Activity Director at Peak Resources in Wilmington, NC)
- **Shot Put:** Get some bean bags (like the kind used for Cornhole) and have residents compete to see who can throw them the farthest down the hallway. (suggested by Lisa Fortier, Activity Director at Peak Resources in Wilmington, NC)

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- **Ring Toss:** Fill five 2-liter bottles with water and dye the water in each bottle a different color—red, blue, yellow, green, and black, the Olympic colors. (You could also just paint the outside of each bottle those colors instead of dyeing the water.) Get plastic rings (like diving rings or something similar), also in Olympic colors if you can, and have residents compete to toss the rings onto the bottles from their doorways. (suggested by Barbara Ritchey, Regional Lifestyle Consultant and Lifestyle Coordinator at Americare Senior Living in Sikeston, MO)
- **Golf:** Get a few practice putting greens, some putters, and lots of golf balls. Let a few residents at a time putt from their doorways, and have a competition to see who can get all their balls in the hole in the fewest strokes. (posted by Yorktown Manor in Yorktown, IN—Heather Quirk, Activity Director)
- **Punt, Pass, and Kick:** I guess you just get a toy football and have a competition to see who can punt, pass, and kick it the farthest. This wasn't really described, just named. (suggested by Barbara Ritchey, Regional Lifestyle Consultant and Lifestyle Coordinator at Americare Senior Living in Sikeston, MO)

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MO, IN, NC

SENIOR
GAMES

- **Discus Throw:** Get a Frisbee to use as the “discus.” (It may be good to find a soft Frisbee since it will be thrown inside.) Have residents compete to see who can throw the discus the farthest down the hallway. (suggested by Lisa Fortier, Activity Director at Peak Resources in Wilmington, NC)
- **Soccer-ockey:** Yorktown Manor in Yorktown, IN, posted a video of residents playing “soccer-ockey”—a hybrid soccer-hockey hallway game. A sheet of plastic is taped down in the hallway and a net set up at one end. One resident acts as goalie from their doorway, wielding a broom to guard the net, and two other residents down the hall use toy hockey sticks to try to hit toy hockey pucks and miniature soccer balls into the net. (Heather Quirk, Activity Director)
- **Hallway Pong:** Two residents compete from their doorways to see who can get the most ping pong balls (they are given 12 each) into 6 cups (which have a small amount of water in them) set up on a tray in front of them. They bounce the ping pong balls on the tray like you would bounce them on a ping pong table for beer pong. The resident with the most balls in their cups when both residents are out of balls wins. Heather Quirk, Activities Director at Yorktown Manor in Yorktown, IN)

Australia &
IN

Activity Packets: Margaret Zani of Somerville, Victoria, Australia, commented that she has been printing off free word searches, crosswords, Sudoku puzzles, and spot-the-difference pictures and making them into packets to hand out to her residents. Kimberly Amos, of Indianapolis, IN, commented that her residents have been doing printable puzzles, coloring packets, poems, inspirational stories, and talking.



Words of Wisdom: Debbie Wettlaufer Boush, Recreational Assistant at AristaCare at Loyalsock in Mountoursville, PA, shared pictures from her facility of residents holding a whiteboard on which each had written their “words of wisdom” to share with the world. You could do the same thing with your residents and post the pictures on a bulletin board in your facility, take all the pictures around to residents so they can see what everyone came up with, send the pictures to residents’ families, or post them on social media like AristaCare did.

PA, OH



“Senior to Senior” Words of Wisdom: Residents at St. Mary of the Woods Senior Living Community in Avon, OH, offered their advice to 2020 graduates. Each resident held up a sign with their words of wisdom written on it, and the facility posted pictures of this to their Facebook page.

