



Alabama Nursing Home Association

MEMORANDUM

Date: February 20, 2013

To: Administrators and Activity & Social Service Personnel

From: John Matson, Director of Communications

RE: Ms. Alabama Nursing Home Pageant 2013

Thank you for your interest in the 2013 Ms. Alabama Nursing Home Pageant. This packet includes guidelines for conducting your own facility pageant and instructions for entering your contestant in the Ms. Alabama Nursing Home Pageant. Please read this information thoroughly and contact the ANHA if you have any questions.

Remember, only DVDs, VHS videos and computer video files will be accepted.

ANHA will accept "Honor Court Only" contestants if your representative is unable to compete in the top ten competition. If you choose "Honor Court Only", please fill out the proper form for this option.

Due to the lengthy judging process, contestants whose packets are submitted with incomplete information will be considered as "Honor Court Only."

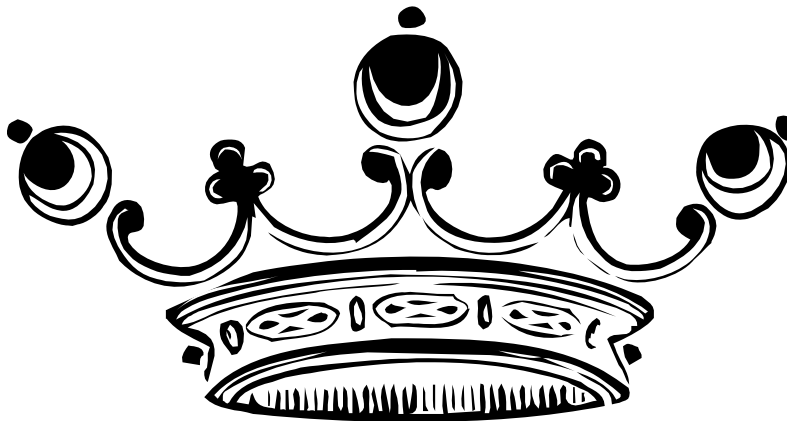
We wish you and your contestant all the best this year. Please let us know if you have any questions or suggestions by calling the ANHA Office at (334) 271-6214.

Important Dates:

- **May 31 – Deadline for pageant entries**
- July 8 – Top Ten Finalists announced
- July 22 – Ms. Alabama Nursing Home Pageant, The Wynfrey Hotel, Birmingham

2013 Ms. Alabama Nursing Home Pageant

Statewide Pageant Planning Guide & Information Packet



July 22, 2013
The Wynfrey Hotel, Birmingham, AL

Pageant Entry Deadline: Friday, May 31, 2013

Sponsored By:
Alabama Nursing Home Association, Inc.
Alabama Nursing Home Association Activities & Social Services Auxiliary

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Overview of the Ms. Alabama Nursing Home Pageant

Pageant Segments

The Ms. Alabama Nursing Home Pageant is divided into two parts.

Part One: Individual Facility Pageant and/or Selection Process

- Facilities hold a pageant or other selection process to choose a representative to participate in the Ms. Alabama Nursing Home Pageant

Part Two: The Statewide Pageant – three levels

- Level 1 – Enter local facility representative in the statewide pageant
- Level 2 – Preliminary judging of facility representative to determine the top ten finalists
- Level 3 – Statewide pageant to determine Ms. Alabama Nursing Home

Pageant Purpose and Objectives

The purpose and objectives of the Ms. Alabama Nursing Home Pageant are:

- To produce an event worthy of all participants;
- To strive at all times to reflect the honor and esteem in which those associated with the pageant are held;
- To promote communication between young people and elderly residents in Alabama's nursing homes;
- To provide recognition for nursing home residents and their continuing contributions to mankind;
- To stimulate and encourage community participation with residents in nursing home activities; and
- To create a positive public awareness of nursing home life and to focus on the prospects for a satisfying life while being a resident of Alabama's nursing homes.

Contestant Criteria & Guidelines

To qualify as an official contestant in the 2013 Ms. Alabama Nursing Home Pageant, contestants must meet the following criteria requirements:

- Must be a full-time resident in an Alabama nursing home, which is a member in good standing of the Alabama Nursing Home Association, Inc.
- Must be willing to attend and participate in the statewide 2013 Ms. Alabama Nursing Home Pageant, health permitting.

The Role of Ms. Alabama Nursing Home 2013

The Ms. Alabama Nursing Home Pageant is a celebration of life, designed to focus positively on our state's nursing homes. It also gives those who are unfamiliar with long term health care a better understanding of our nursing homes. Ms. Alabama Nursing Home 2013 will serve as the official spokesperson for people living in Alabama's nursing homes and will help ANHA promote the objectives of the Ms. Alabama Nursing Home Pageant.

Judging Criteria for the Ms. Alabama Nursing Home Pageant

The following is the judging criteria for the Ms. Alabama Nursing Home Pageant. The criteria will be used by the preliminary judges to select the Top Ten Finalists and by the celebrity judges to select Ms. Alabama Nursing Home. You may use the same criteria for your individual facility pageant if you choose.

