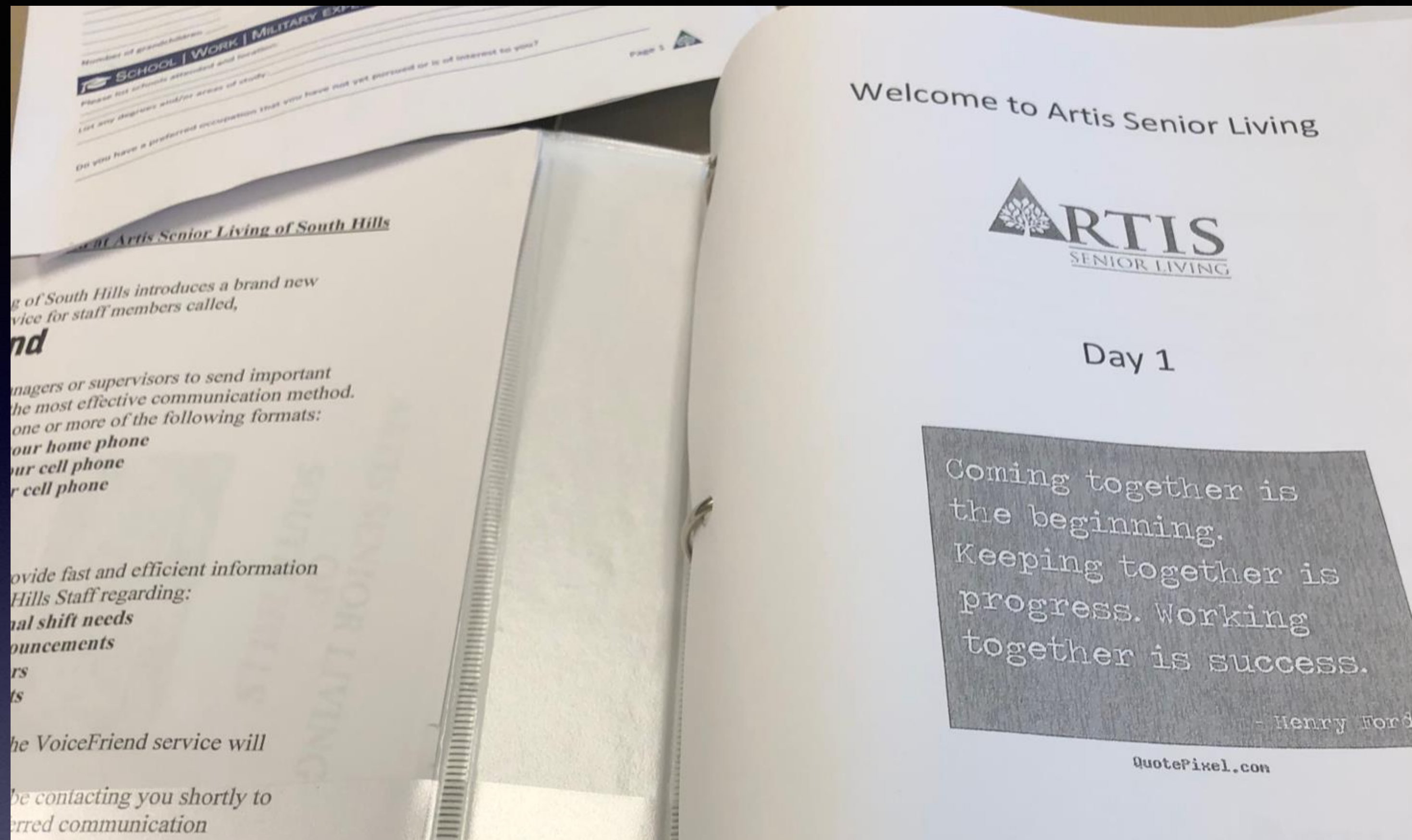
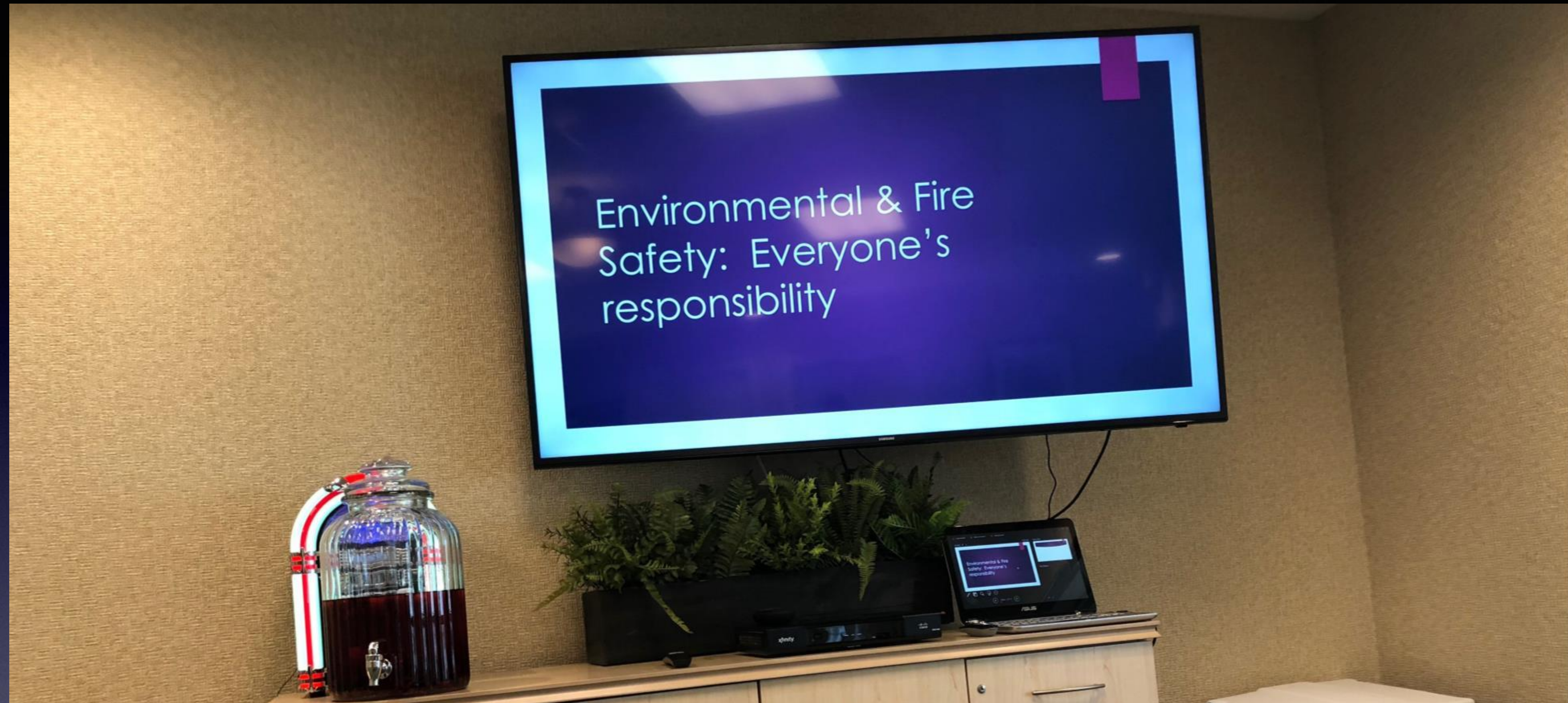


