



Golden Years

Strength & Mindfulness Orientation

CMS Grant

Agenda

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Golden Years

With over 20 years of experience, we provide personalized wellness services for employers & employees, individuals & families, and older adults & caregivers.

Golden Years embeds evidence-based fitness and wellness throughout the week to bring structure, connection and vitality to every day.



Why did we write this grant?

To support residents, by:

- Increasing strength, mobility and awareness - therefore decreasing fall risk
- Enhancing their QoL - by decreasing social isolation, anxiety and depression

We also want to support YOU by providing a reliable, impactful, & fun daily activity



Grant Overview

We've crafted a unique program to help reduce falls and enhance QoL for nursing home residents.

- Grant funded via CMS
- Aiming to reduce falls, improve QoL and socialization
- Team of experts leading the program & partnering with you
- No cost to facilities or residents



Wellness Offerings



Golden Years Program

Our program consists of four wellness pillars.

1



Daily Activity

2



Tips Newsletter

3



Educational Class

4



Wellness Library

Golden Years Program

We've crafted a unique program to address the challenges nursing homes face



Daily Activity

- **What:** 30-minute, daily chair-based class (movement, meditation/mindfulness and “breath-work”)
- **Why:** Fall prevention & focus on mental wellness
- **When:** 7x a week. 15 minutes before class begins there is a “pre-roll” (still image, music, and a class countdown timer.)
- **Accessibility:** Reduced cadence, closed captioning & flexibility to play from multiple screens



Tips Newsletter

- **What:** An evidence-based, actionable item
- **Why:** Support lifelong learning & caregiver support
- **When:** Monthly, first Thursday of the month
- **How:** Sent via email to staff members and posted in the Wellness Library

Golden Years Program

We've crafted a unique program to address the challenges nursing homes face



Educational Class

- **What:** Educational wellness-based masterclasses
- **Why:** Support lifelong learning & caregiver support
- **When:** Quarterly, last Thursday of the quarter, 30 mins
- **How:** Webinar via Zoom



Wellness Library

- **What:** Digital hub of resources for residents, family, and staff
 - Daily class replays organized by days of the week
 - Other videos: yoga, pilates, meditation and tai-chi (8-25 mins)
 - Wellness tip newsletters
 - Educational classes
 - Calendar of activities & class link
- **Why:** On demand access to resources

Preparing for Success



Technology Needed

- ✓ Access to Vimeo (Vimeo log-in or password is not needed)
- ✓ Reliable Wi-Fi in the room(s) where the daily activity will take place
- ✓ TV or screen for Vimeo
- ✓ Laptop or mobile device for connecting the Vimeo to the TV
- ✓ Playing the Vimeo on the TV:
 - ✓ Via wired connection: HDMI cable to connect laptop to TV
 - ✓ OR via wireless connection: Smart TV or ability to mirror screens via Chromecast, Roku, or Apple TV



Daily Activity Checklist

Daily Activity Logistics

- Because the classes are chair-based, make sure you set up the room ahead of time for the residents
- 15 minutes before class begins, there is a “pre-roll (a still image, music and a class countdown timer).
- The daily activity will be anonymous for residents because it will be in a Vimeo Webinar format

Golden Years

Each day a staff member should:

- ✓ Bring your participants to the TV location
- ✓ Turn on the TV up to 15 mins prior to class
- ✓ Ensure the TV is able to broadcast the Vimeo (see *Technology Needed* section)
- ✓ Click the Vimeo link to begin the class



Facility Checklist

Staff Needed

- A staff member will be needed to turn on and off the activity every day (Vimeo).
- We will email the Wellness Tips Newsletter to our contact(s) at your facility each month. A staff member should be designated to email the newsletter out to residents, staff, families, caregivers and/or post a printed copy in the facility.
- A staff member will be needed to turn on and off the quarterly educational class (Vimeo).

- ✓ Is your facility contact up to date? Please update PC if that person changes.
- ✓ Who is responsible for turning on and off the daily activity?
- ✓ Who are two other people that will be available to run the daily activity if the designated staff member is out of office?
- ✓ Who will have access to the daily activity Vimeo link?
- ✓ Who will disseminate the monthly tips newsletter to residents?

Schedule

- ✓ The daily activity will be 7-days a week:
9:30-10:00 AM CST
- ✓ The monthly wellness tips newsletter will be
emailed the first Thursday of each month
- ✓ The quarterly educational class will take place on
the last Thursday of each quarter.

