

Golden Years

PA Orientation

CMS Grant

Agenda

I. Golden Years & Grant Overview

I. Wellness Offerings - Four Wellness Pillars & Programming

II. Preparing for Success
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   c. Staff Needed
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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.

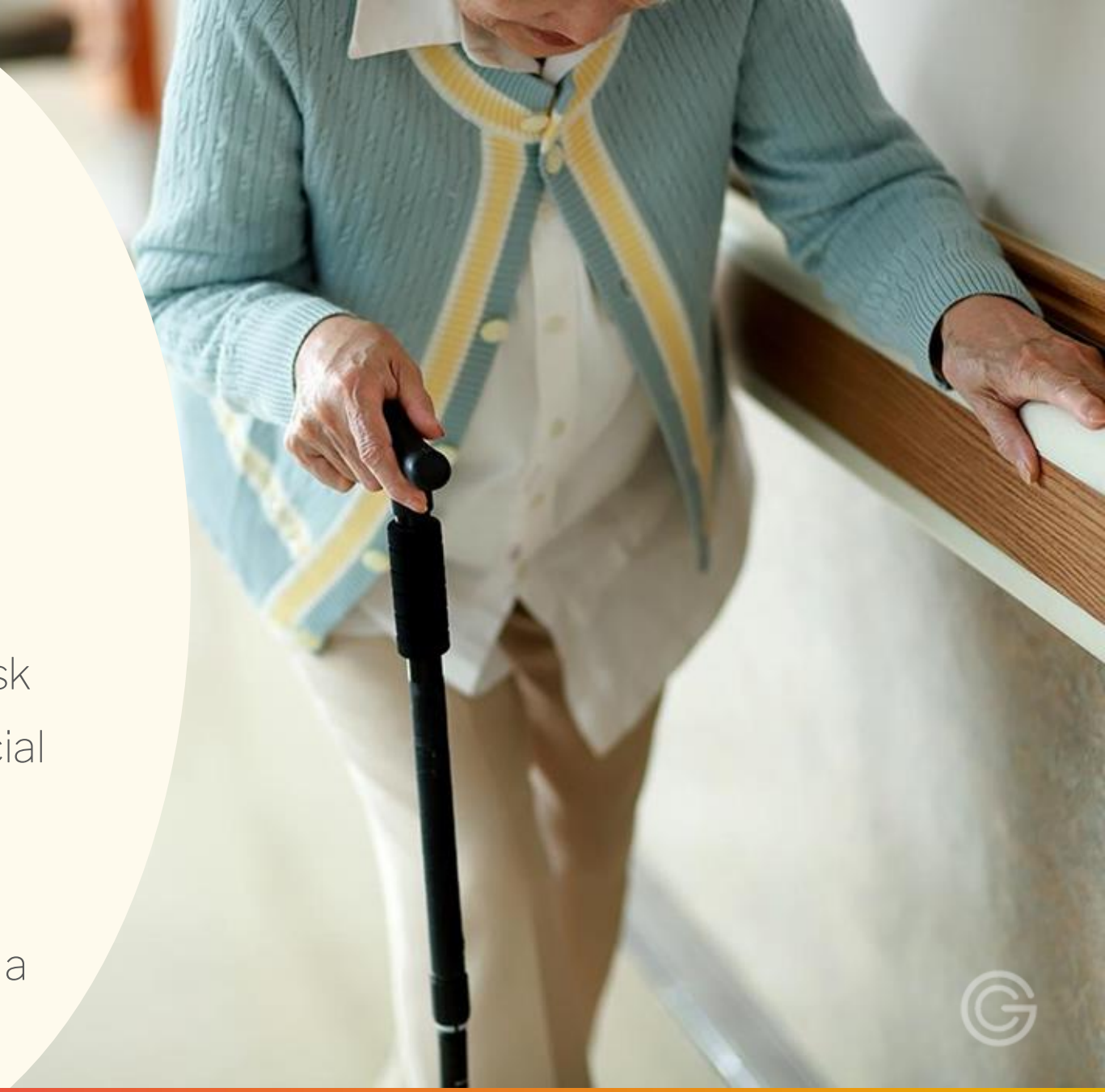


Why did we write this grant?

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 quarterly, 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 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

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Daily Activity Checklist

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

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).