# Artis Senior Living of South Hills



# Day 1: Orientation

Before working with residents, all staff, volunteers, and interns must complete orientation that covers both practical matters and their philosophy of care.



# Orientation: Emphasis on Safety

An important part of training was to make sure that everyone understands the practical matters of health and safety since we are responsible for the care of the residents.



# Welcome to the Kennywood Neighborhood

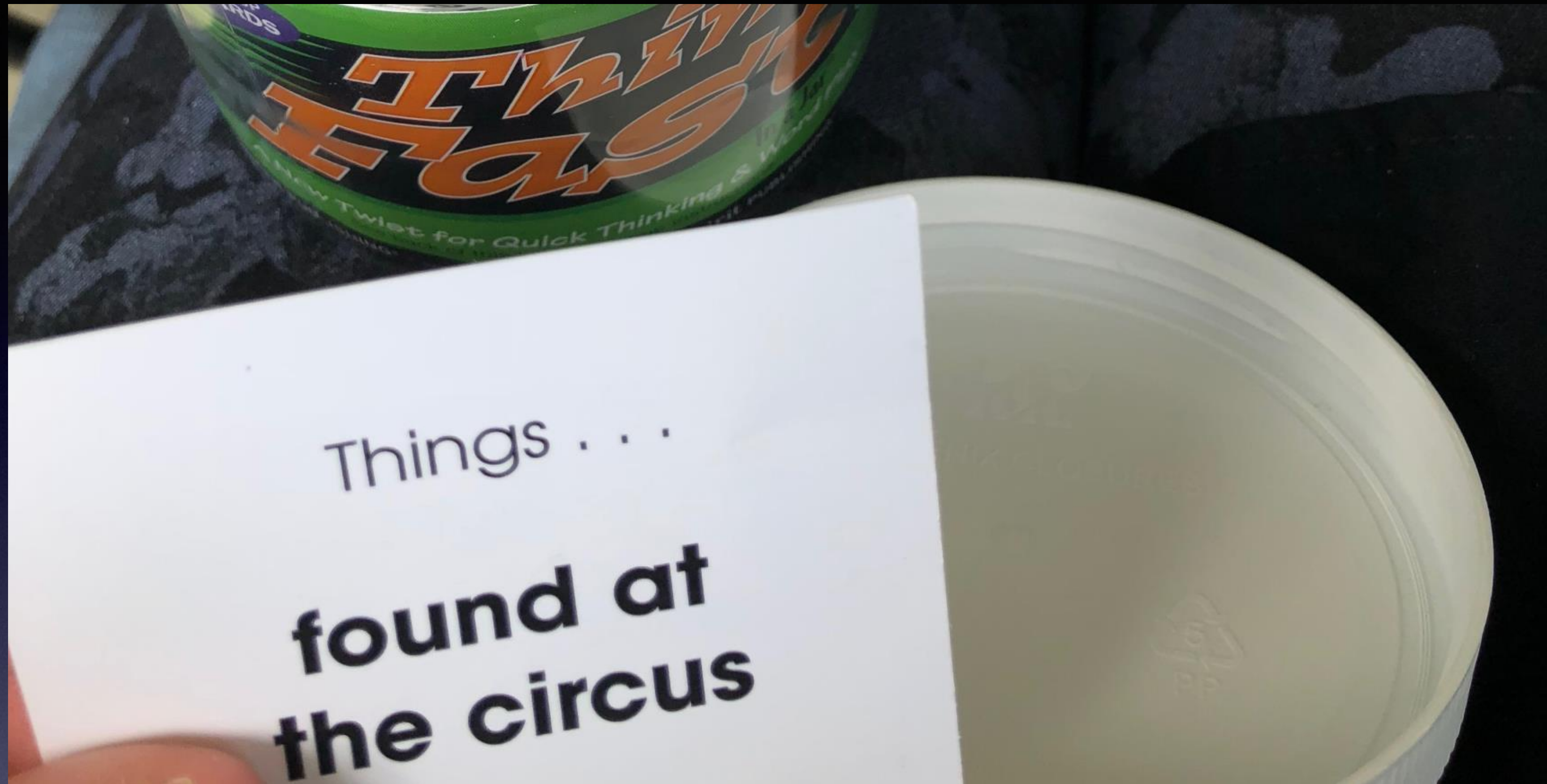
Artis is divided into four neighborhoods that help to organize and track residents. This was a picture I took for the June newsletter I was responsible for.

