

Activity Director Today

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The History of Crayola

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LUMINOSITY

by Robert Lucas, B.A., H.F.A. (retired)
Executive Director, Activity Director Today
Editor, Activity Director Today E-magazine
<http://www.theactivitydirectorsoffice.com>

It didn't matter which grade I was in (even college), school time always conjured up the smell of Crayola crayons. The scent of crayons is one of the most recognizable scents for adults. Even today, when I smell a Crayola, it reminds me of my childhood. I want to grab a color and start drawing. I'm sure your residents will feel the same. Go ahead. Have a coloring session with all of your residents. Listen to them comment on the smell of the nostalgic crayon - Bob

The History of Crayola

In April 1904 at the St. Louis World's Fair, Binney & Smith won the Gold Medal for their An-Du-Septic dustless chalk. Over 39,000 awards were given out using the medals designed by Adolph A. Weinman. Receiving a medal at an Exposition was and still is something of importance with many companies featuring their medal on their products. Two companies to use the 1904 medal were Jack Daniel's whiskey (which still use it on their bottles to this day) and Binney & Smith. The Crayola used the opportunity to develop an entirely new packaging strategy by emphasizing their Gold Medal on the front of many of their products and crayon boxes. This strategy turned out to be so successful and recognizable to their brand that they phased out nearly all of their other Crayola line box designs to adapt to the Gold Medal format. The Gold Medal branding appeared on their crayon boxes packaging for the next 50 plus years.

Binney & Smith purchased the Munsell Color



Company crayon product line in 1926 and inherited 22 new colors, 11 in the maximum and 11 in the middle hue ranges. They kept the Munsell name on products such as "Munsell-Crayola" and "Munsell-Perma" up until 1934 and then incorporated their colors into their own Crayola Gold Medal line of boxes.

In 1939 Crayola, by combining their existing crayon colors with the Munsell colors, introduced their largest color assortment product to date; a "No. 52 DRAWING CRAYON 52 COLOR ASSORTMENT", which was retired by the 1944 price list.

The first version of the Crayola No.48 box (open) In 1949 Crayola introduced the "Crayola

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About Bob: Robert Lucas is a retired Nursing Home Administrator and is married to Linda Lucas who is a retired Activity Director. Bob has a B.A. degree in Ministry and is an ordained minister. He has served the elderly community more than 35 years. After retirement he created the **Activity Director Today** website and **Activity Director Today E-magazine**. He is also half nuts; hence, this page!



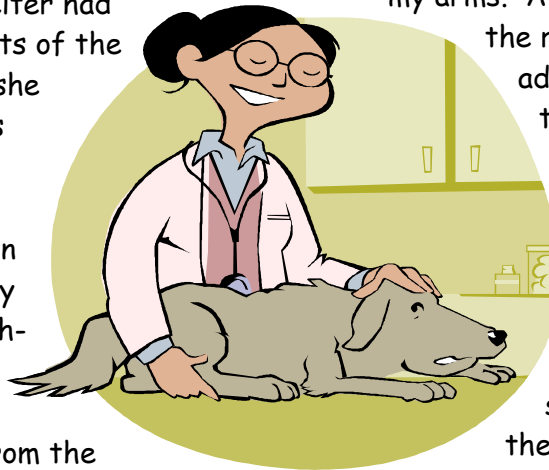
DH Special Services

By *Debbie Hommel, BA, ACC, CTRS*
Executive Director of DH Special Services
<http://www.dhspecialservices.com/home.htm>

"Man's Best Friend" Pet Facilitated Therapy in Long Term Care - Part II

by Debbie Hommel, ACC/MC/EDU, CTRS

As a new activity director in 1979, I received a call from the director of the local animal shelter. The director of the shelter had read an article on the benefits of the pet/person relationship and she wanted to bring the shelter's puppies to our facility. She thought the puppies would benefit from the socialization and the residents would enjoy holding the puppies and watching them play. After several phone calls, my administrator obtained approval from the Department of Health, as there were no regulations governing pets in nursing homes at that time. The puppies began visiting weekly and the residents loved it, as you would expect. A few weeks later, while sitting in a departmental



meeting, I was bothered by itchy forearms but did not think much about it. The Director of Nursing was giving her report and she shared the dermatologist was coming because a mysterious rash which looked like ringworm had erupted on a number of the residents. The administrator asked "where does ringworm come from" and the nurse quickly said "usually from animals". The room silenced and everyone turned and looked at me, while I was scratching my arms. All at once, we realized where the ringworm had come from - our adorable visiting puppies from the shelter. That could have been the end of pet therapy in long term care as well as the end of my career as an activity professional. However, I worked for a wonderful administrator who saw the benefits derived from the visiting puppies and he was not about to let a rash deter the future of the program, nor my career. After several phone calls to the shelter and the State Department of Health, our state government issued formal regulations for pets in health

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DH Special Services Independent Study Programs

Gain continuing education credits at your leisure and in your own home. Build your professional library of popular activity and recreation books while accruing hours for certification. If you already own the book, the program can be purchased at a discounted price. If more than one person from your facility wants to take the course, additional participants are also offered at a discounted price.

Contact: info@dhspecialservices.com

Visit: <http://www.dhspecialservices.com/independentstudypage.htm>

About Debbie: Debbie Hommel ACC, CTRS, is a Certified Activity Consultant on State and National level, with over twenty-seven years of experience in providing direct care and consultation to long term care, medical day care, assisted living, and ICF/MR facilities throughout New Jersey, New York, Maryland, and Pennsylvania. She is an experienced trainer and workshop presenter, conducting a variety of seminars throughout the Tri-State area for the Activity Professional, Administrator, and allied healthcare professional.



Re-Creative Resources

By Kimberly Grandal, CTRS, ACC, Executive Director

<http://www.recreativeresources.com/>

RECREATION DEPARTMENT R.A.V.E. Program Resident-Assisted Volunteer Enrichment Program

POLICY

It is the policy of this facility to offer residents the opportunity to volunteer their service by participating in the R.A.V.E. Program. Resident Volunteer Services usually consist of independent projects (hanging up calendars and flyers, hosting special events, providing one-to-one visits, participating in a fund-raiser, changing the reality orientation boards, caring for facility animals or fish, etc.)

GOALS AND OBJECTIVES

1. To offer opportunity for productivity and

- a sense of purpose
2. To offer opportunity for resident to resident interaction and socialization
3. To offer opportunity for empowerment
4. To increase self esteem and self respect
5. To offer opportunity for decision-making and responsibility
6. To increase opportunity for individualized activity

PROVIDER OF CARE

Resident Volunteers (with assistance of the Recreation/facility Staff as needed)

PARTICIPANT CRITERIA/ABILITY LEVEL

Residents with moderate to no cognitive impairment may volunteer. **Note:** Residents with cognitive impairment must have family or guardian grant permission and may require additional supervision.

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Re-Creative Resources' Activity Resource Center is a new service that offers members UNLIMITED access to a LARGE variety of downloadable activity resources, tools, training materials, management resources, sample reports, forms, documentation tools, print-n-implement activities, promotional items, and so much more! Also included in the Activity Resource Center are several items, which if purchased separately at <http://www.recreativeresources.com/forms-manuals.htm>, would cost over \$50! Our new Activity Resource Center has over 150 items which are currently available and that number will grow, for new resources will continuously be added. Resources are in a variety of formats including Word documents, PDF, PowerPoint and Excel. The majority of the materials, however, are Word and PDF documents. For a complete list of resources visit www.recreativeresources.com. Re-Creative Resources Inc. is offering an introductory fee of just \$45.95 for the first year membership. After that, it is only \$9.99 a year! So subscribe today and take advantage of this great resource for Activity Directors, Activity Professionals and Recreation Therapists. **Note:** MEPAP instructors, presenters, and consultants are invited to join, however, must contact Kim Grandal for additional fees may apply to utilize the resources for commercial use.

About Kimberly: Ms. Kimberly Grandal, Founder and Executive Director of Re-Creative Resources, Inc., is a strong advocate for the field of Therapeutic Recreation, with over fifteen years of experience working with the elderly in numerous administrative and consultant positions. She is an Activity Consultant Certified by the National Certification Council for Activity Professionals (NCCAP), and a Certified Therapeutic Recreation Specialist by the National Council of Therapeutic Recreation Certification. Ms. Grandal is a recipient of the Kessler Institute of Rehabilitation 1997 Triumph of the Human Spirit Award. She is a speaker for various state and local activity associations, colleges, and community groups, and provides educational workshops and consultation to long-term care facilities in New Jersey.



Pathways to the Past

By Sandra Stimson ADC, CALA, CDP
Executive Director, Alternative Solutions in Long Term Care

<http://www.activitytherapy.com>
<http://www.nccdp.org/index.htm>

Why Should I Conduct A Noise Study on My Dementia Unit?

Sandra Stimson CALA ADC CDP CDCM
NCCDP Executive Director

"Florence Nightingale wrote about the importance of quiet for healing"

I was asked to consult for an assisted living facility that utilized a huge rotunda with enormous vaulted ceilings for all the activity programs. There were six hallways that all merged into the center of the rotunda. The Administration was concerned that the activities were ineffective.



On the morning of my first day, I

documented my observations. There were three activity programs being conducted at the same time for approx 100 residents. I observed staff and visitors walking through this high traffic area. The acoustics were so bad that the noise literally bounced off the floor and struck my ears (it was painful). Residents were playing personal radios. Staff, residents and visitors were talking loudly. Music was playing overhead. Activity programs were loud as were overhead paging and squeaky carts. Clutter was everywhere and the over abundance of chairs added to the chaos. As a result, it appeared the residents seemed agitated and frustrated which was evident in behaviors such as crying, yelling, hitting and repetitive behaviors. I was able to concur that the activities were ineffective. It never occurred to the administration that the reason the activity programs were so ineffective was a direct result of the over crowded

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About Sandra: Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of *National Council of Certified Dementia Practitioners* <http://www.nccdp.org>

Alternative Solutions in Long Term Care (<http://www.activitytherapy.com>) offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.

About NCCDP: The National Council of Certified Dementia Practitioners® was formed in 2001 by a group of professionals with varying work and personal experiences in the field of dementia care. Their backgrounds include Nursing, Psychiatry, Therapeutic Recreation, Social Services, Long Term Care Administration, Elder Law, and Home Care Administration. The Council was formed to promote standards of excellence in dementia education to professionals and other caregivers who provide services to dementia clients. As the number of dementia cases continues to increase nationally and worldwide, there is a great necessity to insure that care givers are well trained to provide appropriate, competent, and sensitive direct care and support for the dementia patient. The goal of the Council is to develop and encourage comprehensive standards of excellence in the profession and delivery of dementia care.



FOR UPCOMING ALZHEIMER'S/DEMENTIA SEMINARS SEE THE NCCDP CALENDAR AT:
<http://www.nccdp.org/calendarix/calendar.php?op=cal&month=9&year=2008&catview=0>



Susan Berg's Activity Ideas Galore

By Susan Berg, CDP, AD, BS(COTA/L)
<http://www.activitiesdirector.blogspot.com/>

Positive Thinking

Positive thinking day is September 13. Positive thinking is so important especially in a long term care setting. I am going to devote this month's article to why positive thinking is so important and how you can instill positive thinking in the residents you serve.

Positive thinking is a mental attitude that expects good and favorable outcomes. If you and your residents think positively your mind and theirs will anticipate happiness, joy, health and a successful result for every situation and action. Whatever the mind expects, it finds.

Some residents will not accept or believe in positive thinking. They may consider it to be nonsense. Some people who accept it do not know how to use it effectively to get results.

When your attitude is positive and you have good feelings, constructive images, and see in your mind's eye what you want to happen, your eyes become brighter, you walk taller, your voice is more powerful and you exude happiness. This affects your health in a positive way.

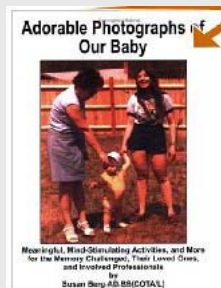
Negative words, thoughts, and attitude put you in a negative and unhappy mood. When you think negatively, poisons are released into your blood, which cause more unhappiness and negativity. This is a sure way to frustration, failure, and disappointment.

So how are you going to create positive thinking among your residents and get rid of negative thinking.

