



LeadingAge[®]CA

iNSPIRE

Quality of Life Improvement Project

Welcome to the May 2021 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.

B-I-N-G-O!

Get your daubers ready – it's time to play bingo! Your iN2L 23" Group Engagement system was recently converted to a new version of iN2L. As you explore the new version with your residents, why not win a prize too?

Click [here](#) to print out a bingo card to play and be eligible to win a gift card!

One bingo card per facility will be accepted and you must send a picture of your completed card to Carmeli Hocson by Friday, June 4 so that it can be checked. The first facility that submits their completed card (Black Out, Square, or X) will win the corresponding prize.

<p>23" GROUP ENGAGEMENT SYSTEM BINGO GAME</p> <p>HOW TO PLAY</p> <p>1. CROSS/X OUT THE ACTIVITY COMPLETED ON YOUR GROUP ENGAGEMENT SYSTEM</p> <p>2. IF YOU HAVE COMPLETED A BLACK OUT, A SQUARE CARD, or the X CARD TAKE A PHOTO AND EMAIL</p> <p style="text-align: center;">chocson@in2l.com</p> <p>*First facility that completes and turns in their BINGO card will win the prize.</p>		BLACK OUT CARD: \$25 Gift Card
		SQUARE CARD: \$15 Gift Card
		X CARD: \$10 Gift Card

Please direct any questions to Carmeli Hocson by [email](mailto:chocson@in2l.com) or phone at (303) 806-0797 ext. 180.

Utilizing iN2L During Visits

With updated visitation guidance evolving at both the federal and state level, many skilled nursing facilities are carefully and cautiously welcoming visitors. Your iN2L tablets and 23" Group Engagement system can be a useful tool to make in-person visits enjoyable and engaging. The tablets are simple to use and portable and the battery pack on the 23" Group Engagement system allows you to move about untethered, both inside and outside your facility. Consider giving residents and their visitors the unique experience of exploring one or more of these six key content areas during their next visit:

Person-Centered

By now you should have created a customized My Page for each resident to showcase their favorite content and a personal narrative or profile. Encourage residents to share their My Page with their visitors and note any content that they may like added.

Social

Social-oriented content such as Tell Your Story, Reminisce, music and videos, holiday activities, classic radio, TV, and sing-alongs encourages social interaction and sharing with visitors.

Cognitive

Quizzes, news items, history, puzzles, activities, and games encourage fun, cognitive engagement for residents and visitors to explore together. Popular two-person or more activities include bingo and sing-alongs.

Spiritual

Hundreds of spiritual experience applications, such as videos, hymns, sermons, devotionals, Bible stories, and spiritual websites easily create welcoming spiritual and faith-based activities for in-person visits.

Physical

Visitors can have fun, encourage movement, and bring back the simple enjoyment of past everyday activities for residents with the bike, drive, and flight simulators. Chair exercise videos can also be an enjoyable activity for residents and visitors to watch and do together.

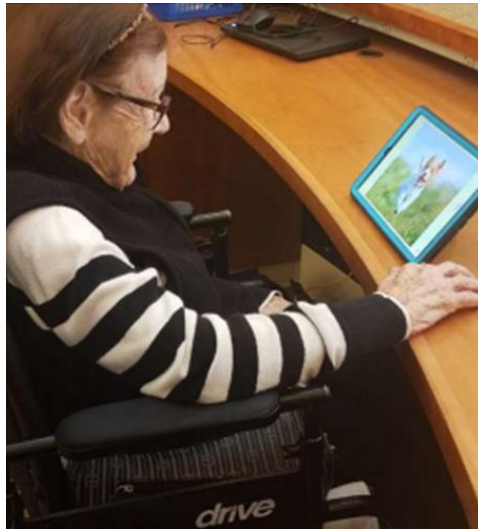
Emotional

Residents who experience anxiety or confusion during visits may benefit from iN2L's extensive music therapy program designed by music therapists, relaxation videos, and ambient sound applications.

On the Cutting Edge of Technology

Jeffrey Cortez

Activity Program Coordinator, Villa Siena



"The iN2L tablet provides personal engagement for one-on-one or independent programming. Residents have their own user account, which allows for customization and preference for certain programming. Mazes and card games, for example, are available to promote healthy brain activity and relaxation/sensory videos are available for a more calming need."

"We have only scratched the surface of the library of content available to us. As iN2L continues to update their content on a regular basis, we look forward to abundant use and integration throughout our community."

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: Multidisciplinary Involvement

Wednesday, May 26

2:00 PM - 2:30 PM

Register [here!](#)

Rescheduled from March 31, Erin Rorar, grant program facilitator at Concordia at Sumner in Copley, Ohio, will share her experience working with and involving a multidisciplinary team in the community's grant-funded iN2L program.

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.

**2021 - 2022 Quarterly Reporting Due Dates:
CASPER Report and Quality of Life (QOL) Surveys**

June 18, 2021

September 17, 2021

December 17, 2021

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 tack it up on 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 and QOL surveys are important evaluation tools and your timely submission of both 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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