



Welcome to the June 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 **fuN**, **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.

## **Woodland Care Center Rocks Their iN2L Technology!**

Fabiola Aguayo, activity director, and Catherine Castillo, activity assistant, (pictured below, left to right), at Woodland Care Center really know how to rock and roll!

During their on-site orientation with iNSPIRE Project support staff, Fabiola and Catherine learned how to use the iN2L Customer Portal, played bingo, and used YouTube on the 23" Group Engagement system to play the soulful tunes of James Brown, the favorite musician of one of their residents.



If you are interested in scheduling an on-site orientation for staff members, please [email](#) Director of CMP Grants, Amanda Davidson, or call (916) 469-3385.

## **Q&A with Laurie Kjar-Reiss: iN2L and Activity Professionals**

Laurie Kjar-Reiss is no stranger to CMP grant-funded projects. As an activity consultant, Laurie is a valued member of the iNSPIRE Project Stakeholder Group and has guided and supported the project since its launch in 2020. The iNSPIRE Project sat down with Laurie to ask her a few questions about the benefits of iN2L for activity professionals.

### **Q: What inspired (pardon the pun!) you to join the iNSPIRE Project Stakeholder Group?**

**A:** I have been to hundreds of skilled nursing facilities in the past 30 years. I know the importance of providing creative and innovative programs to the residents who reside in them. I also know the strain that the pandemic put on activity staff. iN2L is a program that can be used for all levels of function. It promotes the overall physical, cognitive, spiritual, and social well-being of seniors. The iNSPIRE Project was a great way to get this technology-based program into the hands of the activity and facility staff to use with residents at no cost. I was excited to see how the use of this technology could impact the reduction of antipsychotic medications and the reduction of social isolation.

**Q: What are some ways in which you have seen activity professionals utilize the iN2L program successfully and effectively?**

**A:** I have seen activity staff use iN2L to redirect residents who may be feeling anxious, depressed, or lonely, and to prevent social and cognitive decline. “Shirley” is a resident in one of my facilities who has dementia and episodes of anxiety. She was previously a music teacher, and the staff uses the iN2L tablet with her daily, playing music based on her interest. This has been very effective in reducing her anxiety and creating joyous moments. Activity staff also use the resources on iN2L's print website to print out educational materials, arts and crafts, and theme-related worksheets to distribute to residents. They also use iN2L to connect residents to family and friends via virtual visits.

**Q: What advice would you give to an activity professional who wants to introduce iN2L to direct care staff who may not be involved in activities?**

**A:** One of the great things about iN2L is that it requires no previous computer experience. It is important that the activity staff provide hands-on training with other facility staff members to demonstrate how easy-to-use and effective iN2L is. The activity staff need to develop a “cheat sheet” with simple instructions on how to access and utilize the most popular iN2L content. The more the facility staff see the activity staff utilizing the program, the more interest it will spark!

## **Coming Soon**

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

**iNSPIRE Project Best Practices Meeting: CANCELED**

Please note, this meeting scheduled for June 29 has been canceled due to the June on-site competency trainings.

**2022 Quarterly Reporting Due Dates:**

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

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.](#)

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