Speak positively to the residents - Always focus on what they can do. Use positive affirmations. Have a bulletin board where you display a positive thought of the day. When you announce an activity, say something positive and upbeat as part of the announcement. Distribute greeting cards with positive affirmations at least weekly. Play CDs, audio and video tapes during down times to remind your residents how to think positively and how lucky they are. For more ideas and books and tapes that might be useful to you go to

(Continued on page 32)

About Susan: Susan Berg has been a healthcare professional and educator for over 20 years. She is the, activity director, of many years, at Hunt Nursing and Rehabilitation Center in Danvers. While there, she has gained much dementia care and activity experience and knowledge. She has had special training in dementia care and dementia activities through the Alzheimer's Association and other educational forums. Berg is the author of *Adorable Photographs of Our Baby-Meaningful, Mind-Stimulating Activities, and More for the Memory Challenged, Their Loved Ones, and Involved Professionals*, a book for those with dementia and an excellent resource for caregivers and healthcare professionals.



Look for Susan's
book at
www.amazon.com

You will also want
to purchase the
accompanying
illustration cards



Marge Knoth's

DOWN MEMORY LANE

By Marge Knoth,
Valley Press Books

Celebrating America

by Marge Knoth

We are so blessed to live in the United States of America, the land of the brave and the free. But have you ever considered using facts about America as activity ideas? The history of our great country provides seemingly unlimited material for activities. Let's explore a bit of that information now, and then we will share ways to utilize it.

Christopher Columbus

In 1492, Christopher Columbus sailed the ocean blue...and then he discovered America. Eighty-eight men had been sailing for nine weeks in three tiny ships, the *Nina*, the *Pinta*, and the *Santa Maria*, when a sailor spotted land. Columbus put ashore at a minor island of the Bahamas thinking he had discovered an unexplored part of Asia. He promptly claimed the land for Spain. Just a short time before, his restless crew were considering mutiny, thinking their captain was taking them on a wild goose chase. But when land was discovered they fell before Columbus and begged his forgiveness. Columbus, never believing he had discovered a new world, so he refused to allow the land be named for him.

So how did our great continent get its name? In 1497, Amerigo Vespucci, who later took the Latin name Americus Vespucius, sailed to the newly-discovered land. He returned again in 1499, 1500 and 1503. Like Columbus, Vespucci never suggested the land be named for him, but he did suggest it be called the "New World".

But was Columbus *really* the one who discovered America? According to Norse legends, a man named Leif Erikson was sailing from Greenland and was blown off course. He drifted to North America around the year 1000. Could Erickson be the real discoverer of America? Who knows? Viking accounts of it are contradictory and inclusive.

Jamestown Colony

Jamestown, Virginia was the first successful British Colony in the NewWorld. In 1607, 100 Colonists arrived in the new land. This was the third attempt to create a settlement-the first two had failed. Still, the famine was so great that Captain John Smith wrote, "One among the rest did kill his wife...and had eaten part of her." More than half of the new arrivals died of malaria. Survival of the rest was in part due to the fact that Smith encouraged the settlers to cultivate the soil. By 1612 they were growing their own tobacco and packing it.

Plymouth Colony.

Around 1620 Pilgrims arrived in America and established the Plymouth Colony. Squato, a Pawtauxet Indian befriended them and taught them how to fish and "set their corn" (plant and fertilize it with dead fish). The Pilgrims considered Squato a "spectiall instrument sent of God" sent to help them survive. He taught them to navigate the forest and acted as interpreter in treaty negotiations with the Wampanoags Indians. Squato is believed to have been carried off to England by explorer George Waymouth in 1605. There he became a Christian. He returned with Captain John Smith in 1615. Later he was kidnapped and taken to Spain, and sold into

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About Marge: Marge attended Purdue University and took her activity director training at Indiana University and her social service at Ball State. She is the author of ten books for activity professionals which have been used as teaching guides in colleges, trade schools, and in activity director courses throughout the U.S. and Canada. They have won both national and state awards from the National Federation of Press Women and Women's Press Club of Indiana. She has been published in Family Circle, Lady's Circle, Women's Circle, Indianapolis Woman, Christian Science Monitor, Event, various Christian and craft publications, and other magazines and newspapers. She wrote a weekly newspaper column called "Do You Remember?", and wrote and recorded a long-running series of nostalgic radio commercials. Also, she is a motivational speaker having traveled the United States and Canada speaking at many state/province activity conferences.



FUNdamentals of FUNctional FITness

Nikki Carrion MA, Co-Owner, FitXpress LLC

<http://www.fitxpress.com/>

Range-of-Motion Effects Physical Balance

Residents/patients (RPs) who fall, even those who are not injured, are likely to develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness. Little do they know...reduced mobility and physical fitness is shown to increase the risk of falling (Vellas et al. 1997). Therefore, it is important to encourage RPs to be physically active with a goal of being stronger, more flexible and having a better awareness of their surroundings and of their bodies.

In the past, we discussed determinants of physical balance. However, one area that I feel could use additional time-and-attention is that of exactly how range-of-motion (ROM) of the various joints fit into the equation. Overall ROM is important, but the ROM of the shoulder/neck region, the hips and the ankles are particularly important. So...let's take a look at

these areas 1-at-a-time and consider options for making improvements:

Neck & shoulder region: The shoulders tend to lose ROM over a period of years due to the forward patterns of our ADLs (e.g. driving, typing, opening cupboards, picking up objects, etc.). When we want something behind us...we turn around and get it in a forward fashion. As a result, we eventually lose the ability to take the shoulders through their full ROM. Check the archives, and check the ROM of your shoulders by using the back scratch test mentioned in the *Flexibility = Mobility* column (one of the 1st few FitXpress columns). ROM of this area is particularly important for static balance / balance when standing still. This is due to the fact that as this area becomes increasingly tight...we begin to round the upper back and carry the head forward of the shoulders. The average human head weighs in the neighborhood of 10#. When considering the idea of holding 10# forward of one's center of gravity, you can see where this is an issue.

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About Nikki: Nikki Carrion is co-owner of Fit Xpress Consulting Services in Waterloo, IA. She has over 25 years of experience in the field of health promotion and says her passion for her work comes from her desire to practice preventive health and promote positive lifestyle changes. Although she works with a wide variety of ages, from college students to older adults, she says her focus is on empowering older adults to higher levels of functional fitness. Nikki has a graduate degree in Community Health Education with an emphasis in Gerontology from the University of Northern Iowa. She also has a number of certifications including balance training, chronic disease self-management, exercise for hip & knee replacements, group exercise instruction, personal training, yoga and Pilates. You may contact her at: nikki@fitxpress.com

RESOURCE BOX

Nikki Carrion's primary passion and mission is to empower older adults to higher levels of functional fitness. Besides the Relax & Breathe CEU module, FitXpress has a series of chair exercise DVDs as well as a training module for activity professionals. FitXpress methods are safe and effective AND demonstrate how to put the FUN into FUNction!

For more information go to: <http://www.fitxpress.com> check out the product page.

Empower yourself with FitXpress!!

Contact: nikki@fitxpress.com or call 1-800-481-7449 .



A+ Activities with Jolene Ewert

By Jolene Ewert, Executive Director, A+ Activities
<http://activityideas-ivil.tripod.com/aactivities>

September Activity Ideas

September 9th - Teddy Bear Day!

1. A great intergenerational activity would be a teddy bear picnic with the residents and a local children's group or family of the staff and/or residents of the facility. Have children bring their teddy bears and give prizes for the oldest, cuddliest, fuzziest, most loved, etc. Sing a teddy bear song. Play some teddy bear trivia! Create teddy bear snacks to enjoy! Read teddy bear stories. Bring doll clothes and hats to dress up the teddies!

2. Collect teddy bears for a local charitable group or organization! Stuffed Animals for Emergencies (SAFE) is a national charity that accepts used toys. SAFE's website can direct you to the nearest drop of location. <http://www.stuffedanimalsforemergencies.org/Home.html>

3. Make a texture bear: You can use cardboard and other items you have around to make this unique texture bear craft.

Materials Needed:

Light-Weight Cardboard
Sand, Saw Dust, Coffee Grounds
Craft Glue

Large Wiggle Eyes

Item for Nose (*See suggestions below*)
Scissors

Instructions:

Using the cardboard, cut out a bear head shape - don't forget the ears. You can also cut out a shape that looks like the whole bear! Using a Pencil, draw a few details on the cardboard bear; for example, if you cut out only a head, draw an oval where the nose and mouth would go, and draw small circles in the ears. If you are using a full bear body, draw a large oval where the belly would be, and you can also draw the details on the face as above. Use your imagination!



Once you have the various bear parts sketched on, you can start adding the textures. Start by painting in your various bear part with glue. Decide which texture (sand, saw dust, coffee grounds) you want on each part, and sprinkle that texture onto the glue. Only add the glue for one texture at a time. Let your bear dry. Once all your textures are dry, add the wiggle eyes and a nose (a pom-pom, button, or oval cut out of construction paper). If you like, you can then use the material, ribbon, buttons, etc to add more details!

September 12th - Grandparent's Day!

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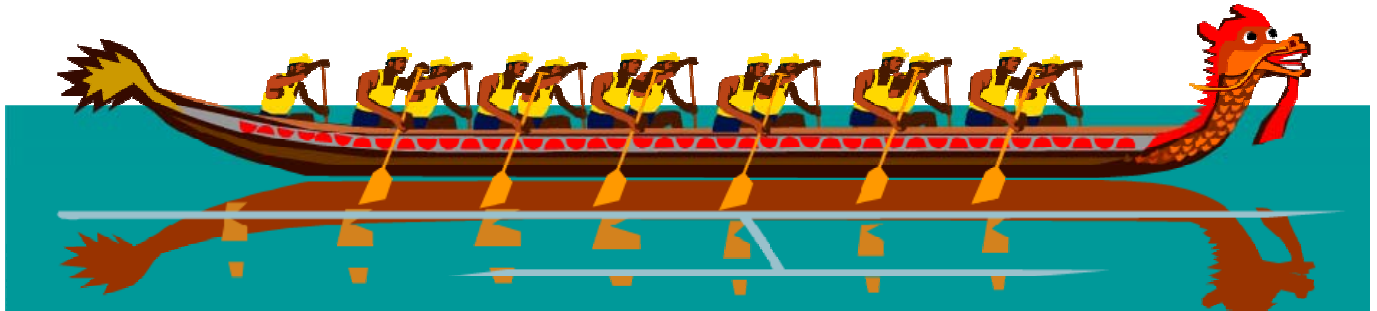
About Jolene: Jolene has enjoyed working in the healthcare field in such capacities as Marketing Director, Activity Director and Coordinator of Dementia programs. She currently holds an Administrator's License and works as an Activity Consultant. She is the author of A+ Activities and owner and operator of the A+ Activities website, a website dedicated to Activity Professionals that has been in circulation for over 12 years.

The *A+ Activities E-Newsletter* is available for only \$1.50 a month or \$18.00 for a year. Each month you will be emailed a newsletter with activity planning ideas such as sensory stimulation, men's groups, crafts, trivia and many more! Don't pass on this great resource! Visit the A+ Activities website at <http://activityideas-ivil.tripod.com/aactivities> for more information or email Jolene at jolenerae1975@yahoo.com



Christine's Activities

By Christine Jennings
Author, Activity Professional



Regata Storica

Holiday/Celebration: Regata Storica (first Sunday staged in Venice, Italy, as prelude to the rowing contest known as Regattas)

Overview: Turn your facility into a little Italian village as part of the Regata Storica celebration that takes place in Venice, Italy once a year on the first Sunday of September. Challenge your residents to explore a Venetian tradition since the thirteenth century and experience a little taste of Italy through out the day.

Object:

To promote:

- Continued Education
- Cognitive skills
- Creativity
- Sensory skills
- Socialization

Activities: (Name suggestions)

1. Exploring Italy
2. Colorful Creation
3. Regata Storica, our way!
4. Café' Alla Trionfante (Café' of the Triumphant)

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About Christine: Christine received her North Carolina State AD qualification through Rowan-Cabarrus Community College, Continuing Education Health Occupations Program in November 2007. She has been volunteering at living assistant and adult care facilities since 2007. Christine writes for The Rec-Room and compiles fantastic monthly theme-related activity ideas for *Christine's Column* found on the Re-Creative Resources' website by going to <http://www.recreativeresources.com/SpecialEventsandThemes.htm>.

