



Tapestry *of* Life

NATIONAL SKILLED NURSING CARE WEEK® | MAY 11 - 17, 2025

PLANNING GUIDE

NSNCW WAS CREATED BY **AHCA**
AMERICAN HEALTH CARE ASSOCIATION

NSNCW.org | #NSNCW



About National Skilled Nursing Care Week®

Established in 1967 by the American Health Care Association (AHCA), **National Skilled Nursing Care Week** (NSNCW) celebrates the essential role that skilled nursing care centers play in providing high-quality 24-hour nursing care to millions of America's seniors and individuals with disabilities.

Skilled nursing care centers host events nationwide to recognize the residents, staff, and volunteers who contribute to their success and educate the public about their impact in the community.



Tapestry of Life

This year's NSNCW theme, *Tapestry of Life*, highlights the meaningful stories that make up each person's journey in skilled nursing care. Everyone contributes a unique thread to this vibrant tapestry, from residents and families to caregivers and staff. Members of the local community are also encouraged to participate in activities that highlight *Tapestry of Life* during this special week, beginning on Mother's Day, May 11, through May 17, 2025.

Visit nscnw.org for a wide selection of *Tapestry of Life* themed gifts and decorations to help you celebrate the week.





Planning Ideas

AHCA has curated activity ideas to help you celebrate *Tapestry of Life* during NSNCW. Feel free to tailor or expand upon these suggestions to meet your center's needs. As always, please plan your activities with infection prevention and control practices in mind and adjust them based on the latest guidelines.

Story Threads

Create a tapestry of stories board where residents, staff, and families contribute short life stories or memories on ribbon-like paper strips, weaving them into a communal display. Provide pre-cut paper strips with prompts (e.g., "A moment I'll never forget...").

Musical Memory Hour

Host an event where residents and staff share songs from different eras, explaining their personal significance. Create a playlist based on submissions for a casual listening session with refreshments.

Threads of Kindness Challenge

Encourage small acts of kindness, documenting them on colorful paper threads to add to a kindness tapestry. Offer a checklist of simple acts (e.g., writing thank-you notes or assisting a fellow resident).

Heritage Fashion Parade

Invite residents, staff, and families to join in a fashion show that highlights cultural heritage or life milestones such as a wedding dress, military uniform, or attire from various decades. Set up a photo booth and display the photos in a slideshow.

Time Capsule Creation

Assemble a time capsule with letters, photos, and mementos from residents, staff, and families to be opened on a future date. Use a small box for written contributions or photos for a simplified version.

Memory Quilt Project

Collaborate with residents to decorate fabric or paper squares with symbols or words about a favorite hobby, meaningful place, or cherished memory and put all the squares together into a large quilt. Use washable markers and adhesive-backed paper for accessibility and ease. Display the tapestry quilt in a common area or the lobby.



Sensory Story Garden

Create a small indoor garden featuring plants like lavender and mint, paired with labels sharing their cultural or personal significance. Arrange potted plants on tables for an easy setup. Encourage residents to explore the textures and scents, fostering sensory engagement and storytelling.

Resident Portrait Gallery

Collaborate with a local artist to create portraits of residents, accompanied by short biographies or fun facts. For a simpler approach, residents can create self-portraits or use outline sketches. Display portraits digitally or in a gallery to celebrate.

Tapestry of Traditions Activity Series

Host daily workshops where residents or staff share personal or cultural traditions (e.g., crafts, songs, or games). Include tactile elements like simple crafts or dance props to encourage participation. Focus on storytelling for residents who prefer low-physical activities.

Handprint Mural: "Hands That Built the Tapestry"

Create a mural with residents' handprints and short notes about their meaningful life contributions. Use washable paints or pre-cut templates for ease. Stickers or adhesive shapes can be an alternative for residents who prefer not to use paint. Make this activity intergenerational by inviting students from a school or community group to join residents in creating a mural. Each resident and child can contribute with handprints and messages about their lives.