Traveling Store: Ask residents what they need and put those items plus some snacks and other useful items (travel-size shampoo, combs, lotion, etc.) on a cart. Take the cart around to each resident’s room and let residents “shop” for what they need/want. (suggested by Gianna Prospero-Garrow, Health Center Activity Director at Harrogate Retirement Community in Lakewood, NJ)

NJ, FL



Similarly, Debbie Hommel, founder of DH Special Services, shared a post from Atria at Villages of Windsor in Lake Worth, FL. Residents of that facility had been missing their weekly Target and Starbucks trips, so staff dressed up as Target employees and brought around a cart full of items—including Starbucks Frappuccinos—that residents could “shop” for.

Virginia
Beach, VA
library

Spacewalk: NASA has made its media available to the public for free. Residents can access thousands of amazing pictures and videos, complete with descriptions, on NASA's website (link: <https://images.nasa.gov/>). There are pictures of planets, nebulae, spacecraft, astronauts, etc. You could look at some of these pictures and videos with residents one-on-one and use them as a jumping-off point for reminiscing about the space race and subsequent US missions to space. You could also incorporate all of this into a space-themed day; have staff dress up as astronauts or wear NASA shirts, serve space-related snacks (Moon Pies, Cosmic Brownies, Star Crunches, astronaut food, etc.), show a space-related movie like *Apollo 13* or *Armageddon* on your dedicated resident channel, make space-themed crafts, and give out space-themed activity packets with crosswords, word searches, trivia, and so on. (suggested by Lori Presser, NCCAP Vice President)



What's NEW Wednesday

All over....

Theme Days



- Holidays/National Days and Months
- Ice Cream Day
- Jurassic Park Day
- Elvis Presley Day
- Breakfast at Tiffany's Day
- Hawaiian Day
- Pink Flamingo Day
- Tropical Cruise Day
- Baseball Day
- Prince Day
- Taco Tuesday
- Corona Busters
- Mustache Day
- Rock Star Day
- Pirate Day

- Wizard of Oz Day
- Roaring 20's Day
- 1960's Day or 1970's, 1980's, etc.
- Milk and Cookies Day
- Western Day
- Carnival Day
- "Don't Worry, Be Happy" Jamaican-theme
- Paris Day
- Earth Day

- Finger-painting
- String art
- Marble art
- Sponge art
- Paint/color by number
- Anything!

Tennessee

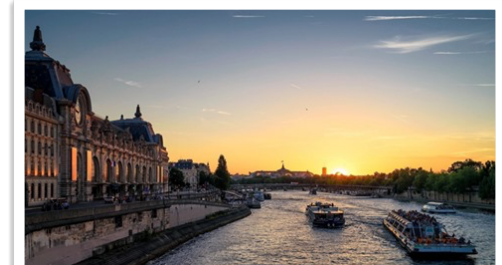


- Jigsaw puzzles
- Crossword puzzles
- Trivia games
- Any card game
- Sudoku
- Word Search
- Match games



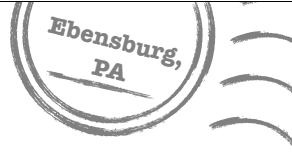
New York,
NY

- Arm-chair traveling
- Virtual reality tours



- WEAREAGEIST.COM
- Discover Live: The Paris "Un-Travel Experience"

- **Axe Throwing:** Get your residents in on one of the hottest new trends and throw some axes! Keana Bertocci-Myers, Activities Director at Cambria Care Center in Ebensburg, PA, shared photos of residents at her facility having fun throwing toy axes at an inflatable target. The game, which she purchased at Sam's Club, consists of an inflatable axe-throwing target and toy axes. The axes stick to the target "board" with velcro. (As a bonus, the reverse side of the inflatable axe target is a dart board, and the game also comes with suction-cup-tipped darts.) Axe throwing could be done as a tournament in the hallway or one-on-one with residents in their rooms.



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Activity

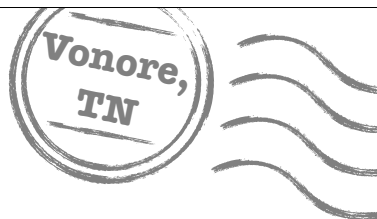
**Professionals rise to
the occasion,
because so often, we
ARE the occasion!**



**May God protect
each one of you
and keep you
SAFE!**



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