



Leader's Guide: Classroom Version

The Gray for a Day Classroom Version utilizes fewer and less expensive materials and is ideal for implementation in classrooms or with larger audiences.

Purpose

Gray for a Day utilizes an empathic model to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and social activities.

Lesson Objectives

1. Understand how the senses and functional abilities can decline with age
2. Experience age-related sensory and functional decline
3. Understand the influence of sensory and functional decline on daily life
4. Be encouraged to develop the skills necessary to effectively interact with and support someone who may be experiencing age-related sensory and functional challenges
5. Understand how taking steps to improve or maintain your health now will contribute to sensory and functional well-being in the future

Program Facilitation

This program can effectively be delivered by one person, however, multiple facilitators would be ideal, especially if the program is being delivered to a large group.

Group Size and Target Audience

This program can be delivered in either small or large groups and is intended for use with both adolescents and adults.

Program Length

This program is designed to be given in 60 minutes, however can be shortened by removing activities or lengthened by allowing more time for activity and conversation.



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Program Materials

Leader's Materials. Leader's materials have been created and are available online at the link below. These include this leader's guide, the PowerPoint presentation and script, activity station worksheet, and the evaluation tool.

<http://www.aging.k-state.edu/programs/grayforaday/grayforaday.html>

Participant Materials. In order to fully execute this activity, each one of your participants will need the following items (ideally stored in a sandwich-sized plastic bag for convenience):

- 3 cotton balls
- 1 disposable straw
- 2 popsicle/craft sticks
- A strip of plastic wrap
- 1 pair of non-latex gloves*
- A few popcorn kernels
- Approximately 2 ft. of yarn
- Approximately 6 in. of masking tape

*If you plan to engage in this activity more than once, it might be beneficial to purchase inexpensive gardening gloves at a local dollar store.

Activity Station Materials. The program includes various activity stations that can be implemented. Depending on time, you may choose one or all of the activities. Each station's materials are listed below, and activity station instructions are provided on page 4:

Getting Ready for the Day!

Bring items from home that you use each morning:

- Button-up shirts, items with zippers, laced shoes, ties, pantyhose
- *Empty* mouthwash, toothpaste, shampoo, contact lens cases, etc.
- Ponytail holders, hair clips, hair gel, etc.

What Should I Eat?

- Printed nutrition labels

Say what?!

- Jumbo marshmallows

Doctor, Doctor!

- Computer/tablet/smart phone or phone book

The number of the above materials that you will need depends upon the number of participants you will have. Generally, though, you should plan to have enough materials for $\frac{1}{4}$ of your group (if you are doing all 4 activity stations) or $\frac{1}{3}$ of your group (if you are doing 3 activity stations). If you are doing this with a particularly large group, you may choose to have participants work in pairs or small groups in order to limit the number of materials needed.

Preparing for your Lesson

- Download your presentation and activity station materials
 - (<http://www.aging.k-state.edu/programs/grayforaday/grayforaday.html>)
- Purchase the participant and activity station materials
 - If you were to prepare materials for 50 people, for example, you could expect to spend an average of \$0.87 per person (this will leave you with excess materials).
- Gain familiarity with the program and ask any necessary questions (erinyelland@ksu.edu)
- Learn the space; it is best if the tables can be divided into activity stations

- Check your materials – Do you have enough for all of your participants?
- Print evaluations – Do you have enough for all of your participants?

Program Set-Up

Before your participants arrive, distribute the participant materials and set-up the activity stations. **Each person should have the following set out in front of them, ideally in a sandwich-sized plastic bag for convenience:** 3 cotton balls, 2 popsicle sticks, 1 pair of latex-free gloves, 2 or 3 popcorn kernels, 1 piece of plastic/saran wrap, 1 plastic straw, and 1 piece of yarn. Participants will share the roll of masking tape OR you can tear off approximately 6 inches of tape per person and hang it off the side of their place at the table. To **set-up the activity stations**, center the Activity Station Materials and worksheets in the center of each station.

Program Script

The program script is located in the notes section of the PowerPoint presentation. It is crucial that the content of the script is followed, though personal anecdotes are strongly encouraged.

Evaluation Procedure

At the end of the program, distribute the evaluation. Once completed, collect the evaluations and:

- 1) e-mail scanned copies to: erinyelland@ksu.edu

OR

- 2) mail them to:

Dr. Erin Yelland
343 Justin Hall
1324 Lovers Lane
Manhattan, KS 66506.

Activity Station Instructions

Getting Ready for the Day!

Instruct participants to pretend they are getting ready for the day. Encourage them to utilize all of the materials you have brought, such trying on clothes, tying a tie, putting on pantyhose (over their existing clothes), opening/closing bottles, doing their hair, etc.

What Should I Eat?

Many older adults struggle to prepare healthy meals for themselves and may rely on pre-packaged frozen meals. Various nutrition labels from a popular brand of frozen meals have been provided. Instruct participants to select three meals that would be the best options for an individual with diabetes to eat.

Say What?!

Instruct one individual in the partnership/group to SAFELY stuff their mouth with jumbo marshmallows in order to stimulate speech impairment as a result of a stroke. This individual will try to carry on a conversation with a partner/the group. The partner/group should then write down three things they heard the stroke sufferer say. Then, repeat with another stroke sufferer.

Doctor, Doctor!

The group members now live in Neosho Falls, Kansas and are needing to find the CLOSEST medical doctors: neurologist, urologist, cardiologist, pulmonary specialist, and oncologist. Instruct them to locate the physicians using a smartphone, tablet, or computer and write down the doctor's name, telephone number, and location (city, state).

