



The Gratitude Attitude *in Long Term Care and Senior* *Housing*

**Specifically Designed for Long Term Care and Senior Housing
Professionals,
the *Gratitude Attitude* will change the way your employees think, act and
work!**

After twelve months of development, we now are ready for a new craze to reshape long term care and senior housing. It is a craze that will change the way your employees think and act. This new craze is The *Gratitude Attitude*.

What Is the Gratitude Attitude?

Based on the premise that each of us individually is responsible for our own happiness and well-being, the purpose of the *Gratitude Attitude* is to establish an environment within long term care and senior housing that promotes a positive philosophy of life for employees and families. The reason for this effort is that a negative philosophy or attitude is contagious and affects the services that we provide and the way we feel about each other, our families, and ourselves.

By using fun and laughter as tools to promote positive attitudes throughout the work environment, the *Gratitude Attitude* can enhance long term care and senior housing. Remember, although we have to take our work in long term care and senior housing seriously, that does not mean we always have to be serious.

There have been many studies conducted that have proven the benefits of laughter and the

advantages of fun work environments. Based on those studies, we believe the *Gratitude Attitude* tools will improve your retention by enhancing your work environment.

What Does the Tool Kit Include?

In a nutshell, The *Gratitude Attitude* is an impressive package. It includes the themes, ideas, information, posters and activities you will need to implement twelve months of fun throughout your organization. The program is based on twelve monthly themes:

- Celebrate You!
- Take Care of Yourself!
- The Value of Others!
- Rise and Shine!
- Don't Sweat the Small Stuff!
- Make a Difference!
- Don't Be a Grouch!
- Have Fun!
- Make the Best of Everything!
- Discover New Oceans!
- Enjoy Life!
- Create Something You Love!

The tool kit includes three posters depicting each of these themes (36 posters in all) as well as an activity guidebook. This guidebook details more than 85 employee activities promoting the twelve monthly themes. Most of these activities can be geared to include residents and family members. The book also includes more than 200 motivational quotations and inspiring thoughts for you to use in any way you deem appropriate - to fill an empty corner in your employee newsletter, to post in your employee lounge, to create a morale-building poster, to develop a payroll stuffer, or to write in a note to a co-worker.

The kit also includes 13 camera-ready newsletters on practical suggestions and fun ideas to share with your employees. The themes of these newsletters are:

- What We Would Like Family Members to Know
- Whose Cat Are You Kicking?
- Tips for Reducing Stress
- Dater's Bill of Rights
- Family Responsibilities Made Easier
- Stop Being Abused!
- Good Things to Ponder/Things I Wish I Had Known Earlier
- Protect Your Latchkey Children
- I Believe
- Protecting Your Wallet

- The Natural Highs of Life
- Through a Rapist's Eyes
- Protect Yourself Against Carbon Monoxide

The *Gratitude Attitude* is *not* a whimsical little idea; rather, it is serious work with monumental goals.

Getting Started

The first step in implementing the *Gratitude Attitude* is to establish an interdepartmental employee task force that is assigned the role of making your work environment fun. This is not a task that can be accomplished by a single individual nor is it a task that can simply be delegated to your activity department. It requires buy-in and effort from each and every department. Be brave - make it mandatory for every employee to participate.

The second step to implementing a *Gratitude Attitude* throughout your organization is our recommendation that you purchase WAHSA's *Gratitude Attitude* tool kit. The WAHSA member price for the tool kit, which includes the posters, activity guidebook, and newsletters as detailed above, is \$80 (\$100 for non-members). That is less than \$7.00 per month for more activities than you'll know what to do with. The idea is not that you implement every activity, but rather that you'll select those activities best suited for your employees and your facility. To download a copy of the *Gratitude Attitude* order form, click [here](#).

Step three is introducing the *Gratitude Attitude* program to your staff at a mandatory inservice. Share some ideas and motivations from the *Gratitude Attitude* guidebook. Instruct all your employees to get busy having fun.

For more information about the *Gratitude Attitude*, please contact WAHSA at info@wahsa.org.



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