

MBK SENIOR LIVING

Daily Flow

The Daily Flow is a unique approach to wellness programming that balances the needs for routine, spontaneity, and flexibility. While the morning, afternoon, and evening programs have set start times and repeat a predictable sequence, participants are encouraged to make decisions together about when to shift from one activity to the next and what specifically they want to do each day. At MBK, we believe this is a much more realistic and effective approach to supporting people living with dementia in a holistic and organic way.

Breakfast — 8:00 am

With appropriate background music playing, residents are greeted and welcomed as they conclude breakfast. This is a time for personal conversation and inviting residents to participate in the morning mingle.

Morning Mingle — 9:00 am

Morning Mingle is an opportunity to begin the day together. Residents are welcomed, encouraged, and celebrated. Normal activities include the neighborhood check-in, overview of the weather and upcoming activities, This Day in History, stories and videos related to the birthdays of historical figures, a recollection of daily musical hits from other eras, and important current events (local and worldwide).



Morning Movement

After Morning Mingle, the group transitions to a physical activity such as an exercise class, parachute games, foot soccer with the hover football, games with balloons or beachballs, and gentle stretch.



Snack & Social Time

Healthy snacks and drinks are served, and interaction is encouraged through the sharing of personal stories, reflections on the day, and reports about family members and friends. Residents are encouraged to listen to one another and respond. Positive responses and interactions are affirmed, validated, and celebrated.



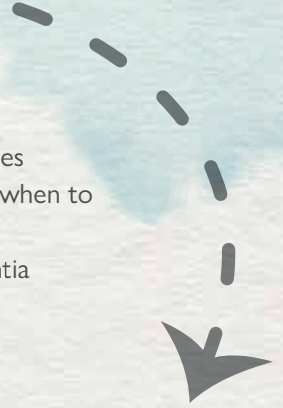
Mental Engagement

Brain games, trivia games, and quizzes are often employed to encourage intellectual engagement. Games might include Jeopardy, Spinner Games, Categories, Rhyming Games. This is often the time of day when residents share in our Book Club, such as reading *The Mysterious Island* by Jules Verne (one chapter a day).



Morning Closing

Our large group time concludes with words of gratitude and appreciation for the participation of the residents, an offer of water and other refreshments, and a preview of what comes next. Residents are given options to continue to activities or to pursue activities on their own.



Lunch — 12:00 pm

Afternoon Session — 1:30 pm

Afternoon activities combine social involvement, physical activity, and intellectual challenge. Typical afternoon activities include music (often a sing along), group games such as bowling, bocce ball, giant dice games, a horse racing game, ring toss, and art projects. Afternoon activities are fluid and flexible, often shaped by the mood and direction of the residents. While a variety of activities are prepared and planned for each afternoon, residents (as a group) are typically given choices and options about which activities to pursue.



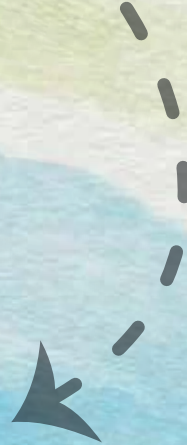
Afternoon Closing

As our afternoon activities conclude, residents are offered water and refreshments, encouraged to either rest or to pursue other activities of their own choosing, or simply to sit with friends and visit. An effort is made to engage every resident at this point in the day, making certain to connect and converse with each resident.

Dinner — 5:00 pm

Evening Program — 6:30 pm

Care partners spend time with residents in small groups, present a movie option, or continue other activities that were offered during the day.



mbkseniorliving.com/dailyflow