# Memory Exercises: Picture Matching

One of the memory exercises that the residents like to do is picture matching. They like it even more when the pictures are of cute puppies and kittens.

This exercise gets residents to utilize their working memory and executive control processes.





# Memory Exercises: Retrieval

“Think Fast” is a game we play with residents as a way of focusing on memory retrieval. It asks them to think of and name common items. It is designed to help them with retrieval by creating a context for the memory, in this case a circus, as an aid to retrieval.



## Memory Exercises: Spatial and Image Processing

Not every resident enjoys puzzles, but for those that do, it provides exercise for the parts of their brains focused on spatial and image processing. The colorful images also help us understand if there is any inability to perceive color.

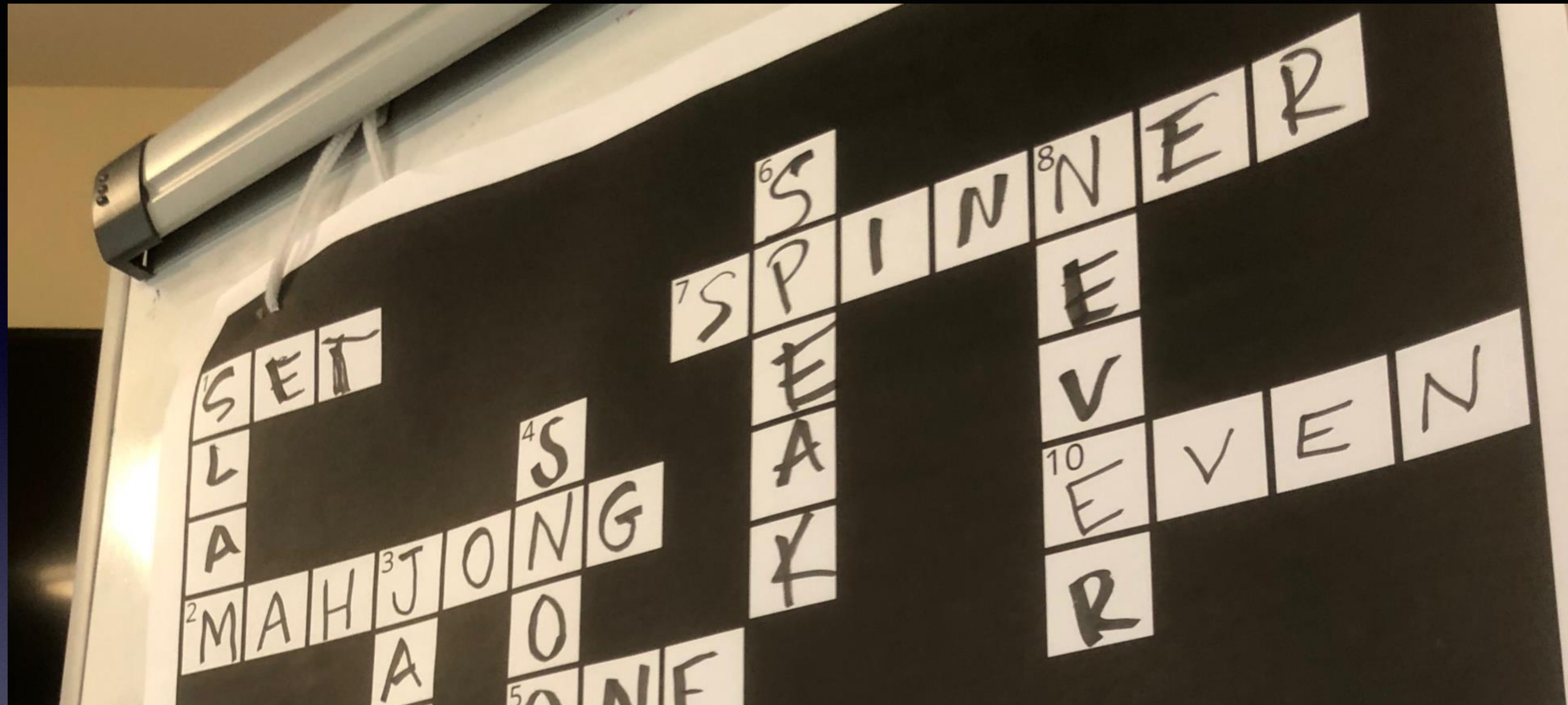
# Memory Exercises: Memory Board

One activity that I brought to the residents was the idea of creating a memory board.