Facility Checklist

- ✓ 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: 10:30-11:00 AM EST
- ✓ 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
10:30 - 11:00 AM

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:

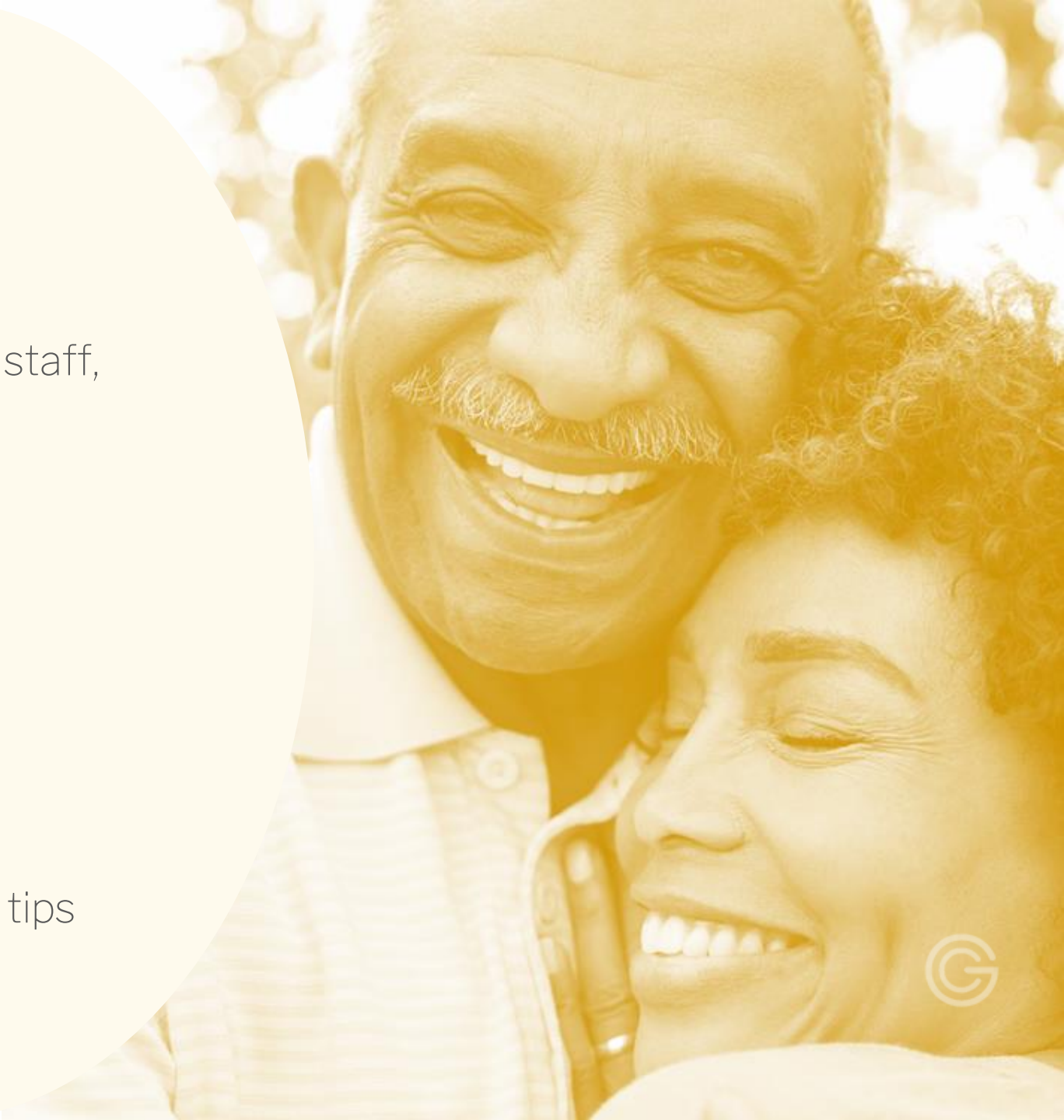
- If the staff member in charge of running the Daily Activity is unexpectedly out, the facility should be prepared with a back-up staff member who is familiar with this manual.

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.

