



## MEN'S GROUP

### Motivated Men

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Our Best Practice is coming up with different ways to keep the male population in our nursing home more active. By doing this we have started different clubs, some only for men and then also others that pertain to male interest such as cars, sports, working, and wildlife.

The primary purpose of our best practice is too keep all of our males active and happy and to assure there are activities that meets their interest. By offering a wide variety of different activities that males can relate to, they are more likely to participate and to have more to discuss while attending these activities.

Our Best Practice has helped us accomplish ways to keep men more active. We can tell these have been more affective ways to get men involved because we have better participation from men for these activities than others. Male residents request these activities and state how much they enjoy them. A few examples of some of our more male oriented activities include:

*Game Time Concessions* - Men are encouraged to meet and watch different sports events together such as football, basketball, or baseball games. As they watch, activity aides pass out snacks to the men. This is especially popular during college football season.

*Fishing Club* - The staff takes men to the local park for fishing days and assists them as needed.

*Men's Club* - These are meetings for only men to spend time together and talk while enjoying things like pizza, barbecue and coke or non-alcoholic beer.

*Men's Workshop* - Offers a variety of different activities pertaining to jobs they may have had in the past or by offering hands on activities of interest. The Maintenance department also allows alert male residents to observe and assist with small tasks.

*Card Club*- Men gathering to play different types of cards games and provide snacks to the participants.

*Gardening Club*- Garden area for men in which the men care, tend, and grow the garden.

Our Best Practice incorporates popular male activities of their interest and is carried out each month. Our Best Practice is innovative due to the ample amount of members who provide positive comments and feedback.