It gave me 1:1 time with the resident with the idea that the completed board would help remind them of personal details as they experienced memory loss.

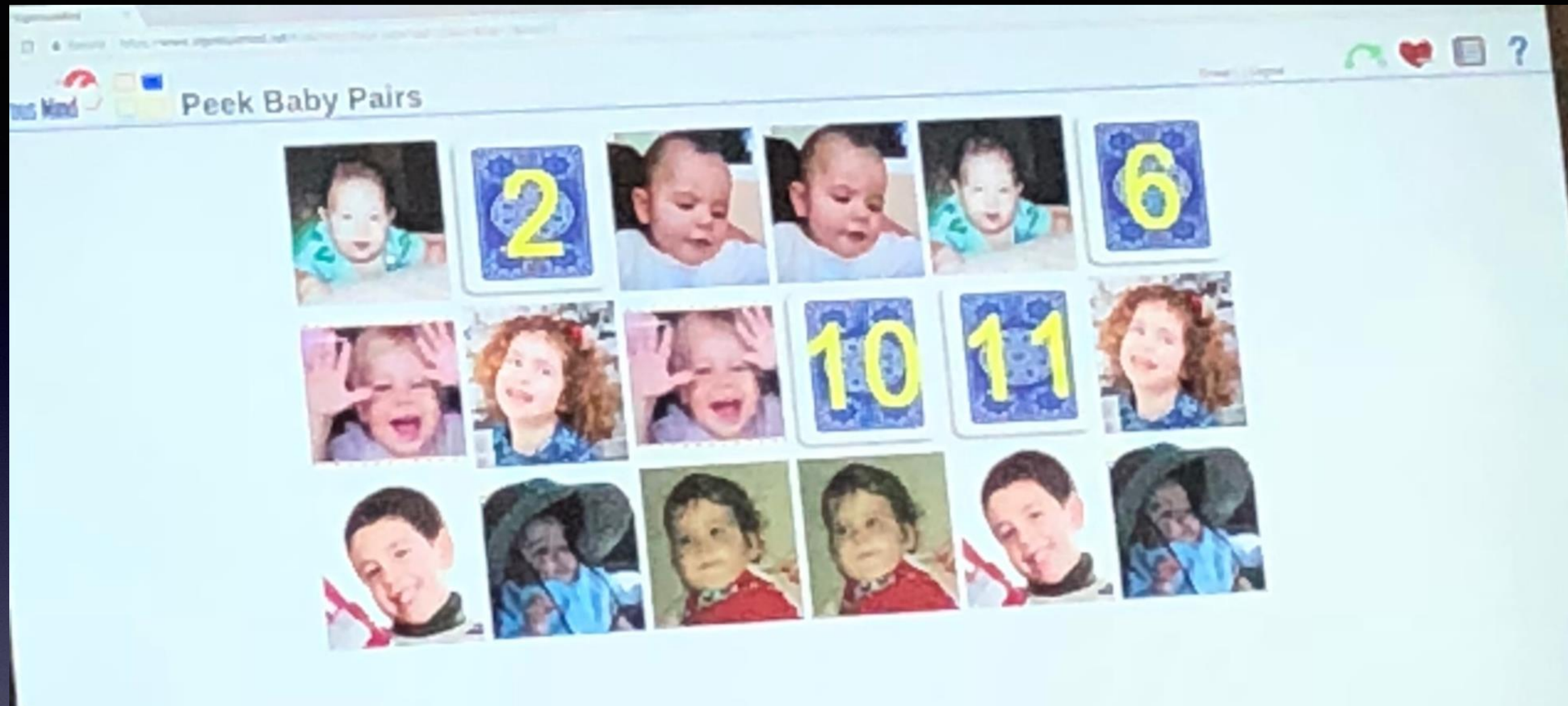






## Memory Exercises: “Crossword Puzzles”

This activity focused on word and letter recognition. We focused more on fitting the words into the crossword than we did the answers to the clues.



# Memory Exercises: Picture (Face) Matching

Similar to the memory exercise that matched pictures of puppies and kittens, this exercise matches pictures of babies and children. While this exercise again gets residents to utilize their working memory and executive control processes, it also illustrates the special processing that is associated with facial recognition.



# I Can: Making Dog Toys

The "I Can" program demonstrates that the residents are still capable of contributing to the community. On several occasions, they made dog toys to donate to local animal shelters.



# Boo, the Artis Therapy Dog

Although he is still preparing to be a therapy dog, Boo is being raised by one of the Directors with the goal of being a therapy dog for the residents. They already like having him around.