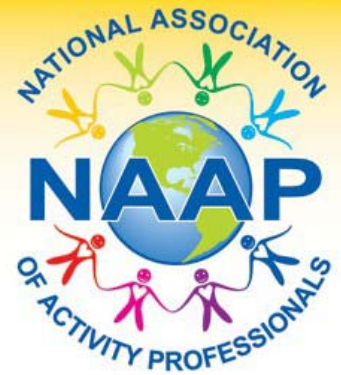
The NAAP

National Association of Activity Professionals

“Founded by Activity Professionals for Activity Professional”

<http://www.thenaap.com>

Mission Statement: To provide excellence in support services to activity professionals through education, advocacy, technical assistance, promotion of standards, fostering of research, and peer and industry relations.



Theme Programming Carried Throughout the Month

Debbie Bouknight, BS, ACC, CDP

It is quite common for Activity Professionals to use themes as a basis for developing programming, especially for special events, parties, etc. However, how many Activity Professionals take a theme and continue it throughout the month on a regular basis? This is what I would like to suggest you try. Whether you do thematic programming monthly, bi-monthly, or quarterly, there is so much you can do with this idea. It is also a so much fun and educational for those you serve.

The first thing to do is choose the month and

the theme for that month. At the community where I work, the residents are given a list of themes and they vote for their favorite during resident council meetings. They recently chose a "French" theme. The Activity Professionals then plan activities for the month related to that theme. The Dietary/Nutritional Services Departments plan a special meal based on the theme. Special napkins, placemats, and table decorations that reflect the theme are utilized for the special meal. I suggest making individual menus for this meal, especially if you have access to a color printer. The menus can be placed on the tables with each place setting.

The sources for ideas for your activities are endless; however, I have found the Internet to be the best. Once the theme has been chosen,

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About NAAP

Founded by Activity Professionals for Activity Professionals...NAAP is the only national group that represents activity professionals in geriatric settings exclusively. NAAP serves as a catalyst for both professional and personal growth and has come to be recognized by government officials as the voice of the activity profession on national issues concerning long-term care facilities, retirement living, assisted living, adult day services, and senior citizen centers. NAAP is nationwide in scope with a growing membership in Canada and Bermuda. The National Association of Activity Professionals recognizes the following values: The quality of life of the client/resident/participant/patient served is the primary reason for our services. The strength of NAAP lies in the diversity of its members. NAAP recognizes the rich cultural, and educational backgrounds of its members and values the variety of resources represented. The strength of NAAP also lies in the development and promotion of scientific research which further defines and supports the activity profession.

NAAP values the development and maintenance of coalitions with organizations whose mission is similar to that of NAAP's for the purposes of advocacy, research, education, and promotion of activity services and activity professionals. NAAP values members who become involved at the state and national level to promote professional standards as well as encourage employers to recognize them as professionals. NAAP affords Activity Professionals across the country the opportunity to speak with a common voice...NAAP successfully worked with members of Congress to secure a change in the nursing home reform title of the 1987 Omnibus Budget Reconciliation Act (OBRA). Through our efforts, it became mandatory that an activity program, directed by a qualified professional, be provided in every nursing home that receives Medicare and/or Medicaid funds. NAAP was the only professional activity association to participate in HCFA's workgroups that revised OBRA's interpretive guidelines now in effect. NAAP provides assistance at the state level to promote certification of activity professionals, working toward uniform professional standards for activity practice.



Dear Debbie:

By *Debbie Hommel, BA, ACC, CTRS*
Executive Director of DH Special Services
<http://www.dhspecialservices.com/home.htm>



QUESTION: What are guidelines for determining what resident needs 1:1 visits?

ANSWER: There are no formal guidelines but basic standards would define the following residents as needing 1-1 visits:

- those who have verbalized they do not want to participate in groups nor socialize with others
- any resident who cannot leave their room for various physical, cognitive or psycho-social reasons
- the short term resident is sometimes a candidate for 1-1 visits as they are busy with therapy and generally do not attend a lot of groups and spend non-therapy time in their rooms
- any resident on hospice or at end of life would be a 1-1 candidate if they may be remaining in their rooms
- the very low functioning and frail resident who may not be out of bed for extended periods of time and cannot join actively within groups
- any resident on isolation

The assessment should determine individual needs - whether they be driven by physical or cognitive limitations. 1-1 contact and approaches can be provided by the activity/recreation staff as well as interdisciplinary staff, volunteers and families. On going stimulation, in the form of appropriate television, music, diversional and leisure materials, should be available in the room as well.

Hope that helps. I have a great independent study program on 1-1 program available on my site as well, which has lots of ideas for all levels of functioning.

<http://www.dhspecialservices.com/visitindependentstudy.htm>

DO YOU HAVE A QUESTION FOR DEBBIE?

Contact her at:

<http://www.theactivitydirectorsoffice.com/DearDebbie.html>

About Debbie: Debbie Hommel, is a Certified Activity Consultant on State and National level, with over twenty-seven years of experience in providing direct care and consultation to long term care, medical day care, assisted living, and ICF/MR facilities throughout New Jersey, New York, Maryland, and Pennsylvania. She is an experienced trainer and workshop presenter, conducting a variety of seminars throughout the Tri-State area for the Activity Professional, Administrator, and allied health-care professional. She is ACC certified through the NCCAP.



EASY EATS

Recipes for the Cooking Club

By Linda Lucas, AD, Site Owner:

Activity Director Today

<http://www.theactivitydirectorsoffice.com>

SEPTEMBER RECIPE

September 25th is National Food Service Employees Day

September 21st

International Banana Festival

Banana Push-ups

Yield: 6 servings

Ingredients:

- 2 large Bananas, Cut Up
- 1/2 c Instant Nonfat Dry Milk
- 1 c Plain Yogurt
- 6 oz Frozen Orange Juice Concentrate (1 Can)
- 1 c Water

Preparation:

Combine all of the ingredients in a blender and whirl until foamy. Pour into paper cups and freeze. Push up from the bottom of the cup.

Banana Fritters

serves 4

Ingredients:

- 1 1/2 cups flour
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 3/4 cup water
- 4 firm bananas
- 5 cups vegetable oil (for frying)

Preparation:

In a large bowl combine 1 cup of flour, baking powder, soda and salt. Gradually blend in the water and beat with whisk until smooth.

Cut each banana crosswise into 3 pieces. You should have 12 pieces altogether. Coat bananas with remaining 1/2 cup of flour.

Heat oil in a large skillet over high heat. Dip banana pieces in flour water mixture, coating well. Cook 4-6 pieces at a time until golden brown, about 3-5 minutes.

Title: Banana Wrap

Yield: 1 servings

Preparation:

- 1 8-inch flour tortilla
- 2 To 3 Tbsp peanut butter
- 2 To 3 Tbsp grape jelly
- 1 small Banana, peeled

Preparation:

Place tortilla on a paper towel. Microwave 10 to 20 seconds on HIGH until the tortilla is soft and warm. Spread with peanut butter. Top with grape jelly. Place the banana near the right edge of the tortilla. Fold up the bottom fourth of the tortilla. Bring right edge over the banana and roll-up. Recipe from "Boys and Girls Cookbook".

September Observances

For more activity idea nuggets visit us at:
<http://www.theactivitydirectoroffice.com/ActPlannerIntro.html>

September

National Honey Month

National School Success Month

National Piano Month

Library Card Signup Month

National 5-A-Day Month

Sep 1, 1985 Titanic Wreck Discovered

Sep 1, 1983 D.A.R.E. Launched

Sep 1-30, 2009 Sand Sculpture World Championships

Sep 2, 1666 Great Fire of London

Sep 2, 1789 US Treasury Established

Sep 2, 1864 General Sherman Enters Atlanta

Sep 2, 1945 Vietnam Independence Day

Sep 2, 1948 Christa McAuliffe's Birthday

Sep 3, 1783 Treaty of Paris Ends American Revolution

Sep 4, 1957 Little Rock Nine greeted by National Guard at Central High School

Sep 4, 2006 Crocodile Hunter Steve Irwin Died

Sep 4, 1833 Newspaper Carrier Day

Sep 4, 1882 First Electric Light Installed in Manhattan

Sep 7, 2009 Labor Day

Sep 7, 2009 Jerry Lewis MDA Telethon

Sep 8, 1900 "Wonderful Wizard of Oz" Published

Sep 8, 1883 Northern Pacific Railroad Completed

Sep 8, 2009 International Literacy Day

Sep 11, 2009 Patriot Day

Sep 11, 2001 Terrorists Attack World Trade Center and Pentagon

Sep 13, 1987 Bella Swan's Birthday

Sep 13, 1814 Star-Spangled Banner Inspired

Sep 13, 1916 Roald Dahl's Birthday

Sep 15 - Nov 15, 2009 Whooping Crane Fall Migration

Sep 15, 2000 Australia Hosts Olympics 2000

Sep 16, 1620 Pilgrims left Plymouth England on

the Mayflower

Sep 16, 2009 National Play-Doh Day

Sep 17, 1787 U.S. Constitution Approved at Constitutional Convention

Sep 17, 2009 Constitution Day

Sep 17, 1787 Anniversary of US Constitution

Sep 18, 1947 U.S. Air Force Established

Sep 18-20, 2009 Rosh Hashanah

Sep 19, 2009 Talk Like a Pirate Day

Sep 19, 1982 Typographic Smiley Face Invented

Sep 20, 1904 Orville Wright Made First Complete Circle in an Airplane

Sep 21, 1912 Houdini Premier's Greatest Escape

Sep 22, 2009 Elephant Appreciation Day

Sep 22, 1903 Italo Marchiony Applied for Ice Cream Cone Patent

Sep 22, 1862 President Lincoln Issued Emancipation Proclamation

Sep 22, 2009 Autumn Begins: Fall Leaves

Sep 22, 2009 Fall Equinox

Sep 22-28, 2009 Deaf Awareness Week

Sep 23, 1957 Little Rock Nine Enter Central High School

Sep 23, 1846 Planet Neptune Discovered

Sep 23, 1806 Lewis and Clark Expedition Arrive in St. Louis

Sep 24, 2009 National Punctuation Day

Sep 25, 1930 Shel Silverstein's Birthday

Sep 25, 1981 Sandra Day O'Connor Sworn in as First Female Justice of U.S. Supreme Court

Sep 25, 1690 Anniversary of 1st US Newspaper

Sep 26, 1774 Birthday of John Chapman (known as Johnny Appleseed)

