Grantee
TimeSlips Creative Storytelling
4461 N. Lake Dr
Milwaukee, WI  53211

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Creative Storytelling Engagement Training

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September 1, 2016 - August 31, 2017

Additional Information and Resources

Department of Health Services / Division of Quality Assurance
Quality Assurance and Improvement Committee

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TimeSlips Creative Storytelling, Inc.

Final Grant Report:
Creative Storytelling Engagement Training
September 1, 2016 - August 31, 2017

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SUMMARY
For one year from September 1, 2016 - August 31, 2017, TimeSlips was actively engaged with 50 nursing homes within Wisconsin in order to bring creative engagement awareness and education to their community’s staff and volunteers. Therefore we met the Program Goal of “(TimeSlips) will certify lead facilitators in each of the 50 WI Nursing Homes in Creative Storytelling Engagement Training”. Throughout this entire year, as we recruited, trained, coached and celebrated the creativity of those living with dementia, we were able to witness areas of success both small and large, and we were able to learn how we can meet the needs of our trainees and their communities much better for the next time we engage in multi-site training.

RECRUITMENT of 50 Nursing Homes & 100 Staff for TimeSlips Certification
We held two recruitment webinars and promoted the Creative Community of Care program through all relevant channels in our network. We successfully recruited 50 WI nursing homes to become trained in our TimeSlips’ Creative Community of Care program. We obtained a commitment from the Nursing Home Administrator and two staff, often from activities, selected to lead the program at the nursing home. They completed an application demonstrating their desire and fit for the program, and a description of how they anticipated integrating the program into their current practice. These two staff would become trained and certified in the TimeSlips approach and then co-lead the disbursement of the non-certified TimeSlips training to interested colleagues, volunteers and family throughout their organization.

Outcomes
By 10/31/2016, we recruited all 50 Nursing Homes for this grant. Additionally we had 21 WI nursing homes who requested to be a part of a future grant. Throughout the year, we observed considerable staff turnover. We needed to continuously be engaging with nursing homes to identify when these staff transitions occurred and help them identify a new trainee to help support the program. Consistent, ongoing communication proved vital to this effort.

RECRUITMENT of Volunteers for TimeSlips Training
We invited participating nursing homes to invite all interested family and volunteers and any additional staff to receive free online TimeSlips Creative Engagement training without certification. This volunteer group received the same support from the Project Manager and access to all supplemental materials.

This year due to the publicity from this grant and TimeSlips Founder Anne Basting’s MacArthur Fellowship, we had individuals reach out to us to learn how they can get involved with TimeSlips. If they lived nearby a nursing home participating in this program, we would connect them with one of the co-leads and set them up with the free online training. Unfortunately, we weren’t able to effectively get the nursing homes to actively recruit volunteers for training. Our co-leads found informing their community about the free training to be challenging. They did not have the time to disseminate the information through their colleagues, internal or external communication. Project Manager, Angela Fingard, made herself available for interviews to their marketing teams to help promote interest in the work and invite volunteers to take advantage of the free training.

Outcomes:
Due to challenges in the recruitment of volunteers, we only had 10 volunteers complete the online training.
RECRUITMENT Lessons Learned & Adjustments for future work

The biggest challenge when it came to staff recruitment was managing the staff fluctuations due to turnover or other employment changes to ensure having enough people becoming trained to support the training practice of the program. The biggest challenge when it came to volunteer recruitment was supporting the staff in getting the word out to family and friends. The next time we train a nursing home to become a Creative Community of Care, we are going to involve more than just the nursing home administrator and two activities staff. Increasing the number of people involved per site will support the TimeSlips program with the least amount of disruption when there is staff turnover. We will ask for a commitment from a broader group of people call the Creativity Council during recruitment. We will work with nursing home leadership to identify a Creativity Council which may include a representative from: leadership, activities, a social worker or a family liaison, someone from therapies, a CNA or DON and perhaps someone from facilities and dietary. This group will not all go through the full training, but will be available to support the recruitment of family and volunteers to this program, disseminate relevant educational and promotional materials created by TimeSlips to generate awareness, enthusiasm and help support the success of the program throughout the community.

Additionally, our Program Manager will help identify potential partnerships in the area, linking schools (high school and college) and other potential sources of volunteers to the nursing home.

We are also redoing our online training for volunteers to be simpler and easier for volunteers to successfully learn and feel confident in using creative engagement techniques.

We will also recruit fewer nursing homes so we can increase the breadth and depth of our program at each nursing home so they can learn and adopt the creative engagement process throughout the community, build & train their volunteer pool and connect with partners in the community. We will recruit these nursing homes clustered geographically to help generate regional awareness of the creative engagement process to help the community witness the creativity of elders and people living with dementia thereby helping to decrease stigma, increase nursing homes connection with community partners, generate supportive nursing home communities, increase regional volunteer recruitment and partnership awareness.

There will be handful of mentors for the new Creative Community of Care nursing homes coming from the 2016-17 group who want to grow their program, develop a partnership model and connect with new trainees to increase sustainability, awareness & participation.

Summary of recruitment lessons learned:

1) Formation of Creativity Council to broaden the commitment and awareness of the project within the nursing home.

2) Project Manager assists with identifying potential partners.

3) Redo training/website for simpler interface for volunteers.

4) Reduce number of nursing homes trained and cluster them into regions to build identity of and pride/investment in the program.
TRAINING of Certified Facilitators (Staff)
All of the people identified as co-leads were signed up for the TimeSlips certification training online which they could stop and start at their own pace to fit the needs of their work schedule. They also had access at anytime to the supplementary training materials online, three webinars which they could attend live or view recorded afterwards and a full-time Master Trainer dedicated to answering their questions or providing coaching by phone or email.

Learning Objectives Outline:
In our online certified facilitator training these trainees:

Reviewed what is dementia and person-centered care, including identification of health risks of stigma, isolation, loneliness for older adults.

Learned the core principles of creative engagement and how it provides meaning and value, thereby improving the quality of life of those living with dementia.

Learned three levels of creative engagement (programming; daily relationships; community-building projects)
- The process for creative storytelling to support programming
- How to identify and practice micro-moments of imagination in which creative engagement can be used in daily interactions/relationships
- Models for building partnerships within the broader community through sharing that honor the storytellers and invite the community to learn about and possibly join in the creative process

Training Components for Certification:
The TimeSlips certification requires the following components for completion.

Online Training: The 5 training modules include 13 videos that they can stop and start at their own pace. The 2 co-leads at each nursing home were given access to the online training.

Practicing the Method: We require our trainees to facilitate at least 3 TimeSlips sessions with people living with dementia using creative prompts (images or beautiful questions) provided by TimeSlips or something they find on their own following a few suggestions so prompt selected does not pressure storytellers to remember.

Publishing the Stories: The trainees must either publish the stories they facilitate on the TimeSlips website or email them to Master Trainer, Fingard.

Planning and Holding a TimeSlips Celebration: Sharing the stories is an essential part of the TimeSlips method. This helps to foster community and reduce the isolation and stigma of dementia.

Self-Evaluation: The trainees then submit their Self-Evaluation where Master Trainer, Fingard, worked with them one-to-one by phone or email to offer guidance and feedback, so that they gained confidence and were supported in their practice.
Training Outcomes for Staff:
39 Nursing homes completed their certification & are being recognized as a TimeSlips Creative Community of Care
75 Staff became TimeSlips certified facilitators
25 Staff completed the TimeSlips training
10 Volunteers completed the TimeSlips training

Here is a sample of the feedback we received about their training and TimeSlips sessions. Please see Appendix B for all of the feedback received in response to our request for evaluation of the training and stories of the impact they observed.

_I have seen this process really open up otherwise quiet residents. It is unbelievable to see them work together and accept others creative ideas to make some pretty amazing and fun stories. I am so glad to get to be a part of the TimeSlips process._
- Kim Kiesner, Activity Assistant, ManorCare Health Services, Fond du Lac, WI

_The online format was great, it is really nice to be able to work in the learning as you can versus giving a whole day or more to an away from work training. Staff at time slips are enthusiastic and supportive. Great team to work with._
- Michelle Guyant, WI Veterans Home Ainsworth, King, WI

_We have had a lot of fun creating these stories. Many laughs have been shared during our storytelling sessions. I have one resident who doesn't usually actively participate in programs, but during storytelling, he always chimes in and provides an answer. I think there are many benefits to this approach, but I think the major one is that this approach allows the residents to be creative and use a different part of their brain. Once they get into the right mindset, they really come up with some fantastic answers and the stories just come_
together. I also see a sense of pride beaming from the residents when I retell the story for the final time during the session.
- Lindsey Taylor, Director of Recreation Therapy, Morrow Memorial Home, Sparta, WI

During one of our story sessions, we have had an elder who does not say much, lift up her head and give us an explanation during a story session. When quiet and sitting with her head down, it's very hard to know that she was engaged, then she made a very appropriate reply and adds to the story. GREAT! Success!
- Patty Morter, Activities Director, Good Samaritan - Lodi, Lodi, WI

I have had people contribute when I never thought they would. It is absolutely brilliant what they name some of these characters. I have seen them glow with pride when they hear their words repeated in a story. I have had my highest functioning residents ask if they can write stories too when they have read what the memory care residents have written. It has brought to light how little we require residents to be creative in our other activity groups. Even in art we often make a prototype for them to follow which allows for very little creativity.
- Kathleen Caldwell, formerly Activities Director, Cedar Springs, Cedarburg, WI, now at Heritage of Elm Grove

The biggest impact on me was having the residents laugh and be cooperative while creating the story. Usually they all want to be the loudest or first at everything - taking turns is not a skill we keep as we age. But I have seen my residents be more kind with each other, more generous with allowing others to also put in their two cents. As a result, the kindness they show... well, it spills into other parts of their day. I have seen it really improve the quality of life for everyone in our center.
- Krista McDuffee, Activities Director, ManorCare Appleton

**TRAINING of Volunteers**

As previously stated, recruitment of a high number of volunteers was challenging for the co-leads, but the quality of the volunteers recruited and trained has proven very successful. We have found offering free training to be an invaluable access point for connecting enthusiastic volunteers with their local nursing homes.

