



WELCOME

GINA GAMBARO

Director, Marketing &
Business Development

Asking a question is easy!

- About the topic being presented —
 - ❖ Click on the **Q&A** icon at the bottom of your screen
 - ❖ Type your question & hit Enter
 - ❖ Questions will be answered at the program's end, or offline if time runs out

- About technical issues or CE credit —
 - ❖ Click on the **Chat** icon at the bottom of your screen
 - ❖ Type your question & hit Enter
 - ❖ Our team will reply to your question right away

Housekeeping notes

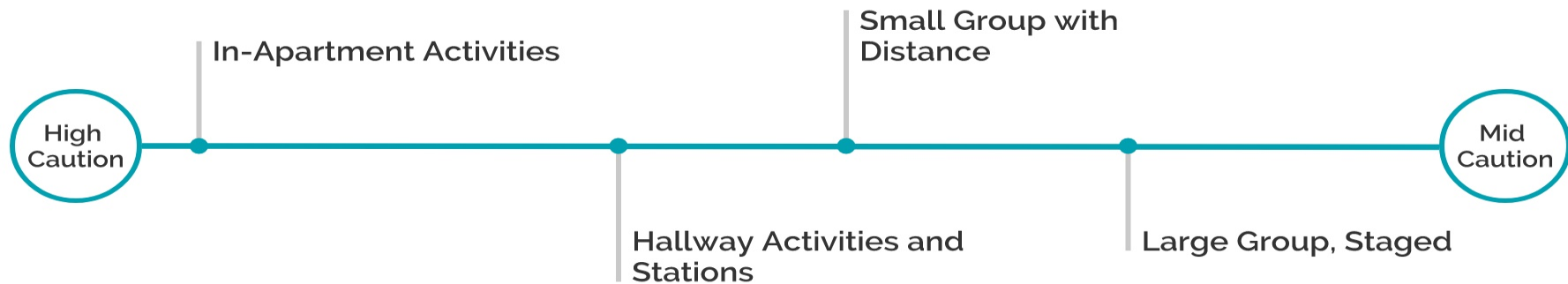
- ▶ This webinar is being recorded for on-demand access later, after the series' conclusion
- ▶ To earn CE, you must attend the entire session
- ▶ **For those sharing a computer**
 - Complete a manual sign-in sheet before the program ends
 - Go to **Chat** to access the link for the sign-in sheet
 - Each participant must complete an evaluation to obtain CE credit
 - Instructions will also be emailed to the program registrant

Safe Engagement Toolbox: Ensuring Active Living Never Stops at any Phase Health Precautions

Benjamin Surmi
Director of Culture and Education,
Koelsch Communities

Safe Engagement Toolbox

at Every Phase of Physical Distancing



In Apartment



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A



New
Day

Friday UPDATE

**MADISON
HOUSE**
INDEPENDENT & ASSISTED LIVING
KOELSCH COMMUNITIES

Play our Social Distance Match Game! Open the attached doc and see if you can match the answers from your loved one!

Residents & staff are settling into life during the COVID crisis. We would like to thank everyone for their hard work, well wishes, and cooperation.

While Gov. Inslee's mandate still restricts visitors to medically-essential only, please connect with your loved one in the following ways:

1. Family Facetime / Video Calls: Click [here](#) to schedule.
2. Notes of Love: Call reception @ 425.821.8210.
3. Singing telegram: Call reception @ 425.821.8210

IT'S A NEW DAY!

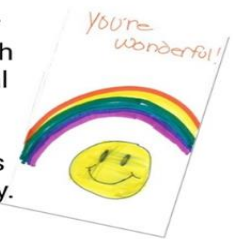
The community came together to create a large art display in the lobby. Each resident took a small piece of the picture. A great reminder of what we can accomplish when we work together.



Madison House has always been a hotspot for hummingbirds. Eastside Audubon Society was so generous and sent us a list of other common backyard birds for our area so residents can play Birdwatching Bingo! Thank you Eastside Audubon!



One of our local 9 year olds approached us with hand-colored, individual cards for all of our residents. Thank you Stella for thinking of us and brightening our day.