Personality and physical appearance in relation to age: 30% of the final score

Expressiveness	1-10 points
Attitude	1-10 points
Poise/ Appearance	1-10 points

Communication/ Interview Quality: 30% of the final score

Ability to speak/communicate clearly	1-10 points
Poise/Composure on stage	1-10 points
Quality of interview answers	1-10 points

Attitude Toward Life: 20% of the final score

Positive outlook on life	1-10 points
Expresses enjoyment in life	1-10 points

Demonstrated Interest and Continuing Contribution to Others: 20% of the final score

How involved is this individual as a resident volunteer?	1-10 points
How much does this individual assist fellow residents in day-to-day living?	1-10 points

The Preliminary Judging Stage

Contestants will not be present at the preliminary judging. Prior to the pageant, the preliminary pageant judges will review the 2013 Ms. Alabama Nursing Home Pageant contestant entries and select the Top Ten Finalists. Consisting of a panel of volunteer professionals selected by ANHA, the preliminary judges will base their decisions entirely on the written information and video interviews submitted with each entry. The preliminary judges will use the Judging Criteria above to select the Top Ten Finalists.

Details on how and when ANHA will contact the Top Ten Finalists' Facilities:

Each facility with a contestant entered in the pageant should provide ANHA with a contact person, a phone number, and a back-up phone number so that Top Ten Finalists can be notified of their selection. Phone calls to the Top Ten Finalists will take place on or before July 8, 2013.

Facilities should not contact ANHA prior to 8:00 a.m. on July 8, 2013 to inquire about a contestant's Top Ten status. Facilities may contact ANHA after 8:00 a.m. on July 8, 2013.

The Final Judging Stage

The Final Judging Stage will be held on the day of the pageant, Monday, July 22, 2013. Details on the role of all contestants in the final judging stage and state pageant day are on page 21.

A Guide to Conducting a Pageant/Selection Process at Your Facility

The first step to participating in the Ms. Alabama Nursing Home Pageant is selecting a lady to represent your facility. The person selected must meet the “Contestant Criteria & Guidelines” found on page 5 of this booklet.

Facilities may use several methods for selecting a participant for the Ms. Alabama Nursing Home Pageant. Some examples include: a facility holding a local pageant or residents and others selecting a representative from those interested, or use another method. When and if your facility makes the decision to enter a contestant into the statewide pageant, the selection process is strictly at the discretion of the facility.

If your facility would like to hold a pageant to select a contestant for the Ms. Alabama Nursing Home Pageant, pages 8-12 will offer a guide to help you plan and conduct the event.

If your facility wants to use a selection process, more information can be found on page 13-14.

Tips for Conducting Your Local Facility Pageant

The following information is a guide to aid you in setting up and conducting your local pageant. Please remember this is only a guide. How you conduct your pageant and/or make your selection is strictly at the discretion of the facility.

Select a Sponsoring Service Group: Contact local civic and professional groups to sponsor your pageant. Invite a senior citizen group and/or a local youth group to help. When the sponsoring service group has been selected, ask one member to be appointed as chairman. This will provide your activity coordinator with an able ally who can share in all of the many details associated with conducting a pageant.

Select a Pageant Committee: The pageant committee is responsible for executing all aspects of the pageant. Each committee member should be assigned a specific duty, and then you should coordinate with them on completing their duties. This committee may include volunteers, your administrator, activity director, the food service supervisor, or other nursing home staff. Because this should be an event which is publicized, please also remember to include your local media.

The pageant committee's responsibilities can include arranging for the following:

Contestant Selection – The committee must establish the process by which contestants are selected. Nominations for contestants can be requested from residents, staff, family, friends, volunteers, etc. When all of your nominations have been received, the pageant committee should select the pageant's contestants. It is suggested that no fewer than five and no more than ten contestants be selected in order to hold an effective and orderly pageant. This number can be managed easily in a period of time which will not make your pageant too long. A suggested outline for developing nomination ballots is enclosed.

Contestant Logistics: All facilities wishing to enter a contestant in the statewide pageant should plan to hold their local pageants in plenty of time to prepare the written entry, video interview and photographs which are required for statewide entries. To be eligible for participation in the 2013 Ms. ANH Pageant, all statewide pageant entries must be received by the ANHA on or before **Friday, May 31, 2013**.

Master of Ceremonies: When determining who your emcee will be, select someone who can hold the attention of the audience and interview the contestants. Remember, a good emcee can make or break your pageant. Derive questions from the biography of each contestant and write sample questions for the emcee. Talk to your contestants and create questions from what she tells you. Some sample questions that your emcee might ask are as follows:

- What is the most beautiful sight which you have ever seen?
- What gives you the greatest pleasure in your life today?
- What do you think is the key to a long and happy life?
- What is the most exciting experience you've had in your life?

Escorts: Contestants will need an escort. This can be handled in one of two ways: You have one or two persons who act as the escort for all contestants, or each contestant can have her own escort. Male residents can be involved in the pageant by acting as escorts. If this is not feasible,

however, you can select as escorts family members, members of the sponsoring organization, staff members or local officials/politicians.

Contestants' Attire: A long dress or Sunday dress is the most appropriate for the occasion.

Refreshments: Refreshments can add much to your local pageant festivities. Church groups often agree to provide the refreshments. Music and/or entertainment will also add a special touch to your pageant.