In addition to the free online training, the primary tools TimeSlips supplied to support volunteer engagement were our 10 Creativity Journals per location and our in-service video available to any volunteers and staff not seeking to be certified. The Creativity Journals were greatly appreciated since they were able to be utilized by any volunteer with only a moment of training or just by pausing to read the simple directions at the front of the book. These books provided creativity on the go by containing inspiring images and beautiful, open-ended questions to guide a story session. Our 26-minute in-service video helped to explain to the volunteers and the co-leads’ colleagues the work they were doing with TimeSlips. Sharing the creative approach of TimeSlips can generate more interest and support of the creative engagement work, additionally, it means they can use the tools they learn in the video and creativity can spread throughout the community through micro-moments of imagination.

The primary means of volunteer inclusion in TimeSlips training during this program occurred when the certified facilitators taught their volunteers how to support the creative engagement by echoing storytellers’ contributions and scribing the stories. Project Manager and Master Trainer, Angela Fingard, coached the trainees how to teach their volunteers to facilitate creativity versus dictating the outcomes so that all contributions (verbal, gestures, sounds) would be valued and captured without editing.
Training Outcomes for Volunteers:
Unfortunately, due to challenges in the recruitment of volunteers, we only had 10 volunteers complete the full online training. But the impact to the communities they served has been great. At the following 2 locations in particular, the free volunteer training has been a huge success.

St. Mary’s Home for the Aged - Felician Village, Manitowoc, WI
In this case, volunteer, Wendy Lutzke and her sister have taken over running the TimeSlips program to the St. Mary’s for the Aged assisted living center. Wendy is a recent retiree, who is passionate about this work with experience working in nursing homes. She found out about TimeSlips through her friend's post on Facebook. Her friend had proudly announced her that she donated her historic shipwreck photographs to the TimeSlips WI Creative Community of Care Guide and Wendy reached out to TimeSlips expressing her interest and experience and was connected with our leads at St. Mary’s. She has been warmly welcomed into the community with tremendous gratitude. She is now joyfully leading the TimeSlips creative engagement sessions, along with her sister, in their assisted living area.

Homme Home for the Aging, Wittenberg, WI
Three educators from the Wittenberg school district have been trained in TimeSlips and are forming a partnership rooted in our creative engagement method to run an intergenerational program with Homme Home for the Aging. They were so excited to have access to free training on a creative program that was already occurring at their local nursing home and have programming that’s easily taught to students that will provide a meaningful connection between the two communities. Additionally, due to the work we did with Good Samaritan in Lodi this year, and witnessing their intergenerational programming using TimeSlips we were able to connect our contacts in Lodi with those in Wittenberg so they could learn what makes for successful intergenerational programming.

The primary means of volunteer inclusion in TimeSlips training during this program occurred when the certified facilitators taught the volunteers how to support the creative engagement by echoing and scribing the stories. Fingard coached the trainees how to teach their volunteers so that all contributions (verbal, gestures, sounds) would be captured without editing.

Supplementary Resources Available:
Creative Care Guide: TimeSlips partnered with 6 museums from across the state to provide WI specific prompts for the 50 nursing homes to use in their creative programming. Each museum donated 4-5 images to support the creativity of our storytellers.

In-Service Video:
- We provided a 26 minute in-service video to support the trainees by informing their colleagues of the work they were doing with TimeSlips. Sharing the creative approach of TimeSlips with colleagues can generate more interest and support of their work, which is helpful for maintaining a quiet environment for creativity to flourish, being respectful of the storytellers engagement with the work to try to minimize their being pulled out for other appointments, and to educate the staff in case they want to volunteer or invite family and friends to volunteer in creative engagement process or when planning community-wide celebrations. Additionally, their colleagues learned a few tools that could support the spread of creativity throughout the community.

Handouts Included:
Timeline of Training & Events

- Mapping your Talent Inventory inside the Nursing Home - helps with identifying who can help support / contribute to each community Building Project
- Mapping your Talent Inventory outside the Nursing Home - helps with partnership identification
- How to Guide for Capturing Audio - creates an additional creative output for their community, storytellers can read the story and the audio can then be used in a variety of ways - played as is for the broader community, overlaid in a video, background for movement pieces choreographed by the residents
- Volunteer Access to Free TimeSlips Training
- TimeSlips Fact Sheet to support the NH’s Marketing of the work they were doing
- Story Format Example - how to write the story in a way that respects the storyteller’s creativity & gives them credit in a byline
- Short Video clips showing TimeSlips in action with groups of various sizes

Creativity Journals:

- Each nursing home received 10 creativity journals which provided a super simple way for untrained family and friends to have quick access to the key ideas, images and questions for conducting a story session, so they could create stories with their loved ones one-on-one or in small group settings.

Supplementary Resources Outcomes

In general, these resources were underutilized by trainees. While we shared links throughout the training via regular follow-up emails and webinars and in response to personal requests for additional information, we are reviewing how best to ensure trainees know about and use these resources to their full advantage.

While we know the Creativity Journals were greatly appreciated and we received immediate, positive feedback, we’re uncertain about the range of adoption and ultimately who used them most, staff or volunteers.

The in-service video was underutilized. The co-leads wanted to feel more confident in their knowledge and practice of TimeSlips before they felt they could share this video with colleagues.

3 Webinars with Q&A Sessions:

3 live webinars led by TimeSlips Founder, Anne Basting, to deepen their practice outside of activities:

- **Creative Community of Care Programming**: Sharing tools for practicing Creative Engagement in everyday life as a way of offering deep meaningful connections, not just during an activity time
  - January 17, 2017 Webinar 1 Link: [Creative Community of Care Programming](#)
- **Community-Building Partnerships & Projects**: Sharing TimeSlips project models and exploring community celebrations of various sizes that invite everyone to share in the creativity of elders and those living with dementia. This webinar profiles several inspirational community-building projects and looked at how trainees can create their very own.
  - February 16, 2017 Webinar 2 Link: [Community-Building Partnerships & Projects](#)
- **Celebrations and What’s Next?** Anne Basting presented the statewide celebrations which were inspired by the stories from the participating nursing homes and shared at the WI Alzheimer’s Association Conference and on WPR’s Morning Edition [www.wisconsinlife.org](http://www.wisconsinlife.org). Basting also discussed all the services available as a TimeSlips Creative Community of Care after the grant ends on 8/31.
  - June 22, 2017 Webinar 3 Link: [Statewide Celebrations & Where Do We Go From Here?](#)

Webinar Outcomes:

- Webinar 1: Registrants: 36* from 24 nursing homes, 10 viewed live & 26 recorded
- Webinar 2: Registrants: 21* from 15 nursing homes, 9 viewed live & 12 recorded
- Webinar 3: Registrants: 27* from 20 nursing homes, 15 viewed live & 12 recorded
Coaching Sessions:
We held 9 face-to-face Coaching Sessions around the state. Angela Fingard and one other TimeSlips Master Trainer traveled the around the state January - July to offer face to face demonstrations and coaching to trainees.

The host sites often invited all activities staff and volunteers, as well as a representative from administration and marketing, and anyone else who was interested in learning more about Creative Engagement. These face-to-face sessions have been very valuable to trainees. Frequent feedback included enthusiasm for witnessing the incorporation of sounds, songs and movement into the creative engagement sessions and increased confidence to add those components to their sessions. They observed how various residents would respond to different creative requests and immediately saw how they could apply these techniques into their practice.

Phone coaching sessions were offered as an alternative to the face-to-face coaching sessions (which proved challenging to schedule). Angela began offering these coaching sessions via phone when it became apparent that trainees were very interested in the coaching, but were unable to attend a face to face session. These phone coaching sessions were often conference calls with all available trainees and volunteers at the location.

Coaching Sessions

Coaching Outcomes:
9 Face-to-Face Coaching Sessions
6 Phone Coaching Sessions
50 people total attended a Coaching Session: 41 Face-to-Face & 9 by Phone

TRAINING Overall Lessons Learned & Adjustments made for future work
There were many training delays due to the TimeSlips co-leads being in understaffed situations and / or due to turnover, medical leaves or hours cut due to low census. Delays also occurred when there was a transition in the nursing home’s ownership. The staff turnover we witnessed during was roughly equivalent to rate of activity.
staff turnover nationwide per the American Health Care Association’s 2011 Staffing Survey Report at 35.4%.

As stated above, in order to help maintain continuity during these staff transitions, we will recruit more people per location in the program implementation, include fewer nursing homes, and extend the duration of the project from one to two years.