425 Publishing sent us 100 free magazines for a reading scavenger hunt activity! Each magazine had a list of items to find for the daily Crazy Kash poker card!



Remember, we are setup to provide singing telegrams, facetime calls, and love notes from family. Call reception for more info 425-821-8210





K

KRAZY KASH

MH

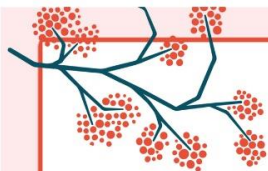


MH

1.00

K

F



Poetry Contest!

I Watched a Blackbird

By Thomas Hardy

I watched a blackbird on
a budding sycamore

One Easter Day, when sap
was stirring twigs to the
core;

I saw his tongue, and
crocus-coloured bill

Parting and closing as
he turned his trill;

Then he flew down,
seized on a stem of
hay,

And upped to where his
building scheme was
under way,

As if so sure a nest was
never shaped on spray.

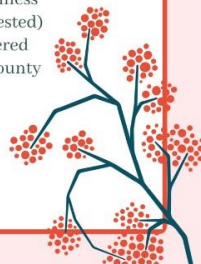
Dear literary geniuses..

Whether you're the next
Shakespear or are new to writing
poetry, we want to hear YOUR
voice!

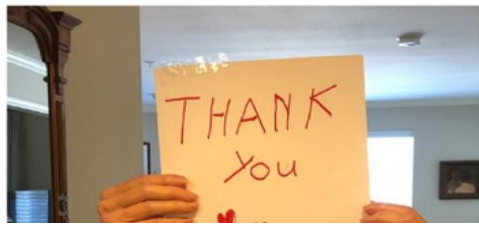
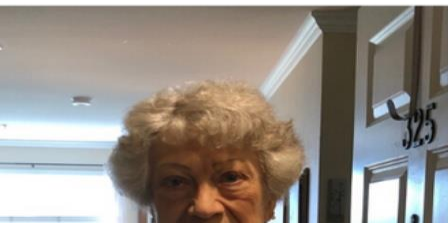
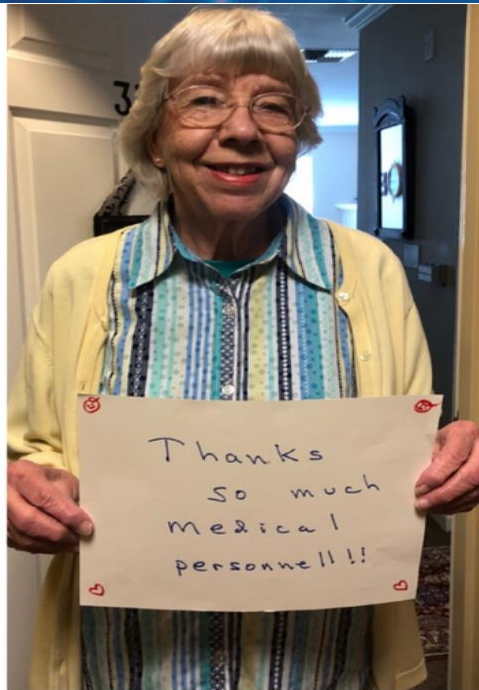
Submit your poem to the Front
Desk no later than April 24th @
5:00pm!

