



## Black Jack!

### **Administrator:**

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Black Jack! Our residents love to play Black Jack every Tuesday. We play for an hour and we have a first, second and third place winner. They get so excited waiting to see what the next card is going to be and when they get Black Jack they yell out very loudly in excitement.

Our Best Practice addresses issues like boredom, low morale, loneliness and sadness. Its purpose is to get residents out of their rooms and socializing with others, get them thinking about their past, opening up chances for them to meet new people and make new friends. It gives them something to look forward to and know that they are going to get to play each week, we have so many that ask “when is Black Jack?”

This activity helps every resident that is living at our facility. All groups and ages can be involved. It works by boosting morale because they know they are going to get to play each week, it helps with boredom, loneliness, and it takes them back to the times when they were younger and could get out and go and do the things they use to do. Some of them say they just want to watch because they enjoy watching others get so excited when they Black Jack.

We have a resident that used to meet with his “buddies” once a week and play Black Jack and now he is not able to do that because of his health and he states that playing Black Jack here has really helped him adjust to being here and it has helped him to meet new people and make new friends. It gives him a sense of being on his own again and being able to do what he loves.

We have a first place, second place and third place winner. Everyone plays for one hour and whoever has the most chips at the end of that hour wins. We give each player 20 chips to play with. We had the chips and cards donated to us. We have refreshments such as drinks, chips and dip, pretzels or whatever the residents request for each game. We give the winner \$3.00, second place \$2.00 and third place \$1.00. At the end of the month we have a playoff game where we take all of our first place winners and they play for \$10.00.

People love getting together with their friends/family and spending ours with them happiness, to hear them laugh and socialize with friends, it just touches the heart and makes you feel like you have accomplished something, to see them so happy and for some of them this is one of the things that make them happy and content. They even motivate others to come out and play with them. And for a while, just a little while they are back to being independent on themselves again, meeting with friends and “hanging out”. They are happy.