DAILY



Strength & Mindfulness Training

9:30 - 10:00 AM CST

MONTHLY



Wellness Tip

First Thursday of the month

QUARTERLY



Education-Based Class

Last Thursday of the quarter

Access to Important Links

- The daily activity Vimeo **link will be the same every day** and can be found in the Wellness Library or stored where it is convenient for your team.
- **Please designate a staff member** to be in charge of facilitating the playing of the daily activity and have **two back-ups** if they are out of office.
- There will be **one Vimeo link** used for the daily activity and a Zoom link for the educational class.
- The **Wellness Library** link where you can find the Vimeo link as well as previous class recordings will be sent after the program begins



Golden Years Support



Michael Wald, Program Coordinator

e: mw@goldenyears.co

c: (917) 863-1796

Calendly link: <https://calendly.com/michaelgoldenyears/30min?month=2026-08>

Reach out to Michael with any program-related questions and lookout for emails from him regarding program materials!



Rick Kral, Program Director

e: rickkral@2nomi.com

c: 828- 507- 2366

You'll hear from Rick when it's time to collect the analytics and reporting needed for the state in regards to the grant.

Contingency Plan for Unexpected Issues

Technical Issues:

- If the Vimeo is not beginning or loading, check your WiFi connection.
- If the technical issues are not resolved in 3-5 minutes, please email or call the Program Coordinator and describe the issue you are experiencing.

Facility Personnel Issues:

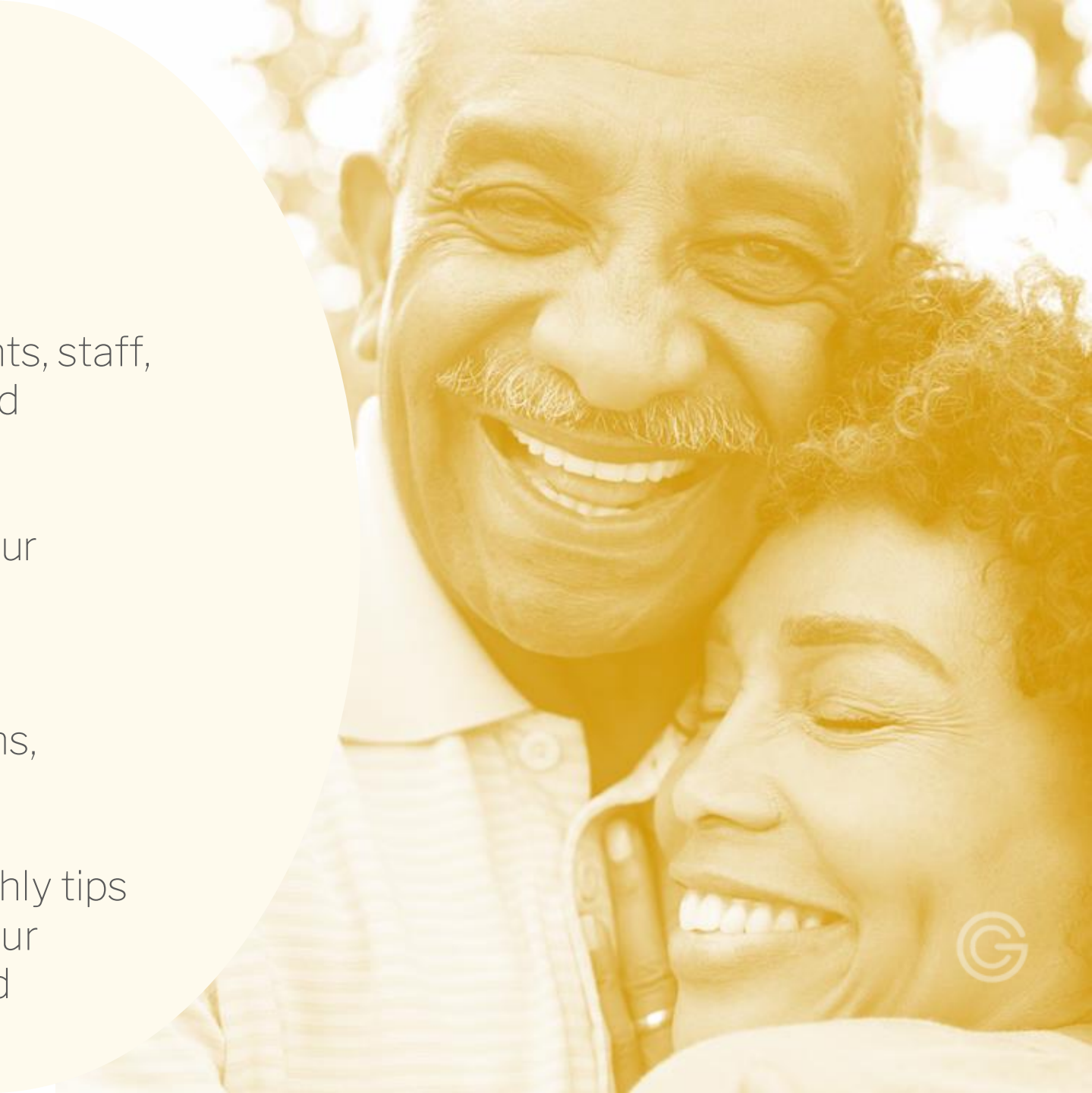
- If the staff member in charge of running the Daily Activity is unexpectedly out, the facility should be prepared with a back-up staff member who is familiar with this manual.

