

Perk Activities®

Overview and Pricing

About Perk Activities

Perk Activities is programming designed for seniors to age well and to improve their quality of life. Today, seniors enjoy this stimulating and engaging program and have been since 2008. The holistic programs are drawn from 14 diverse domains to enrich the participant; mentally, physically, emotionally and socially. Many of the activities are based in the arts for creativity and self-expression such as drawing, writing, music, improvisation, poetry and numerous imagination exercises.

In 2015, the National Endowment for the Arts touted research indicating, *"the arts have the amazing capacity to increase social engagement and improve health, cognitive functioning, quality of life, and longevity."* A 2014 German study studying people in their mid-to late 80's, researchers have found that behavior with the greatest protective effect against cognitive decline was artistic activity.

In 2019, 25 North American Senior Living Communities were awarded the Beacon Award for "Best in Wellness." Perk Activities was the wellness program at 2 of these senior living communities.

Perk Programs

- **Perk Activities:** A one hour weekly, in-person session
- **Creative Memory Care:** A weekly session for those with cognitive challenges

Since COVID-19, Perk has added two new programs:

- **Virtual Perk** is the weekly Perk Activities program adapted to a virtual setting through Zoom. This program can be delivered by the activities director to residents in a group setting using effective social distancing or with residents in their individual suites.
- **Perk's Daily Dose** is a daily program offering cognitive and creative activities for the individual to do in the safety of their suite.

To learn more, please visit our website:
perkactivities.com

Perk Impact

A study on the impact of Perk Activities on seniors conducted by Simon Fraser University:

"For participants, increased time of enrollment in the Perk program was associated with lower anxiety, lower depressive symptoms, a greater number of close social relationships, more time spent in contact with their social network, and decreased loneliness. Participants appreciated the variety of the activities as this kept the program from becoming monotonous. On interview, 85% felt that participation in Perk Activities could help to reduce loneliness. Participants also noted that Perk Activities helped them feel more connected to their community."

Wendy Loken Thornton, Ph.D., R.Psych.
Professor, Department of Psychology
Director, Cognitive Aging Laboratory
Simon Fraser University

Perk Activities Fee Structure

PROGRAMS	GROUPING	MONTHLY FEE- 1YR.	MONTHLY FEE- 2 YR.
Perk/Virtual Perk	A	\$75.00	\$65.00
	B	\$65.00	\$55.00
	C	\$55.00	\$45.00
Creative Memory	A	\$65.00	\$55.00
	B	\$55.00	\$45.00
	C	\$45.00	\$35.00
Daily Dose	A	\$65.00	\$55.00
	B	\$55.00	\$45.00
	C	\$45.00	\$35.00

All fees based on per site/community

Perk Bundles

Perk/Virtual Perk (same fee listed above) + **Creative Memory Care** at **50% savings**

Perk/Virtual Perk (same fee listed above) + **Daily Dose** at **50% savings**

(rounded to the nearest dollar)

Grouping

Group A	1-9 sites/communities
Group B	10 – 24 sites/communities
Group C	25 + sites/communities