Promotion and Publicity: Notify local churches, civic groups and local media contacts of the event. Ask them to participate in any manner they can, and be ready with involvement suggestions for them. Arrange for news coverage of the event (NOTE: Your media representative on your pageant committee can assist you in this area), and send out advance press releases (see attached Advance Press Release). If possible, have a program printed for your pageant. After the pageant has been held, work with your local media on publicizing the results and send out follow-up releases to those media sources that were not able to attend or cover the event (see attached Follow-Up Press Release)

Judging: Judges should come from the local community. Try to get local officials, celebrities, or prominent citizens to act as your judges. In order to avoid a tie in reaching a decision, try to select an odd number of judges. On page 10 is a sample letter which can be used in inviting your selected individuals to serve as judges for your facility's local pageant. By contacting your judges and having them arrive early, you will be able to brief them in advance on the judging criteria which will be used in your pageant.

An example of a local pageant judging sheet is on page 9. Suggestions for personal interview questions are on page 11.

Judging Criteria: Individual facilities may use their own judging criteria. However, facilities are encouraged to use the statewide pageant "Judging Criteria" on page 5.

Selection Process: A winner, a first and a second runner up should be selected in order to assure a representative to the state pageant. The winner should be both mentally and physically capable of traveling to Birmingham, either to participate in the Honor Court or as a finalist, as the case may be.

Flowers and Prizes: The winner should receive an appropriate gift such as a plaque and flowers. Each contestant should receive a corsage. Gifts should be given to the winner and runners-up. Sponsors may wish to provide contestants with small gifts of equal value.

Sample Judging Sheet for a Local Facility Pageant

Make copies of this form for each judge for EACH contestant. Compile each judge's scoring sheets on each lady, add the scores and determine your winners according to the highest scores.

Resident Name: _____

Room #: _____

Points Given by Judge in this Area:

30% - Personality and physical appearance in relation to age

_____ 1-10 Points: Expressiveness

_____ 1-10 Points: Attitude

_____ 1-10 Points: Poise/ Appearance

30% - Communication/ Interview Quality

_____ 1-10 points: Ability to speak/communicate clearly

_____ 1-10 points: Poise/Composure on stage

_____ 1-10 points: Quality of interview answers

20% - Attitude Toward Life

_____ 1-10 points: Positive outlook on life

_____ 1-10 points: Expresses enjoyment in life

20% - Demonstrated Interest and Continuing Contribution to Others

_____ 1-10 points: How involved is this individual as a resident volunteer?

_____ 1-10 points: How much does this individual assist fellow residents in day-to-day living?

_____ TOTAL POINTS: (100 Points Possible)

Judge's Last Name or Identifying Judge #: _____

Sample Letter to Invite Judges for a Local Pageant

(DATE), 2013

(Judge's Name)
(Title)
(Address)
(City), Alabama (Zip)

Dear Mr./Ms. (Judges Last Name):

Thank you for agreeing to serve as a judge for the 2013 Ms. (YOUR FACILITY NAME) Pageant. This pageant is an official preliminary to the Ms. Alabama Nursing Home Pageant, which is held annually in Birmingham, Alabama.

Our pageant agenda is as follows:

(TIME) AM/PM – Judges' Orientation
(TIME) AM/PM – Preliminary Interviews
(TIME) AM/PM – Pageant Begins

Our pageant will have four areas of judging. You will be able to critique the contestant's during the on stage competition. This will give you the opportunity to evaluate the contestant's communication ability and composure when in front of a crowd. Sample judging forms are attached for your review.

(YOUR FACILITY NAME) is located (GIVE DRIVING DIRECTIONS TO YOUR FACILITY). You will need to arrive at the nursing home/ facility no later than (JUDGES' ORIENTATION TIME) for the judges' orientation. Your dress for the (DAY/EVENING) should be business attire.

If you have any questions, please do not hesitate to contact me at (YOUR FACILITY PHONE NUMBER). Again, thank you for taking the time and interest in the residents of (YOUR FACILITY NAME).

Sincerely,

(YOUR NAME)
Activity Coordinator

Sample Personal Interview Questions for Local Facility Pageants or Selections

- What do you like the most about the nursing home?
- Why would you want to be Ms. (YOUR FACILITY NAME)?
- What would you tell people to convince them that they might one day want to live in a nursing home?
- What activities are you involved in at the nursing home?
- How do you assist your fellow residents?
- What is your favorite activity or past-time?
- Was there anyone you admired in your lifetime or looked up to as a role model?
- Who is or was your favorite president and why?
- What is the most beautiful sight you ever saw?
- What gives you the greatest pleasure in life today?
- What do you think is the key to a long and happy life?
- What is the most exciting experience you've had in your life?
- In your opinion, what makes (YOUR FACILITY NAME) better than other nursing homes?
- What do you feel is the biggest change in our nation or world that you have witnessed in your lifetime so far?
- If you were asked to share with someone the best piece of advice you could give, what would you tell them?
- If you could change one thing in the world, what would it be....and why?
- If you could write a book, what would you write about....and why?

Using a Selection Process to Select a Contestant for the Ms. Alabama Nursing Home Pageant

Prepare a ballot listing all of the female residents in the nursing home that are interested in competing in the Ms. Alabama Nursing Home Pageant and which meet the “Contestant Criteria & Guidelines” on page 4.

