

Excellence in Programming Award Winners

The Excellence in Programming Awards recognize individual facilities for superior achievement in key areas of long-term care, such as activity programs, community involvement, family involvement, quality assurance, resident councils, special services and staff development.

PREVIOUS WINNERS

2019

Sleep Hygiene Bayside Care Center Morro Bay

As part of a larger QA project to prevent falls, one wing of the 145-bed facility started a trial to examine barriers to a full night of sleep by examining the impact of noise, bright lights, medication administration and incontinence care. A decibel meter was installed to monitor noise levels, LED-reading lights were used by staff during patient care in lieu of overhead lights, and high capacity incontinence products were purchased. There was a 66 percent reduction in falls among participants. Other benefits included a reduction of PRN pain medication and a reduction in negative behaviors. After the first night of implementation, one resident said, “it was ‘the best night’s sleep I’ve had in years.”



Walk in My Shoes Four Seasons Healthcare & Wellness Center North Hollywood

Not everyone has an innate sensitivity towards older or disabled adults and many staff benefit from training to better understand the population they serve. Walk in my Shoes, A staff Sensitivity Training is a one- hour interactive program for all nursing staff with a 30-minute follow up session. Four scenarios are presented simultaneously with each participant experiencing functional and/or sensory loss, pain, isolation, boredom or frustration. Participants may wear earplugs, heavy gloves, vision inhibiting glasses or uncomfortable shoes. Time is provided for reflection and sharing. Staff is asked to keep a journal to document experiences that helped them improve their interactions with residents. One staffer wrote, “As a CNA, I see that patience and compassion play a big part, especially on patients who are always in pain...we just need to be there for them.”



Behavioral Health Awareness Program Vista Pacifica Convalescent Jurupa Valley

The purpose of the program is to improve mental health awareness through education by allowing residents to gain insight into their diagnoses. Eight to eleven long term residents meet three times a week. The group learns to understand that their mental illness is as real as any physical illness. The goal is to increase resident acceptance and understanding of their diagnosis, learn coping skills, acknowledge triggers and use independent thinking which helps support self- esteem, self-worth and increases quality of life. An achievement ceremony is conducted in celebration of completing one year of the program. Requirements of completion include daily attendance and demonstration of learned skills.



PREVIOUS WINNERS

2018

Mari-Go-Round **Stonebrook Healthcare Center** **Concord**

The Gardening Club consists of long-stay residents who meet every other week to create potted plants. During that time, club members work with local school students who visit the facility and add decorations to the ceramic pots. In an effort to create relationships with short-stay, rehab residents, garden club members created the Mari-Go-Round Program. Upon discharge, rehab residents are presented with a potted marigold plant by members of the club along with wishes for a quick recovery. The program helps establish relationships across generations, improves ADL function and gives participants a sense of accomplishments.



Dining Enhancement **Danish Care Center** **Atascadero**

The dining room was remodeled, but complaints about meal presentation, nutrition, temperature, and lack of servers continued. An action plan was developed to include meal managers who identified concerns and collected data. CNA staff were assigned as Dining Monitors. Complaints about food quality dropped from seven per week to one, and there were no more complaints about lack of staff. Eight percent of residents who had undesirable weight loss regained all their weight back, and six residents gained weight. Dining is discussed daily at stand-up meetings and is part of their QAPI program. Recognizing the success of the program, the parent company has instituted it in all of its facilities.



Block Party **Crystal Ridge Care Center** **Grass Valley**

Twice a month, a resident is chosen to “host” a party, which can range from a luncheon to a dessert extravaganza. The host works with the activities department to choose the menu, make decorations and create party invitations. These hour-long special events have attracted the most secluded residents with the promise of special food and treats. Others who have not been able to host their own party in recent years look forward to the preparation and socialization. The Block Party generates buzz, and photos are posted on the bulletin board for everyone to enjoy.