Sep 26, 1898 George Gershwin's Birthday

Sep 26, 1960 First Televised Presidential Debate

Sep 26, 1985 Shamu's Birthday

Sep 26 - Oct 3, 2009 Banned Books Week

Sep 27, 1514 Juan Ponce de Leon named Military Governor of Bimini and Florida

Sep 27, 2009 Ancestor Appreciation Day

Sep 28, 1998 Pokemon Debuts in US

Sep 28, 2009 Yom Kippur

Sep 30, 1861 Archaeopteryx Fossil Discovery

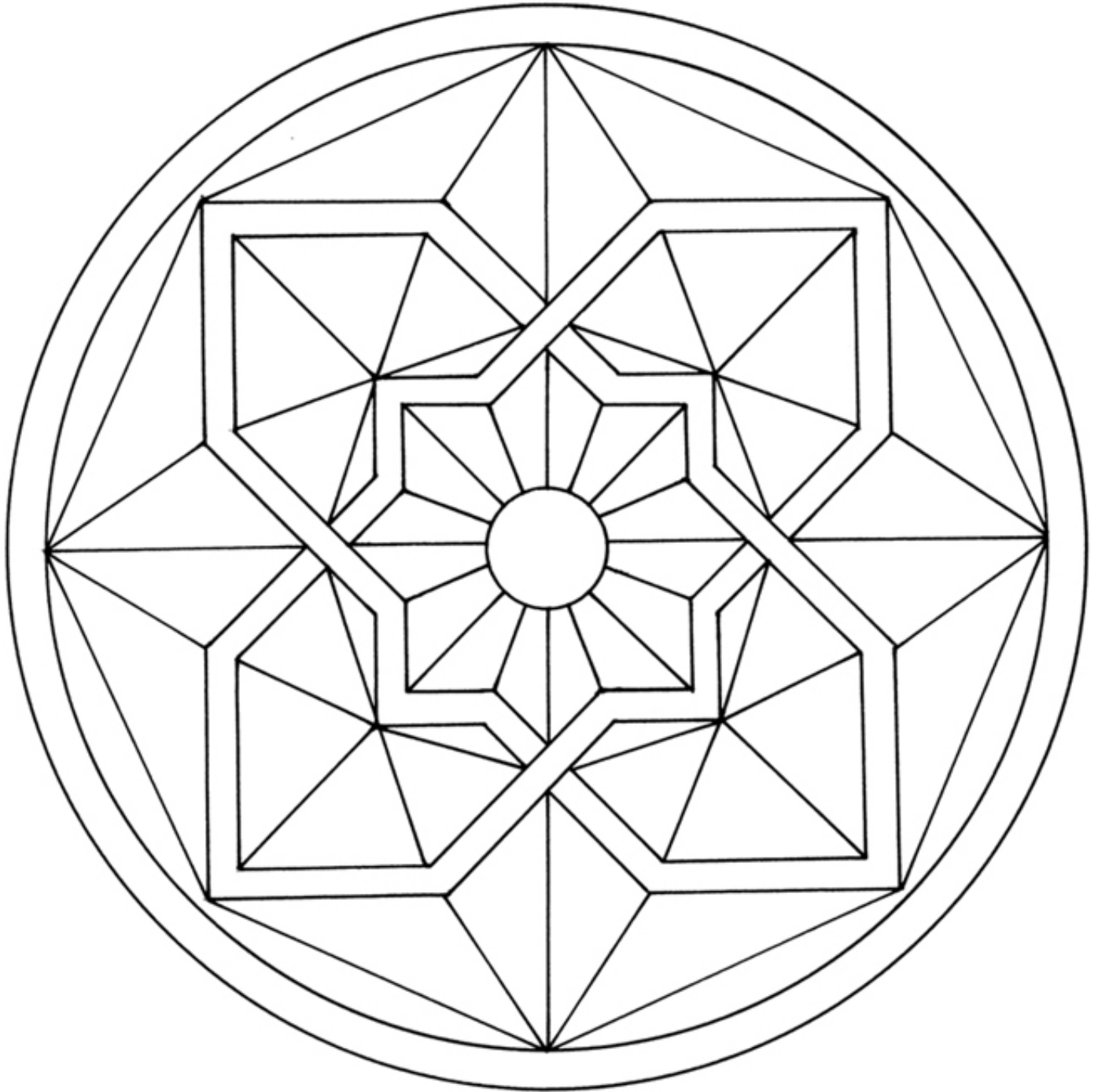
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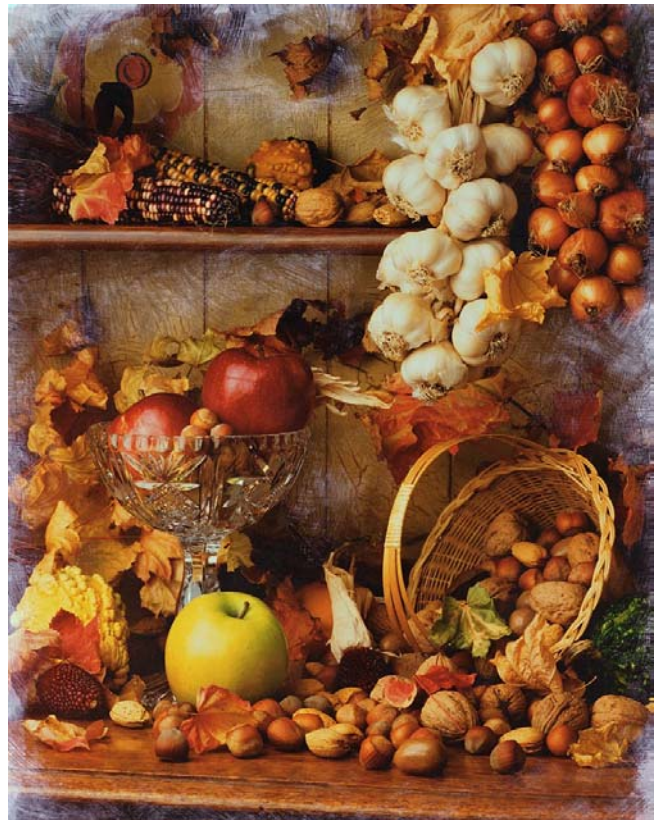
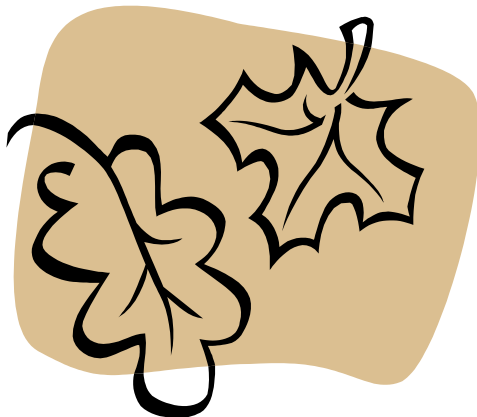
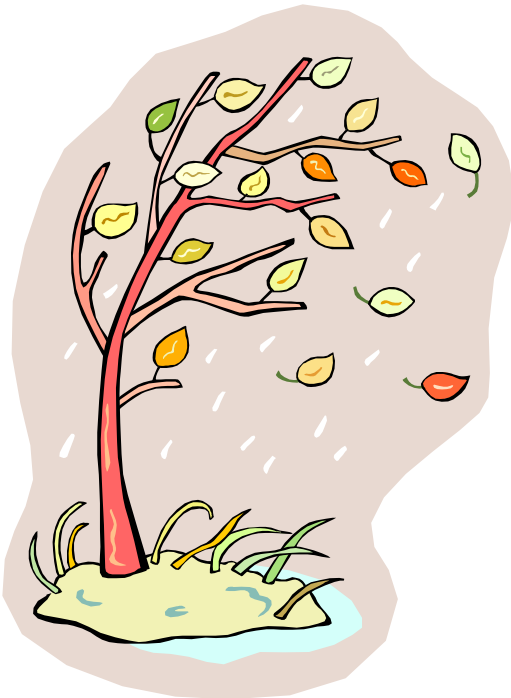
September Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <i>Labor Day</i>	7	8	9 <i>Jewish Rosh Hasha-</i>	10 <i>Islamic Eid ul-Fitr</i>	11 <i>Patriot Day</i>
12	13	14	15	16 <i>Stepfamily Day</i>	17 <i>Constitution Day</i>	18 <i>Jewish Yom Kippur</i>
19 <i>Grandparent's Day</i>	20	21 <i>International Day of Peace</i>	22	23 <i>First Day of Autumn Jewish Sukkot</i>	24 <i>Native American Day</i>	25
26 <i>Gold Star Mother's Day Johnny Applesseed</i>	27	28	29	30		

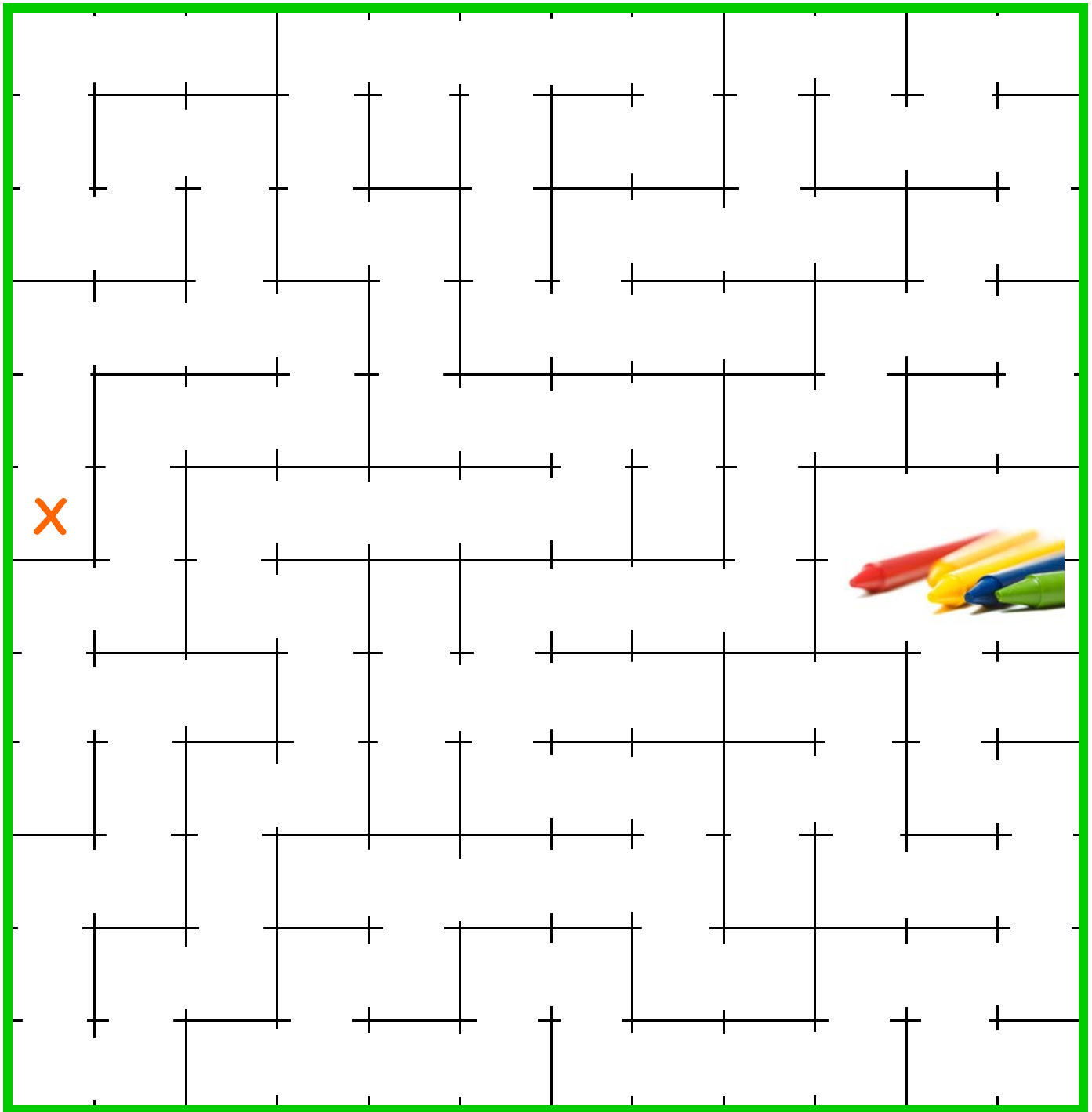
COLORING PAGE



Clipart of the Month



September Maze



Start at the "X"
Find your way to the crayons
Good Luck!!!

Answer on Page 20

IT HAPPENED IN SEPTEMBER

K Z J N T I T A N I C R Y G J C M M D H
B D O B R R K O M M R H L K O R D Y M X
W P R F Y W M D H K X L I R H O J E T K
H X I F O E T M H O D P T A N C N N W Z
R N N R K D D G N W K L T L N O K O T H
Y P M O A P R A P G Z A L C Y D D H H N
L F P U R T I A G N H Y E D A I A N G K
M J K F T P E L Z O T D R N P L O I I C
Y B R S M U A D U I R O O A P E R W R T
W Y D B M B A D A R W H C S L H L H W M
R R Z Y O I I I K Y M D K I E U I S E H
K Q D R K N L Y G N H A N W S N A R L M
M T D Z I A N E J B J Y I E E T R E L K
X A Q B R L M Q Y N L N N L E E M G I X
Y C K T G T Y R T F L O E J D R V E V V
M D S N R M F Q C C A L N M C K F G R Y
T U T N A H P E L E X C W D X D C R O H
A C P I L G R I M S N K E C O R K O D K
P K E N U T P E N T E N A L P N K E X J
B W F L Y F X S I W E L Y R R E J G H F

Find these Events:

Solution on Page 20

- Honey
- Piano
- Titanic
- London
- Little Rock Nine
- Crocodile Hunter
- Labor Day
- Jerry Lewis
- Wizard of Oz
- Railroad
- Australia
- Pilgrims
- Play-Doh Day
- Pirate Day
- Smiley Face
- Orville Wright
- Houdini
- Elephant
- Autumn
- Planet Neptune
- Lewis and Clark
- Johnny Appleseed
- George Gershwin
- Pokemon

(Crayola - Continued from page 2)

No. 48" containing 48 different color crayons in an innovative "stadium seating" box.