Those eligible to vote could be residents, families and friends, staff, volunteers, and any other interested group familiar with the residents. Ballots may also be distributed within the community, if the community is small enough to know residents of your facility. Who is eligible to vote in the selection process is strictly at the discretion of your facility.

After voting is completed, tally the results to select your winner and runners-up.

A “Sample Contestant Selection Ballot” is on page 14.

Sample Selection Process Contestant Ballot

Below is a listing of all of the women residents of (FACILITY NAME) who are competing for the title of 2013 Ms. (FACILITY NAME). Please indicate your choice based on the following criteria.

Personality and physical appearance in relation to age: 30% of the final score

Expressiveness	1-10 points
Attitude	1-10 points
Poise/ Appearance	1-10 points

Communication/ Interview Quality: 30% of the final score

Ability to speak/communicate clearly	1-10 points
Poise/Composure on stage	1-10 points
Quality of interview answers	1-10 points

Attitude Toward Life: 20% of the final score

Positive outlook on life	1-10 points
Expresses enjoyment in living	1-10 points

Demonstrated Interest and Continuing Contribution to Others: 20% of the final score

How involved is this individual as a resident volunteer?	1-10 points
How much does this individual assist fellow residents in day-to-day living?	1-10 points

TOTAL: 100 points

Based on the judging factors listed above, my choice for the lady who will be crowned Ms. (FACILITY NAME) Pageant is:

Please mark your choice with an "X" beside the lady's name.

Resident Name	Room Number
_____ Helen Jones	10
_____ Mary Smith	14
_____ Sue Brown	20

Sample Press Release for a Local Facility Pageant

For Immediate Release: (DATE)

Contact: (CONTACT NAME), (PHONE NUMBER)

(NUMBER) VIE FOR TITLE OF 2013 MS. (FACILITY NAME)

(CITY), Ala. – Excitement will fill the air on (DAY), (LOCAL PAGEANT DATE) at (TIME OF PAGEANT) as (# OF CONTESTANTS) of the city’s loveliest ladies will have their moment in the spotlight and compete for the title of Ms. (FACILITY NAME) 2013. These ladies join other nursing home residents who are competing for their local titles and a chance to enter the 2013 Ms. Alabama Nursing Home Pageant.

“Each year, this pageant gives us the opportunity to share our most shining assets – our residents and their wonderful personalities – with the community,” said (ADMINISTRATOR NAME), administrator of (FACILITY NAME). “By having the Ms. (FACILITY NAME) pageant right here in our residents’ home, people who don’t get the opportunity to visit a long-term care facility too often can come in, enjoy a fun time and share in the festivities with ‘our family’ and get the thrill of their lives in the process!”

Competing for the title of Ms. (FACILITY NAME) 2013 are (NAME CONTESTANT), (AGE), of (HOMETOWN AND STATE); (NAME CONTESTANT), (AGE), OF (HOMETOWN AND STATE)....

These contestants will be judged by a panel of civic and community leaders using several criteria including, but not limited to: Personality and physical appearance in relation to their age, poise, attitude toward life and their demonstrated interest and continuing contribution to others.

Assisting in the sponsoring of this year’s pageant and contestants will be (LIST SPONSORS AND/OR COMPANY NAMES).

“We in Alabama are very fortunate to live in a state where people are interested in gaining a clearer insight into the lives and contributions of our long-term care residents,” said John Matson, Director of Communications for the Alabama Nursing Home Association in Montgomery. “By holding events such as the Ms. (FACILITY NAME) Pageant, these residents can show others the love and positive attitude toward life that we in the long-term health care profession experience on a daily basis.”

This year’s Ms. (FACILITY NAME) will be eligible to compete in the 2013 Ms. Alabama Nursing Home Pageant on July 22, 2013, at The Wynfrey Hotel in Birmingham, Alabama. The event will feature local pageant winners from nursing homes across the state.

(FACILITY NAME) is a (skilled nursing facility) (intermediate nursing facility) that provides long-term health care for (NUMBER OF BEDS) residents in the (CITY/COUNTY/COVERAGE AREA) area. The facility is a member of the Alabama Nursing Home Association.

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Sample Press Release for a Local Facility Pageant Winner

For Immediate Release: (DATE)

Contact: (CONTACT NAME), (PHONE NUMBER)

(WINNER NAME) CHOSEN AS MS. (FACILITY NAME) 2013

(CITY), Ala. – Excitement filled the air on (DAY), (LOCAL PAGEANT DATE) as (CONTESTANT AGE)-year-old Ms. (CONTESTANT NAME) was crowned as Ms. (FACILITY NAME) 2013! One of (# of CONTESTANTS) residents of the long-term health care facility vying for the coveted title, she will join other winners from nursing facilities across the state at The Wynfrey Hotel in Birmingham, Alabama on July 22, 2013, to compete in the 2013 Ms. Alabama Nursing Home Pageant.

“I’ve never been so excited in my life!” said Ms. (WINNER’S LAST NAME) as she basked in the glow of her newly bestowed title.