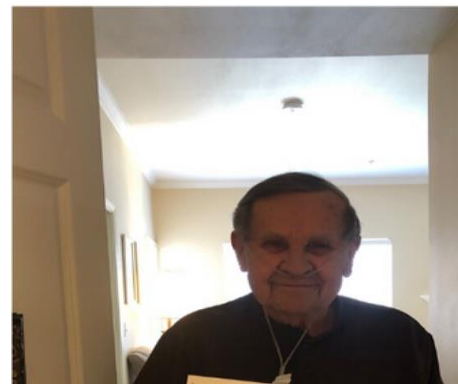
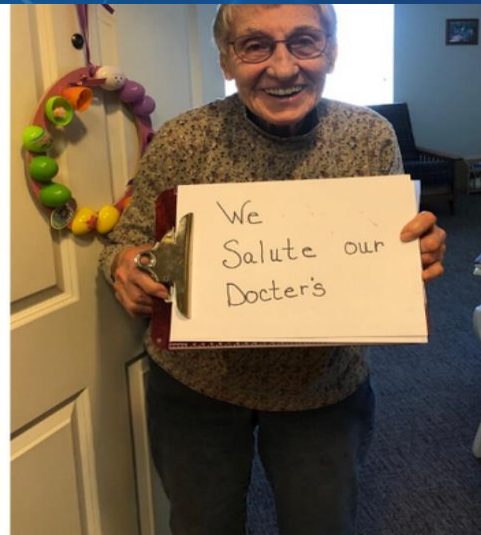
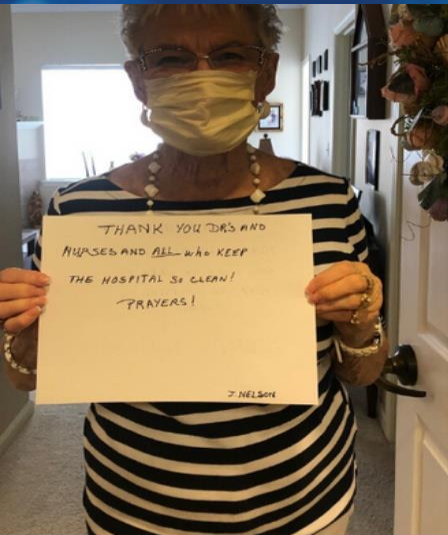
All entries will be reviewed by our
activities team to determine this
year's MH Poetry Contest winner.

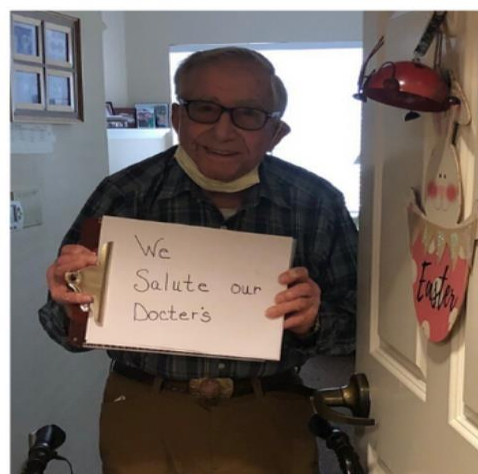
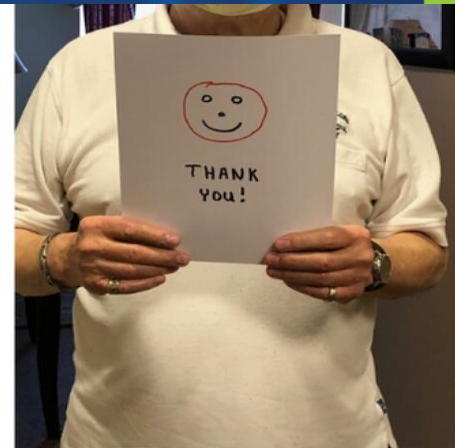
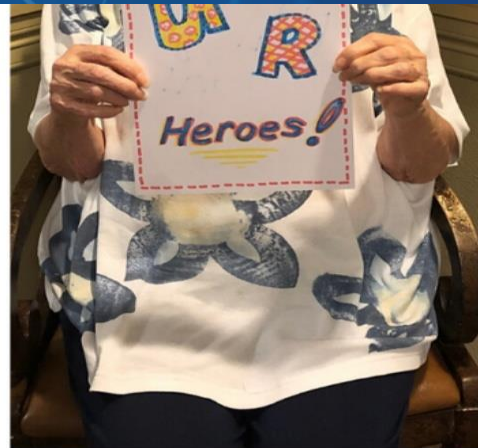
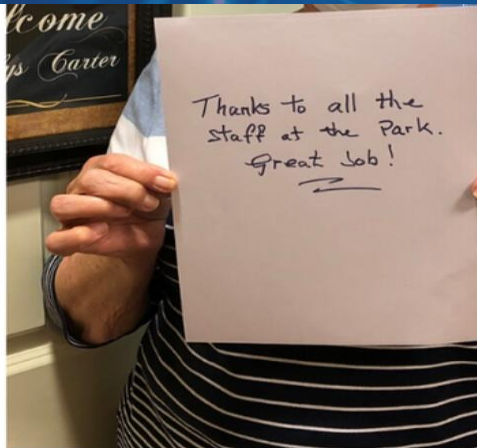
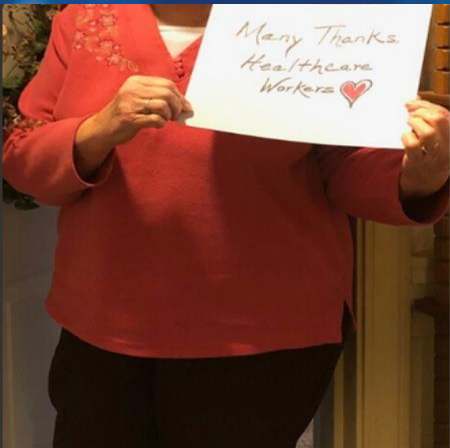
Submissions (unless
otherwise requested)
will also be entered
into the King County
Library Poetry
Contest for a
chance to win!