Further expansion took place in 1958 with the introduction of the 64-color pack that included the company's first crayon sharpener built into the box. The 64-color box was called "a watershed" moment in the history of the Crayola crayon by Smithsonian National Museum of American History curator David Shayt.

In addition to Binney & Smith's highly familiar Crayola line, they also made many other crayon lines including Anti-Roll, Arista, Art-Toy, Besco, Boston, Cerata, Cerola, Chic'ago, Doo Zee, Durel, Easy-Off, Gotham, Liquitex, Munsell Crayola, Perma, Pooh, Profolio, Rubens, Spectra, Tiny Tots, Washable and Widstrok.

In 1977, Binney & Smith acquired the rights to Silly Putty. Crayola markers were introduced in 1978 to coincide with the 75th anniversary of Crayola crayons. Colored pencils and a line of washable markers were added in 1987.

History of the Colors

Crayola crayon packs come in a range of sizes from packages of just a few crayons sold to establishments such as hotels and restaurants to hand out to their young guests all the way up to 832-crayon "Classpack" bulk boxes marketed to schools. The colors contained in a package have ranged from two up to 200 (although a 200-color package includes "special effect" crayons such as glitters, neons, etc.). In general, though, the most common retail packages are multiples of eight with 8, 16, 24, 32, 48, 64, 96 and 120 packs being marketed today. A 150-crayon pack featuring a plastic telescope-like case was introduced in 2006 and includes 118 regular color crayons, 16 glitter crayons and 16 "Metallic FX" crayons as well as a built-in sharpener at the apex of the tower.

As the size of Crayola crayon packs increased

from the original 1903 crayon packs, the variety of colors available have also increased—reaching 120 unique standard crayon colors by 1998. Since 1998, new colors have been added, but always replacing existing colors. In all, thirteen colors have been retired, bringing the total number of regular colors produced since 1958 to 133.

Officially retired Crayola crayon colors

The thirteen officially retired crayon colors are "Blue Gray", "Lemon Yellow", "Orange Red", "Orange Yellow", "Violet Blue", "Maize", "Green Blue", "Raw Umber", "Thistle", "Blizzard Blue", "Mulberry", "Teal Blue" and "Magic Mint".

Some colors have been simply renamed rather than replaced, often due to cultural sensitivity issues. For example, "Flesh" was changed to "Peach" since not all people have the same complexion, and "Indian Red" was changed to "Chestnut" out of concern that the name was thought to be a reference to the skin color of Native Americans, although the name actually referred to a red pigment from India. "Prussian Blue" was renamed "Midnight Blue" since the country of Prussia had long since

(Continued on page 22)

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ceased to exist and the name had fallen into disuse.

Cultural impact

A Yale University study found that the smell of Crayola crayons is one of the most recognizable scents for adults, ranking at number 18 trailing coffee and peanut butter that were number one and two respectively, but beating out cheese and bleach which placed at 19 and 20.

The Smithsonian National Museum of American History maintains a collection of Crayola crayons founded by an original 64 color box donated by Binney & Smith in 1998. The collection now includes more than 300 boxes of crayons.

Crayola has been featured in segments from the popular children's shows Sesame Street and Mister Rogers' Neighborhood, with the official 100 billionth crayon molded by Fred Rogers himself in February 1996 at the plant in Easton.

(Continued on page 23)

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Commutative Postage Stamp

A 1998 USPS stamp commemorating Crayola crayons. Note the Roman numeral date "MCMIV" at the bottom of the gold medal seal. In 1998, the United States Postal Service issued a 32 cent postage stamp to commemorate the cultural impact the product has had on almost all Americans. Although the crayons debuted in 1903 and the stamp is titled as such, the box depicted includes the 1904 St. Louis World's Fair Gold Medal insignia (dated MCMIV) won by Binney & Smith for their dustless chalk so it can not be the original 1903 package design.

The stamp is part of the 1900s decade sheet of the Celebrate the Century souvenir sheet series and was designed by Carl Herrman, illustrated by Richard Waldrep and printed by Ashton-Potter USA using the offset/intaglio process.

Crayola Color Census 2000

In 2000, Crayola held the "Crayola Color Census 2000" promotion in which Americans were asked to vote for their favorite Crayola crayon color. Celebrity entrants George W. Bush chose "Blue Bell," Tiger Woods chose "Wild Strawberry," and Courteney Cox Arquette chose "Red." Overall, "Blue" came in first, with "Cerulean" second and "Purple Heart" third. Full results are available [here](#).

The Crayola Factory

The Crayola Factory is located at 30 Centre Square, Easton, Pennsylvania at Two Rivers Landing, separate from the main manufacturing plant in the same city. The "Factory" is open to the public. Despite its name, the "Factory" is not an operational full-scale manufacturing plant, but rather a museum and visitor center geared towards familiarizing guests with Crayola's history and products.

A "discovery center" was built that showcases the manufacturing process of crayons. There is also a "Crayola Hall of Fame" in which the retired crayon colors are displayed.

The Crayola Factory was recently featured in a Food Network episode of Dinner: Impossible. A dinner was held for 150 employees of the Crayola Factory to celebrate the 50th anniversary of the 64 box of crayons. Chef Michael Symon's mission was to create an eight course tasting menu for this event where all eight items of the menu had to match eight randomly chosen Crayola crayon colors.

In October 2003, the Factory unveiled "The World's Largest Crayon," a 15-foot crayon weighing 1,500 lb as part of its celebration of the 100th year of Crayola crayons. The giant crayon is blue and was made of leftover crayon bits sent in by children across the United States.

(Continued on page 24)

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Visit: <http://www.dhspecialservices.com/independentstudypage.htm>

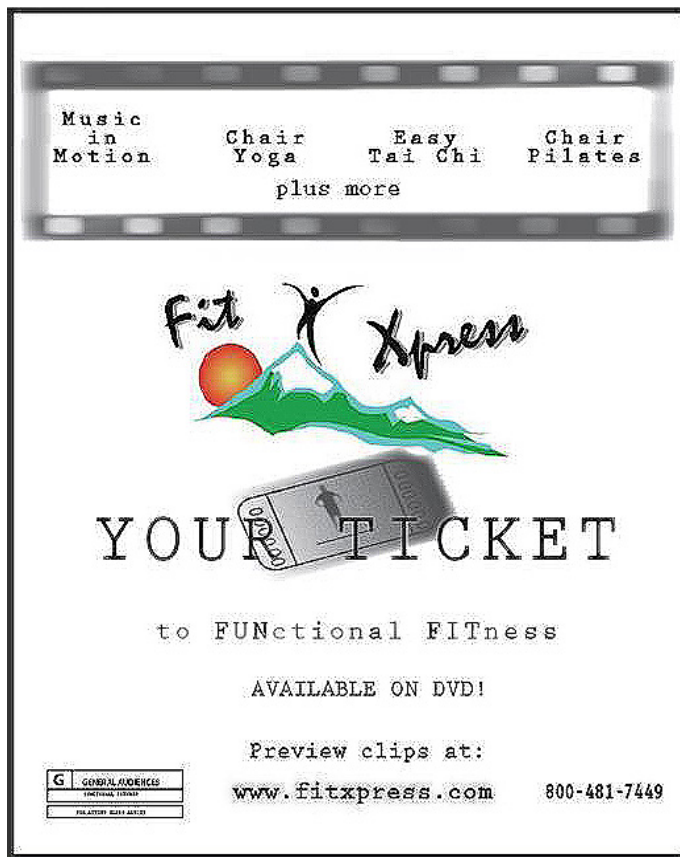
(Crayola - Continued from page 23)

Fine art

Although marketed towards children and amateur artists, there are several professional artists who have specialized in using Crayola crayons as their primary medium. Don Marco, who works with Crayola crayons and construction paper, is one of the better known crayon artists—having sold over one million prints of his original artworks.

Resource: Internet Encyclopedia Wikipedia at <http://www.wikipedia.com/>

-END



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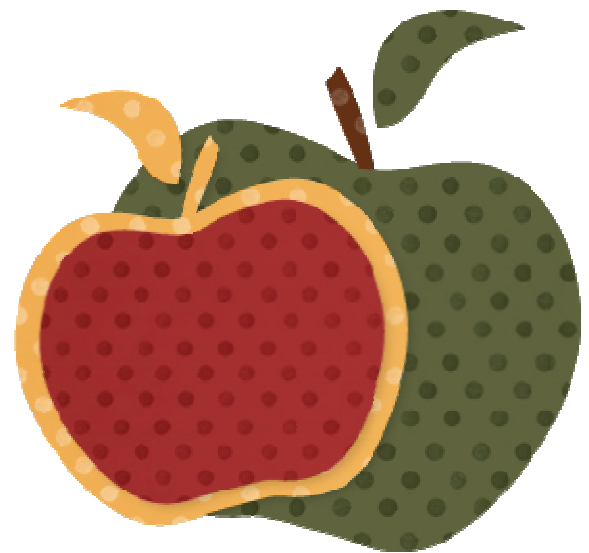
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("Man's Best Friend - Part II - Continued from page 3)

care facilities. With new policies and protocols, our visiting puppy program flourished and continued for years - rash free.

We have learned a lot in the 30+ years where pets have not only visited but now reside in many care facilities. Many states now have formal regulations to guide the development of the program. In addition, much literature and research has been offered by many organizations devoted to animal facilitated therapy in long term care. The following suggestions should be considered when introducing pets to your community:

- The first step in introducing pets to your community would be to identify any state regulations regarding pets. There are no federal regulations, so we must abide by state regulations if they are defined. Eighteen states have specific regulations regarding pets in nursing homes. The length and intensity of the regulations vary from state to state. Although the regulations may vary, they all focus on maintaining the health and wellbeing of the pet, prohibiting the pet from food preparation and serving areas and the care and maintenance of the pet. You can see if your state has specific regulations for pets on the web site at the end of this article.

- Once you determine if your state has specific guidelines for pets in your community, you will need to create a program based on the requirements. If your state does not have specific guidelines, you will still need to define your own standards regarding maintaining the cleanliness of the facility as well as ensuring the safety and wellbeing of your residents in their contact with the pet.

- The next decision should be shared with the staff and residents of your community. Should the facility adopt a residential pet or just have visiting pets? What type of pet should be introduced to the community? Dogs? Cats? Puppies? Kittens? Fish? Birds? Rabbits? Ferrets? A survey of staff and residents should be conducted to identify those with a strong interest in participating and those with misgivings. If there are staff or residents fearful of or allergic to animals, this needs to be addressed prior to the pets arriving.

- Once the parameters of the program are established, someone should be designated responsible for the pet program. Usually, this is the activity department. Duties would include maintaining pertinent records associated with the visiting or residential pets, care and main-

(Continued on page 26)

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("Man's Best Friend - Part II - Continued from page 25)

tenance of any residential pets, maintaining policies associated with the program, and being the contact person for families bringing their pets to visit.

- Policies and procedures should be established to define and support the program. If a residential pet is introduced, very clear policies should be introduced to define care and cleanliness of the pet, defining pet free areas in the home, maintaining cleanliness of the home and disposing of pet waste. Additionally policies for visiting pets should be created outlining the screening method to introduce family pets and the necessary health records that should be on file. Finally, a budget should be established for the care of any residential pets. Pet food, bedding materials and veterinarian costs should have a separate line item in the facility budget.

Helpful Links for Animal Facilitated Therapy

The Delta Society has training programs and lots of information on their site regarding animal facilitated therapy. <http://www.deltasociety.org/Page.aspx?pid=337>

Dog Play is a good site with helpful information regarding selecting a therapy dog and how to set up the program. <http://www.dogplay.com/Activities/Therapy/therapy.html>

Therapy Dogs International has lots of resources and also a certified therapy dog pro-

gram. <http://www.tdi-dog.org/>

Animal Therapy.Net has lots of information as well as a distant learning course on Animal Assisted Therapy. <http://animaltherapy.net/>
This site has any state regulations regarding pets in nursing homes. http://www.sph.umn.edu/hpm/NHRegsPlus/category_face_pages/category_quality_of_life_pets_and_animal_therapy.htm

I have a lot of links on my site regarding pets in long term care.

