

Volunteer Activities at the VA Medical Center, Cincinnati, OH

The Cincinnati VA Medical Center is trying out different activities to try lift patient morale. Bingo and Horse Racing, as for now, will only be offered on the 7th Floor. Listed below are the new activities that are being offered. VVA 649 is already scheduled to host on May 15, August 15, and December 5 (all Mondays) in 2016. This does not mean that the lineup of games won't change by then, but this is the latest information I have (as of February 8, 2016) from Mark Hayes.

In addition, if anyone wishes to arrange his or her own time to volunteer either individually or as a team (see CLC ACTIVITIES below), he or she can contact Mark Hayes, Recreation Specialist at the Cincinnati VA Medical Center. His contact information is Ph: 513-475-6447 or Email: mark.hayes3@va.gov.

MONDAY ACTIVITIES

COMPETITIVE GAMES

- BOWLING
- FLOOR BASKETBALL
- DARTS
- CORNHOLE
- BOUNCE FOOTBALL
- LADDERBALL
- NINTENDO WII/XBOX ONE GAMES
- MOVIES (at least once a month. Start at 6 PM, over by 8 PM. Must be vetted by 8th Floor counselors first).

TUESDAY ACTIVITIES

GAME SHOW NIGHT

- MINUTE TO WIN IT
- FAMILY FEUD
- Pictionary
- WHEEL OF FORTUNE
- THE PRICE IS RIGHT
- LET'S MAKE A DEAL

WEDNESDAY, FRIDAY, OR ANY NIGHT ACTIVITIES

7TH FLOOR ACTIVITIES

- 7TH floor is the in-patient mental health floor and could have up to 15 patients that are able to participate in an event. You can host an event any evening of the week including weekends and holidays but we are particularly interested in hosting events on Wednesday or Friday. Because of attention span or comprehension issues with these patients, we will continue to have horse races and bingo on this floor but are also looking at other activities as well. **No one under the age of 18 is allowed on this floor.**

8th FLOOR ACTIVITIES

- The 8th floor holds our in-patient substance abuse and dependency patients and is really the main focus of our evening activities. You can host an event any evening of the week including weekends and holidays but we are particularly interested in hosting events on Wednesday or Friday. The 8th floor will be getting their own supply of board/card games, crafts, darts, and XBOX games and we suggest that you participate in these activities with them. The counselors on the 8th floor will ensure that the television is turned off and full participation is required. There will be a volunteer or the recreation specialist to greet the sponsoring service organization and take them upstairs.

THURSDAY ACTIVITIES

TABLE TOP GAMES

- BOUNCE OFF GAME
- CHARADES
- HEAD BANDS
- YAHTZEE
- ROTTEN APPLES BOARD GAME
- UNO
- WOULD YOU RATHER...BOARD GAME
- ANY KIND OF CARD GAMES (EUCHERE, SPADES, HEARTS, ETC.)

CLC ACTIVITIES (daytime any day)

The **Community Living Center** is a joint nursing home and hospice facility that is attached to the VA Medical Center. It currently has 10 residents with room for hospice patients as well. Eventually it will have 64 beds. We are looking for volunteers who may want to sponsor events during the daytime. You may come as an individual or as a team. No meals need to be provided because of the patients' dietary restrictions and no money is necessary to be given as prizes. These patients simply need your time and attention. **Hours for volunteering will be between 8-5** and can be as little as an hour of your time.

There will be scheduled activities that you can either help with or participate in such as:

- BINGO
- HORSE RACES
- CRAFTS
- MOVIE TIME
- BIBLE STUDY
- NINTENDO WII
- KARAOKE
- WHEEL OF FORTUNE
- LET'S MAKE A DEAL
- PRICE IS RIGHT
- TABLE TOP GAMES

- GAMES TO KEEP THEM PHYSICALLY ACTIVE

At times when the activities are finished, then there are plenty of opportunities to visit the patients, read them the paper, share a TV show, listen to music, or just sit with a hospice patient.

Dietary/Donation Standards

Drinks and food

Sodas and coffee; must be decaffeinated (read ingredients before purchasing).

Meat

- Beef hot dogs if at all possible
- If serving pork products, try to have another kind of meat as well

Prepared Meals

- If you are going to bring in prepared meals, then you must have a catering license on file w/ Mark Hayes. In addition, if you plan to host a grill out on station then you must have a catering license on file. Any food that is prepared by the organization/group or any food that is prepared on station requires the organization/group to have an up-to-date catering license.

Other donation items (such as door prizes)

- Alcohol free mouthwashes
- Any kind of facial or body wipes that contain alcohol are prohibited