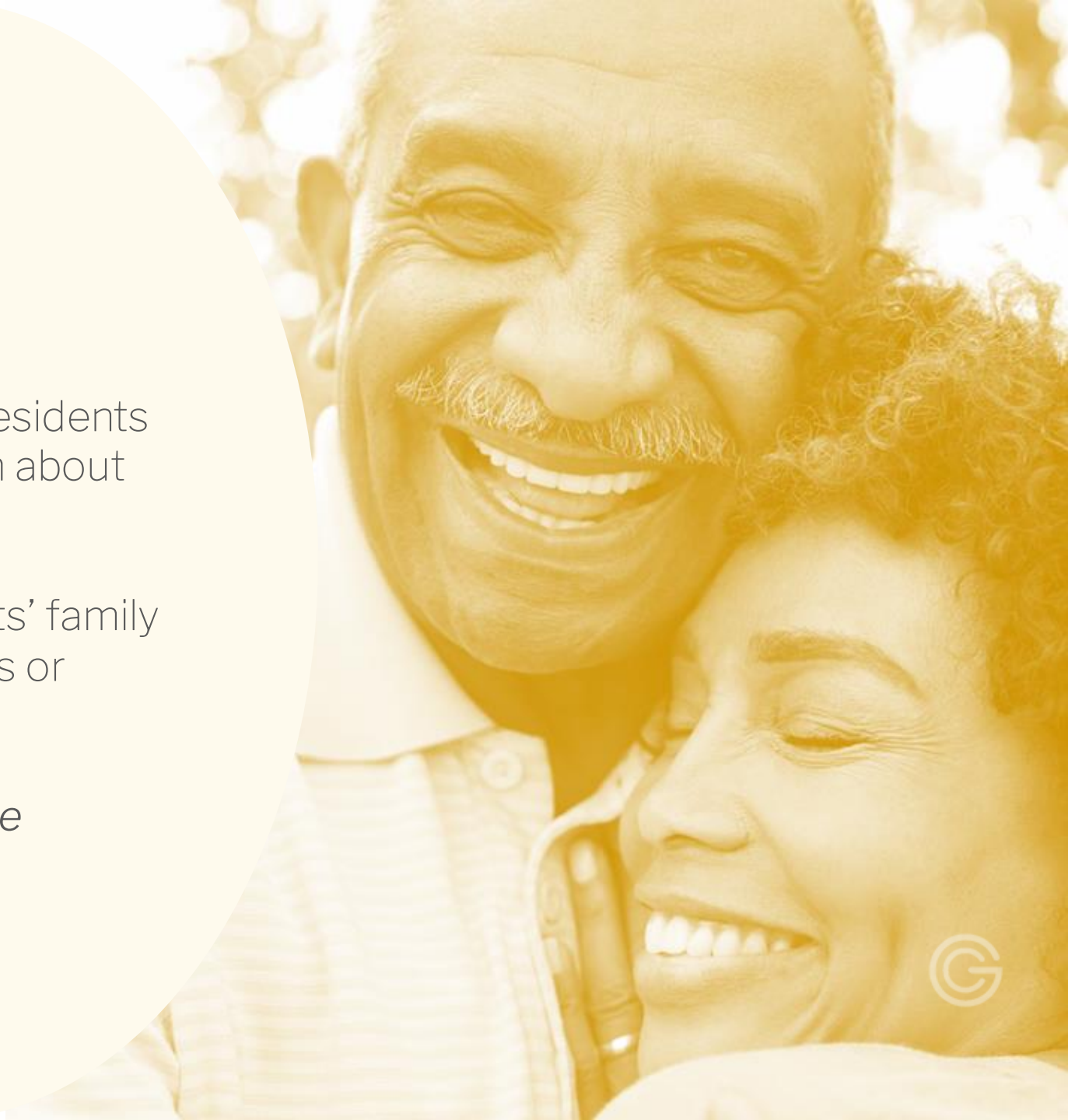


Boosting Participant Engagement

- **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!



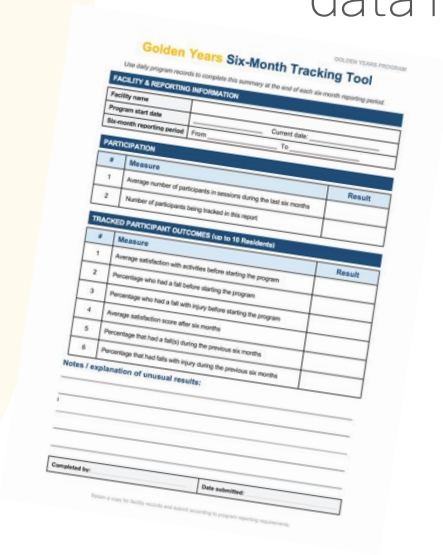
Data Collection

- 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

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Facility Checklist

- ✓ 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?

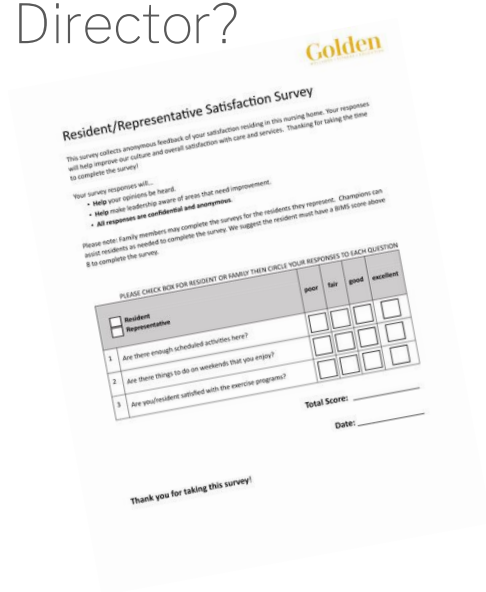

Golden Years Six-Month Tracking Tool

FACILITY & REPORTING INFORMATION

PARTICIPATION

TRACKED PARTICIPANT OUTCOMES (up to 10 Residents)

Notes / explanation of unusual results:


Golden

Resident/Representative Satisfaction Survey

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