(INSERT ANOTHER POSITIVE QUOTE FROM THE WINNER HERE....ANHA NOTE:

Another idea to add personality and zing to your release is to include information about her past or present activities, how she feels about living to an old age, and what she does in your nursing home. Including quotes in her words will add much to the release’s effectiveness.)

Also selected as members of the queen’s court was first runner-up Ms. (FIRSTPLACE WINNER NAME) of (HOMETOWN), (STATE), and Ms. (SECOND PLACE WINNER NAME) of (HOMETOWN), (STATE), second runner-up.

Ms. (WINNER’S NAME) and her court were crowned during the local pageant held on (DAY OF THE WEEK) at the (FACILITY NAME). Co-sponsored by (SPONSORS’ NAMES), the pageant is held each year by the facility to provide recognition for nursing home residents and their contributions to their fellow man.

“We are so very proud to have a lady like Ms. (WINNER’S LAST NAME) represent the residents of (FACILITY NAME) as their ‘queen’ for the next year,” said (ADMINISTRATOR NAME), the facility’s administrator. “We can’t think of anyone better to let others in our area know just how special our residents are than Ms. (WINNER’S LAST NAME).”

A native of (WINNER’S HOMETOWN), Ms. (WINNER’S LAST NAME) is the mother of (# SPELLED OUT IF UNDER 10). She is also the grandmother of (#) and the great-grandmother of (#). A/An (OCCUPATION) by trade, Ms. (WINNER’S LAST NAME) has been a resident of (FACILITY NAME) since (DATE, YEAR). She (is/was) married to (the former, if deceased) (husband’s name) of (HOMETOWN), (STATE). In addition to being awarded her local title, Ms. (WINNER’S LAST NAME) is now eligible to participate in the statewide competition for the title of Ms. Alabama Nursing Home 2013. Sponsored by the Alabama Nursing Home Association, the pageant will be held at The Wynfrey Hotel in Birmingham, Alabama on July 22, 2013.

How to Enter Your Facility's Representative in the Ms. Alabama Nursing Home Pageant

When your pageant/selection process winner is chosen, your facility must decide whether or not to enter her in the Ms. Alabama Nursing Home Pageant.

There is no charge to enter your contestant in the Ms. Alabama Nursing Home Pageant.

Your facility must submit a complete entry packet for your contestant by **Friday, May 31, 2013.**

There are two different contestant entry categories for the Ms. Alabama Nursing Home Pageant:

1. **Official Pageant Entry Form:** complete this form to fully enter your contestant in the Ms. Alabama Nursing Home Pageant for preliminary judging with the possibility of being selected a Top Ten Finalist and then competing on stage at The Wynfrey Hotel.
 - A. Please refer to the "Pageant Entry Guidelines" on pages 18-19.
 - B. Please complete the "Official Pageant Entry Form" on pages 26-32.
2. **Honor Court Only:** complete this form if you want your contestant to be included in the pageant day festivities, but *not considered* for the title of Ms. Alabama Nursing Home.
 - A. Please complete the "Honor Court Only" form on page 33.

Pageant Entry Guidelines

Your contestant's complete entry packet must be received by **Friday, May 31, 2013**, for your contestant to be considered for the title of Ms. Alabama Nursing Home 2013.

It is very important that your contestant's entry packet be well thought-out, complete and personable. This is the only information the preliminary judges have about your contestant as they select the Top Ten Finalists. Therefore, the style, completion and content of the information which you provide are critical.

Items for the Entry Packet:

1. Six (6) copies of your complete Official Pageant Entry Form (pages 26-32)
2. Six (6) original, recent color photos of your contestant
3. A 3-4 minute video interview of your contestant: VHS, DVD or computer video files only

Details of Items that Must be Included in the Pageant Entry

1. Six (6) copies of your complete Official Pageant Entry Form (pages 26-32)

Tips: As the "ghost-writer" for your local winner, you have a two-fold job: First, you must answer the questions asked as comprehensively as possible. Second, and most importantly, you must reflect as much of the personality of your contestant as possible with the answers you provide. Before you begin writing, think through the pageant's purpose and objectives (see page 4). The judges will be looking for the lady who will best fulfill these objectives. You are urged to document all activities, hobbies, interests and attitudes of your contestant. Describe her in full detail – using as many of her own words and phrases as possible. The more complete the description, the better evaluation the judges can make. You are limited to no more than 10 total pages for the contestant registration form and entry.

- #### 2. Six (6) original, recent color photos of your contestant.
- Each facility entering a contestant in the pageant is to submit six (6) original, recent photos of its contestant. Please do not have any other person in the photo. These photos can either be reprints of the same pose, or different shots of similar poses. The photos should be fairly close, head-and-shoulder shots. The photos submitted should be in one of the following sizes. 3"x3", 3"x5", 4"x5" or 4"x6".

Tips: An original photograph will be included in each of the preliminary and celebrity judging packets for review during the judging process. Remember, 20% of the judging process is on "Personality and Physical Appearance in relation to age." The photograph will provide our preliminary judges with your contestant's physical appearance in relation to age. Try to submit the best, happiest photos possible.