<http://www.dhspecialservices.com/pettherapy.htm>

"A person can learn a lot from a dog, even a loopy one like ours. Marley taught me about living each day with unbridled exuberance and joy, about seizing the moment and following your heart. He taught me to appreciate the simple things - a walk in the woods, a fresh snowfall, a nap in a shaft of winter sunlight. And as he grew old and achy, he taught me about optimism in the face of adversity. Mostly, he taught me about friendship and selflessness and, above all else, unwavering loyalty."

John Grogan, *Marley and Me*, 2005

-END

(Theme Programming - Continued from page 11)

you can search for games, crafts, food, party ideas, trivia, etc., related to the theme. The theme forms the basis for your activities throughout the month.

Invite speakers in to present informational topics related to the chosen theme. PowerPoint presentations can augment the presentations if you have access to a laptop, screen, and LCD projector. You can create unique programs by importing theme related images from the Internet into the PowerPoint program.

The library is also an excellent source for ideas related to the theme. There are many websites containing numerous ideas, e.g., www.birthdaypartyideas.com. I am continually able to get a number of theme related ideas from this site. Enchanted learning is also another good site. There are sites that help you make theme related bingo cards, word search puzzles, crossword puzzles, etc. Search

(Continued on page 27)

(R.A.V.E. - Continued from page 4)

NUMBER OF PARTICIPANTS

One to One or small groups

SUPPLIES AND EQUIPMENT

Will vary according to the individual interests and needs: talking book machines, radios, portable VCR etc. books, music tapes, videos/ movies, cards, board games, craft supplies, talking books, crossword puzzle books etc.

PROGRAM DURATION

Anywhere from 30-60 minutes or as needed

PROCEDURES

The Recreation Staff will $\frac{1}{4}$

1. Identify residents who would be interested in becoming R.A.V.E Program Volunteer
2. Remind residents of their right to refuse to provide work-related services for the facility
3. Identify residents who would greatly benefit from increased one to one visits

4. Provide orientation and training to R.A.V.E. Program Volunteers as needed
5. Have R.A.V.E. Volunteers sign a "R.A.V.E. Program Permission" Form and keep in the Recreation Office.
6. Incorporate all R.A.V.E arrangements into the comprehensive care plan
7. Record attendance for all participants
8. Provide all supplies and assistance as needed including transporting and supervision
9. If available, provide a Volunteer name tag, smock, special buttons, or t-shirts
10. Include R.A.V.E. Volunteers in recognition programs for facility Volunteers

EVALUATION

1. Monitor service consumption
2. Monitor individual resident responses to visits

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-END

(Theme Programming - Continued from page 26)

engines like Google and Ask.com can take you to these sites.

Theme Ideas

The following are a few theme ideas:

Butterflies/Ladybugs/Critters

This can be fun and educational. There are numerous websites where you can order live ladybugs and watch them grow. They can be placed in small jars for your residents to "let loose" outdoors. You can also order live caterpillars online (www.insectlore.com) and watch them turn into butterflies before releasing them outdoors. You can find educational books about both subjects at the library

(Continued on page 40)

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(Noise - Continued from page 5)

conditions of the room, the clutter, the enormous size of the room, all kinds noises and bad acoustics due to the vaulted ceilings.

Many recommendations were made. Although it meant making major changes and costly improvements, the administration was willing to implement these changes because it would greatly impact the resident's quality of life. Three of the activity programs were relocated to smaller quiet areas of the building. The lobby was used for the "high functioning residents". A conference room was utilized for the dementia population and the very low functioning utilized a sensory room. Because programs were relocated, it meant there was a lot more transporting of the residents by the CNA's. The Nursing Assistants were asked to transport their residents to programs. For nursing homes, F248 means Nursing Assistants should be transporting their residents to programs. Traffic patterns were changed by placing a gazebo in the middle of the room, so that no one walked through the middle of the rotunda. The ceiling was lowered with special ceiling tiles to absorb sounds, extra chairs were removed, signs were placed around the rotunda reminding staff and visitors to keep their voices low. Residents were asked to either play their music in their rooms or use earphones, or use their radios outside on the patio. Overhead paging was eliminated, as well as the overhead music was eliminated and the staff was inserviced about the importance of providing a calm and soothing environment. All of these changes were major changes that affected the overall environment and provided a better quality of life. The facility noticed an immediate improvement in resident behaviors and staff morale.

As part of the yearly Quality Assurance program Dementia Unit Managers should conduct a Noise Study once a year. Different noises can affect behaviors and not always in a positive way. A noise study will clearly indicate what changes need to be made. Staff often times, become insensitive to noise because they hear it on a day to day basis. Noise study forms are available at activitytherapy.com A noise study should be conducted for a full week on all shifts in every area of the facility that residents utilize. This includes dining rooms, day rooms, hallways, lobby, library, outside court yard and possibly

resident rooms. Each area that is targeted will have a noise study conducted for 24 hours. You would be surprised how noisy a facility can be at night.

The manager should document all the noises he / she sees and hears such as; loud ringing phones, echo, squeaky carts, overhead paging, overhead music, unanswered call bells, staff speaking loudly, overcrowded dining rooms, ice machines, sounds at parties & religious services, dragging chairs across the floor, slamming doors, activities that are noisy, clanking of dishes, scraping of silverware on dishes, TV and Stereo volume, disruptive behaviors, vacuum cleaners and floor polishers, etc. A comprehensive noise study also observes noises from the outside, loud highway traffic, garbage trucks, dogs barking, etc.

Nursing homes are required per the state and federal regulations to provide a proper environment and the level of noise in that environment must be evaluated and corrected. In Assisted Living and Adult Day care settings, even if you do not have federal regulations or state regulations that address environment it is best practice to provide a proper environment. Have you ever heard a resident state when she is discussing someone in the hallway who frequently yells, "This goes on all day long!" Staff may become immune to it but are we to expect the residents to adjust to this? Isn't this a form of abuse?

Once you have conducted a noise study, the manager should meet with the team to see which noises can be eliminated. For example, Loud phones can be replaced with chimes, overhead paging can be eliminated and replaced with cell phones, pagers and Walkie Talkies, staff talking loudly can be inserviced, Volume on TV can be turned down, Talk Radio can be replaced with Companion Radio, room call bells can be answered immediately, and squeaky wheels can be oiled, soothing comfort measures can be offered to residents who are verbal and repetitive. Comfort measures would be unique to the individual but some suggestions are large lollipops (screen to be sure they can swallow), life like dolls, rocking chairs (anti tip), soothing music, outside stroll, etc.

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It is very important that comprehensive interviews are conducted with family members to determine which interventions worked in the home when someone is noted to be verbally repetitive or yells, moans, grunts, curses, etc. At one facility I consulted with, the newly admitted resident screamed day and night for a full week. The nursing staff tried all kinds of interventions and nothing worked. At the end of the week, the staff met with family and asked what they did at home to calm the resident. The family stated, "My mom loves to watch wrestling and we left a video in her drawer." Once this was left on for the resident she was calm! There are great free interview tools with the New York State Department of Health, called the EDGE project. The link is located on the NCCDP web site and these are free resources.

For the outside garden areas, check with your local government office to determine if you are allowed to order a sign and place outside that says, "Quiet Area".

The point of the study is to determine what noises can be eliminated to provide a soothing environment. How does noise impact residents? People with Dementia or Alzheimer's disease can be more sensitive to noise. Combination of noises such as staff talking and music playing can be overwhelming. Noise affects people differently from a mild response to an over exaggerated response or catastrophic reaction. Their individual coping style and personal tolerance to noise both will impact how noise will affect the resident. Noise can be frustrating, confusing, scary, and can physically hurt. Some common behaviors are yelling, crying, moaning, mumbling, repetitive behaviors, pacing, etc.

Equally confusing to the care giver is the resident's perception of the noise. Especially, if they cannot tell you how the noise is affecting them. You have to be a really good detective to observe what may be upsetting them. Their behavior can be directly influenced by the noise and their capacity to deal with over stimulation. Some may have a threshold of a few minutes and others may become overwhelmed after an hour. Keep in mind that the staff and visitors coming and going can attribute to auditory stimulation.

Someone with a hearing loss naturally works harder to hear and back ground noise can add to frustration. It is important for those who wear hearing aides to check that the batteries are working. A whistling sound from the hearing aid is frustrating not only for the person wearing the aid but for everyone around them. You might arrange for a hearing test to check for hearing loss or Tinnitus (ringing in the ears).

A person with dementia may have lost physical control in a situation and is unable to make the noise go away. For example, maybe they are unable to ambulate away from the noise, or explain to someone to lower their voice. Losing control can also lead to frustration, agitation, increased pacing, outbursts, spitting, disrobing and masturbation in public places, hallucination and delusions.

Noise and over stimulation attributed to noise can affect self esteem, confidence and can lead to depression. Depression can lead to self isolation and fatalism. For those residents who pace, the noise level may increase their pacing or attempts to "escape" from the locked noisy unit.

One thing to remember is a lot of these noises you identify in your noise study may also happen at night and may impact how the resident rest, sleep and just relax. Noise can also mean that their roommate snores loudly, yells, verbal or repetitive outburst and or has the TV or radio on loudly. If they do not obtain a good night sleep, this could impact their behavior the next day. You might see fear and fatigue. Administration may need to look at using more sound proof materials for resident's rooms that are very verbal or vocal.

For some, the noise might be perceived as a threat. You may observe reactions such as fear, ringing of the palms, rocking, screaming or crying, etc.

Often times, we are quick to blame the behavior on their disease when in fact, the facility environment, building design, facility layout and staff approaches or lack of approach can directly impact their behavior. Most of our seniors came from quiet homes where none of the noises we directly attribute to a long term care setting were in their homes. These noises are unfamiliar to them. For example, no one

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has call bells and squeaky carts in their home.

A noisy unit directly impacts staff in negative ways such as stress, high turnover, staff burnout and an increase in injury and falls. Because a noisy unit affects patients differently, you may have patients with increased pacing, verbal outburst, chattering, repetitive words and phrases, crying out, screaming and muttering which only compounds the noisy unit. This in turn adds to a stressful work environment. Providing a soothing, calm and quiet environment may help to decrease medications and use of restraints. "Given the adverse effects of physical and pharmacologic restraints and OBRA restrictions, it is prudent to investigate alternate methods of managing disruptive behaviors." A soothing environment is a nonpharmacological approach to behavior management. One suggestion to provide a soothing environment, once you have made changes to your unit are white noise (fans) while in their rooms to promote rest & may also decrease agitation.

Consumers are very smart and informed shoppers when investigating a long term care setting. Many check lists that are available on Caregiver web sites specifically ask "What is the Noise Level." It makes sense to make changes to your unit especially if it means losing a customer because your unit is too noisy.

Tips to providing a soothing environment by Stanton O Berg

Eliminate overhead public address (PA) systems.
Avoid playing music throughout the facility.
Minimize noise from necessary institutional support systems such as icemakers, carts and pill- crushers.
Enforce policies regarding care giving staff talking loudly to each other.

Regulate the amount of noise generated by group activities; activity rooms should have doors that can be closed or left open.

Utilize sound absorbing materials in public area.
Equip a few bedrooms with extra soundproofing for residents with disruptive vocalizations.

Use pleasing sounds as cues (bird songs as residents

are rising, or singing show tunes or hymns before meals).

Other ideas to consider from Stanton O Berg article are;

Distractions during meals should be limited by avoiding mealtime interruptions and by reducing unnecessary noise..."

"Pleasant music and multiple opportunities to eat and drink, and also minimizes negative stimuli such as loud overhead paging and glare."

"Environmental irritants - Excessive sound,... stimuli.."

"Altering the environment for comfort, such as providing a calm environment, soft music..."

"Use a signal, such as a flower, to put on the door of the person who is actively dying to alert staff to be extra quiet in that area..."

Additionally, develop individualized approaches and care plans to decrease agitation that is unique for each resident where noise is impacting them in a negative way, comfort items such as life like dolls, rocking chairs (anti tip), large glassed aviaries and aquariums, soothing angel music, sound machines, waterfalls and ponds outside, body pillows with the perfume of the loved one, Build A Bear with a family member pre recorded message, sensory rooms, chapel, soothing music, dimming the lights, etc.

