



LeadingAge CA

iNSPIRE

Quality of Life Improvement Project

Welcome to a new year and the first issue of the LeadingAge California **iNSPIRE** Project's monthly newsletter! Every month, we will share important project updates, best practices, and success stories and pictures. Get ready to be inspired!

The **I**ntegrate **f**u**N**, **S**ustainable, **P**rogramming that is **I**nnovative, **R**ewarding and **E**nriches (**iNSPIRE**) Project provides skilled nursing communities with no-cost iN2L engagement technology, which offers thousands of computer-based experiences aimed at improving quality of life, reducing psychotropic drug use, providing stress relief, and much more.

For more information, visit <http://leadingageca.org/inspire-grant>

Funded through a CMP grant awarded by CDPH and CMS Region IX

Meet Your iNSPIRE Project Support Team

Amanda Davidson

LeadingAge CA, Grant Manager

Amanda is based in Sacramento and joined LeadingAge CA and the iNSPIRE Project during its launch in April 2020. She is your go-to person for all things project related and your main point of contact for the duration of the project. She is who you submit your quarterly CASPER report to and who you notify if your Administrator or Project Lead changes. You can reach Amanda by [email](#) or by phone at (916) 469-3385.

Carmeli Hocson

iN2L, California iNSPIRE Customer Success Manager

Carmeli is also based in Sacramento and joined iN2L and the iNSPIRE Project in August 2020. Carmeli can answer your equipment and iN2L content questions and offer suggestions to increase your system usage. She will assist you in submitting your quarterly Quality of Life surveys. You can reach Carmeli by [email](#) or by phone at (303) 806-0797 ext. 180.

Resident Engagement During COVID-19 Restrictions

To say that 2020 was a challenging year for the world of skilled nursing would be an understatement. The COVID-19 pandemic forced drastic changes to resident activities and person-centered engagement. True to form, iNSPIRE Project participants used their new iN2L Mobile Flex and tablets to meet those changes head on.

At Artesia Christian Home Skilled Nursing (below), residents played virtual slot machines. At The Reutlinger Community, residents enjoyed touchscreen crossword puzzles and featured their individual artistic creations in an online art show.

If you are currently struggling to utilize the iN2L Mobile Flex and tablets amidst COVID-19 restrictions, here are a few ideas:

iN2L Print Website

The print website is an excellent resource for individual print materials such as bingo cards, puzzles, and word games. Set up the Mobile Flex in a resident hallway and play bingo. Pass out individual bingo cards to residents in their doorways, which can then be discarded after use.

Video Chat

Isolation during COVID-19 has reared its ugly head and the video chat feature on the tablet is one of your most powerful weapons against it. Schedule video chat calls with friends and family for residents that are restricted to their rooms. Always remember to follow your community's policies and procedures surrounding infection control and prevention when cleaning the tablets.

Streaming Music or Video

Soothing music or sounds can promote relaxation and reduce stress and anxiety. Set up the Mobile Flex outside a resident room or in the hallway and pick a soothing genre of music or a relaxing video. Pro Tip: stream Bob Ross videos for his calming voice and fun words of wisdom!

If the above ideas are not currently possible for your community, please reach out so that we can connect with you on an individual basis and brainstorm alternative ideas together.

iN2L Brings 'Happy Tears'

Liz Cole-Salcido

Artesia Christian Home Skilled Nursing, Director of Social Services



"Here is a picture of one of my residents playing the slot machines! She and her husband used to go to Laughlin all the time, at least once a month, to play the slots together.

She said she hasn't played the slots for at least 20 years and she says it feels just like the real thing with all the sounds and colors! She's having so much fun with it and keeps telling us all these stories about her husband and memories they shared on all their Laughlin trips.

She says she hasn't thought about those memories in years and gives her 'happy tears' to think of them again! We just LOVE hearing this!"

We want to hear from you!

If you'd like to share a photo or story to be featured in this newsletter, click [here](#)!

Coming Soon

Don't forget to add these important dates to your calendar!

iNSPIRE Project Best Practices Meeting

Wednesday, January 27

2:00 PM - 2:30 PM

Register [here](#)!

Attend this 30-minute virtual best practices meeting to get your iNSPIRE Project questions answered. Your support team and your peers will be available to respond to your questions, offer solutions and best practices, as well as share a few tips and tricks. This is an optional and informal meeting designed to support you and the implementation and integration of the iN2L program in your community. These best practices meetings will be held monthly.

2021 CASPER Report and Quality of Life (QOL) Surveys Due Dates

March 2021

June 2021

September 2021

December 2021

The iNSPIRE Project supports a study including up to 30 residents in our 60 participating skilled nursing communities and includes an evaluation to determine changes over time. Your facility-level CASPER report and QOL surveys are important evaluation tools and your timely submission of both are greatly appreciated every quarter. You will always be notified of exact submission deadlines far in advance, but add a reminder to yourself on your calendar!

[LeadingAge California](#) represents California's broadest spectrum of providers of housing, care and services, serving hundreds of thousands of older adults. It launched the [Age On. Rage On.](#) campaign to spotlight the urgent need to develop a Master Plan for Aging in California. [Click here to read the latest news by LeadingAge California.](#)

Questions? Please Contact Us.

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