NOTE: PLEASE DO NOT SEND IN VALUABLE PHOTOGRAPHS! All facilities should realize that all but one (1) of the photographs will be returned to contestants who are members of the Honor Court. However, contestants who are members of the Top Ten WILL NOT have ANY of their photographs returned. Please do not send valuable or sentimental photographs!!! Also remember that this photograph will be used in the program. Please make sure that you use colors that are attractive to your contestant and that you pay attention to lighting and the color of the background. For example, do not have a light skin tone

resident against a white background or a dark skin tone resident against a black background or a white haired resident against a white background.

- 3. A 3-4 minute Video Interview of your contestant – VHS, DVD or computer video files only.** The purpose of this video is to give the preliminary judges an opportunity to “meet” your contestant and hear her talk and communicate. This videotape is to serve as your contestant’s preliminary “personal” interview. Videos must be VHS, DVD or computer video files only. No other formats will be accepted! We do not have the capability to view any other types of tapes, i.e., digital tapes. Please make sure you rewind your tape and that you preview it before sending! Also, be sure the VHS tape, DVD or computer video file is packaged so it will arrive safely. Keep a copy of your video so you can send a replacement copy if the original is damaged in shipping.

Tips for Producing Your Contestant's Video

- **Let Your Contestant Do the Talking**

The purpose of the video is to let the judges hear about and FROM your contestant. Let her be the star. Your job is to make her feel comfortable, ask questions and talk to her in a conversational style (example: "Mrs. Jones, I hear you used to go dancing a lot. Tell me about those times.") Your only role in the video is to ask her leading questions, and then stay in the background. The judges do not want to hear YOU tell about her, they would like to hear her talk and converse! Remember to look at the judging criteria (see page 6)-this is what the judges will be basing their scores on, so if they cannot determine any of the elements during your video, then your contestant will not do so well.

- **Keep the video short – and stick to the subject**

The judges do not want a 5-minute lead in on your facility, where it's located, and how many beds and employees you have. They want to hear your contestant – her voice, comments and personality. Look at the judging criteria, and keep it in mind when you do her video.

- **This should be a videotaped interview of your contestant... NOT a copy of your entire facility pageant**

Remember – we only need a 3-4 minute videotaped interview with your contestant. It serves absolutely no purpose for you to send in a video which is 30 minutes in duration, and which we have to fast forward through to try and find your contestant.

- **As much as possible, try to eliminate distracting background noise**

If you tape outside next to a major highway, we may not be able to hear your contestant. All we can hear are the cars going by in the background. If you tape inside, please try to work around the P.A. system. If your contestant's comments are covered up by a call for someone to "come to 3 West", it is distracting, and ineffective. Also, please think very seriously about NOT having background music dubbed into your videotape. From our experiences, the music only serves to distract from what the resident is saying, and adds nothing to the judging process.

- **Consider asking the contestant a little about herself, her hobbies/likes, or even set up the videotaped session in the resident's room and have her tell about herself; show some of the things she's done as she talks about them, etc.**

Remember – the best videotapes will be those in which the resident feels comfortable and converses. Tape in a place of the resident's choice...where SHE will be comfortable.

- **Do not repeat the questions asked on the entry form**

The judge's have already read that information. Encourage the individual to talk about her life in the nursing home. A Suggestion: Ask as one of your questions "What would you like to tell other people about living in a nursing home?" or some variation of this. The judges like to hear the contestants answer this question. And just converse with your resident...let her personality shine.

- **Don't write a script for the contestant to read**

This is very obvious when it happens. We don't want the contestant to be a parrot...we want to hear what she has to say. Remember...the judges are looking for her expressiveness, attitude, poise & appearance, ability to communicate clearly and the quality of her answer. The best answers come from the contestant's heart.

- **Professionally Produced Videos – Help or Drawback?**

Some of the most impressive videos we have received, have been professionally produced. However – they have not necessarily been some of the most effective videos we have received. The judges want to hear the contestants talk...they want to get a “glimpse” of her personality, the way they deal with other people, and how well adjusted and comfortable they are in the nursing home setting. When you produce a “slick” video in which a professional does all of the talking from a prepared script, it loses its effectiveness. Many of the professionally produced videos don't even let the contestant talk until 3-4 minutes into the video. That's not what the judges are looking for! The judges want to hear your contestant.

- **Make Sure Your Video Is Not Blank**

We have often had a difficult time trying to find the contestant on the videotape. We have even viewed blank tapes. Please make sure that you check the video for quality prior to sending it to ANHA. Also, please rewind the tape so that we start at the beginning. Also, it is imperative that you label the video with the name of the contestant and facility as well as the video container itself.

Preparing Your Contestant for the State Pageant

1. What will happen after my entry is received by ANHA?

At the time your entry is received by the ANHA office, your contestant will be mailed a confirmation letter welcoming her as a contestant for the 2013 Ms. Alabama Nursing Home Pageant. Specifics on dress, ribbon and corsage colors, etc. will be listed in a packet of information, which will be forwarded to the facility contact, along with a copy of the contestant's welcome letter.

Important: If your facility contact does not receive an official confirmation letter within one week of mailing and/or delivering your completed entry to ANHA, it is your responsibility to contact ANHA to track your entry. ANHA cannot and will not be responsible for non-confirmed entries. To track your entry, contact ANHA at (334) 271-6214.

