

Lambert House (LH) and the Marie Smith Center's (MSC) social and therapeutic activity monthly calendar are designed to maximize participant engagement by emphasizing the skills, abilities, and preferences of each individual. The activity programs are designed to motivate participants to think, speak, and express their opinions. They include evidence-based activities that focus principally on enhancing participants' physical, cognitive, and social functions.

The monthly activities are facilitated by professional therapists from Adult Day Services partners including Earth Tones Music, Inc. Our services are supported by nursing student interns from University of Portland, Clackamas Community College, Portland Community College, Concordia University, and Lesley College. The program is designed and overseen by activity coordinators who are both certified by the Oregon Activity Director Program at Portland Community College and Syngery.

The activities hosted at MSC and LH emphasize three main areas of participants' health and well-being: physical health, cognitive stimulation, and social and emotional interaction.

PHYSICAL

Tai Chi for Older Adults

This exercise session is designed to reflect the Veteran's Affairs's Tai Chi Exercise for Older Adults model, catering particularly to participants who prefer slow physical movement, and focusing on injury-free and mindfulness exercise. The session is facilitated by the activity coordinator.

Imagination Yoga

Facilitated by a certified Imagination Yoga instructor (LH only) that allows participants to safely engage in a modified chair yoga session. This class strengthens balance, decreases chronic pain, increases flexibility, and increases mental wellness.

Chair Jiving

This exercise session is designed to incorporate rhythmic music and a loose form of dance to allow participants to express themselves freely. It is facilitated by a Providence ElderPlace occupational therapist assistant.

Exercise

Direct-care staff or the activity coordinator lead a chair exercise routine created by a geriatric physical therapist. The class is a combination of range of motion, stretching, strength building, and cardio.

NuStep machine

Once medically approved, participants are assisted while using the NuStep Cross trainer for a low impact, full cardio independent exercise regimen.

COGNITIVE

Memories in the Making

This watercolor painting session is designed to reflect the Alzheimer's Association's model of cognitive activity enhancement. Participants use painting to reconnect and recreate their long-term memories through the process of creativity and reminiscence.

Bingo

It is a daily highlight of participants to be a part of a Bingo session. Participants feel a sense of belonging, competitiveness, and achievement. Bingo highlights several parts of the individuals' functions, which include cognition, sequencing, memory, eye-hand coordination, socialization, and increasing attention span.

Brain Games

Adapted from Dr. Winingham's evidence-based Geriatric Cognitive Wellness exercises, activity coordinators facilitate a series of cognitive enhancement activities. The goal is to successfully stimulate cognition and rebuild pathways between the right and left hemispheres of the brain. These activities include language and logic puzzles, brain teasers, and trivia. The games are selected according to the appropriate cognitive level of participants.

Music Therapy

Music therapy sessions are hosted twice weekly (MSC only). Each session is designed for motivation, memory enhancement, physical movement, social connection, fun, and interactive participation. The session is conducted by a licensed therapist from NW Earthtones.

Horticultural Therapy

Horticultural Therapy sessions provide an opportunity for participants to socialize with peers, reconnect with nature, learn by doing, and complete a project in incremental steps. The participants feel a sense of belonging and accomplishment in each session. The session is run by a certified horticultural therapist from NW Earthtones.

Cooking

Each week, participants have the opportunity to cook with the activity director (MSC only), learn a new recipe, engage in conversation about different cultural delicacies. The session is designed to motivate participants to reminiscence about the cooking process, spices, and memories of the smells and tastes of food.

SOCIAL

Pet Therapy

Certified pet therapy animals and their handlers regularly bring smiles, laughter, conversation, and joy to participants. Pets are a wonderful anxiety reduction tool as well as a catalyst for social connection.

Women's Group

Women's Group (MSC only) provides the opportunity for female participants to reminisce and share their opinions and feelings about women's issues. The session also provides a venue for women to gain a sense of social connection, acceptance, and belonging.

Garden Time

When spring and summer arrive, (MSC only) therapeutic garden is in bloom and attracts such wildlife as birds, bees, and butterflies. Participants enjoy their social time outdoors, getting their hands dirty with some gardening, and soaking up fresh air and sunshine.

What's in Bloom

Facilitated by the activity coordinator (LH only), this garden class has a with an emphasis on what is currently blooming in our garden and in local area.

Morning Outing

Participants will have a chance to visit such places as Peninsula Park Rose Garden, Chinook Landing Park, downtown Portland, Wooden Shoe Tulip Farm, local coffee shops, bowling, and just sightseeing around town. These twice monthly activities allow participants to gain a sense of connection with the community at large.

Arts and Crafts

The arts and crafts session allows participants to appropriately express themselves freely through the creative process of art. Some techniques include paper cutting, coloring, stamping, collage-making, knitting, etc. Participants also enjoy this opportunity to socialize with peers.

Sample Activity Schedule

Monday

10:30 Exercise
11:00 Music Therapy with Devin
12:45 Trivia
1:15 Movie Matinee
2:30 Snack & Socialization
2:45 Finish Movie or Games

Tuesday

10:30 Exercise
11:00 Music with Rob
12:45 Balloon Ball
1:15 Trivia- Purple Heart
2:00 Truffles Time
2:30 Snack & Socialization

Wednesday

10:30 Exercise
11:00 Trivia
12:45 Balloon Ball
1:15 Brain Games
2:30 Snack & Socialization
2:45 Adult Coloring Pages

Thursday

10:00 Imagination Yoga with Kassia
11:00 Horticulture Therapy
12:45 Balloon Ball
1:15 Trivia
2:30 Snack & Socialization

Friday

10:30 Exercise
11:00 Music with Ron Ruiz
12:45 Trivia
1:15 Brain Games
2:30 Snack & Socialization
2:45 Pet Visit with Tonya & Sigmond

Volunteers of America Oregon

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