Golden Years Personnel Issues:

- If the teacher is unexpectedly out of office, then the back-up teacher will be contacted morning-of and will complete the Golden Years Teacher Checklist before teaching the activity.

Boosting Participant Engagement

- **Word of Mouth:** Talk to your residents, staff, and family about the daily activity and encourage them each to attend.
- **Scheduling:** Add these classes to your regular activities schedule.
- **Flyers:** Print and post class flyers on communal bulletin boards, bathrooms, elevators, etc.
- **Monthly Newsletter:** Print the monthly tips newsletter and post it throughout your facility or hold a monthly readout and discussion.



Boosting Participant Engagement

- **Other Communications:** Use other communications already going out to residents and families as a chance to talk to them about their wellness offerings.
- **Including Families:** Encourage residents' family members to join in on the daily activities or quarterly educational classes!

P.S. Use this as a sales tool for prospective residents!





Facility Checklist

Data Collection

- All CMP Grants require outcomes data to validate effectiveness of each program
- Program's outcomes measures include satisfaction with activities and number/severity of falls for up to 10 residents participating in the program
- The Satisfaction survey is 3 questions, and the falls data is collected from MDS 3.0 (J1800/J1900)
- The data will be collected at the start of the program and every 6 months thereafter
- A data log is provided and used (sans resident identifiers) to submit data by email to PD

- ✓ Who will maintain a log of program participants?
- ✓ Who will collect Satisfaction surveys?
- ✓ Who will collect MDS data?
- ✓ Who will document data onto the outcomes measures log and submit data log to Program Director?

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Golden Years Six-Month Tracking Tool

Use daily program records to complete this survey at the end of each six-month reporting period.

FACILITY & REPORTING INFORMATION

Facility name: _____

Program start date: _____

Six-month reporting period: From _____ To _____

PARTICIPATION

#	Measure	Result
1	Average number of participants in sessions during the last six months	
2	Number of participants being tracked in this report	

TRACKED PARTICIPANT OUTCOMES for 10 Residents

#	Measure	Result
1	Average satisfaction with activities before starting the program	
2	Percentage who had a fall before starting the program	
3	Percentage who had a fall with injury before starting the program	
4	Average satisfaction scores after six months	
5	Percentage that had a fall during the previous six months	
6	Percentage that had falls with injury during the previous six months	

Notes / explanation of unusual results:

Completed by: _____ Date submitted: _____

Golden Years Resident/Representative Satisfaction Survey

This survey collects anonymous feedback of your satisfaction residing in this nursing home. Your responses will help improve our culture and overall satisfaction with care and services. Thanking for taking the time to complete the survey!

Your survey responses will...

- Help your opinions be heard.
- Help make leadership aware of areas that need improvement.
- All responses are confidential and anonymous.

Please note: Family members may complete the survey for the residents they represent. Changes can assist residents as needed to complete the survey. We suggest the resident must have a 60% score above 8 to complete the survey.

PLEASE CHECK BOX FOR YOUR RESIDENT OR FAMILY THEN CIRCLE YOUR RESPONSE TO EACH QUESTION

	never	fair	good	excellent
☐ Resident/Representation				
1. Are there enough scheduled activities here?				
2. Are there things to do on weekends that you enjoy?				
3. Are you/resident satisfied with the exercise programs?				

Total Score: _____

Date: _____

Thank you for taking this survey!

Thank you!

The team of experts behind this project.

1

Golden Years

20 years of experience creating mindfulness & wellbeing programming.

2

Network

Golden's network of highly experienced & vetted wellness professionals.

3

Grant Partner

Rick Kral, DNP, LNHA, CGCP, NEA-BC, CDP, CPPS

4

Geriatrician

Claire Davenport, MD MS