



Strategies for Turning Social Distancing into Social Engagement

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Create an Expectancy of Engagement

Let's say a resident is watching Price is Right. Create an Expectancy, expect team members (staff) to engage during each encounter with a resident. "Can you believe that price Mrs. Smith?" What did a car/vacation cost in your day?" While playing a little Vanna White. How long did that take? Maybe 5 seconds? Look what it can do to engage. Look how little time it takes to engage. Start with a new expectancy of engagement.

How to Engage

One really great way to engage residents is to tap into what they enjoy doing on their own.

Examples:

A resident watches a cooking show.	Ask for ideas for future cooking activities.
A resident watches the birds and squirrels faithfully out the window.	Ask what kind of birds they are, what they do when the squirrel comes, etc.
A resident watches late night shows.	Ask about the funniest thing heard on the show, the "top ten," or whatever the show might be known for.
A resident sews.	Ask to see the latest.
A resident is an avid magazine reader.	Ask to share the latest recipe, advice, craft, newest car model, etc.

(*Vibrant Living: Inspirations to Energize Daily Life* written to residents by L. Norton and C. Bowman www.actionpact.com.)

Get to Know Each Other Better

Have a Getting to Know You Question of the Day (or Week). Challenge everyone to use the question.

- FACTS: Where were you born? Raised? What schools attended? Career? Family? Etc.
- FAVORITES: What's your favorite ... ice cream, book, vacation, movie, past time, etc.?



- DISCUSSION STARTERS: If you could be an animal, which would you be and why? (Find Discussion Starter questions online and your quality of life team probably has resources.)

Everyone is Famous for Something

Use this time to get to know each other in a deeper way. Have fun asking everyone:

1. What are you famous for in your family?
2. What are you famous for in your community?
3. What are you famous for in your career?

(*Meaningful Activity Assessment* by C. Bowman www.actionpact.com.)

Create a Wisdom Book

Collect residents' wisdom for anything you can think of. Envision chapters in a Wisdom Book.

What advice would you give for:

- Being a good student
- Being a good friend
- Getting along with your siblings.
- Getting through high school.
- Going to college.
- Raising kids.
- Balance in your life.
- Cooking.
- Baking.
- Being healthy.
- Managing a family and job/s.
- Marriage.
- Raising teenagers.
- Handling money.
- Handling stress.
- Handling tough times.
- Having faith
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Someday when the pandemic is over, God willing, consider publishing and even selling your Wisdom Book. Everyone will want a copy - or maybe 20 if Grandma is quoted in it!