In Apartment

WITH TECHNOLOGY

Technology Options

- 1** Live Streaming
YouTube, Facebook
- 2** Highway61.co
- 3** Conference Line
- 4** Zoom, Skype
- 5** Kraydel, Independa

Hallway

INCLUDING STATIONS AND ONE-ON-ONE



















Scavenger Hunt

29 Mystery Items

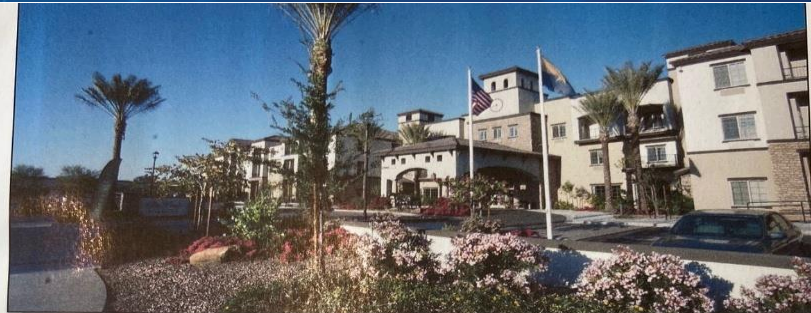
Write the nearest location, hall, or apartment number under each photo. First to turn into receptionist correct wins.

- 1st - Lunch at Bistro
- 2nd - Ice Cream
- 3rd - Warm Cookie



A walk in the Park

by jerry poppenhouse



A Walk in the Park

Open your eyes breath in the beauty that's all around you

This is a story about people finding beauty when the world went crazy. The year was 2020 and we all know what happen then, the coronavirus. A small group of people living together in a retirement home decided to open their minds to the beauty of art and nature. The state of Arizona had issued a stay at home lockdown so we as a country had entered a new way of living. The news was news no one had ever heard before, we needed something to take our minds off of this unknown monster. Our retirement home had just opened and the few of us living here were scrambling for things to do. The people who designed our new home had done a wonderful job landscaping the exterior with all sorts of flowering bushes and trees so the idea was born to lose ourselves, if only for a short time in this beauty. This brochure is dedicated to that brief time we submerge ourselves in beauty and forgot about the everyday fear. These images I hope will remind us of that day and give us hope that nature is always there for us, we just need to stop and look. Open your mind and eyes to beauty and the evil will disappear.

They say art is in the eye of the beholder and if that's so we need to realize how important seeing is. This adventure we took on this April day in 2020 was simply called "A walk in the Park" because our retirement home is named The Park at Copper Creek in Chandler, Arizona. The emphasis on this walk was to improve ones seeing, become more aware of things around us, be better observers. This all starts with seeing.

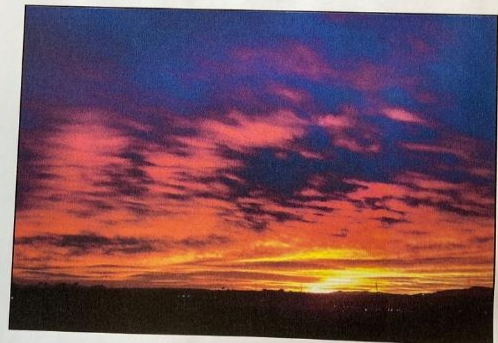


Sunset
by Esther Poppenhouse

The clouds were slowly moving
They looked like drifts of snow
But were soon changing
Into a crimson glow

I watched them slowly disappear
And felt a sadness in my heart
But then I heard a small voice say
There will be another day

There will be more sunsets
very beautiful to see
It's God's gift to everyone
And all of them are free.





