

Medical Surgical Nursing 2026

Erie County Senior Center Activity Proposal

Directions: Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled ECSC Activity Proposal by **Friday 1/16/2026** by 1500.

1. Please list names of each person in the clinical group. ____Karsyn Brewer and Taleigh Cook

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2. What activity will you be leading while at the Erie County Senior Center? Give a **detailed outline** of your activity, and explain how you plan on running your activity? ____ We will be leading a St. Patrick's Day themed coloring and social activity designed to encourage creativity, relaxation, and conversation among the clients. The activity will include festive coloring pages featuring shamrocks, rainbows, leprechauns, and hats. We will provide colored pencils, crayons, and markers, along with printed pages in varying levels of detail so participants can choose what best fits their comfort and ability level. ____ We will walk around the room offering encouragement, assisting anyone who needs help, and engaging clients in light conversation about memories, holidays, or favorite traditions. The activity will be self-paced so that no one feels rushed or pressured. Participants may color individually or talk with others at their table. At the end of the session, anyone who would like to share their artwork can do so, and we may display completed pages around the room to celebrate everyone's creativity. _____

3. How will this activity benefit the clients? ____ This activity benefits clients in several important ways. Coloring helps improve **fine motor skills**, hand-eye coordination, and finger strength, which are important for daily tasks such as writing, eating, and dressing. It also promotes **mental relaxation**, reduces anxiety, and provides a calming outlet for stress.

4. Describe the anticipated level of participation, any declines in functional ability and what you plan to adapt to these needs. _____ Participation is expected to vary, as clients will have different physical, cognitive, and emotional abilities. Some participants may have arthritis, limited grip strength, tremors, vision changes, or difficulty focusing for long periods. Others may tire easily or need extra assistance. ____ To adapt to their needs, we will offer one-on-one support to anyone who needs help holding supplies,

choosing colors, or staying engaged. The activity is designed to be flexible, inclusive, and stress-free so every participant can enjoy it at their own level.