The Creativity Council will not only help to maintain continuity through staff transitions, but assist in a broader adoption of the free, non-certified training for volunteers and family, by inviting some people who can serve as a family liaison and/or volunteer coordinator to assist in a broader the Creative Community of Care program adoption and subsequent community celebration of the creative output generated through these meaningful, creative engagements.

TimeSlips will offer additional support at the beginning of the program to help nursing homes promote the free volunteer training by providing them with promotional handouts, email and newsletter templates as well as providing interviews to their marketing teams to generate interest and support.

We learned our online training was too long for family and volunteers. We are creating shorter, bite-sized training geared specifically to volunteers. Staff will hopefully find it much easier to ask volunteers to participate in this training as it is not a large time commitment for the volunteers, but will it will save the staff time by leaving the volunteers well trained.

In addition to updating our training, our website is being updated to make it more user friendly. A few of our trainees had difficulty signing up for the training on our website so we did this for them. In the future we will just sign everyone up in advance to assist in the smooth access to the website.

Our live face-to-face coaching sessions were very well received and the trainees found a lot of value in these demonstrations. They gained many tips and ideas from the TimeSlips’ Master Trainers, their peers going through training and sometimes just by walking through the host site. But these face-to-face sessions were too difficult for many to fit into their schedule, so we supplemented them by offering phone coaching sessions which also worked well for a different reason. We were able to offer a more targeted coaching session since it was for one specific community. Fingard was able to offer coaching specific to their population (demographics, number of residents, physical and mental abilities, community focus and interests). The only downside of the coaching sessions by phone was that the live demos really helped trainees see the variety of creative engagements (language, gestures, movements, sounds and song) incorporated in an enthusiastic, memorable way. The number one comment from all trainees after a demonstration was they felt they were able immediately start including those elements in their practice. In response, we are make updating our training to include videos that emphasize sounds and movement to support non face-to-face coaching sessions.

Our supplementary materials were not accessed as broadly as we had hoped. Even with having a dedicated Google Drive containing all supplementary materials, as well as the continuous sharing of materials through emailed links and attachments, and referring to the resources during phones calls and webinars it was clear that a significant number of the trainees did not access and/or were not fully aware of all the additional supportive materials available to them. In the future we are going to send binders with hard copies to make it easier for trainees to access all the tools.

**CELEBRATIONS - Statewide, Facilitated by TimeSlips**

Celebrating the creativity of the storytellers is an integral part of the TimeSlips method. By sharing their stories with the community it validates the importance of their creativity, gives meaning and purpose to their effort and solidifies their role as storyteller within the community. This recognition by the community also helps to reduce the stigma faced by those living with dementia. TimeSlips created three unique celebrations through radio,
performance and visual art giving recognition the creativity emerging from the participating nursing homes and shared them at a statewide level. Here is a summary of those three statewide celebrations.

WISCONSIN PUBLIC RADIO SPOTS - DESCRIPTION & LINKS TO STORIES
TimeSlips partnered with Wisconsin Public Radio’s Wisconsin Life program to share the impact TimeSlips is having on people around the state. The audio used in these pieces was captured while we were doing site visits in care communities and then produced in studio by WPR. Four stories aired in May-June, 2017 and highlighted the variety of ways TimeSlips offers opportunities for relationship-building, meaningful connection and purpose in the lives of those living with dementia. www.wisconsinlife.org

Finding Meaning In Late Life With Art
| June 5, 2017
TimeSlips Creative Storytelling is a program based on the therapeutic power of stories. https://www.wisconsinlife.org/story/finding-meaning-late-life-art

Breaking Through Language Barriers With Story
| May 26, 2017
Carlos Rodriguez is a TimeSlips facilitator at St. Ann's Center for Intergenerational Care in Milwaukee. Rodriguez is also a student at the University of Wisconsin-Milwaukee. https://www.wisconsinlife.org/story/breaking-through-language-barriers-story

Storytelling Helps One Woman Deal With Trauma (Link)
| May 31, 2017
Isabella came to St. John's on the Lake in Milwaukee after she injured her leg in a gardening accident. It was a tough transition, says Angie Crimmings, one of the caregivers at St. John's. https://www.wisconsinlife.org/story/storytelling-helps-one-woman-deal-trauma

Lodi Program Brings Kids And Seniors Together (Link)
| May 24, 2017
For several years now, kids and seniors in Lodi have played games, painted, sung songs, and read stories together as part of an intergenerational program at the Good Samaritan Center. This year they decided to create stories together using the TimeSlips method. https://www.wisconsinlife.org/story/lodi-program-brings-kids-and-seniors-together
**WI's Annual Alzheimer’s Conference Interactive Keynote Address**

The following is a description of a statewide celebration of the creative output from participating nursing homes shared at the WI’s Alzheimer’s State Conference (May 8th):

Basting delivered a keynote address to nearly 850 people. She focused on the power of creative engagement as a communication and community-building tool for families and staff caring for people with dementia, providing examples of this work across the world. The presentation also included an interactive celebration of the creativity of elders living in 50 WI nursing homes that had participated in TimeSlips’ Creative Community of Care training over the last year.

4 dances were performed with choreography created by Dani Kuepper’s Choreography in the Community class at UWM in conjunction with elders at St. John’s on the Lake (a participating nursing home). They would read the story together and then invite elders to create movements in response, and then vary the movements by speed, size, level, and changing the parts of the body leading the movement. Kuepper selected music named in or inspired by the story itself. Basting audio recorded elders reading the stories aloud. This audio served as the background for the performance.

For the final story, the audience of 850 participated by reading the words of one story aloud as they appeared karaoke-like on the screen. One of the dancers then led them through how to create their own choreography - a process they could immediately apply at home or in care settings. Splitting the room into three groups, Liz Hintz invited each to focus on creating movements to different parts of the story. Dancers repeated key movements they saw in the groups, and narrowed it down to one or two iconic movements for each. Then Hintz invited the groups to stand and make their movements to music - the lively “Beer Barrel Polka.” The room was bubbling over with excitement. Hintz then invited each group to vary their movements, one group by speed, one by size, and one by body part. Again, as the music played, and the 800+ people danced to their original choreography of a story created by people with dementia, the joy in the room was palpable.

**The Book of Connections**

With the support of an NEA grant, artists Jessica Meuninck-Ganger and Karen Parr created a stunning visual response to 4 of the stories created by the participating nursing homes. The Book of Connections is an “artists’ book”, standing 3’ high x 10’ long, composed of screen prints inspired by the stories. This installation can in turn inspire more stories as a prompt in and of itself. The Book of Connections was made to be a traveling installation. So far it has been at the WI State Alzheimer’s conference in the Dells, at a TimeSlips Create / Change Institute in Arizona, at Flourish Fest and the Generations United International Conference in Milwaukee. At each one of these gatherings attendees learned about and were inspired by the creative work occurring across the state of WI within 50 nursing homes by residents living with dementia.

**CELEBRATIONS - Local, Facilitated by newly certified facilitators at their Nursing Home**

The creative engagement process occurs during the creation of the stories and then again during the sharing of the stories. Having residents, staff, family and friends be reminded of the creativity within the community helps to build or rebuild relationships amongst the community. It gives residents new a new social role of storyteller and reminds staff and loved ones of the breadth and depth of the individuals they care for.

Many nursing homes held or are in the process of holding their own local celebration of stories their community created. Please view Appendix A for detailed information about their celebrations. Here is a small representation of the variety of celebrations occurring across the state:

Creating Fun for Storytellers: By reading previously created stories at the beginning of new story sessions
Creating Fun for the Staff: By opening staff meetings by reading a story

Intergenerational Programming: Connecting with nearby schools, Boys & Girls Clubs, and creating a pen pal program with Teach for America students in Mississippi

Creating Joyful Community Wide Celebrations: By opening their doors to their larger community to enjoy an open mic nights, variety shows, a talent showcase and planning a gallery night

Building Meaningful Connections with Friends & Family: By hanging a story in each storyteller’s room for their visitors to see, creating TimeSlips Books & Binders for visitors to read and by creating beautiful displays on their bulletin boards for visitors to learn about TimeSlips and read the creative output by their loved ones, printing stories in their newsletters, on the nursing home’s Facebook page and on the TimeSlips website.

Celebration Outcomes

Feedback from Alzheimer’s Association Keynote Address was overwhelmingly positive in terms of enjoy the program and learning something they could use. (Note: The form they sent us has a scale 1-5, but their graphic representation is 1-10.)

While we invited all trainees to attend, unfortunately only 3 trainees were able to attend. During the third webinar, we shared all the details of the statewide celebration, including videos created of their stories and photos of the 850+ participants, so they were able to see what their hard work and community’s creativity contributed to.

CELEBRATIONS Overall Lessons Learned & Adjustments made for future work
Since it was challenging to have the contributing nursing homes attend the statewide celebration, in the future we will be supporting the creation of regional celebrations. As previously mentioned, we will be recruiting fewer nursing homes and placing them in geographic clusters to create a supportive network between each of the nursing homes and the larger community network of potential partnerships (schools, museums, community centers). Each of these clusters will have its own celebration making it easier for trainees, volunteers and interested community members to attend.
RESEARCH

We recruited a portion of nursing homes to participate in research. Over the course of a year, the participating nursing homes were contacted 3 separate times to share information on residents participating in TimeSlips Creative Engagement Sessions. All nursing homes participated voluntarily, and they had residents’ permission by sending out opt out letters explaining the research to their guardians, all of the information was kept anonymous, and none of the information gathered was about specific health conditions or treatments.