# I Can: Making Charity Bracelets

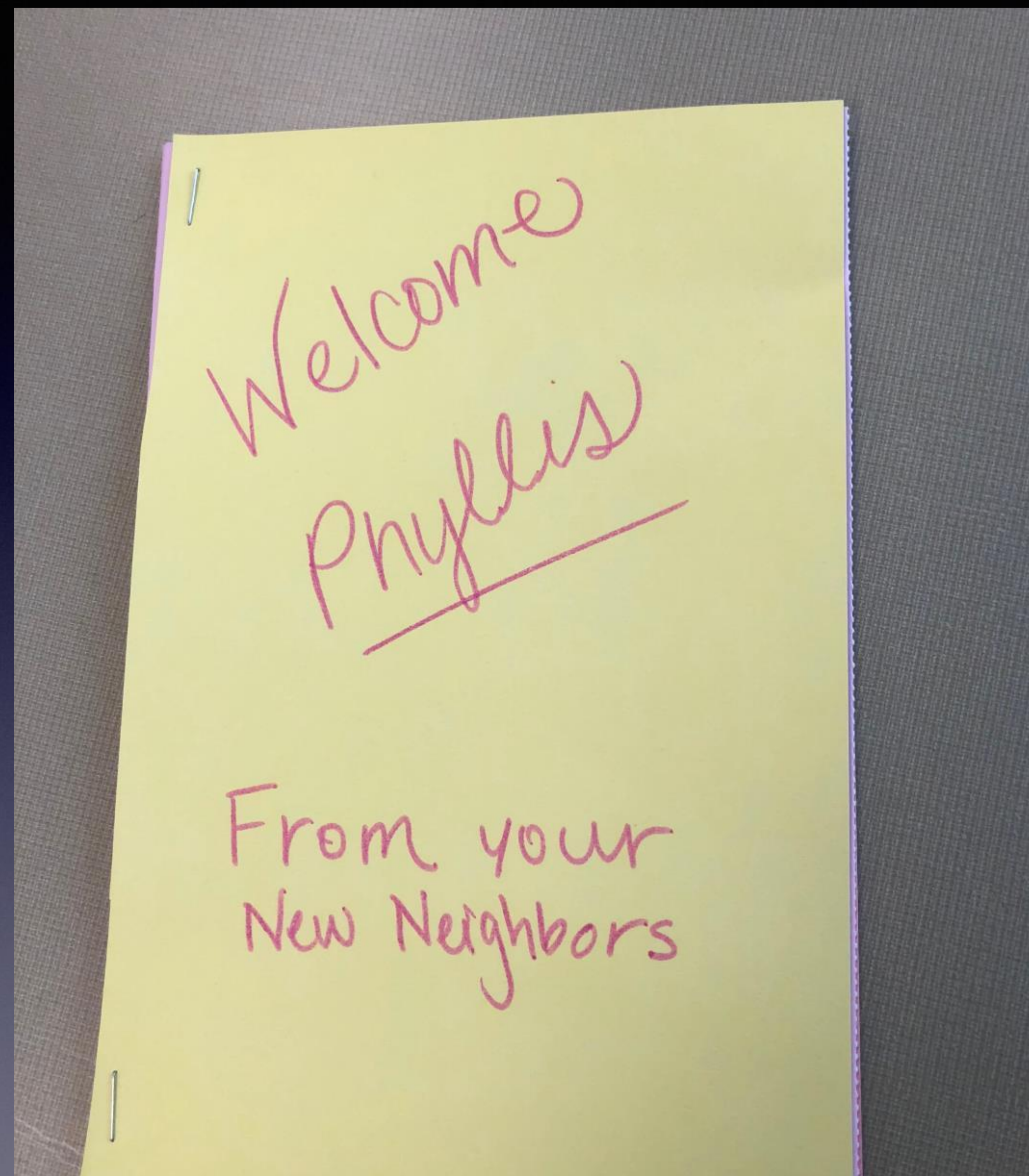
Another activity in the “I Can” program. The residents made bracelets to sell in the lobby of the facility with the sales going to an Alzheimer’s charity.



# I'm Alwrite: Welcome Card

With the "I'm Alwrite" program, the residents get to demonstrate through the written word that they are still a part of the lives of family and friends.

It shows that they are still capable of acknowledging important events or milestones in spite of their own declines.





# Nature and Exercise

The residents like to go outside, so we would often use that desire to get in some extra exercise. Late in the day, I would often walk with the residents.



# Nature and Exercise

An outdoor activity many of the residents enjoyed is cornhole. There were even times when I organized mini-tournaments for them.