Cultural Taste Tour and Celebration

Designate a day to celebrate diverse cultural backgrounds in which they share family traditions, customs, and foods. Host a food-tasting event featuring decorations and dishes from around the world. Share recipes and short stories about each dish to spark conversation. Invite family members and loved ones to attend.

Tapestry of Movement and Wellness

Offer a movement session like chair yoga or guided stretching inspired by cultural practices, focusing on accessibility. Use soothing music and simple instructions for inclusivity. End the week with a resident wellness walk or movement session to celebrate how their bodies have carried them through life's journey.

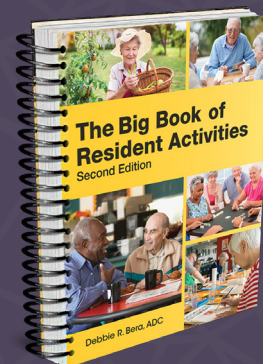
Interactive Timeline

Create a large interactive timeline on a wall or board in a public place where residents can pin words or photos symbolizing significant events from their lives, such as birthplaces, major life milestones, or historical events they experienced. Host a reflective ceremony where residents can walk through the timeline, sharing insights about how their lives have been woven into the fabric of history.



Looking for more great ideas?

Check out *The Big Book of Resident Activities* at [nsncw.org](https://www.nsnw.org).





Music & Memory

Music & Memory is a program that creates personalized playlists for people in elder care communities that reconnects them with music they love. Research suggests that personalized music is a way to bring joy to individuals with dementia. It's a fulfilling activity for all who would like to be reminded of music that makes them smile.

Facility Tours

NSNCW is an ideal time to invite local legislators and host a tour! Facility tours play a critical role in educational and legislative efforts. They enable policy makers to see first-hand the important work you do and the issues and challenges that affect long term care. Most importantly, they see how you, their constituents, are impacted by what they decide in Washington, the state house, or city council. Need more information on how to get started? Check out the resources in the [Advocacy Toolkit](#) for suggestions on how to host a tour leading up to or during NSNCW.

Have questions about planning a facility tour?
Contact GR@ahca.org.



Show & Tell!

Be sure to tell us how your staff, volunteers, residents, and families are celebrating. Share your inspiring stories, photos, videos, and other content with AHCA/NCAL at storiesofcare@ahca.org

Remember to tag us [@NationalSkilledNursingCareWeek](#) on Facebook and in any NSNCW-related posts and use [#NSNCW](#).



Garner Attention for What You Do

Promoting Your Center

NSNCW offers a great opportunity to shine a spotlight on the important role of skilled nursing care centers and a way to share your culture, programs, and services with the community.

1. News Releases

News releases are used to alert the local media of events, services, programs, awards, and other happenings at your center. Be sure to send them to news editors and reporters who cover your community or health care issues. If you plan to invite the press before the event, send a media advisory or personal email at least one week in advance. Remember to include details on any infection prevention measures in place.

2. Media Kits

A media kit serves as a quick reference for reporters covering your local community. Include information about your center, services offered, and a schedule of your NSNCW activities. Be sure to list contact information for your spokesperson or marketing representative.

Your residents' privacy should take priority over publicizing activities. Only post pictures and videos of residents who have signed your organization's image authorization form.

3. Op-Eds and Letters to the Editor

These short articles provide greater control over your message and can be authored by a designated representative of your center. Share how your center is making a difference in residents' lives or encourage a resident or family member to write about their experiences. These pieces can highlight your center's impact in a personal and compelling way.

4. Proclamations

Proclamations are a wonderful way to have your locally elected officials visit your nursing care center. Invite your governor, mayor, or city council members to issue a proclamation in honor of NSNCW. Use this opportunity to show them the positive impact your center has on the community.

5. Social Media

Post updates on your center's website or social media channels to highlight your NSNCW events. Share photos, videos, and stories of residents and staff celebrating. Remember to use **#NSNCW** to join the national conversation and see what others are doing.

Keep in Mind:

While social media is an amazing way to highlight your activities, it is important to ensure resident privacy. Only post images and videos of residents who have signed your organization's image authorization form. Make sure your center and company are following these **best practices** from AHCA.