The in-depth research was of the following areas:

- improve quality of life/well-being for residents by increasing positive social engagements among residents
- increase family and volunteer social engagement with residents
- increase staff’s perceived ability to communicate with and engage residents
- improve staff’s attitude about their capacity for creative engagement

Additionally, separate from the above research, we sought to capture feedback from all 50 nursing homes using a quick survey that they would fill out during the creative engagement session to capture how the session went. This survey called the Environmental Scan, was designed to support real-time coaching by allowing Fingard to “see” what was occurring (i.e. engaged group, noisy environment, ways people were contributing or if participants were falling asleep, etc.). No matter how many different way the form was shared, or how many ways it could be sent back to TimeSlips, we were unable to get the trainees to adopt this simple evaluation tool into their practice. Therefore Fingard had to learn what was going on through frequent email exchanges or phone calls which worked for engaged participants and they then received real time coaching and support.

Research Outcomes:

The first wave of data (Time 1) was gathered in February through March, with the second wave (Time 2) taking place in June through July. At the onset of the project, there were 72 people across 11 facilities enrolled in the research: 58 women and 14 men. Ages ranged from 60 years to 98 (mean age=85.67 years ± a standard deviation of 7.69 years.) Age was not known for two participants. At Time 2, 51 people were still enrolled: 41 women, 10 men. Ages ranged from 70 years to 98 (mean age=85.23 years ± a standard deviation of 7.20 years.) As with time 1, age was not known for two participants. Time 3 data was gathered in mid-September-October. At the time of this report, 22 people were enrolled: 18 women, 4 men. Ages ranged from 72 years to 98 (mean age=87.7 years ± a standard deviation of 6.0 years.)

Reason for loss of participants from Time 1 to Time 2 included death, moving and lack of interest in participating. In addition, two sites declined to provided data at Time 2. Only 5 sites provided data for Time 3 at the time of this report.

At Time 1, Responders were asked to rate the overall health of each participant as excellent, good, fair or poor relative to other people the participant’s age. Three people were rated as in excellent health, 40 as fair, 19 as good, and 10 as poor. Self-rated health was not obtained at time 2.

Neuropsychiatric symptoms. Four domains from the Neuropsychiatric Inventory - Nursing Home version (NPI-NH) were used: agitation/aggression, depression, apathy and irritability. Responders are first asked a screening question for the domain relative to the prior 2 weeks (e.g., “In the last two weeks, has Ms. x seemed uninterested in things that usually interest her?”) If the answer is yes, the responder is asked to respond “yes” or “no” to an additional list of symptoms for the domain and to rate the frequency, severity, and impact on care for the domain. The score used is the frequency times severity. Data were analyzed using repeated measures
analysis of variance (ANOVA) for Time 1 and 2 and for Times 1-3. Following are the results for within-subject factors which examines change by individuals over time:

<table>
<thead>
<tr>
<th>Domain</th>
<th>Time 1-2 (N=51)</th>
<th></th>
<th>Time 1-3 (N=22)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
<td>Significance</td>
<td>F</td>
<td>Significance</td>
</tr>
<tr>
<td></td>
<td></td>
<td>level (p&lt;0.5)</td>
<td></td>
<td>level (p&lt;0.5)</td>
</tr>
<tr>
<td>Agitation/Aggression</td>
<td>1.01</td>
<td>0.32</td>
<td>1.491</td>
<td>0.24</td>
</tr>
<tr>
<td>Depression</td>
<td>0.18</td>
<td>0.67</td>
<td>.0303</td>
<td>0.05</td>
</tr>
<tr>
<td>Apathy</td>
<td>2.81</td>
<td>0.10</td>
<td>1.927</td>
<td>0.18</td>
</tr>
<tr>
<td>Irritability</td>
<td>0.82</td>
<td>0.37</td>
<td>3.436</td>
<td>0.08</td>
</tr>
</tbody>
</table>

As indicated, none of the changes in scores from Time 1 to Time 2 were significant, although the changes in apathy (decreased amount) was closest to statistical significance. For Times 1-3, Depression had a significant change (lower depression). Irritability was close to significance (0.08).

**Alzheimer’s Disease Related Quality of Life (ADRQL).** The ADRQL is used to measure five domains of health-related quality of life for people with moderate to advanced dementia: 1) social interaction, 2) awareness of self, 3) feelings and mood, 4) enjoyment of activities and 5) response to surroundings. Responders are asked to respond “yes” or “no” to questions within the domain as they pertain to the past two weeks. For example, “He/she seeks contact with others by greeting people or joining in on conversations.” Each item within the domain corresponds to numeric score which is then tallied for each domain. Higher scores suggest higher quality of life. Data were analyzed using repeated measures analysis of variance (ANOVA) for Time 1 and 2. Following are the results:

<table>
<thead>
<tr>
<th>Domain (total)</th>
<th>F</th>
<th>Significance level (p&lt;0.5)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Interaction</td>
<td>2.91</td>
<td>0.96</td>
<td>3.95</td>
<td>0.06</td>
</tr>
<tr>
<td>Awareness of Self</td>
<td>2.77</td>
<td>0.10</td>
<td>1.42</td>
<td>0.25</td>
</tr>
<tr>
<td>Feelings and Mood</td>
<td>0.56</td>
<td>0.46</td>
<td>0.38</td>
<td>0.85</td>
</tr>
<tr>
<td>Enjoyment of Activities</td>
<td>4.42</td>
<td>0.04*</td>
<td>0.36</td>
<td>0.59</td>
</tr>
<tr>
<td>Response to Surroundings</td>
<td>0.53</td>
<td>0.47</td>
<td>0.045</td>
<td>0.96</td>
</tr>
<tr>
<td>All domains</td>
<td>0.79</td>
<td>0.38</td>
<td>0.103</td>
<td>0.751</td>
</tr>
</tbody>
</table>

*Significant at p<0.05.

Domain 4, “Enjoyment of Activities” showed a significant change from Time 1 to Time 2. Surprisingly, domain 2 “Awareness of Self” showed a nearly significant decrease from Time 1 to Time 2 with an overall loss of just over 5 points in total score. Overall, there was some improvement in total score but not enough to be
statistically significant. For Time 1 to Time 3, improvement of social interaction was close to significance. This is an expected finding since TimeSlips promotes social interaction.

**Anti-Psychotic Use**

Using data from Quarter 1 and Quarter 2 (2017), we examined differences in anti-psychotic use for facilities who were participating in this project (N=37) and facilities of similar total bed number (N=37) who were not participating in the project. Using a two-tailed independent samples t-test, we found no significant differences: F=1.701(72 df), p=0.423. Since these data were from early in the quarter, it is possible that anti-psychotic use had not been changed at the time the data were reported.

**Summary**

We experienced a high attrition rate -- just over 30% -- to both change in residents’ status and willingness of facilities to provide data. Given the multiple tasks that care providers are asked to complete, participating in research such as this can present challenges in staff time. This has been cited as a barrier to arts-based research in the wider literature. Our final number for Time 3 - 22 participants -- is small. A larger sample size may have yielded more robust results, especially in domains that were close to being significant.

As is, we found some indication of reduced apathy in the NPI-NH and support of enjoyment of activities in the ADRQL. These are both encouraging findings since it is unclear whether other behaviors (e.g., agitation/aggression, depression) are a result of medical conditions, including current medications) therefore complicating any potential effects that an arts-based intervention may reasonably be expected to produce. Also, we note that within-group change was the outcome measure. Since we did not have access to individual medical records, it is not possible to know whether change did occur in certain individuals (e.g., people with Alzheimer’s-type dementia) versus others (e.g., people with Lewy body dementia), whether dementia severity played a role, or whether there were other individual factors that could have influenced outcomes. Individuals may have therefore experienced improvements or declines that are not reflected in the data.

**Testimonial Analysis**

All participating facilities, regardless of whether they were part of the formal research study, were invited to submit testimonials. A total of 49 testimonials were received at the time of this report, each approximately three sentences to one paragraph in length. Testimonials were analyzed for themes using standard qualitative analytic procedures. More specifically, all testimonials were read through several times, with the researcher noting topics that occurred across testimonials. These initial observations were then developed into categories (e.g., laughing) and gradually refined until the fewest number of non-overlapping categories were created. Following is a list of 10 categories with examples.

**A. Resident who doesn’t typically participate being an active member.** The nonnative resident participating was a common theme across testimonials. Multiple facilitators reported that they noticed individuals who normally did not come for programming or would not actively participate in the activities becoming some of the more engaged individuals. For example one person wrote, “During one of our story sessions, we have had an elder who does not say much, lift up her head and give us an explanation during a story session. When quiet and sitting with her head down, it’s very hard to know that she was engaged, then she made a very appropriate reply and adds to the story. GREAT! Success!” Another wrote, “It's great when we can get residents who don't typically come to activity programs. When those residents speak up and share something for the story or something from their own lives you can get a glimpse of who this person is. It helps us see them as a person, not just a resident.”