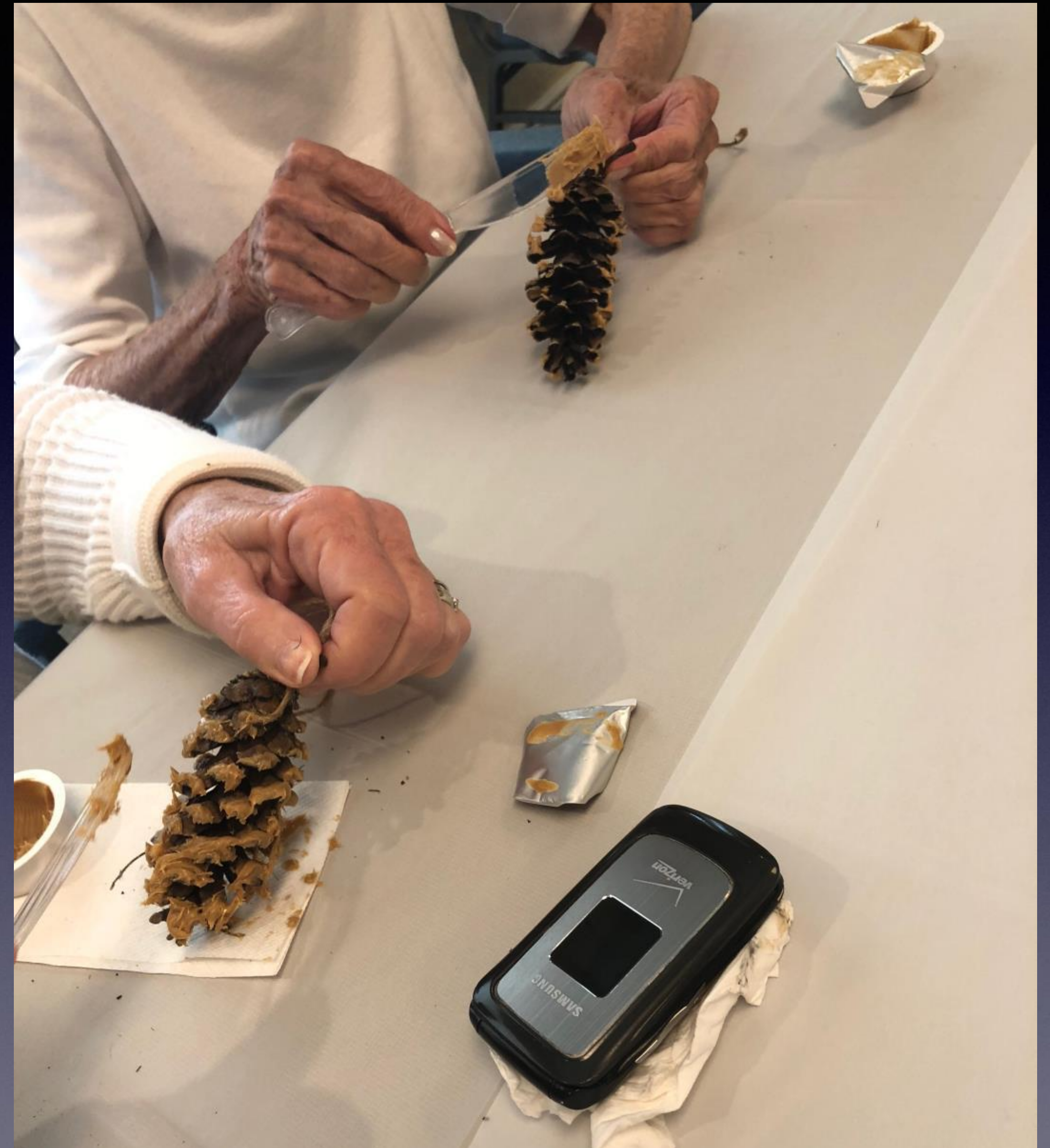


# Nature: Making Bird Feeders

One of the activities I brought to Artis was making bird feeders out of pine cones.

It was a fun activity, and they were enthusiastic about it.

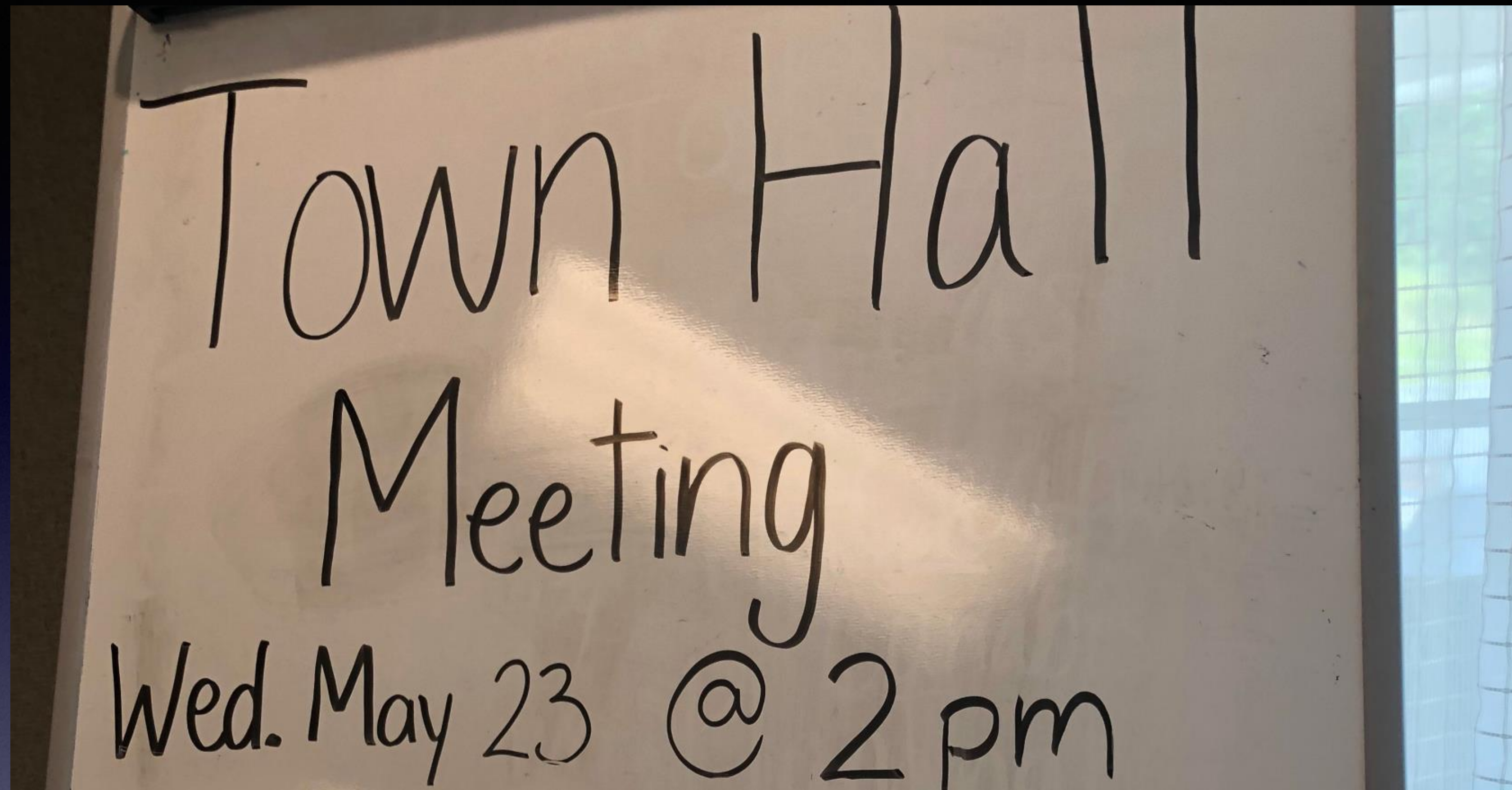
They often talk about watching the birds and squirrels outside, so this project appealed to those feelings, too.





