

## **SENIOR CONSULTING, LLC**

**816 Delsea Drive, #340**

**Glassboro, NJ 08028**

**732-233-4625**

**Tim@SeniorLivingDeveloper.com**

**[www.SeniorLivingDeveloper.com](http://www.SeniorLivingDeveloper.com)**

**[www.ChurchSeniorLiving.com](http://www.ChurchSeniorLiving.com)**

**[www.SeniorLivingMarketAnalysis.com](http://www.SeniorLivingMarketAnalysis.com)**

---

### **PAC Preschool Senior Companion Program**

Preventive Aging Center, Inc. (PAC), a private foundation affiliated with Senior Consulting, LLC, is a nonprofit organization co-founded in 1992 by Timothy B. Cassidy and Grace Powers Monaco. Its mission is to provide free wellness and intergenerational programs to senior citizens in the community. The interaction of older seniors and children is mutually beneficial, with the following results:

- Personal growth and clarified values
- Improved personal and family relationships
- Understanding and appreciation of diversity
- Become better supporters and leaders
- Learn specific skills
- Have fun
- Augment or replace lost or distant grandparents or grandchildren

The Preschool Senior Companion Program links children from local child care centers, day camps, area schools, YMCAs, Boy and Girl Scout troops, and other local youth centers with senior citizens, predominately in senior centers and nursing and assisted living facilities. Many seniors are not ambulatory and are “trapped” by medical complexities. For them, the joy and companionship the children provide are immeasurable. PAC focuses its efforts on collaborative programs within local community Head Start Programs. In this Program, the children are willing participants with the parents being encouraged to get involved in assisting at the various events. Head Start staff and parents are ideal volunteers for the Program, often reducing the need for additional staff at long term care facilities.

During these visits, the two groups participate in a variety of activities including craft projects, coloring contests, sing-a-longs, sharing and telling stories, and games. The participants share in several special events throughout the year, such as holiday luncheons. Residents who look forward to visits and correspondence from their “foster grandchildren” show more positive attitudes and memory improvement than the non-participating residents.

Our mission is to help senior centers and facilities establish their own PAC Preschool Senior

Companion Program at no cost. See “Establishing the Preschool Senior Companion Program” and a list of activities for the program.

Contact Tim at [Tim@ChristianYouthServices.org](mailto:Tim@ChristianYouthServices.org) for more information.

## **Establishing the Preschool Senior Companion Program**

- The Activities Director should take the lead in starting a Preschool Senior Companion Program, consulting with the Administrator and/or the Director of Nursing (if nursing home) for approval and instruction from a Facility standpoint.
- The Activities Director should select the largest room within the Facility for the Program, typically the main dining room. The size of the room will dictate the maximum number of participants, but generally 50 residents is the maximum recommended for the Program at one time, and 20-30 residents the most manageable number. Ideally, there will be a similar number of children.
- The Activities Director should consult with the Director of Nursing and seek other staff members' recommendations for medium- to high-functioning Alzheimer's/Dementia patients that could benefit from the Program. Patients without those diagnoses may also enjoy the Program.
- The Head Start Program or the childcare center is responsible for transporting the children and supervising them while they are at the Facility.
- Limited supplies are required to operate the Program. Please see the Activities Agenda for games and activities supplies. Also, refreshments like juice, cookies, and cupcakes are enjoyed by both the residents and the children.
- The Activities Director should contact all Head Start Programs and childcare centers in the local area to introduce the Program. A basic internet search is a great resource for creating a list of possible participants. Possible search terms include "Head Start," "Preschool," and "Child Care," plus your town or city. A summary of the Program and the Activity Agenda can be provided to the directors of the local childcare centers to confirm interest. PAC can supply a list of Head Start Centers and contacts in your area, and a letter of introduction about the Program upon request.
- The Program should be conducted every other week during the school year, typically in the mid-morning for 60-90 minutes.
- The overall Activities Program at a Skilled Nursing Facility must comply with the interpretative guidelines of the State Operations Manual or from the Guidance to Surveyors for Long Term Care Facilities issued by the Centers for Medicare and Medicaid Services for Medicare-certified skilled nursing facilities.

## Activities Agenda

### \* **Crafts**

Coloring  
Holiday Projects

Painting  
Murals

### \* **Active Games**

Kickball  
Relay Races  
Freeze Frame  
Dancing  
Target Games  
Exercises

Twister  
Duck, Duck, Goose  
Fishing Game  
Bingo  
Piñata  
Hula Hoop Contest

Hot Potato  
Parachute  
Ball Toss  
Simon Says

### \* **Musical**

Holiday Skits  
Rhythm Band

Sing-a-Long  
Musical Chairs

Caroling

### \* **Word Games**

Alphabet Game  
Storytelling

Rhyming Game  
Videos

### \* **Trips**

Graduations

Thanksgiving Dinner

Easter Luncheon

### \* **Pet Therapy**

Children bring their pets for visits