**B. Liked hearing their story read back to them.** Many facilitators reported that their residents enjoyed hearing their stories read back to them. They noted that when the story was read back many individuals
appeared to have a sense of pride and accomplishment. For example one person reported, “I have thoroughly enjoyed facilitating TimeSlips Storytelling with the Alzheimer's/Dementia Residents. When I read their own stories back to them the group of residents faces light up. They have a sense of accomplishment and amusement through the activity and readings. This is a regular activity with positive outcomes. Thank you for developing such a wonderful way to foster creativity!!! It’s very fulfilling for the seniors and very rewarding for me!!!” A different person reported, “The residents’ pride in creating stories together is quite rewarding. They often exhibit joy in the form of smiles and giggles. Certainly, the participants are finding individual creativity and positive self-expression.”

C. Getting to know the residents better. Facilitators noted multiple times that when the residents made up an additional aspect to a story they felt as if they were learning more about residents. The information they added to these stories gave the facilitator insight into the resident’s personal life. One person reported, “We have really seen our residents communicate with each other, express stories and share experiences from their lives, laugh, smile, and have fun during these groups. During one story, a resident gave input for the ending that the person in the picture would sing a song, and the song was one that everyone knew, so they all joined in and sang it together each time we repeated the story. You can really get insight into people’s lives from the input they give to the stories as well, which is magical. The benefits is that anyone can be involved if they choose and it allows storytellers to freely express themselves without pressure to remember something.” Another individual said, “I absolutely love Timeslips. I used to write a lot when I was younger (don’t have the time as I’m older). I enjoy their creativeness and the stories they come up with! It reminds me of times ago when I would write! I love the humor and their personalities really come through. I also enjoy the "closeness" of having a group like this. I feel like it's something special to share with them.” Another facilitator reported, “The best moment that happened while facilitating a TimeSlips program was when a resident from our assisted living household started telling this vibrant story about a childhood cat she got for Christmas one year. She recalled such beautiful detail and when she was done, she remarked how she couldn't believe she remembered all of that and she hadn't thought about that experience or that cat in decades. That moment really drove home the beauty of the TimeSlips program and all the benefits it brings.”

D. Imagination/creativity. When the residents partake in this activity many people have reported that their residents have been using great creativity while making these stories. For example one person wrote, “Laughter, smiles, creativity in individuals who don't acknowledge imagination so much at their age. Rewarding to see the group valuing each other and their story.” Another reported, “The creativeness that has come out of our residents. The humor that they have when telling the story. When reading it back they get pleasure in hearing that they said something in the story. The residents do seem to enjoy themselves when telling the story.”

E. Everyone contributes. Many people reported that they found their residents are willing to contribute and take turns during the activity. Instead of shouting over one another. One person reported that, “Just the information they could come up with, relating to their personal experiences, through their eyes what they could see. The good interaction, laughter, they got excited in telling a story, getting their imagination going. One would answer and spark another to add to it. For socialization and meaningful connections.” Another reported, “The highpoints is when the group is excited about the picture and they get ideas from each other. I find when the group is excited this leads to more interesting storylines. I also feel that working with another person helps a lot because then everyone can bounce ideas off of each other.” A third individual reported, “I enjoy the laughter and conversation the storytelling brings out with the residents. I enjoy when they "bicker" with one another... they can't be dating, that's her dad!”

F. Empowering/builds on success. It seems that a lot of people focus on the resident’s inability to remember however multiple people reported that this focused on the success of the individual. For example,
“There have been some wonderful surprises. And fun! At one session, a very quiet, subdued woman was smiling and laughing during much of the session: I’ve never seen her so happy! And some of the responses storytellers come up with are surprising: what their imaginations come up with! Individual personalities certainly express themselves uniquely. Having a setting where people can contribute uniquely is very validating. Thank you!!!” Another reported, “I appreciate the opportunity to engage elders in the use of their imagination, which builds on things they can do, and do well. This gets away from focusing on utilizing memory, which is often compromised and on abilities that are diminished. This kind of approach builds on success and affirms that quality of life is available to those living with dementia and this is wonderful thing indeed!”

G. Made an impact on their attitudes outside of the TimeSlips activity. A few of the facilitators reported that TimeSlips had a positive effect on attitudes of participant’s thoughts outside of the activity. That their demeanor was happier and they were more willing to take turns while talking. One person reported, “The biggest impact on me was having the residents laugh and be cooperative while creating the story. Usually they all want to be the loudest or first at everything - taking turns is not a skill we keep as we age. But I have seen my residents be more kind with each other, more generous with allowing others to also put in their two cents. As a result, the kindness they show... well, it spills into other parts of their day. I have seen it really improve the quality of life for everyone in our center.”

H. Talking. Many reported that the residents enjoyed conversing with one another while sharing stories and ideas to contribute to the story. One facilitator reported that, “High points are the funny and hilarious things they sometimes come out with. For example the story I have posted called "The Chicken Dance", the story was so wild, funny, and everyone had a blast writing it and being involved. The benefits of this is everyone has a blast and they could have some much fun as a group, and for that little bit of time, they could get away from any problems they may be facing in life.” Another reported, “I have so enjoyed seeing elders come together through this method of storytelling. Timeslips allows for moments of creativity, laughter, connection, delight and fellowship.”

I. Smiling. Many people reported that their residents were smiling throughout the whole activity. While building the story, listening to others make contributions or hearing the story read back smiles were consistent. One individual reported, “Every session we have had the residents go back to their rooms with a smile on their face.” Another reported, “TimeSlips brings out residents that do not generally attend group programs. One man looked at me and said "thank you for making me smile."

J. Laughter. Many reported that their residents were having fun by showing laughter. They laughed at ideas and parts of the story as well as when the story was read back to them. Some of the laughter was from residents who had previously not participated in activity programing. One example is as follows, “The happy silly giggles that we all shared during the experience was so fulfilling. And then when I typed the story I was reliving the experience and the joy we shared just spending that time together was so meaningful. I then read the final typed version of their story to the entire unit and gave special recognition to our storytellers.” Another reported, “The high points are definitely seeing the residents engaged and enjoying the interactions. It never fails that someone will come up with something the whole groups finds humorous, the joy and laughter is priceless for all. I think it is refreshing for our residents with dementia to be able to express themselves without boundaries and the pressure of "having to get it right" all answers are the right answers.” Another individual reported, “The high times are when everyone laughing, participating and engaged in the story. It is a great feeling in the room because laughter brings people together along. They feel proud of the joint effort to create this story that can bring joy into not only their lives but the lives of others.”
RESEARCH Overall Lessons Learned & Adjustments made for future work

It was challenging to capture data from the trainees. We are building new evaluation tools that will be built into existing tools and forms. The data we wish to capture at the beginning of the research period will be built into our application process, the data we wish to collect during the grant will become a quick response submitted while uploading new stories to our website and the data to be captured at the end of grant period will be built into the facilitator’s self-evaluation.

Appendix A: Description of Local Celebrations from Staff

Connie Thimmig - We shared the stories with the care team. We plan to create bulletin boards featuring the latest stories. When they come off the board, then put them into a book. We are also going to feature on our website and in our newsletter and are considering Facebook. [http://www.felicianvillage.org/events.html](http://www.felicianvillage.org/events.html)

Tim Reinemann - Our facility has created a storybook in all of the areas we do TimeSlips in. We also put 1 story a month on the bulletin boards for all to see and feature the stories in our newsletter.

Betty Bowen - We are sharing our stories in our quarterly newsletter, want to make a binder with pictures and stories, that they created to share with families, staff and volunteers. It is a good conversation piece for our small group discussions, here is the story and the picture, ask what do you see here and reminisce about the story that is told.

Joan Keltesch - We are looking at teaming up with the local boys and girls club and inviting the youth to come in, learn the concept and write stories, plays or poems with elders and then presenting them at an open house.

Melissa Simonis - We will be connecting with a 4th grade class this Fall.

Jolene Lawrence, Recreational Therapy Manager, St. Camillus Health Center - Talent Showcase plus collection for each of the residents.

Dana Elmzen - After reading the final story, thanking each resident for their input and passion is key to keep this program top of mind. Reminding the residents that they are authors and they've created their very own piece of literary art makes them feel proud and accomplished. We remind the residents that the stories will be featured in our monthly newsletter and they will receive their very own copy. Some households will read all of the stories during a coffee hour or gather a small group and re-read the stories. Many times the residents have forgotten they created this story and are astonished at how good it is. / We always repeat the stories throughout the story-creating process and at the end when we have a final story put together. We also let our residents know that their story will make it into the monthly facility newsletter. Last, we encourage the households to gather residents in their living rooms to host a story-telling hour or half hour where the authors can be asked questions after the stories have been read. Ideally, this creates excitement for the next storytelling event and we have even more residents than the time before.

Mandi Wilson - I share it with the timeslips community and I post the story of the week along with the photo on our share board. That way workers, residents and family members can all read it and enjoy it.

Carolina Dietrich - TimeSlips Storytelling Binder with a fancy binder cover and the story typed complete with a title page and a color copy of the image that inspired it. They pages are placed in a page protector and then I read aloud the completed story to the unit during morning activity along with Birthday announcements, weather report, Sports Report, and ‘On This Date in History’ (I repeat today’s date several times throughout this morning activity).

Veronica Mertes - So far we type up the story along with the image used and we post it on a bulletin board that we created specifically for our "Create-a-Story" group. We have a short quote on the bulletin board explaining what it is and how it benefits the residents. The bulletin board is located outside the room where we meet for our group. The bulletin board is also decorated to stand out. It is located in an area where a lot of people walk by to read. Individually we have also mentioned to other staff members or family members about the story that the residents just created.
Cathie Robinson - Sometimes I will print up the stories we make and take them to a resident’s’ room who did not participate in making the story and let them read the stories. Otherwise I will read the stories to them. I would like to frame them and put them in the hallway for staff, residents, and families to enjoy. Then they can be switched out after sessions to enjoy new ones.