ADDITIONAL PREVIOUS WINNERS

2017 Resident Memorial Tribute
California Veterans Home
Redding

Get to Know Me!
Carmel Mountain Rehab & HC Center
San Diego

Medication Safety and Reduction
Oakdale Nursing and Rehab Center
Oakdale

2016 Food Distribution
Mission View Health Center
San Luis Obispo

Grand Slam Review (GSR)
Los Angeles Jewish Home
Reseda

WE CAN
Windsor Gardens HC Center of the Valley
North Hollywood

2015 Haunted House
Lincoln Glen Nursing Center
San Jose

Alarm Free Fall Prevention
Oak Valley Care Center
Oakdale

Nursing Staff Turnover Reduction
Carmel Mountain Rehab & HC Center
San Diego

2014 The Dream Team
Upland Rehab and Care Center
Upland

Spa Indulgence
Windsor Gardens of Los Angeles
Los Angeles

Veterans Pinning Ceremony
Lincoln Glen Nursing Facility
San Jose

2013 It's Not Too Late Activity Program
Vista Pacifica
Jurupa Valley

Making a Difference
Vista Cove Center
Santa Paula

Post Acute Network
Torrance Memorial Medical Center, TCU
Torrance

Teens Closet
Arroyo Grande Care Center
Arroyo Grande

Women's Group
Bayside Care Center
Morro Bay

2012 Three Rings of Excellence
Shea Family Care
El Cajon

ADDITIONAL PREVIOUS WINNERS

2011 Seniors Saving Seniors
Bayside Care Center
Morro Bay

Neighbor of the Month
Reutlinger Community for Jewish Living
Danville

Backpack to School
Rheem Valley Convalescent Hospital &
Rehab, Moraga/Vital Life Foundation
Moraga

Freda's Corvette
Golden Living Center
Clovis

Under 70 Club
Hi Desert Continuing Care Center
Joshua Tree

Deck the Halls: Holiday House Decorating
Contest
Stonebrook Healthcare Center
Concord

2010 Mission Money & Market
Mission Skilled Nursing & Sub-Acute
Santa Clara

Fan Club
Stonebrook Healthcare Center
Concord

2010 Computer Cruising
(cont.) Golden Living Center
Petaluma

2009 Regulatory Jeopardy
Plott Nursing Home
Ontario

Taking the Amtrak to Dairy Queen
Community Sub-Acute
Fresno

A Meaningful Life
Mission View Health Center
San Luis Obispo

Qigong Exercise Class
Parkside Special Care
El Cajon

GTC - Weekly Women's Committee
Horizon Health & Sub-Acute Center
Fresno

Hot August Days
Valley Park Nursing & Rehabilitation
Castro Valley

All Aboard
Eureka Healthcare & Rehabilitation
Eureka

Family Pie Night
Lincoln Glen Nursing Facility
San Jose

ADDITIONAL PREVIOUS WINNERS

2008 Bell Band -- The Ring-a-Lingers
Elk Grove Care & Rehab Center
Elk Grove

Bingo Store/Bingo Bucks
Golden Living Center
Fresno

Idylwood Olympics
Idylwood Care Center
Idylwood

Priority Reach
Fillmore Convalescent Center
Fillmore

Spinning Nation
High Desert Haven, Inc
Ridgecrest

Wedding Vow Renewal
Horizon Health & Sub-Acute Center
Fresno

2007 Horizon Holiday Mall
Horizon Health & Sub-Acute Center
Fresno

Choices Program
Reutlinger Community for Jewish Living
Danville

Concierge Program
Downey Care Center
Downey

2007 Nursing Soft Touch Pressure
(cont.) Prevention Technology
Vernon Convalescent Hospital
Los Angeles

Teamwork Breakfast
Horizon Health & Sub-Acute Center
Fresno

2006 Summer Spotlight
Home for Jewish Parents/Reutlinger
Community for Jewish Living
Danville

Holiday Photos
The Center at Parkwest
Reseda

Project Compassion
San Bruno Skilled Nursing Hospital
San Bruno

The Guardian Angel Program
Fillmore Convalescent Center
Fillmore

2005 Traveling the World
Northgate Care Center
San Rafael

Helping Hands
Lincoln Glen Nursing Facility
San Jose

ADDITIONAL PREVIOUS WINNERS

2005 A Little Thumb Thing For You' Bookmarks
(cont.) Horizon Health & Sub-Acute Center
Fresno

Snoozer Cruizer – Sleep Hygiene Cart
Arroyo Grande Care Center
Arroyo Grande

A Journey: The Rewards of Shared Vision and
Shared Governance Through Cultural
Transformation
Ararat Nursing
Mission Hills

2004 Leherhaus Judaica
Reutlinger Community for Jewish Living
Danville

Marc My Words
Northgate Care Center
San Rafael

Popsicle Program/T-Time
Brookside Skilled Nursing
San Mateo

“Potty Training” – Captive Audience Inservices
Horizon Health & Subacute Center
Fresno

TGIF: Friday Day Out
Community Subacute Center
Dewitt, Fresno