2. What will my contestant receive from ANHA prior to the State Pageant?

- A. Congratulatory Information Packet: With a pageant day agenda/schedule of events.
- B. An Invitation to the Pageant for the Contestant's Family Members: One professionally printed invitation will be mailed to the contestant and addressed "To the Family of (Contestant Name)." This invitation will list basic details on the pageant events.

3. How will Contestants be judged in the Statewide Pageant?

The judging of the statewide Ms. Alabama Nursing Home Pageant is divided into two judging stages: The Preliminary Judging Stage and the Celebrity Judging Stage. Detailed information on both stages can be found on page 6.

What Contestants will Experience on Pageant Day

The contestants will be excited about coming to the Ms. Alabama Nursing Home Pageant which will be held on Monday, July 22, 2013, at The Wynfrey Hotel in Birmingham. Seating begins at 1:30 p.m. The pageant will begin promptly at 2:00 p.m. It is important to remember that travel with elderly residents poses potential risks. Please remember to take all necessary precautions, attendants, medications, wheelchairs, snacks and a wrap or jacket required for any long trip. Refreshments will be served during the pre-pageant festivities (10:00 a.m. – 11:30 a.m.), but food will not be offered at any other time. Please be prepared for this.

Items ANHA provides Contestants at Ms. Alabama Nursing Home Pageant:

Upon check-in at the pageant registration table, each 2013 Ms. Alabama Nursing Home Pageant Contestant will receive and/or participate in the following items/events, compliments of ANHA. The pageant registration table will be open from 8:00 a.m. until 12:00 p.m. on Monday, July 22, 2013.

- **2013 Ms. Alabama Nursing Home Pageant Contestant Reception:** From 10:00 a.m. until 11:30 a.m. on pageant day, an informal reception will be held for the 2013 Ms. Alabama Nursing Home Pageant contestants, their families and guests. The complimentary reception will be held at The Wynfrey Hotel and will feature light finger foods, punch, etc. Reception entertainment will be provided also.
- **Chest Banner:** Featuring blue writing on white ribbon, the chest banner will identify your contestant by her official title (Example: Ms. XYZ Nursing Home).
- **Official Ms. Alabama Nursing Home Pageant Tiara Pin:** Each contestant will be presented with a rhinestone tiara pin. This pin will identify her as a contestant in the 2013 Ms. Alabama Nursing Home Pageant and can be kept by the contestants as a keepsake.
- **Official Ms. Alabama Nursing Home Pageant “Goodie Bag”:** Each contestant will be presented with a canvas bag which will be pre-printed with the pageant logo. The bag will be filled with a variety of useful items which are provided compliments of the ANHA Activity & Social Services Auxiliary.
- **Corsages:** ANHA will supply your contestant a corsage.

Items Your Facility Should Make Arrangements for at the Ms. Alabama Nursing Home Pageant:

Each facility should make arrangements for the following items for their contestant. ANHA will not provide or make arrangements for these items.

- **Overnight or Day Room Accommodations at The Wynfrey Hotel or other hotels:** If you wish to make overnight or day room accommodations, please call The Wynfrey Hotel at 800-996-3739.
 - The following room rates have been negotiated for the 2013 Ms. ANH Pageant:
 - Single/Double Overnight Rate - \$129.00
 - Day Room Rate – \$105.00

To ensure availability and negotiated rates, make your reservations by July 12, 2013.
- **Lunch on Pageant Day:** Please make your own luncheon arrangements for your contestant on statewide pageant day. Luncheon plans should be completed by 1:15 p.m., so that

contestants may line up and be seated prior to the pageant. Facilities are encouraged to make lunch reservations prior to coming to the pageant.

- **Official Ms. ANH Pageant Portraits (optional):** A professional photographer will be available to make official Ms. Alabama Nursing Home Pageant portraits of contestants, their family members, etc. on pageant day. However, the charge for these portraits should be arranged and paid on an individual basis on pageant day. More details, packets and prices will be announced at a later date.
- **A Wrap or Light Jacket:** It is difficult to control the room temperature for 500+ people, so please be prepared and bring a wrap or light jacket for your contestant just for this purpose.

The Role of the Honor Court on Pageant Day:

All contestants not selected as top ten finalists will automatically become part of the Ms. Alabama Nursing Home Pageant Honor Court. The purpose of the Honor Court is to provide a way to include all contestants in the pageant festivities. They will be seated in a special section near the pageant stage and will be individually recognized during the event.

The Role of the Top Ten Finalists on Pageant Day:

The top ten contestants should be available to begin their interviews with the judges on the morning of the pageant. Interview times will be scheduled in advance. On the state pageant day, a panel of five celebrity judges will interview the top ten finalists. The interviews will take place from 9:00 a.m. until 11:45 a.m.

The state pageant ceremony will begin at 2:00 p.m. on that same day. During the pageant, the top ten will be escorted on stage and introduced individually to the audience. The top ten finalists will be asked to answer a question on stage. The question to be answered will be selected randomly by the pageant host on stage from a list of prepared questions.

Upon completion of the on stage question and answer session will come the tallying of the scores and the announcement of the 2013 Ms. Alabama Nursing Home and the runners-up.