Katie L - So far it's just with the residents on the Unit. I am putting together a book of all the stories to keep up on the unit for families and guests to read and look at. I'd like to look at publishing a story in our newsletter or posting once a month around our building etc... I'm going to brainstorm with co-workers on how to share these stories with our community.

Jaime Cannizzo - I like to get new people come in for the sessions, so I'll usually review what stories have been made up so far. They seem to enjoy it.

Shelly Slama - We have a creative wall area and we love to show off all our resident work to the families and others.

Jackie Waalan - We post them in our newsletter and have binder for all to read. We email families on their stories too.

Krista Spieler - Have typed up copies of the story alongside the photo "illustration" and given it to participants. I love the idea of collecting stories, maybe doing some handbound books (I have experience with that, so that's something I could do easily & it would be fun to do as a group with residents.) I also love the idea of a weekly or monthly story posting in the nursing home in a visible location. Sad to say, the facility I work at is in the process of closing, so I will be needing to find a different place to practice TimeSlips and to share stories.

Shari Garza - Reading past stories and having drawing and posted on out board in the activity room.

Ann Davis - I like to put the picture and story on the unit for all to see. Also I like to read the story to others, other residents and facility workers, for their enjoyment

Terrie Munger - I share the stories with the residents several times during the session and at the end. Later in the day I will retell the story if they are interested. many times they are amazed by what they have created. And all writers know that they sometimes have to walk away from the process to really hear the story or review the written word. Sometimes you are too close to writing it to really hear the finished work.

Kylee Belan - If stories are being done individually, the story can be written on a post card. If done in a group setting, I retype the story on Microsoft word and post it with the picture they wrote about. I post these around the facility and on the family sharing and information board so their families can read them too.

Betty Bowen - We are sharing our stories in our quarterly newsletter, want to make a binder with pictures and stories, that they created to share with families, staff and volunteers. It is a good conversation piece for our small group discussions, here is the story and the picture, ask what do you see here and reminisce about the story that is told.

Brittany Wiltgen - So far, we have published the stories we have written on Timeslips website. We also have created a fun bulletin board in our main dining room right outside of the room we use to do Timeslips that we post the image and the story after creating until the next story we create. We have also thought about publishing the story in our staff newsletter or the quarterly newsletter out to families in hope to get more family members involved and share the creative expression their loved ones have created. I also have thought about doing a story and reading previous stories with the local daycare children that come 1x/month to spend time doing activities with our residents. Then we can give a copy to the daycare to share with the children's families. When doing individual stories, I would like to post the story, with permission, on their door to their room or inside their room. We have also talked about taking an image and creating a theme for other activities we do here based on the story we create.

Carrie Jeffords - We are hanging the stories on the unit by the calendar for families and other staff to read. We are thinking about putting it into our newsletter monthly. We have also created a binder to put them in, when we have our fair yearly, we are going to put it out then as well. We might even put it on our facebook page.

Joyce Wester - I have made a notebook of their stories. We will keep them in the activity room and our residents and can share them their visitors and loved ones.

Sherry Soehlig - We will share stories with other staff, family members, friends as well as make a scrapbook with our stories in it.
Nancy Twichell - Having a book to house the stories for others to see is one way of doing this. Placing the stories on a unit or neighborhood bulletin board as a special feature is another. One thing I have not done is ask the elders how they would like their stories to be told or featured. I will work on doing this so they are invited into the presentation of what they have created.

Miriam Becker - I like to share the stories with my co workers. We discuss the stories and I keep a file for future references.

Cheri VanDaalwyk - The residents receive copies of the stories/images to share with their family members. The stories are also in a binder in an activity area for viewing. Our residents are quite proud of the stories they have created. / This can be a wonderful intergenerational program.

Lindsey Taylor - I have not shared the stories with others yet, but I am saving all the stories in the hopes that I can put together a book/binder with all the stories that we have written to share with family members of the storytellers. I would also like to hold a session where I can tell the stories to a larger group of residents.

Kim Kiesner - I retell the story that was wrote from the previous session at the current session. We are making a booklet with all of the TimeSlips stories we have accumulated thus far and will be giving them to all residents and family members. There is also a bulletin board going up that will showcase the weekly stories created by the residents for all visitors, residents, and staff to see and appreciate.

Jana Olson - I'll read the stories of one group to another! Someone suggested we post the stories so others could read it themselves.

Cathy Taylor - Actually, where I am, I do more on a 1:1 basis. I find it very rewarding. We talk about the picture first. My folk have significant cognitive problems so I will use choice questions. "Is it Wintertime or summer time?" Do you think it's loud or soft?" Once we have established the details of the picture that the person is focused on, we start the story. It may be as simple as...it is a cloudy day, but it is beautiful. "It's a cute dog with a blanket to keep him warm."

Michelle Guyant - We have several different groups that we share the stories with.
We have a creative expressions week and display the stories for our facility and community to view.
We have a bulletin board that we display art work on and include time slips stories

Melissa Simonis - We did a display of our stories, so that visitors are able to read them as well. At morning meeting, I share things that have been said at storytelling with the management team.
I look forward to this fall when we do our celebration and collaborate with a 4th grade class.

Jolene Lawrence - I would like to put together a binder/folder with the stories. One that I keep, but also give each participant a copy. / I hope to also showcase them when we have a future "Talent Showcase" of various residents talents. This event would be open to residents, their families and staff.

Beth Sokol - Over the many years of teaching I have had the privilege to know the activity director at Good Samaritan- Lodi, Patty Morter. We write our stories and exchange them between our two groups.

Mallory Walters - At the beginning of the session I will bring out a story that was written in the past. This way the participants are able to see and hear what we are trying to create.

Jackie Hanby - We just bring a few people together and start with the first thought given and build from there

Patty Morter - Sharing the stories with the students from the 2nd grade class has been a wonderful. We also leave the stories up for staff members to read. We have published them into a packet. We re-read them over again.

Abigail Soerens - We have a book that we add the stories to.

Dana Elmzen - We always repeat the stories throughout the story-creating process and at the end when we have a final story put together. We also let our residents know that their story will make it into the monthly facility newsletter. Last, we encourage the households to gather residents in their living rooms to host a story-telling hour or half hour where the authors can be asked questions after the stories have been read. Ideally, this creates excitement for the next story-telling event and we have even more residents than the time before.

Anne Baumgart - We have a bulletin board that we post the picture and the story (in large print). The title of the bulletin board is "Let's Tell a Story"
Kay Blankenheim - I used a resident story to share in an Administrative meeting to show them what great things we are doing in the Recreation Department.

Sr. Debra Breese - Our team shares our stories with each other and in the groups we are leading. We also are trying to get more comfortable uploading stories on the website.

Wanda Loomis - Some TS stories were displayed in our gallery. Staff enjoys reading them.

Kathleen Caldwell - I type the stories up and we keep a book of them in the activity room. Residents who contributed to the story are given a copy with the picture. We have put some of the stories in the newsletter. We have read the stories to new residents and have shared them with family members.

Krista McDuffee - We are creating a bulletin board with the residents stories on them. That way all of our residents and their families can enjoy them. We are also creating a scrapbook with the stories and putting the images with them - it’s pretty great!

Devin Minor - So far we have been taping them up on a blank wall where residents and family can read them. Now that our unit has moved we're looking for a new location to share them. So far families have enjoyed reading our stories. Eventually we may develop some way of sharing this with our community, possibly through a local gallery.

Angela Fortney - posted our stories on TS website, share stories at other groups

Diane Olmstead - I am putting together a Timeslip book.
I will be putting them out in the common areas for residents staff and visitors to read.
I also would like to have a area where I could put up the Pictures and stories.

Melissa Thiel - We have published them in our facility newsletter and have had discussions when reading them in small groups. Some ideas would be to incorporate a new piece of art to go with the story. I have an art background and that would be the direction I would go in.

Brittany Richter - We have bulletin boards on each unit in our building; I think this would be a neat way to share stories. A lot of our residents look at the board frequently for schedules, announcements, etc., so I think they would enjoy to see a good story from time to time.

Marla Stephens - To date, I have shared the picture on a big screen and invited a person to read our story aloud to the group. There is often great reaction such as laughter and serious or comical comments.

Judi Kovars - A bulletin board has been set up in the hall for all to enjoy the current stories. A binder if kept in the area of where the papers are read for staff, family and residents to read. I Read a story before a different activity after the group has gathered. This gets people talking and laughing before the activity. An ice breaker.

Penny Mentzel - We are creating a bulletin board and display them for our center. We are thinking of making a TimeSlips binder.

McKena Viegut - Once a story has been written I will then make a copy of it for each resident who attended. They will often hang the story and the picture in their room for their family, friends, and staff to see. In addition, we have big picture frames on each unit that display the picture and story line in. I then change the story in the picture frame each time we create a new one.

Sara Hubertz - We have had sessions where we simply share previous stories with the group. We also have an art therapist on staff and she has taken a story, read it to a group and then done an artistic interpretation of the story with them. We always offer participant the option of taking the prompt picture with them and sharing with their table mates over lunch.