BARRIERS TO SEEING

Letting go of self..... Abandon any preconceptions about the subject matter.

Preoccupation with self is the greatest barrier to seeing, and the hardest one to break.

The mass of stimuli surrounding us.

Another sight barrier is the labeling that results from familiarity.

By these labels we recognize everything, and no longer see anything. We know the labels on the bottles, but never taste the wine. Your assignment today is; pick a subject, one thing, like a tree or a bush (but don't label it), study it, look at it, walk around it, study all the aspects of this object feel the texture, make close observation of every detail. Then describe your experience.





The Art of SEEING

Seeing, in the finest and broadest sense, means using your senses, your intellect, and your emotions. It means encountering your subject matter with your whole being. It means looking beyond the labels of things and discovering the remarkable world around you.

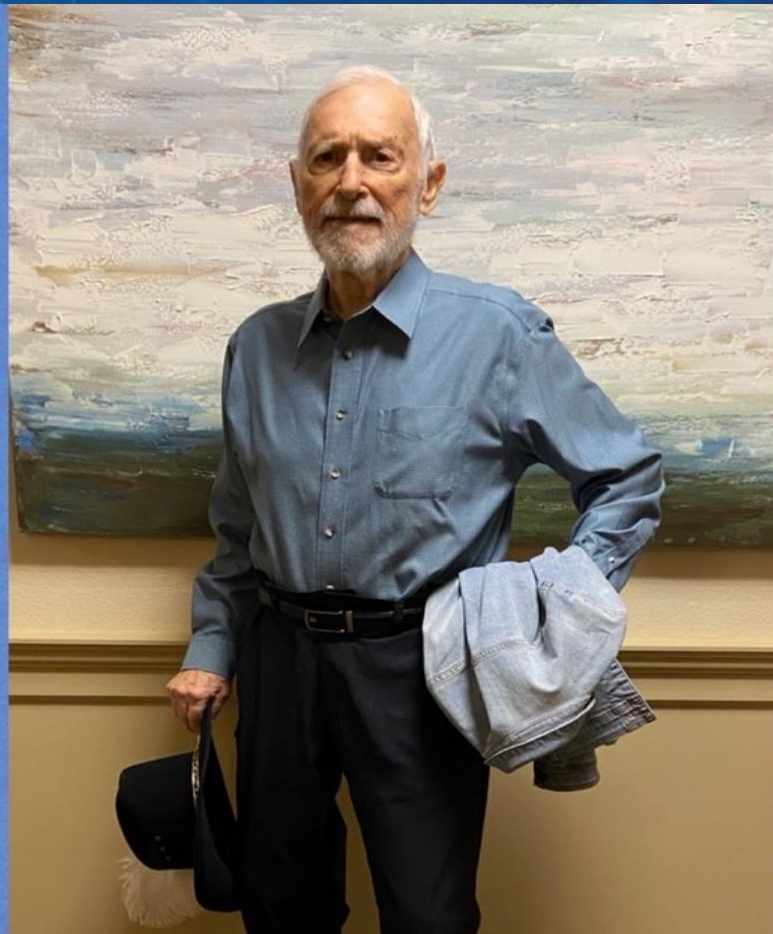
Problem with Seeing is that it is so easy and natural that we never give it a second thought. We look. We see. What could be simpler? But behind that simple act lies a profound process that affects how we act, think, learn, and how we photograph. We learned seeing early in life. And the seeing we learned was one that would help us survive.

