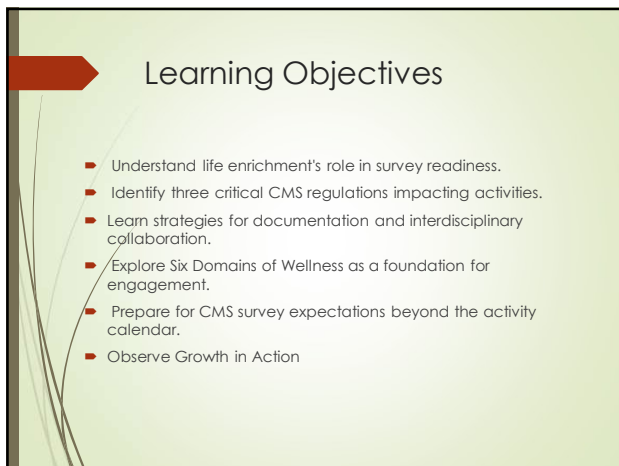
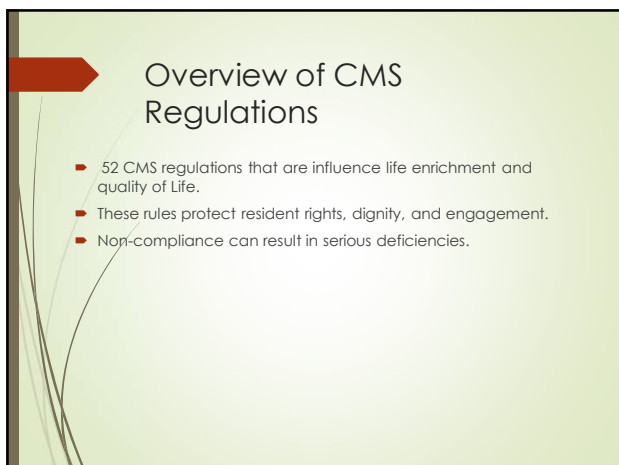




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Key F-Tags to Know

- F675: Quality of Life
- F679: Activities
- F680: Qualified Activity Staff

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F675 – Quality of Life

- Facilities must maintain or enhance each resident's quality of life.
- Focus Areas:
 - Dignity and respect
 - Individualized care
 - Opportunities for resident choice

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F679 – Activities

- Facilities must provide ongoing activities designed to meet each resident's interests and well-being.
- Key Requirements:
 - Activities must reflect resident preferences.
 - Address physical, cognitive, emotional, and spiritual needs.

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F680 – Qualified Activity Staff

- Facilities must employ or consult with qualified activity professionals.
- Compliance Factors:
 - • Proper credentials and training
 - • Adequate staffing levels

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Level J Deficiencies

- Definition:
- Widespread, serious harm or potential for harm.
- Examples:
 - • Lack of resident choice
 - • Absence of meaningful activities
 - • Unqualified staff managing programs

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Life Enrichment & Survey Readiness

- Surveyors want to see:
- Comprehensive assessments of resident preferences
 - THIS MEANS AN INITIAL ASSESSMENT OF ACTIVITY PREFERENCES IS NEEDED.
- Care plans integrated with activities
 - FOLLOW THROUGH FROM INITIAL, TO SECTION F, TO PROGRESS NOTES
- Documentation showing outcomes, not just attendance
 - HOW WELL THEY PARTICIPATED
 - Participated, Observed, Passive, Disruptive, Refusals.
 - This can be done by either activities or nursing that are observing from the outside.

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Six Domains of Wellness

- Physical
- Cognitive
- Emotional
- Spiritual
- Social
- Vocational

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Staff Education Strategies

- Train all staff on what qualifies as an activity
 - DEFINITION: ANYTHING OTHER THAN AN ADL
- Support resident participation at every level of care
 - FTAG 675, 679
- Use interdisciplinary teamwork for consistency

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Documentation Best Practices

- Include resident voice and preferences
 - Example: When Assessing a resident for Activities we ask
 - What music do you like?
 - WE SHOULD ALSO ASK
 - How do you like to listen to your music.
 - What is your favorite Song?
 - What makes this music important to you.
- Align activities with care plan goals
 - Care Plan, Progress Notes, Assessments, Section F of the MDS Must MATCH.
- Document outcomes, not just attendance
 - How well they Participate.