Gray for a Day: Activity Station Worksheet

Name: _____

Getting Ready for the Day!	What Should I Eat?	Say What?!	Doctor, Doctor!
<p>What was the most difficult part of getting ready for the day?</p>	<p>What two nutrients are especially important to consider when choosing food for a diabetic?</p> <p>1. _____</p> <p>2. _____</p> <p>What 3 meals are the best options?</p> <p>Meal One</p>	<p>Write down three things that you heard stroke sufferer # 1 say.</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Find the closest doctors to Neosho Falls, Kansas.</p> <p>Neurologist Name: Phone #: City, State:</p> <p>Urologist Name: Phone #: City, State:</p>
<p>How might you compensate for those challenges on a daily basis?</p>	<p>Meal Two</p> <p>Meal Three</p>	<p>Write down three things that you heard stroke sufferer # 2 say.</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Cardiologist Name: Phone #: City, State:</p> <p>Oncologist Name: Phone #: City, State:</p>

Pizza

Nutrition Facts	
Serving Size: 1 Pizza (173g) Servings Per Container: 1	
Amount Per Serving	
Calories 430	Calories from Fat 120
% Daily Value *	
Total Fat 13g	20%
Saturated Fat 5g	25%
Monounsaturated Fat 3.5	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 780mg	33%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	18%
Sugars 7g	
Protein 21g	
Vitamin A	15%
Vitamin C	20%
Calcium	30%
Iron	20%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. Nutritional information is subject to change. Please see label of product on store shelves for the most current information.	

Lasagna Bake

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value *	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 570mg	24%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 12g	
Vitamin A	6%
Vitamin C	6%
Calcium	15%
Iron	10%

Thai Beef

Nutrition Facts	
Serving Size 1 Pouch (283g) Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 480mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 15g	30%
Vitamin A 70%	Vitamin C 40%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pulled Pork with Black Beans

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 230	Calories from Fat 35
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Monounsaturated Fat 1.5g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 480mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	27%
Sugars 12g	
Protein 19g	
Vitamin A	15%
Vitamin C	4%
Calcium	6%
Iron	15%

Roasted Vegetables with Angel Hair

Nutrition Facts	
Serving Size 1 Package (283g) Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	30%
Sugars 7g	
Protein 9g	15%
Vitamin A 95%	Vitamin C 75%
Calcium 8%	Iron 15%

Roasted Turkey with Vegetables

Nutrition Facts	
Serving Size 1 Package (255g) Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 45mg	15%
Sodium 580mg	24%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	14%
Sugars 16g	
Protein 20g	40%
Vitamin A 365%	Vitamin C 25%
Calcium 8%	Iron 10%

Mini Chicken Wraps

Nutrition Facts	
Serving Size: 2 Pieces (113g) Servings Per Container: 2	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Monounsaturated Fat 2.5g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 590mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	27%
Sugars 3g	
Protein 12g	
Vitamin A	4%
Vitamin C	0%
Calcium	10%
Iron	8%

Mini Burgers

Nutrition Facts	
Serving Size: 1 Mini Burger (70g) Servings Per Container: 2	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value *	
Total Fat 8g	13%
Saturated Fat 3g	16%
Monounsaturated Fat 2.5g	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	14%
Sugars 3g	
Protein 9g	
Vitamin A	2%
Vitamin C	0%
Calcium	8%
Iron	8%

Angel Hair with Marinara

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Monounsaturated Fat 1.5g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	28%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	23%
Sugars 6g	
Protein 7g	
Vitamin A	20%
Vitamin C	4%
Calcium	8%
Iron	25%

Chicken Enchiladas

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 780mg	33%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 12g	
Vitamin A	8%
Vitamin C	10%
Calcium	10%
Iron	6%

Chicken and Fries

Nutrition Facts	
Serving Size: 1 Package (134g) Servings Per Container: 1	
Amount Per Serving	
Calories 310	Calories from Fat 140
% Daily Value *	
Total Fat 15g	24%
Saturated Fat 3g	15%
Monounsaturated Fat 4.5g	
Polyunsaturated Fat 6g	
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 510mg	21%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 14g	
Vitamin A	2%
Vitamin C	2%
Calcium	0%
Iron	6%

Meatloaf

Nutrition Facts	
Serving Size: 1 Package (255g) Servings Per Container: 1	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 4g	20%
Monounsaturated Fat 3.5g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 650mg	27%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 21g	
Vitamin A	4%
Vitamin C	10%
Calcium	8%
Iron	10%



Gray for a Day: Evaluation

Thank you for participating in *Gray for a Day*. As a participant, we value and appreciate your feedback.
If you choose, please take a moment to answer the following questions.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
This program increased my awareness of age-related sensory and functional decline.					
This program increased my understanding of how age-related sensory and functional decline can impact one's daily life.					
This program encouraged me to think about how I can better interact with older adults who may be experiencing sensory and functional decline.					
This program encouraged me to think about how I can better support older adults who may be experiencing sensory and functional decline.					
My participation in this program helped me to understand that taking steps to be healthy now can contribute to my sensory and functional well-being in the future.					
I plan to improve my lifestyle in order to improve my sensory and functional well-being in the future.					

Please list the three most important things you learned today.

- 1)

- 2)

- 3)

Please tell us a little about yourself.

Age:	Gender:	Racial Identity:	Ethnic Identity:
___ years	___ Female ___ Male	___ American Indian/Alaskan Native ___ Asian ___ Black ___ Native Hawaiian/Pacific Islander ___ White ___ Mixed Race (more than 1 race) Other _____	___ Latino/Hispanic ___ Not Latino/Hispanic

Please share any other comments you may have about this program on the back of this page.

Thank you!