Casey Olson - By posting them on the Timeslips website, posting them on bulletin boards along with the pictures, and sharing them with participants who could not make the storytelling session.

Rachel Riehle - I could use some work on this. I would like to make a display board. I always read one of their stories out loud, prior to starting a new group session. Once again, this is another step for me to work on. Time is so limited in nursing center settings.
Sandra Gibson - I am thinking about sharing the stories with family members in the bistro at our facility. It is a nice cozy atmosphere and will encourage creativity in everyone. More of a homey setting then in a conference or business room.

Julie Russell - I have to work more on that. I shared my first couple stories with co-workers (with permission) and also gave families a copy of the first few stories their loved ones wrote. I will be doing more of this.

Holly Edwardson - We print the stories with residents' first names after their sentences, and as co-authors under the title. We leave them in common areas for family members to see and have placed acrostic poetry in our break room. Each resident receives a copy of the story they helped to tell. We haven't done this yet, but it could be fun to have a resident read aloud one of our favorites to someone who could use a little cheering up or just some company.

Carmela Mulroe - Utilizing the website we can bring up our own stories. In turn we can find another group / or person who has used the same picture and read their story. It is fun to compare how stories are same and contrast how they are different. For participants who live alone or with caregiver in community- TimeSlip 'Pen Pals' is a fun way to exchange stories and get something in the mail. This could be an intergenerational program with students in Teach For America programs. In fact my daughter is currently in Mississippi teaching 2nd graders. A big focus is on literacy and writing.

Joan Chamberlain - I have shared them with co-workers and supervisor and other residents. I plan on mounting them on colorful paper and posting them where residents and staff can read them. They could also be shared in our newsletters.

Appendix B: Testimonials from Nursing Home Staff

"I just finished my first Time Slips session at our dementia unit. I loved it!! It was so fun and the time flew. I really look forward to the next one. Cool concept and then after we finished our story, the way they kept talking and smiling. LOVED it."
- Amy Forst, Director of Operations at Homme Home for the Aging in Wittenberg, WI

"I was completely stressed and I instantly relaxed watching the training."
"2 of my residents who don't usually participate, were the most active!"
- Melissa Simonis, Activity Director at Portage County Health Care Center in Stevens Point, WI

"I did my first TimeSlips today. I am still flying high. The residents loved it."
- Connie Thimmig, Director of Enrichment Services St. Mary's Home for the Aged in Manitowoc, WI

I have thoroughly enjoyed facilitating TimeSlips Storytelling with the Alzheimer's/Dementia Residents. When I read their own stories back to them the group of residents faces light up. They have a sense of accomplishment and amusement through the activity and readings. This is a regular activity with positive outcomes. Thank you for developing such a wonderful way to foster creativity!!! It's very fulfilling for the seniors and very rewarding for me!!!
- Carolina Dietrich, CTRS, Southpointe Healthcare Center, Greenfield, WI

The happy silly giggles that we all shared during the experience was so fulfilling. And then when I typed the story I was reliving the experience and the joy we shared just spending that time together was so meaningful. I then read the final typed version of their story to the entire unit and gave special recognition to our storytellers.
- Carolina Dietrich, CTRS, Southpointe Healthcare Center, Greenfield, WI

Every session we have had the residents go back to their rooms with a smile on their face.
- Erny Heiden, Social Worker, Ladysmith Care & Rehab, Ladysmith, WI

The biggest high point for me is, I have one resident that doesn't come out of her room much, so I do a room visit with her and when I visit she will ask me if I brought a story picture. Storytelling has helped bring her out of her shell, and it's something that she enjoys.
- Joyce Wester, Activity Director, Ladysmith Care & Rehab, Ladysmith, WI

We have really seen our residents communicate with each other, express stories and share experiences from their lives, laugh, smile, and have fun during these groups. During one story, a resident gave input for the ending that the person in the picture would sing a song, and the song was one that everyone knew, so they all joined in and sang it together each time we repeated the story. You can
really get insight into people's lives from the input they give to the stories as well, which is magical. The benefits is that anyone can be involved if they choose and it allows storytellers to freely express themselves without pressure to remember something.

- Brittany Wiltgen, Assistant Recreation Therapy Director, Mulder Health Care Facility, La Crosse, WI

laughter, smiles, creativity in individuals who don't acknowledge imagination so much at their age. Rewarding to see the group valuing each other and their story.

- Terrie Munger, Leisure Services Assistant, Fairhaven Corporation, Whitewater, WI

I also noticed that the residents here really enjoy taking a something that could appear to be sad like saying goodbye to a loved one going to war and making it into a positive. I have been amazed by that.

- Shari Garza, Luther Manor, Milwaukee, WI

Just the information they could come up with, relating to their personal experiences, through their eyes what they could see. The good interaction, laughter, they got excited in telling a story, getting their imagination going. One would answer and spark another to add to it. For socialization and meaningful connections.

- Betty Bowen, Manager Recreational Therapy, Medford, WI

Wonderful program, for residents to participate in for social interaction and engagement, imagination and creativity.

- Betty Bowen, Manager Recreational Therapy, Medford, WI

When we just finished one short story, the elders stated that they wanted to do another one immediately without taking a break. To me that meant they not only liked the activity but enjoyed it enough to want to continue.

- Joan Keltesch, Life Enrichment Coordinator, Bethel Home, Oshkosh, WI

The highpoints is when the group is excited about the picture and they get ideas from each other. I find when the group is excited this leads to more interesting storylines. I also feel that working with another person helps a lot because then everyone can bounce ideas off of each other.

- Miriam Becker, Dementia Specialist, Jewish Home & Care Center, Milwaukee, WI

I absolutely love Timeslips. I used to write a lot when I was younger (don't have the time as I'm older). I enjoy their creativeness and the stories they come up with! It reminds me of times ago when I would write! I love the humor and their personalities really come through. I also enjoy the "closeness" of having a group like this. I feel like it's something special to share with them.

- Jamie Solberg, Activities Supervisor / Volunteer Coordinator, Samaritan Health Center, West Bend WI

The creativeness that has come out of our residents. The humor that they have when telling the story. When reading it back they get pleasure in hearing that they said something in the story. The residents do seem to enjoy themselves when telling the story.

- Carrie Jeffords, Activities Supervisor, Samaritan Health Center, West Bend WI

Just wanted to share that our Timeslips program is going extremely well at The Deerfield for our memory care residents. Thanks for this innovative and therapeutic opportunity for our staff and residents! Much appreciation!

- Jackie Waalen, CTRS, MS, Housing Director, The Deerfield, New Richmond, WI

Residents really enjoyed being a part of the group. They felt good! It brought great creativity and memories. They would add personal stories.

- Sherry Soehlig, Director of Recreation Therapy, Lutheran Home - River Falls, Saint Croix, WI

(this NH closed during the duration of our grant year)

There have been some wonderful surprises. And fun!

At one session, a very quiet, subdued woman was smiling and laughing during much of the session: I've never seen her so happy! And some of the responses storytellers come up with are surprising: what their imaginations come up with! Individual personalities certainly express themselves uniquely.

Having a setting where people can contribute uniquely is very validating. Thank you!!!

- Krista Spieler, Recreation Therapy Assistant, Lutheran Home -River Falls, Saint Croix, WI

(this NH closed during the duration of our grant)

High points are the funny and hilarious things they sometimes come out with. For example the story I have posted called "The Chicken Dance", the story was so wild, funny, and everyone had a blast writing it and being involved. The benefits of this is everyone has a blast
and they could have some much fun as a group, and for that little bit of time, they could get away from any problems they may be facing in life.
- Kylee Belan, Homme Home for the Aging, Whittenberg, WI

Some high points I have experience is getting to know the storytellers better. Their stories and response are from they own experiences. I also find enjoyment when they are having a good time laughing at the story.
- Ann Davis, Activity Director, Southpointe HealthCare Center, Lancaster, WI

I have seen this process really open up otherwise quiet residents. It is unbelievable to see them work together and accept others creative ideas to make some pretty amazing and fun stories. I am so glad to get to be a part of the TimeSlips process.
- Kim Kiesner, Activity Assistant, ManorCare Health Services, Fond du Lac, WI

The high points are definitely seeing the residents engaged and enjoying the interactions. It never fails that someone will come up with something the whole groups finds humorous, the joy and laughter is priceless for all. I think it is refreshing for our residents with dementia to be able to express themselves without boundaries and the pressure of “having to get it right” all answers are the right answers.

The online format was great, it is really nice to be able to work in the learning as you can versus giving a whole day or more to an away from work training. Staff at time slips are enthusiastic and supportive. Great team to work with.
- Michelle Guyant, WI Veterans Home Ainsworth, King, WI

We have had a lot of fun creating these stories. Many laughs have been shared during our storytelling sessions. I have one resident who doesn’t usually actively participate in programs, but during storytelling, he always chimes in and provides an answer. I think there are many benefits to this approach, but I think the major one is that this approach allows the residents to be creative and use a different part of their brain. Once they get into the right mindset, they really come up with some fantastic answers and the stories just come together. I also see a sense of pride beaming from the residents when I retell the story for the final time during the session.
- Lindsey Taylor, Director of Recreation Therapy, Morrow Memorial Home, Sparta, WI

I have so enjoyed seeing elders come together through this method of storytelling. Timeslips allows for moments of creativity, laughter, connection, delight and fellowship.