Date/Location of the 2013 Ms. Alabama Nursing Home Pageant:

The 2013 Ms. Alabama Nursing Home Pageant will be held on Monday, July 22, 2013, at The Wynfrey Hotel in Birmingham, Alabama. A reception with entertainment for all pageant contestants will begin at 10:00 a.m. at The Wynfrey Hotel. The reception will end at 11:30 a.m.

This day is for the pageant contestants. Even if your contestant is not in the Top Ten, this is a special day. We encourage you to bring your contestant on pageant day and participate in all of the activities that we have planned. This will be a day they will never forget!

Questions about the Ms. Alabama Nursing Home Pageant?

If you have any questions concerning any of the 2013 Ms. Alabama Nursing Home Pageant plans, please contact the Alabama Nursing Home Association at (334) 271-6214.

Some things I need to call and ask questions about are:

Official Pageant Entry Form

Please fill out and include one (1) of this cover sheet along with the six (6) copies of the attached completed forms, six (6) pictures and one (1) copy of your video. Entries should be addressed to: ANHA, 4156 Carmichael Road, Montgomery, Alabama 36106, Attn: Pageant.

All entries must be received or delivered no later than Friday, May 31, 2013.

1. Have you included your contestant's DVD/VHS Tape/Computer Video File? _____

2. Have you included 6 copies of the completed Official Pageant Entry Form? _____

3. Have you included 6 photographs of your contestant? _____

4. Facility Name _____

Facility Address _____

City/State _____ Zip _____

Facility Contact _____ Phone # _____

Secondary Facility Contact _____

5. Contestant Name _____

Contestant Age (as of 7/22/2013) _____

Contestant Place of Birth _____

Contestant Hometown _____

Please accept the following entry for the 2013 Ms. Alabama Nursing Home Pageant. I have completed and included all of the requested information as noted above.

I also understand that if our contestant is selected to be in the "Top Ten" that: The contact listed above will be contacted at our facility via phone on or before July 8, 2013. Final interview times will be set for the statewide pageant with the celebrity judges at the time of this phone call. It is the responsibility of our facility to contact any local media with the news. ANHA can provide assistance if needed through Communications Director John Matson.

Signature & Title of Person Submitting Entry

Part I – Contestant Personal Information

Please type or print all information on this form. The following biographical information should be filled out as completely as possible on the facility’s contestant. (Note: Portray your contestant through descriptive quotes, colorful statements and in any other manner which might help to reflect her personality, speech and manner.)

1. A Little About Me:

My name is _____

and I like to be called_____. I was recently selected to represent my friends at (facility name) _____

in the 2013 Ms. Alabama Nursing Home Pageant. I consider my hometown to be _____ , _____.

Some other places I’ve lived and things I’ve done include _____

2. My Family:

I am _____ years old and was born in the town/city of _____.

I am the parent of _____ sons, _____ daughters. I am also the grandparent of _____ grandchildren, the great-grandparent of _____ great-grandchildren, and the great-great grandparent of _____.

(In this section, tell about the contestant’s family, fond memories, funny stories, etc. The purpose of this section is for the judges to find out a little more about your contestant’s life, personality, etc.)

3. Lifetime Memories and/or Feelings:

During my lifetime, the most remarkable or memorable event that I have seen, heard or experienced was (tell what it was and why this was so remarkable to the resident):

I always laugh when I think about the time:

One person who I have truly admired during my lifetime is (tell who this person is, what their relationship to the resident is, and why they admire this person...)

4. Nursing Home Information:

I have lived in _____ (Facility Name)

for _____ years, _____ months. Some of the things I enjoy the most about living here are (tell about the resident’s activities, favorite things to do, ways they like to help others in the facility, interaction with other residents, why they should be Ms. Alabama Nursing Home, etc. Please note that the judges will use this information to determine how your resident is involved in the life of her facility.)

5. Nominating Facility Input:

As a long-term care professional, are there other things that your facility wishes the judges to know about the resident's involvement in nursing home life or activities, or that you feel the judges should consider when reviewing this nomination?

Please detail below:

Honor Court Only Pageant Entry Form

Please fill out this form and mail it with one (1) photograph of your contestant. The photograph will be used for our program. Entries should be mailed to the ANHA, 4156 Carmichael Road, Montgomery, Alabama 36106, Attn: Pageant. **All entries must be received or delivered no later than Friday, May 31, 2013.**

1. Have you completed the Honor Court Only Pageant Entry Form? _____
2. Have you included a photograph of your contestant? _____
3. Facility Name _____
Facility Address _____
City/State _____ Zip _____
Facility Contact _____ Phone # _____
Secondary Facility Contact _____
4. Contestant Name _____
Contestant Age (as of 7/23/2013) _____
Contestant Place of Birth _____
Contestant Hometown _____

Please accept the following entry for the 2013 Ms. Alabama Nursing Home Pageant – HONOR COURT ONLY. I have completed and included all of the requested information (as noted above).

I also understand that our contestant will not be considered for the title of 2013 Ms. Alabama Nursing Home, but will be included in all of the pageant day festivities.

It is the responsibility of OUR FACILITY to contact any local media with the news. ANHA can provide assistance if needed through our Communications Director – John Matson (334-271-6214).

Signature & Title of Person Submitting Entry