



Welcome to the February 2022 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 the iNSPIRE Project [website](#). Funded through a CMP grant awarded by CDPH and CMS Region IX.

Q&A with Your Customer Success Manager

Carmeli Hocson officially joined the iN2L team in August 2020 as the California iNSPIRE Project Customer Success Manager. By now, you have met Carmeli either in-person or virtually and know that she possesses a wealth of iN2L knowledge and support.

In this Q&A session, Carmeli offers up some suggestions and advice based on her own experience, and even shares what her personal favorite iN2L content is and why!

Q: What has been one of the more creative ways that you have seen a community engage their residents in activities using iN2L?

A: I have seen communities use their systems in so many creative ways. I saw one community use the 23" Group Engagement system to play socially distanced hallway Bingo. I saw another community use the driving simulator to take a group of residents on a virtual "road trip" around a major city.

Q: What advice would you give to a community who wants to increase their use of the 23" Group Engagement system?

A: Don't be afraid to jump in and explore the content! You just might find something that your residents will love. Also, create Quick Start buttons to help with your activity planning. You can add any type of button (think of it like a file folder) that can hold or save all the great content you want to use during your activities. For example, Valentine's Day is coming up you can create a Valentine's Day Quick Start button and include content that you want to use for your activities that day or for the month.

Q: What advice would you give to a community who wants to increase their use of the tablets?

A: Store the tablets where staff can easily access them to utilize in rooms with residents. Some communities use a log in sheet to keep track of when the tablets are checked in and out. Also, if a family comes in, use the tablet as an ice breaker. Sometimes family members or friends are unsure of what to say or do when they visit. Using the tablet is a great way to break this awkwardness.

Q: Personally, what is your favorite iN2L content, and why?

A: I can't zone in on my favorite iN2L content because I have so many favorites! If I had to pick one, at this moment it would be *Reminisce - What Did It Cost*. You realize that things were so much more simple and cheaper back in the day!

Upcoming iN2L Research Webinar: Impacting Social Isolation, Loneliness, and Well-Being with iN2L Engagement Technology

Join Lydia Nguyen, PhD, Lead Researcher at iN2L, to discuss the results of iN2L's recent research conducted with older adults living at home and in senior living communities. These research programs focus on how iN2L tablets can promote engagement, connection, and well-being, and decrease feelings of social isolation and loneliness. The populations that have been examined include independent older adults, family caregivers of people living with dementia, and senior living residents and staff. Dr. Nguyen will provide an overview of the research programs, share the positive impacts of iN2L technology on well-being and social isolation/loneliness, discuss the observed benefits to senior living staff, and offer a glimpse of iN2L's future research.

**iN2L Research Webinar:
Impacting Social Isolation, Loneliness,
and Well-Being with iN2L Engagement
Technology**

Thursday, February 24

3:00 PM - 4:00 PM

Register [here!](#)

**iN2L Research Webinar:
Impacting Social Isolation, Loneliness,
and Well-Being with iN2L Engagement
Technology**

Thursday, March 24

3:00 PM - 4:00 PM

Register [here!](#)

Coming Soon

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

iNSPIRE Project Best Practices Meeting: Idea Sharing

Wednesday, February 23

2:00 PM - 2:30 PM

Register [here!](#)

It's been over a year since your community joined the iNSPIRE Project and launched your iN2L program. This month, we'll be sharing and discussing some of the ideas that YOU have had and implemented to make your iN2L program run smoothly and effectively for your residents. Come ready to listen and learn from others and share the things that have worked for you!

Attend this 30-minute 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.

2022 Quarterly Reporting Due Dates:

CASPER Report, Quality of Life (QOL), and Activity Participation Surveys

March 18, 2022

June 17, 2022

September 16, 2022

December 16, 2022

Go to the iNSPIRE Project [website](#) to download and print the Quarterly Reporting Due Dates form and add it to your program binder or an office bulletin board.

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, Quality of Life (QOL), and Activity Participation surveys are important evaluation tools and your timely submission of these are greatly appreciated every quarter.

[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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