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Special Programs

- Cycling Without Age – Outdoor trishaw rides reconnecting residents to the world
- The Dignity Program – Embedding resident voice, autonomy, and values into care
- Dementia Life Story Program – Personalized engagement through biographical planning
- Social Work Follow-Through – Ensuring continuity in psychosocial and enrichment support

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CYCLING WITHOUT AGE



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CYCLING WITHOUT AGE

Program that is designed to provide “an engaging and immersive outdoor experience” that offers residents “the opportunity to embark on scenic bike rides throughout the beautiful campus aboard a specially designed trishaw.

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CYCLING WITHOUT AGE

- POLICY AND PROCEDURE ARE CREATED FOR THE SAFETY OF THE RESIDENTS
 - This includes a training on the Trishaw
 - It also Includes Helmets being a must!
 - Residents are given the choice of whether they want to wear a helmet
- Usually around 20- to 30-minute rides, with either one or two residents at a time.
 - Life Enrichment takes responsibility for getting sign-ups and scheduling the rides.
- **BEST RIDE:**
 - A Couple on Campus used to ride bikes together. They would go to dinner on their anniversary after.
 - A Ride Was arranged on their anniversary
 - Then a dinner together.

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CYCLING WITHOUT AGE

- BENEFITS
 - Seeing the outside world in a new way
 - Connecting with other residents throughout the campus
 - Residents come out to say hi and wave at them
 - Staff member gets good exercise
 - NO WORRIES IT DOES HAVE PEDAL ASSIST FOR THE PENNSYLVANIA HILLS.

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THE DIGINITY PROGRAM

- Nicole Sarver, CEO at Valley View Retirement Community

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Neighbor-to-Neighbor: Rebuilding Connection Post-Pandemic

An Innovative Volunteer Program at Ginger Cove
Presented by: John Beyer, LCSW-C
Director of Social Work & Wellness

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The Pandemic's Impact on Connection

- Spouses separated across different levels of care
- Neighbors unable to visit neighbors
- Families distanced from loved ones
- Lingering effect: A sense of disconnection remained even after restrictions lifted

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The Challenge

- Volunteer program disappeared during the pandemic
- Residents expressed fear and uncertainty:
 - 'What do I say?'
 - 'What if I say the wrong thing?'
 - 'When should I help—or not help?'
- Avoidance of neighbors and friends with memory loss
- Growing divide between independent residents and those with chronic illness/dementia

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The Idea

- Light bulb moment: Dr. Jonah Ronch's 'Train the Trainer' dementia program for staff → Why not residents too?
- Goals:
 - Reduce fear and stigma
 - Build confidence and compassion
 - Empower residents to reconnect

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The Program “Dementia in our Midst”

- “Dementia in our Midst”
- Three-Session Training Included:
 - Basics of dementia & Alzheimer's
 - What's happening in the brain
 - Practical communication strategies
- Peer-to-Peer Approach:
 - Two independent living residents trained to co-lead sessions
 - Built trust and relatability

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The Outcome

- Neighbor-to-Neighbor Volunteer Program launched
- One-on-one visits and group activities
- Monthly support meetings for volunteers
- Increased comfort and willingness to engage across levels of care

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The Impact

- Rekindled relationships: Friends reconnecting after years
- Residents who said 'I could never do that' → now committed volunteers
- Stigma around dementia melting away
- Stronger, more connected community

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Why It Matters for Senior Living

- Pandemic taught us: Isolation is as harmful as disease
- Future of senior living = person-centered, connected, compassionate
- Education + Empowerment + Involvement = Culture of Care
- We don't just create volunteers—we create connection

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Thank You

- Questions?
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SOCIAL SERVICE THROUGHOUT THE CONTINUUM

- Meg Clouser, Director of Health Services at Foxdale Village


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Q & A

- OPEN FORUM STYLE Question and Answer session

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THANK YOU

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