Be careful with the type of music programs you plan and entertainment you use. Eliminate noisy music programs such as each resident provided with a different instrument. Instead replace with everyone using Bells, or drums. But provide all residents with the same instrument. You might not want to have the Bag Piper come to the dementia unit because it is so loud but instead use a guitarist to play to St. Patrick Day songs. You also might want to look at player pianos.

Plan calming and soothing activities late in the day such as reminisce & relaxation programs, guided imagery, short stories, individualized projects, religious programs, pet therapy, deep breathing and

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stretching exercises, relaxation videos, white noise (fans), etc . Replace TV programs with soothing relaxation and reminisce videos. TV programs and commercials send too many messages too fast and this only adds to the resident frustration. Provide soothing music not upbeat tempos at the end of day. An example might be Angel music. Other suggestions are massages, Aroma therapy, pet therapy, soft stuffed animal. Build a bear offers family opportunity to record a soothing message. Body pillows with the cologne or perfume of their loved one, when in bed. Allow rest between activities and remove person to a quiet area if they do become agitated or better yet, take the resident outside or for a walk. Encourage visitors and family members to also utilize the outside court yards for visits.

Administration can decide that noise pollution is an important issue that does have a major impact on residents' quality of life and take the necessary steps to control noise pollution. The alternative is to ignore it, become apathetic and continue to allow it to negatively impact the quality of life for the residents and the work environment of the staff. Action on the part of administration may involve financial resources, hard work and creativity but in the end, a soothing environment will pay off in many ways. A positive work environment for the staff means longevity and a decrease in stress levels and apathy. The benefits for the residents are a decrease in negative behaviors, emotional outbursts, decrease in weight loss, falls and decrease in medications and use of restraints.

"Harmony Joins Sounds; Noise merely accumulates them." John Pickler

Resources to Consider

White Noise CDS <http://www.purewhitenoise.com/s-51-alzheimers-dementia.aspx>

Reference Articles:

Non-pharmacological therapies for the treatment of behavioral symptoms in people with dementia
Free-Download this Alzheimer's Society report on non-pharmacological therapies
<http://www.alzheimers.org.uk/site/scripts/>

[download_info.php?fileID=271](http://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=271)

A Journey Through Alzheimer's by June Berg
Negative Noise Stimulation and Alzheimer's
http://www.junebergalzheimers.com/index.php?option=com_content&view=article&id=15&Itemid=45

Why are some people with dementia more sensitive to noise than they were previously?

<http://www.alzcanty.co.nz/content/view/86/45/>

Music Interventions for Disruptive in Long Term Care Residents with Dementia

<http://www.annalsoflongtermcare.com/article/5085>

Choosing an Alzheimer's Dementia Facility Checklist

http://www.aging-parents-and-elder-care.com/Pages/Checklists/Alzheimers_Chklst.html

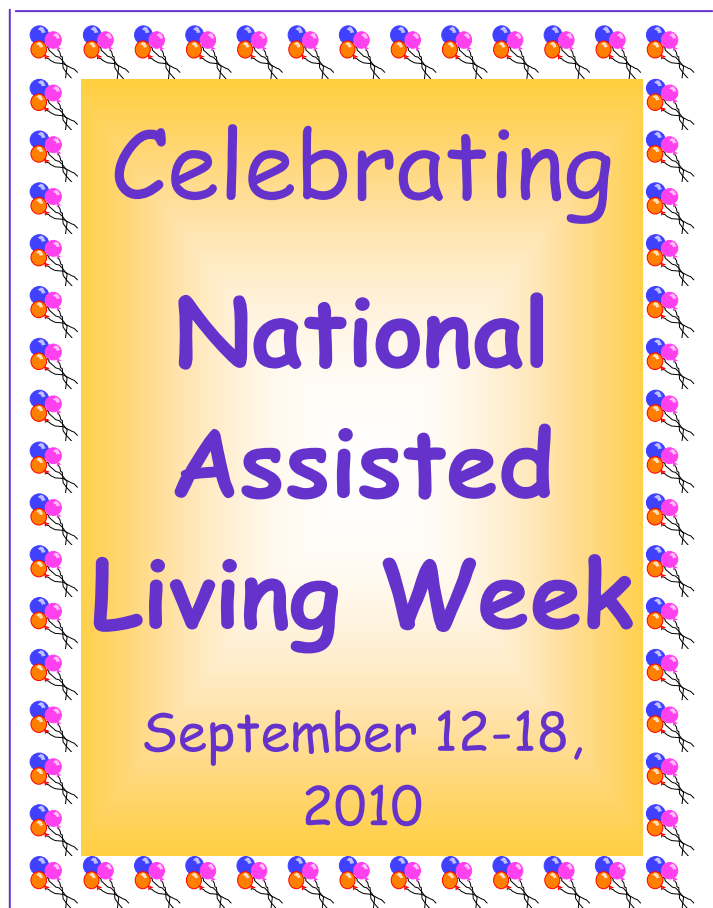
Screaming, Shrieking, Muttering the Noise Makers Amongst a Dementia Unit

<http://www.aggjournal.com/article/PIIS0167494302001693/abstract>

Reference Books:

Creating Successful Dementia Care Settings Volumes 1-4 available at activitytherapy.com

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<http://activitiesdirector.blogspot.com/2010/07/positive-thinking-power-of-positive.html>

Remind the residents you serve each day that today is going to be positive. Tell them that they choose how they think the day will be. If you think things will be good, they probably will be.

Have the residents keep a gratitude journal. You can either make one collectively and add information on a regular basis, or those who are capable can have their own journal. For those confined to their room, part of one to one visits can be to add something that they are grateful for to the journal. You can also add reasons why you are grateful for knowing them. For more on gratitude go to <http://activitiesdirector.blogspot.com/2010/07/using-gratitude.html>

Inspire the residents you serve. Read inspirational stories to them. A good source of inspirational stories are the "Chicken Soup for the Soul" stories. They always have a positive message. Relate the stories to their everyday experiences. See how these stories lift the mood of your residents. Perhaps you and your participants can create your own "Chicken Soup for the Soul" story. For more information and suggestions on inspiration go to <http://activitiesdirector.blogspot.com/2010/07/positive-thinking-and-inspiration.html>

Every now and then I have what I call a "kindness group" This is especially a good idea when you notice that your residents are being nasty to each other or talking about other residents in a negative way. It is simple to do. Talk about what it means to be kind. Ask how being kind to someone makes you feel. Kindness is a win win situation. The giver and receiver of the kindness feel good. This good feeling spreads.

You can also read a story about kindness. A good one is an Aesop's fable called "The Lion and the Mouse." Go to <http://activitiesdirector.blogspot.com/2010/07/aesops-fable-lion-and-mouse.html> for the story

Another idea for positive thinking has to do with smiling. Smiling is contagious. When you see others smile, you want to smile yourself. For ideas for smile activities go to <http://activitiesdirector.blogspot.com/2010/07/smile-activities.html>

I am positive you will have great success engaging your residents in the many aspects of positive thinking, not only in September, but the whole year through.

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Church Bulletin Bloopers

1. Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.
2. Announcement in a church bulletin for a national PRAYER & FASTING Conference: "The cost for attending the Fasting & Prayer Conference includes meals.
3. The sermon this morning: "Jesus Walks on the Water."
4. The sermon tonight: "Searching for Jesus."
5. Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
6. The peacemaking meeting scheduled for today has been cancelled due to a conflict.
7. Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.
8. Don't let worry kill you off - let the Church help.

slavery. He escaped to England, and in 1618 returned to Massachusetts where he discovered that his whole tribe had died of small pox. Squato died in 1622.

The Declaration of Independence

Surprisingly, only 16 % of able-bodied Colonists fought in the Revolutionary War. Those who did fight, though, fought for more than a year before independence was proclaimed. In 1775, following the Battle of Lexington and Concord, Virginian Richard Henry Lee suggested that ties with England, their mother country, be completely severed.. This was on June 7th. Within five days a committee had been selected to write a declaration of independence. It included Benjamin Franklin, Thomas Jefferson, John Adams, Roger Sherman, and Robert Livingston. Jefferson, having a flair for writing, was chosen to write it. The document was signed on July 4th, but because of its perceived futuristic value, it was engrossed on parchment. The parchment copy was signed August 2nd by no less than 56 men. One signer, Thomas Mc Kean from Delaware, was not present at the signing (he was off with General Washington), but he was permitted to sign it on his return in 1781. Here's how the document began...

When in the course of human events, it becomes necessary for One People to dissolve the Political Bands which have connected them with another and to assume among the Powers of the Earth the separate and equal Station to which the Laws of Nature and of Nature's God entitled them, a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation. We hold these Truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty, and the Pursuit of Happiness...

In response to the infant nation's Declaration of Independence, England gave it only a six-line notice in their newspaper under the entertainment of the

day. They did, however, offer a \$2,500 reward to anyone who would reveal the names of the signers of the Declaration. They declared that each signer would be guilty of treason against England, a crime punishable by death. Jefferson, upon signing it, supposedly said, "We must all hang together or, most assuredly, we will all hang separately."

The Flag

The first flag to fly over the Colonies was the British Union Flag which flew from 1606 until the American Revolution. In 1775, George Washington, who had just taken command of the Continental Army, took down the "Union Flag" which was also called the Congress Flag, or the Colors of the United Colonies. This flag featured 13 red and white stripes, and in the upper left corner, crosses of St. George and St. Andrew--from the British Union Flag. After the American Revolution, the Continental Congress passed the *Flag Restoration Act* on June 14, 1777 (today's Flag Day). This act stated that the official flag would now have 13 alternating red and white stripes, and 13 white stars in a blue field. In 1795, when Kentucky and Vermont became states, two more stars and two more stripes were added. Over the next 22 years five more states joined the Union, so Congress returned to the original 13 stripes but added new stars for the new states. For many years the 48-star flag flew over the United States, but in 1959 Hawaii and Alaska were added as states. Our current flag sports 50 stars.

Betsy Ross, an excellent seamstress, is credited with sewing the first flag, but the claim is still unsubstantiated. She had previously sewn colors for many ships. Her grandson, William Canby, wrote that Betsy was personally visited in June of 1776 by George Washington and Robert Morris who gave her a design for the new flag. Betsy's first husband, who ran an upholsterer's shop, was killed while serving as a militiaman in 1776. Betsy continued to run the business. She was widowed three times and died in 1836.

Confederate States of America

Six Deep South states seceded from the Union--South Carolina, Georgia, Florida, Alabama, Louisiana,

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and Mississippi--and formed the Confederacy on February 8, 1861. Texas soon followed, then Virginia, North Carolina, Tennessee and Arkansas. The Confederacy's strong stand for states' rights made a strong central government impossible and thus helped bring about its collapse. Jefferson Davis, the President of the Confederacy, had very limited powers. States could easily overrule his decrees and desires. The Confederate capitol, originally in Montgomery, Alabama, was moved to Richmond Virginia, about 100 miles from Washington, DC where Abraham Lincoln was President. One day President Lincoln made the long trip to Richmond and personally called on Jefferson Davis. Unfortunately Davis was not in and missed his visit.

The dollar bill is a Federal Reserve note issued by the 12 Federal Reserve Banks scattered across the U.S. under the National Government which prints the bills. The dollar bill is not redeemable for gold or silver like previous notes; it's just a pledge of collateral such as government securities. The dollar bill measures 2-5/8" by 6-1/8" and has a thickness of .0043". If you stacked 233 new dollar bills in a pile, your stack would be one-inch high. It would take 490 dollar bills to weigh a pound. The average life span of a dollar bill is 18 months. The Civil War was difficult for the South. They had little manufacturing there, and what they *could* manufacture was hampered because the North had cut off supplies to them. Also, by blocking their ports, the Union made it difficult for the South to export their cotton crop. This blockage also hindered the South from receiving arms. Their unbacked Confederate money soon became worthless. Army enlistments dwindled. In 1865, when Southern General Lee surrendered to Northern General Grant, the Confederacy was dissolved, even though its President urged the South to fight on.

The American Dollar Bill

Before 1862, only dollar coins were issued. When the Constitution was written people didn't have faith in paper money. Interest-bearing bank notes were the first to be printed on paper. This money was to finance the War of 1812. The first paper currency, called greenbacks or legal tenders, was released during the Civil War in 1862.

Louisiana Purchase .

