

MAY THE FAVOR OF THE LORD OUR GOD REST ON US; ESTABLISH THE WORK OF OUR HANDS FOR US...

Psalm 90:17

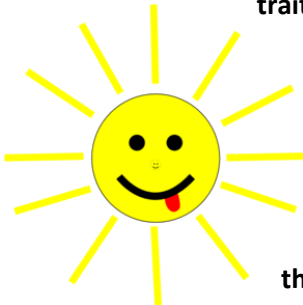


“MORE THAN JUST A LITTLE NAIL POLISH”



INTRODUCTION:

On Wednesday after lunch, there is a lot of scurrying around as the residents make a beeline toward the activity room with the goal of reserving their place in line; all because they desire pretty nails. Although there are three manicurists, the residents have a favorite individual in mind; a behavioral trait we all possess.



This writer can vividly recall Activity Director Tim Trafford facing a huge learning curve when it came to polishing nails. Often it has been stated that his wild creativity has him constantly coloring outside the lines. Unfortunately, when he first began, the residents commented that he was doing the same thing when it came to being a manicurist; polishing outside the lines! Actually, their remarks serve as an enormous test for checking his healthy ego. If he catches residents favoring someone other than himself, he threatens them by humorously describing how their nails will look after he gets through with them; a promise they know he will keep. They will laugh and state, “You can’t get anything over on him!”



Actually, the photographs you will shortly enjoy demonstrate the act of painting nails is only a small benefit the residents receive. Please note how deeply the “one on one” time between the activity director and resident reaches; meaning all the way to the heart. **However, this is possible only if a sensitivity and willingness on behalf of the manicurist exists. The following points are the reward of time well spent:**

- 1) A chance to obtain wisdom from the resident
- 2) An opportunity to observe the overall health of each person (Physically and mentally)
- 3) Ask open ended questions (Who, What, Where and How) in order to allow conversations to be more than just yes or no answers.
- 4) Learn about the residents’ favorite memories
- 5) Figuring out the hot button for each resident will allow you to reach the goal of engagement.
- 6) Getting to know the resident more intimately will promote peace and contentment in the winter season of life.
- 7) Observing the interactions of the residents as they wait in line will allow you to check their social skills. (Patience, friendship with others, anger, compassion toward the members of their health care community.)

****Be aware of the messages inside the talking balloons located beside the pictures that stress these 7 points.**

ACTIVITY: PRETTY NAILS

SUPPLIES NEEDED:

**** Loads of fingernail polish (Offers the ability to provide choices.)**

**** Polish Remover**

**** Nail files and clippers**

**** Cotton Balls**

**** Wet towels**

**** Waste Baskets beside each station**

Directions:

Each resident receives two coats of favorite color and one clear coat. Once completed, push them to the side and allow 10 minutes for drying. Otherwise, they will bang them on the wheels of their chair and damage the polish. Be careful to note the order of the line in front of you so you can let them know clearly when it is his/her time. Otherwise, those residents without the ability to stay in line will get very frustrated.



Note the variety of nail polish colors. This is due to residents' family members and friends contributing to supply on an ongoing basis. Put the word out and your cases will be full.





**CHOICES!
CHOICES!
CHOICES!**



**PATIENCE,
PLEASE!**



**RESIDENT LELA IS THE OFFICAL PERSON THAT REMOVES POLISH! SHE SAVES
SO MUCH TIME FOR THE MANICURISTS!**



**NOTE THE
LAUGHTER! BEA
IS ALWAYS
MAKING QUIPS!**

**A TEAM AT WORK! (RESIDENTS, MANICURIST,
ADMINISTRATOR LOOKS ON! IT TAKES A VILLAGE!**



SWEET LORRAIN COMMENTED THAT SHE WAS ASHAMED OF THE CONDITION OF HER HANDS. TIM REPLIED, "BE PROUD OF YOUR HANDS! THEY SHOW THAT YOU WORKED VERY HARD ALL YOUR LIFE! PLEASE NOTE LORRAIN'S FACIAL REACTION!



MORE THAN JUST HAVING PRETTY NAILS!



LITTLE COOPER WAS SPOTTED IN THE HALLWAY BY TIM. KNOWING HOW MUCH THIS RESIDENT LOVED LITTLE CHILDREN, THAT SWEET YOUNG MAN WAS INVITED TO SIT A SPELL IN THIS KIND SOUL'S LAP! IT WAS HARD TO TELL WHICH ONE ENJOYED IT MORE! A TENDER MOMENT, INDEED!



WORTH THE WAIT!