# Nature: Painting Rocks

Many of the residents like art-based craft activities. We would have them paint a rock any way they would like and then place it outside. Later, we would have them locate their rocks when they were outside relaxing or walking as a way of reinforcing their ability to recall those memories.



## Creating a Community

The staff would frequently hold town hall meetings with the residents to let them know important information and to get their feedback on the facility. We were especially interested in which activities and events they enjoyed the most and the least to make sure we focused on those things that interested them.



## Creating Community: Eating Meals Together

Artis tries to make the residence feel at home, and an important part of that is maintaining traditions. The residents eat their meals together in a family-style way. In addition, they have a standing invitation for family members to come and join the residents for dinner at a very minor cost. One of my tasks each day was to make sure all the residents got from their neighborhoods to dinner.

# Creating Community: Visiting Presenters

Artis tries to regularly have outside presenters or entertainment for the residents.

In this case, a local singer stopped by and entertained the residents with old songs they easily recognized.

One of the singer's favorites was Frank Sinatra songs that the residents also liked.

No matter what he sang, many of them sang along as the music helped trigger their memory of the words.





## Creating Community: Visiting Presenters

This was one of the resident's favorite events. A local woman came and made "picnic food" desserts. Her desserts resembled food like a hamburger on a bun, but they were in reality desserts. She engaged the residents with music and conversation, which created a great deal of interaction between the residents. The residents also got to make their own desserts.

# Creating Community: Weekly Religious Service

This weekly religious service helped create a sense of normalcy for the residents, and many of them anticipated the regular occurrence of it.

Even residents who have a hard time remembering, they could recite prayers and songs that they had committed to memory over many years.




# Artis Monthly Newsletter

As part of my practicum, I also worked on, and put together, the monthly newsletter.

It gave me a chance to talk to and learn about different aspects of the residence and the people that work there.

The newsletter is a way of keeping families involved in what their family member is experiencing.