"The question is not what you look at but what you see". HENRY DAVID THOREAU



The basic analytical skills (reading, writing, and arithmetic) are impressed upon us as being more important than the appreciation of direct sensory experience, so we come to depend less and less on the part of the brain that encourage visual thinking. This pattern becomes so firmly established that, by adolescence, we hasten to catalog everything we see. We rule out visual exploration, and seldom discover the innumerable facets of each object. By these labels we recognize everything, and no longer see anything. The value of the familiar. A photographer who wants to see, a photographer who wants to make fine images, must recognize the value of the familiar. Your ability to see is not increased by the distance you put between yourself and your home. Good seeing begins with careful observation of what's around you. Observing is the first and most important skill we have to learn. Learning to observe requires us to set time aside to "see" familiar things. The first step in learning any skill is to relax. Good observing is more than just noticing objects. It means recognizing the contrast, lines, shapes, and textures that make up objects and their surrounding spaces. Coming to grips with your presence in the world is the first step in learning to see.



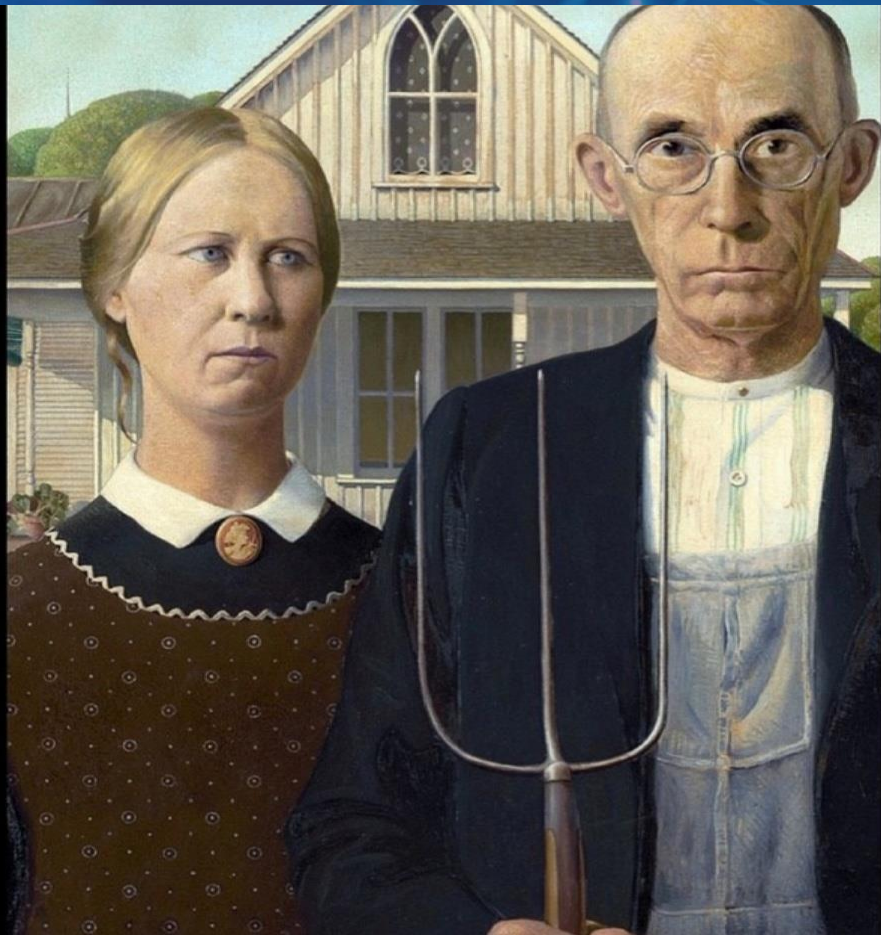






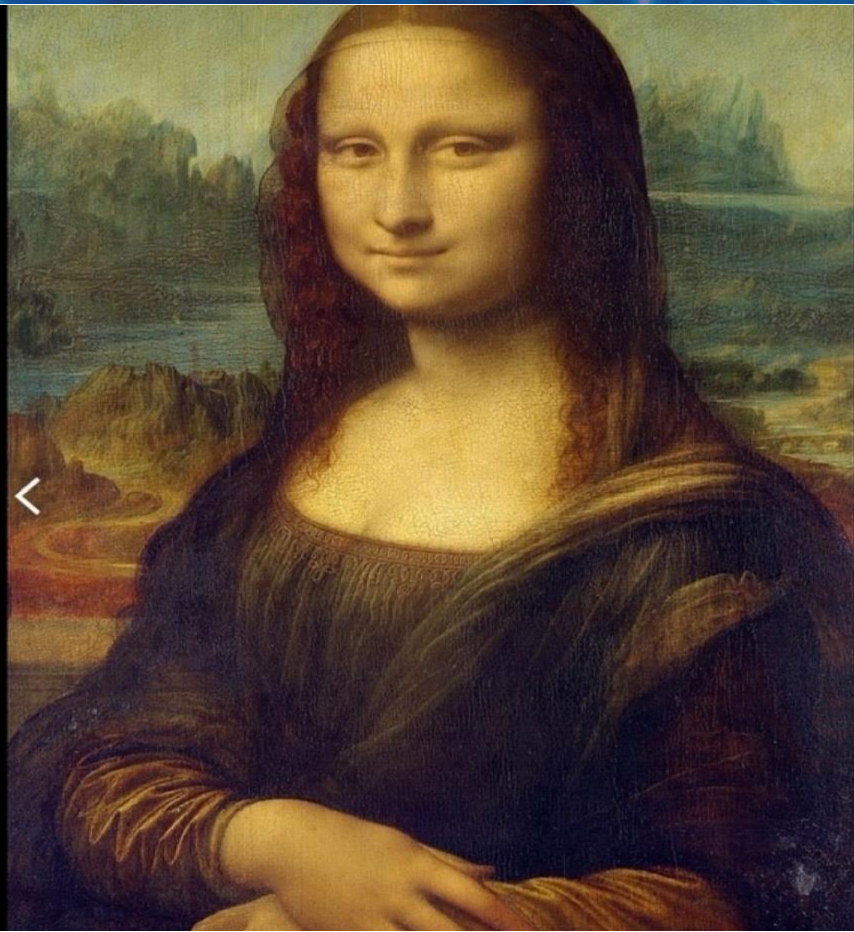




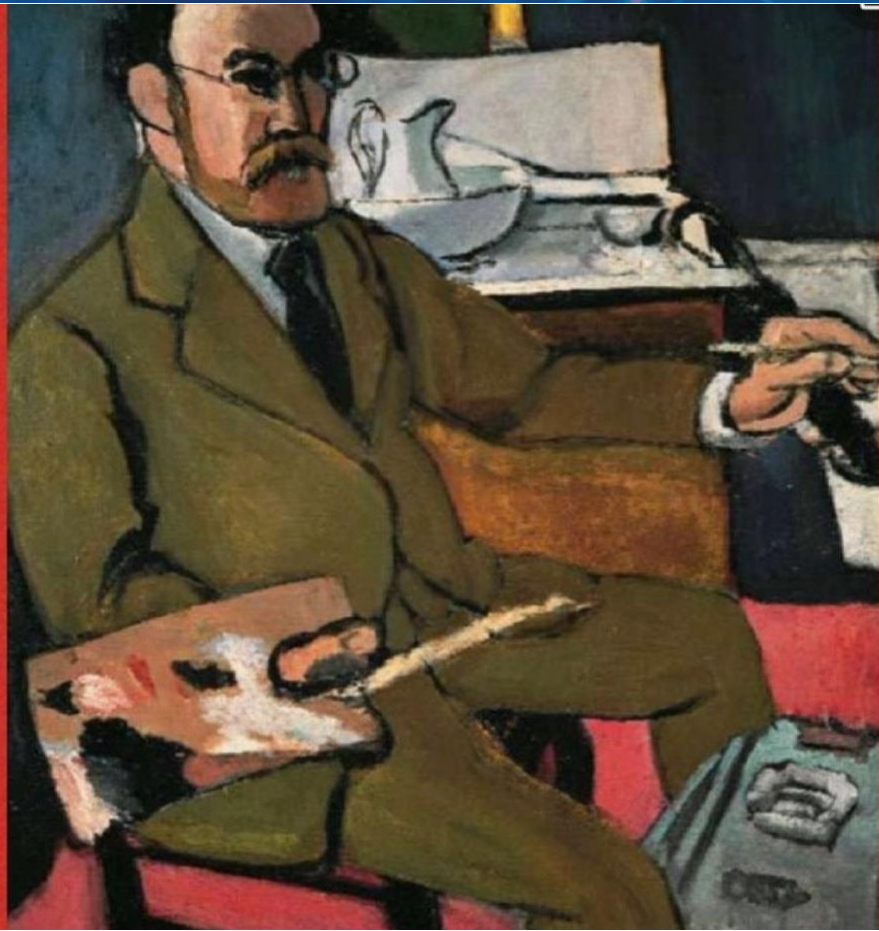






















1



PIC•COLLAGE



2



PIC•COLLAGE



3



PIC•COLLAGE



4



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5



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PIC•COLLAGE



7



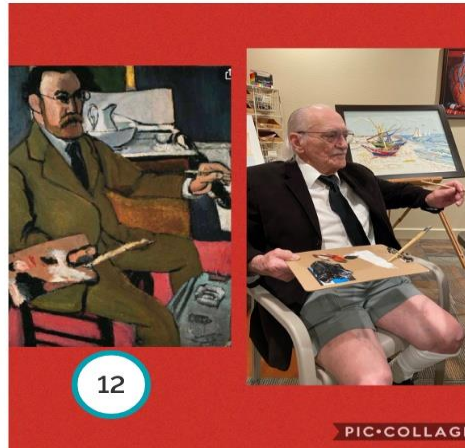
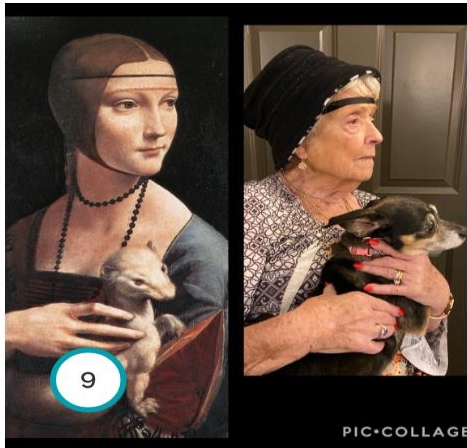
PIC•COLLAGE



8



PIC•COLLAGE



Small Group

10 OR LESS WITH 6 FOOT DISTANCE









Large Group

STATIONS + STAGING









TO: MANAGEMENT AND STAFF

THE RESIDENTS OF THE PARK EXTEND TO YOU OUR APPRECIATION FOR EVERYTHING YOU DID FOR US DURING THE PANDEMIC.

YOU KEPT US SAFE, WE WERE WELL-FED AND MEALS DELIVERED WITH A SMILE. SHOPPED FOR GROCERIES, TOOK US TO DOCTOR APPOINTMENTS. GAMES, BEAUTY TREATMENTS. THE FRONT DESK ALWAYS HAD A PLEASANT GREETING (EVEN WHILE THEY WERE DEALING WITH HEAVY OUTSIDE PACKAGES). OUR CRAZY "FUN" WEDNESDAY HAPPY HOURS WERE AN ABSOLUTE HIGHLIGHT OF THE WEEK.

WE ARE SO FORTUNATE TO LIVE IN SUCH A WONDERFUL PLACE.

THANK YOU

THE PARK AT SURPRISE
acknowledge with grateful thanks
the wonderful and inventive work
of the compassionate staff
during the pandemic of 2020













Q & A

About CE credit

Administrator credit

This program has been approved for Continuing Education for one total participant hour by NAB/NCERS.

Approval #20220520-1-A74857-DL.

Nursing credit

This program has been approved for Continuing Education for one total participant hour by IBON.

Obtaining CE credit

- ▶ Complete the evaluation at the conclusion of this program:
 - In your web browser
 - Also emailed immediately following this program
- ▶ For those sharing a computer to view the webinar:
 - Submit your sign-in sheet to the email address listed on the form
 - Each participant will then be emailed a link to the evaluation
 - Each person must complete an evaluation to receive CE credit
- ▶ Certificates should be emailed in about 30 days

Want more CE after this?

[ForumPharmacy.com](https://www.ForumPharmacy.com)

Look for our upcoming webinars:

May: *Sexual Harassment Prevention training to Fulfill Illinois CE Requirements*

THANK YOU!