I appreciate the opportunity to engage elders in the use of their imagination, which builds on things they can do, and do well. This gets away from focusing on utilizing memory, which is often compromised and on abilities that are diminished. This kind of approach builds on success and affirms that quality of life is available to those living with dementia and this is wonderful thing indeed!
- Nancy Twichell, Bethel Home, Oshkosh, WI

Laughter, having residents make new connections with me. Sometimes when they see me holding a picture, they say: “Oh oh...here she comes.
- Cathy Taylor, Portage County Health Care Center, Steven’s Point, WI

I have two residents who are very quiet and generally do not verbally share often during groups. They really come out of their shell during storytelling. They enjoy naming the characters and pay close attention to detail. They pull details out of the photos that others do not notice.
- Melissa Simonis, Activity Director at Portage County Health Care Center in Stevens Point, WI

The residents’ pride in creating stories together is quite rewarding. They often exhibit joy in the form of smiles and giggles. Certainly, the participants are finding individual creativity and positive self-expression.
- Cheri VanDaalwyk, Recreational Therapy Manager, St. Camillus, Wauwatosa, WI

I’ve truly enjoyed it when a few residents participate so freely in this and don’t usually come to other groups. One in particular really looks forward to it! Hearing them say, “Wow we wrote a great story!”
It’s giving them the opportunity for expression and it’s empowering them.
- Jolene Lawrence, Recreational Therapy Manager, St. Camillus Health Center

Exchanging stories with the folks at Good Samaritan was a highpoint. I feel that the kids I am working with are benefiting by listening to language, using language by contributing to the story. Both young and old are building confidence and self
esteem as they contribute by being part of a group of storytellers. It was a fun experience to use TimeSlips with intergenerational groups of people.

- Beth Sokol, school teacher in Lodi using TimeSlips for Intergenerational programming with Good Samaritan - Lodi

During one of our story sessions, we have had an elder who does not say much, lift up her head and give us an explanation during a story session. When quiet and sitting with her head down, it’s very hard to know that she was engaged, then she made a very appropriate reply and adds to the story. GREAT! Success!

-Patty Morter, Activities Director, Good Samaritan - Lodi, Lodi, WI

The best moment that happened while facilitating a TimeSlips program was when a resident from our assisted living household started telling this vibrant story about a childhood cat she got for Christmas one year. She recalled such beautiful detail and when she was done, she remarked how she couldn't believe she remembered all of that and she hadn't thought about that experience or that cat in decades. That moment really drove home the beauty of the TimeSlips program and all the benefits it brings.

- Dana Elmzen, Sheboygan Senior Community

I enjoy the laughter and conversation the storytelling brings out with the residents. I enjoy when they "bicker" with one another... they can't be dating, that's her dad!

- Anne Baumgart, Activity Director, Good Shepherd Services

I have had people contribute when I never thought they would. It is absolutely brilliant what they name some of these characters. I have seen them glow with pride when they hear their words repeated in a story. I have had my highest functioning residents ask if they can write stories too when they have read what the memory care residents have written. It has brought to light how little we require residents to be creative in our other activity groups. Even in art we often make a prototype for them to follow which allows for very little creativity.

- Kathleen Caldwell, formerly Activities Director, Cedar Springs, Cedarburg, WI, now at Heritage of Elm Grove

The biggest impact on me was having the residents laugh and be cooperative while creating the story. Usually they all want to be the loudest or first at everything - taking turns is not a skill we keep as we age. But I have seen my residents be more kind with each other, more generous with allowing others to also put in their two cents. As a result, the kindness they show... well, it spills into other parts of their day. I have seen it really improve the quality of life for everyone in our center.

- Krista McDuffee, Activities Director, ManorCare Appleton

It's great when we can get residents who don't typically come to activity programs. When those residents speak up and share something for the story or something from their own lives you can get a glimpse of who this person is. It helps us see them as a person, not just a resident.

- Devin Minor, Activities Director, Homme Home for the Aging, Wittenberg, WI

TimeSlips brings out residents that do not generally attend group programs. One man looked at me and said “thank you for making me smile.”

-Angela Fortney, Activities Director at Baldwin Care Center, Baldwin, WI

The stories they come up with are so wonderful.
I had a women (who has passed away) 103 yrs old and Blind.
I or other residents would tell her what the picture was and she came up with the BEST parts of the stories. When she was not doing very well and was more or less bedridden her and I did a TimeSlips story. She smiled and laughed as I read it back to her.

-Diane Olmstead, Activity Assistant, ManorCare - Kenosha

It has allowed me to get closer with a few of our residents; that is, hands-down, the high point for me. I think this approach is beneficial because it really feels like a conversation with a friend(s). Residents feel connected to each other and seem to enjoy contributing/participating with a group.

- Brittany Wiltgen, Friendly Village Nursing & Rehabilitation, Staff Development Coordinator, Rhinelander, WI

The high times are when everyone laughing, participating and engaged in the story. It is a great feeling in the room because laughter brings people together along. They feel proud of the joint effort to create this story that can bring joy into not only their lives but the lives of others.

- Casey Olson, Lifestyle 360 Assistant, Brookfield Rehab & Speciality Care Center, Brookfield, WI
The residents laughing and singing together. Seeing the residents respect each other's thoughts. Their pride in creating something, even when they don't think they can. Learning things about the residents, as their memories become their story.
- Rachel Riehle, Life Enrichment Coordinator, North Central Health Care

I am amazed at some of the memories and stories the residents have told. They come up with good sometimes funny stories. Sometimes they project things in the stories that are true life memories for them.
- Sandra Gibson, Activity Assistant, American Lutheran Home - Menomonie Unit

Laughter, smiles, and hearing from people who usually don't say much. The enthusiasm from people who are usually very quiet is the best!
- Julie Russell, Director of Social Services, Friendly Village Nursing & Rehab

Highlights are when someone is very proud of their addition to the story, especially when it receives a giggle or any positive reaction from the group. It is also very fulfilling to see the creative energy coming from someone who usually has a hard time expressing themselves. Benefits are the creative expression that is often left unthought and unsaid by a resident, until after looking at details of the picture and formulating their own creative thoughts. Another benefit would be the confidence gained by having your thoughts read aloud in the story.
- Holly Edwardson, Activities Coordinator Memory Care, St. Mary’s Care Center

It is fun to see and hear what the residents are thinking and how the stories are taking shape. To see them participate and get excited because they helped. They are connecting with their past and being creative and being a part of a bigger event with other people. It is great to thank them and encourage them.
- Joan Chamberlain, Activity Assistant, Baldwin Care Center

One participant was displaying “pacing” behaviors, he stopped briefly, I quickly gave him a picture, he stopped briefly looked at it, folded it up, tried to tuck it in his shirt pocket and started “pacing” again, so I “paced”/walked with him, asking him questions, he would stop briefly take out the picture to look at, offer an answer, then would resume “pacing”. This went on for about 15 minutes. When I started to retell the story, he stopped pacing and attentively listened for about 5 minutes, then he sat at looked at the picture for about another 5 minutes then started to “pace” again. So we repeated the whole process and developed another story. After doing this a second time, he stopped “pacing” and sat looking at the picture for about 10 minutes before nodding off. I shared this experience at behavior management meeting in my facility and with his family (wife & daughter).
- Marcine Molbeck, Activity Director, ManorCare - Kenosha

### Appendix C: Table Summarizing Outcomes of Nursing Homes Involved

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| ST. MARY'S CARE CENTER | 2 | Carmela Mulroe, Director of Activities and Volunteers  
Holly Edwardson, Activities Coordinator  
Memory Care |
|------------------------|----|--------------------------------------------------------|
| ST. CAMILLUS HEALTH CENTER | 2 | Jolene Lawrence, Recreational Therapy Manager  
Cheri VanDaalwyk, Recreational Therapy Manager |
| ST. JOHN'S ON THE LAKE | 2 | Angie Crimmings, Lifestreams Coordinator  
Anne Luther, Lifestreams Specialist |
| TIVOLI AT DIVINE SAVIOR HEALTHCARE | 2 | Sr. Debra Breese, Recreation Assistant  
Kay Blankenheim, Recreation Assistant |
| WI VETERANS HOME at King | 1 | Michele Guyant, Activity Director |
| NURSING HOMES not CCC Certified, but had Staff and / or Volunteers finish training | STAFF CERTIFIED | TRAINED ONLY:  
Staff certification not finished or a Volunteer |
| CEDAR SPRINGS HEALTH AND REHABILITATION CENTER | 1 | Kathi Caldwell, now at Heritage of Elm Grove |
| CHRISTIAN COMMUNITY HOME | 2 | Michelle Bee Deborah Tonsager |
| LUTHERAN HOME - RIVER FALLS | 2 | Sherry A. Soehlig Krista Spieler |
| No Staff Certified | 0 | 2 CERT- NF  
Brandi Mann, employment change |
| NURSING HOMES not CCC Certified, but had Staff and / or Volunteers finish training | STAFF CERTIFIED | TRAINED ONLY:  
Staff certification not finished or a Volunteer |
| CHRISTIAN COMMUNITY HOME | 0 | 2 CERT- NF  
Michelle Bee Deborah Tonsager |
| LUTHERAN HOME - RIVER FALLS | 2 | Sherry A. Soehlig Krista Spieler |
| No Staff Certified | 0 | 2 CERT- NF  
Michelle Bee Deborah Tonsager |
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