	<h2>The Voice of Artis</h2>	<p>Artis Senior Living South Hills</p> <hr/> <p>Volume 1, Issue 2 June 2018</p>														
<p><b>Welcome to the Artis Community</b></p> <p>With the doors of Artis Senior Living South Hills now open for residents, here are a few helpful items for families and new community members.</p> <p><u>Visiting our Community</u> For family and friends planning on visiting residents, the main entrance is only open during set hours. On weekdays, the door concierge is available from 9am to 8pm while over the weekend, they are available from 10am until 4pm. At all other times, or anytime the door is not open, please use the doorbell located outside the entrance or call the Artis main number for access.</p> <p><u>Environmental Services</u> For new and existing residents who need a television or pictures hung, families can speak to Director of Marketing, Justine Heller, to arrange. This can be ready for the resident for when they arrive, if Justine is informed of a resident's date of move in. One</p> <p>mitted in the rooms of residents; however, power strips can be used to provide additional outlets. For any questions, please contact Director of Environmental Services, Robert Faux.</p> <p>Family members are welcome to use the facility's guest Wi-Fi for Internet access while they are visiting. The password is "guestwifi".</p> <p><u>Beauty and Barber Shop Services</u> On Wednesdays from 10am to 4pm, the Beauty Salon and Barber Shop is open for residents. Appointments can be made by contacting Director of Business Services, Michelle Pennine.</p> <p><u>Welcome Suggestions</u> Artis begins with "A," which reminds us of every individual's ability to have a voice. One way that we enable that is by taking suggestions from the community's residents, families, or partners members. To make that process easier, a</p>		<p><b>Inside this issue:</b></p> <hr/> <table border="0"> <tr> <td>Family Referral Program</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Kitchen Corner</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Town Hall</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Our Neighborhoods</td> <td style="text-align: right;">3</td> </tr> <tr> <td>First Residents Arrive</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Meet Boo</td> <td style="text-align: right;">4</td> </tr> <tr> <td>Upcoming Events</td> <td style="text-align: right;">4</td> </tr> </table> <hr/> <p><b>A</b>bility to have a voice</p> <p><b>R</b>especting and maintaining relationships</p> <p><b>T</b>reasuring each person's uniqueness</p> <p><b>J</b>ocosity</p>	Family Referral Program	2	Kitchen Corner	2	Town Hall	3	Our Neighborhoods	3	First Residents Arrive	3	Meet Boo	4	Upcoming Events	4
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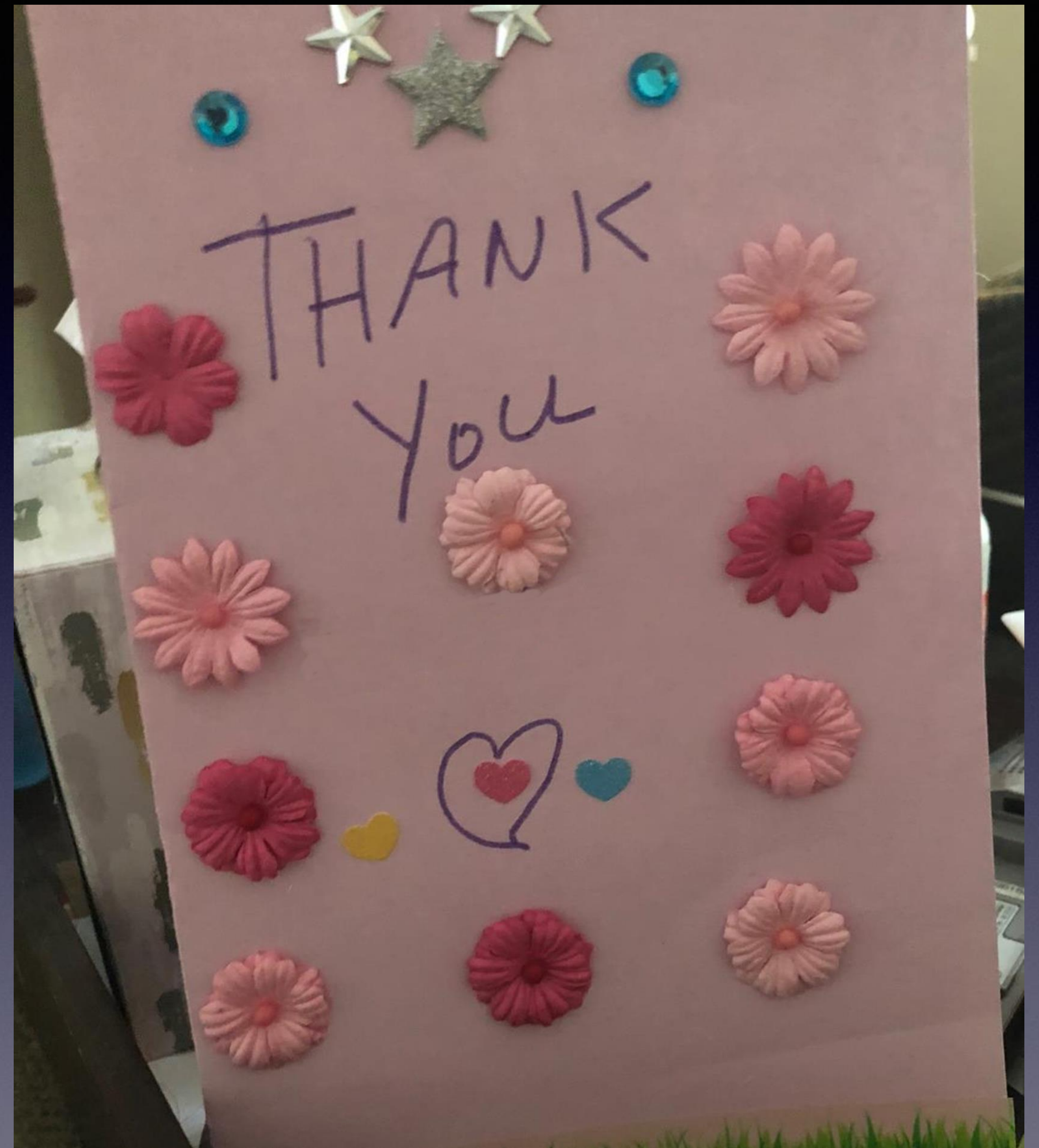
Artis at the Julian Gray Healthcare Conference.



# I'm Alwrite: My Thank You Card

Even though I knew it was part of the "I'm Alwrite" program, I was touched when the residents gave me this card on the last day of my practicum.

I have continued to volunteer at Artis almost weekly since I finished, and I appreciated their note of thanks.



# Overall Experience



- Start Date: May 14, 2018
- End Date: June 21, 2018
- Rating of Experience: 9 out of 10