In 1803, France offered England first chance to buy the Louisiana Territory. England declined. Thomas Jefferson didn't. He knew it would be a rare opportunity that had befallen him, and that it would more than double the size of the United States. He also knew that, as President, he did not have the power to purchase land. But that didn't stop him. Jefferson realized if he didn't grab this offer now he might surely lose it. After all, where could one find 800,000 square miles, that's 100 million acres, for \$15 million--just four cents an acre? So he charged ahead, somewhat illegally, and closed the deal with Napoleon. The following year his personal secretary, Captain Meriwether Lewis, and Mr. William Clark set out to explore some 8000 miles of the Louisiana Territory. They traveled along the Missouri and Columbia Rivers and explored as far as the Pacific Ocean. It was a two-year trip from which they returned in 1806.

Seward's Folly

Secretary of State, Seward, purchased Alaska for \$7,200,000, a mere two-cents an acre. Native Alaskans were unaware of the transaction. While Seward was home playing a game, Russian Minister Baron de Stoekl called on him informing him that Czar Alexander II was willing to sell the North American territory to the United States. Thinking all that ice and snow-covered land was of little value, the purchase was called "Seward's Folly".

History of American Songs

America

Almost every true-blooded American can sing at least the first verse of "America"...

My country tis of Thee,
Sweet land of liberty,
Of thee I sing;
Land where my fathers died,
Land of the pilgrims pride,
From every mountainside,
Let freedom ring.

A young Massachusetts clergyman, Samuel Francis Smith, found the music in an old German song book and wrote the words for "America". Some say it was in a single sitting. "America" was first sung publicly in 1831 at a Fourth of July celebration in Boston. Smith learned later the same music had

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been used in an English patriotic song, "God Save the King". Henry Carey, an Englishman, who lived from 1685 to 1743 is thought to be the composer, but no one is sure. Today "America" is the second most popular patriotic song, second only to the national anthem, "The Stars Spangled Banner".

Battle Hymn of the Republic.

One day in 1861, when President Lincoln was inspecting the troops near Washington DC, some 25,000 spectators were present. One of them was Julia Ward Howe. Julia heard the soldiers singing a strange song, "John Brown's Body", to the melody of a Sunday school song composed by William Steffe. John Brown had led the Harper's Ferry raid trying to free slaves, but was killed. When a minister heard the words, he asked Julia if she could write a better tune. She awoke from sleep that night and wrote the words to the "Battle Hymn of the Republic". Your residents will be able to sing it...

"Mine eyes have seen the glory of
the coming of the Lord...Glory, glory,
Hallelujah...His truth is marching on."

The words to Julia's song were published in the *Atlantic Monthly* the following year and supposedly J. T. Fields, the magazine's editor named the song. Julia received five dollars for it. Confederate prisoners learned it during the Civil War from a singing chaplain. President Lincoln was quite taken by the song.

We could go on and on but we're out of column space. Next month we'll continue to explore the history of this great country. For now, though, let's think how we might use this information to expand our activity programs.

- 1) Celebrate Columbus Day**, or make any day Columbus day.
Bring a tiny replica of a ship from the Christopher Columbus era, or show pictures of the ships.
Challenge residents to remember the names of the ships.
Ask them the year Columbus arrived in Amer-

ica.

Discuss the information above.

2) Play patriotic songs.

Share the history of these songs with residents.

Encourage residents to sing them.

3) Hold a patriotic party.

Help the residents make three-cornered hats.

Pass out tiny American flags.

Use the above information in improvised trivia games for entertainment.

4) Spend an activity session discussing the dollar bill.

Show an old one and a brand new one.

Show a silver dollar.

Talk about rare silver dollars and other coins residents have owned.

Have a rare coin collector visit residents.

Have contests and give a few dollar bills for prizes.

See if they remember a larger-size dollar bill that once existed.

Discuss the 1930's when banks were not trusted.

Ask where they used to hide their money.

5) Check the internet (www.constitutionfacts.com/fnofy.shtml) for a copy of the Declaration of Independence.

Read parts of it aloud to residents.

Challenge them to recite small bits of it.

6) Bring in a flag and discuss it..

Have residents make a paper Betsy Ross flag

Get a picture book on Betsy Ross and read it to residents.

Ask about the 48-star flag and any others they may remember.

7) Have a Civil War Day.

Bring in a Confederate flag, a Union flag, replica military caps from both armies, toy army men, and any other Civil War props.

Discuss the information given above.

Discuss the various battles.

Ask if they ever visited any battle sites.

Look up Civil War information on the internet, or borrow Civil War picture books to share.

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(Celebrating America - Continued from page 35)

Ask if any had ancestors who served in that war.

Discuss General Lee and General Grant.

Ask if their parents or grandparents talked about the Civil War.

8) Discuss the Louisiana Purchase and the Alaskan Purchase.

Talk about the price paid for these two land masses.

Discuss their natural resources.

Ask what they paid for their first home and its surrounding property.

Discuss long-ago farm land prices.

Ask if any residents have ever visited Louisiana or Alaska.

I'm sure that as creative activity professionals you can come up with even more ideas to use the above information. So have fun with it, and until next month, God bless you all.

References:

Family Encyclopedia of American History, Reader's Digest Books

The People's Almanac by David Wallechinsky and Irving Wallace

2201 Fascinating Facts by David Louis

Great Events of the 20th Century, Reader's Digest Books

Newsletters Simplified! by Marge Knoth

-END

(ROM/Physical Balance - Continued from page 8)

Activities that serve to increase the ROM of the neck & shoulder region include daily 1) chin tucks for the purpose of pulling the head back and bringing the neck into line with the spine 2) reverse shoulder rolls / elbow circles in an effort to increase shoulder ROM 3) head turns / vertical rotation of the vertebrae of the neck (precede with chin tucks for safety).

Hip region: As a result of a great deal of sitting in one position, the hip region tends to stiffen up. Stiff hips affect physical balance as this stiffness affects gait / walking patterns. It is very difficult to walk when the hips are stiff as the movement in the act of walking comes from the hip joint. Dynamic balance, or the balance when the RP is walking, is then impaired. Indications of a problem include shuffling, walking flat-footed and walking with

the toes pointed out.

Activities that can serve to increase the ROM of the hip region include daily movement of this area, with the best activity being to do a slow, exaggerated *hula* while keeping the head and shoulders stationary. The hips move purposefully...forward, side, back, side while the head and shoulders stay put. If the shoulders and head move during the *hula*, this is a definite indication the hips are tight and need work.

Ankle region: Again, lack of movement forces the ankles to become weak and tight. The ankles and feet communicate with the brain in terms of the RP's exact position in space and the type of terrain that is underfoot, which is critical in terms of maintaining an upright position. Tightness in this area affects both static and dynamic balance, and **activities that can serve to increase the ROM of the ankle region** include slow ankle rotation, pointing and flexing the foot repeatedly and coming up onto the ball of the foot and stirring around repeatedly with the heel. Options are performed on one side... and then on the other and should be done slowly and purposefully. Massaging the feet is shown to be effective in stimulating circulation; key in terms of being able to sense the surface underfoot and stay upright.

Aging alone does not cause falls, and falls seldom "just happen." Empower your RPs! Help them to prevent falls by understanding the determinants of falls, and what they can do to make a difference; be physically active, get regular eye exams / ear exams / physicals, take calcium and vitamin D, slow down and avoid rushing, eliminate clutter, use assistive devices when needed, wear nonskid shoes and practice a high level of awareness of the self and the surroundings.

The FitXpress **Steps to Better Balance & Falls Prevention** training module is soon to be released, and will have 8 available CEUs. If you would like more information regarding this empowerment opportunity, email me (nikki@fitxpress.com) or give me a call (1-800-481-7449).

Until next month, be healthy...be happy!

-END

Honor your parents, grandparents, great-grandparents, great-great grandparents...

1. Provide an opportunity for residents to pass down a special skill, hobby, or interest.



Whether it is preparing a beloved family recipe, quilting, genealogy, painting, or tips for making the garden's crops so plentiful, should be shared with others. It could also be special

family traditions, music, songs, celebrations, or even beliefs. Our residents are such a wealth of information rich in history, but sometimes the young don't ask enough questions. Remember, the knowledge helps to preserve the heritage.

2. Create an opportunity for story-telling, allowing residents to relate stories of their past, enlightening us about the good old days.
3. Board games that are easily played by young and old add enjoyment to gatherings and enhance intergenerational interaction.
4. Have residents get together and work on tracing family trees and making scrapbooks of their families.

September 19th - National Play-Doh Day!

1. Whip up a batch or two of play-doh!

Recipe 1

- 3 cups flour
- 1.5 cups salt
- 6 tsp. cream of tartar
- 3 tbsp. oil
- 3 cups water

Pour all ingredients into a large pot. Stir constantly over medium heat until a dough ball forms by pulling away from the sides. Knead dough until the texture matches play dough (1-



2 minutes). Store in plastic container, should last for at least 3 months.

Recipe 2- Non Cooking

- 1/4 cup salt
- 1 cup flour
- 1/4 cup water

Have your residents mix the flour and salt in a bowl then add water. Knead and squeeze the dough to make a clay consistency. You may need to add more water. Note: This dough doesn't last as long as the cooked recipe.

Divide into sections and knead in food coloring (liquid or paste). Use unsweetened Kool-Aid for color and scent. Add glitter for sparkly play dough.

2. Adding Sensory Fun to Playdoh

You can turn your playdoh into a full blown sensory experience by adding some or all (if you're game) of the following:

- * Sand (regular or colored)
- * a few drops of essential oils (1 drop per 2 cups of playdoh is enough, and stick to lavender, mandarin, tea tree and orange oil for safety)
- *Vanilla Essence - add a teaspoonful when you're kneading the playdoh
- *Peppermint essence- be warned, it makes the dough smell very edible!! (It is, but it doesn't taste very good)
- *Rice - plain, or you can color it.

3. Make Playdoh Stamps: use your playdoh to stamp paint onto paintings. It makes fantastic patterns. Simply dollop your paint onto a sponge, and stamp your dough in it, then stamp your paper!

4. Create a playdoh diorama, think dinosaurs, under the sea, whatever theme you like!

-END

Activity 1 - (Educational - note you can use these ideas as two or three separate activities)

What do your residents know about Venice, Italy? Take a trip to Venice, Italy by reading some interesting information both historical and modern to introduce to your residents. You will want to highlight the "Regata Storica" which is what our theme is about today. Wikipedia.com has lots of information on Venice, Italy and the Regata Storica. You can also explore the Venice Online website veniceonline.it which has the Historical Regatta listed under their Events section, photos and maps to help you expand your knowledge of Venice to share with the residents. Visit a local travel agent to see if they have any posters of the city of Venice or of the famous Regata Storica race to hang around your activity room or the facility for visual inspiration. Adding some old large clay pottery around the rooms will help give that Old Italian feel.

AND/OR

Check with your local library or DVD rental store to see if they have a DVD on Venice, Italy or one of Italy that includes Venice. Show a short DVD on Italy or just a segment of it so not to make the residents sit for an hour in the morning. You could show the entire DVD at the end of the day if the residents seem to have an interest in seeing more of Italy.

AND/OR

You could even include a couple of Italian words in this activity to teach the residents, just something simple to get everyone in the Italian spirit. You can translate any English word into Italian on wordreference.com to print as hand-outs for the residents to practice and as a reminder of today's theme.

Activity 2 - Craft (Creativity)

The creativity displayed during the Regata Storica is in the colorful precession of historical boats and oarsmen in period costume. Give your residents the opportunity to put their creativity to work on a boat of their own. Boats can be made out of paper mache', wood, milk carton, slim style shoe box or clay. Any shape will do so they can paint, glitter and/or trim a colorful boat to display in a waterless boat race later in the day.

Activity 3 - Game (cognitive skills)

Have your own regatta race with the creative colorful boats that the residents made during their craft activity. They will race on a waterless canal in hopes to reach the finish line before their competitors. Have some peppy Italian music playing in the background to give a festive atmosphere when the residents enter the game area so they will sense the atmosphere of celebrating Italian style.

Here are a few set up suggestions for the canal:

Set up a canal shape trail on the floor or on tables by using blue fabric, blue crumpled tissue paper or paint a water canal on freezer paper or cardboard.

If you are artistic you can paint some buildings along the canal to represent Venice.

(Continued on page 39)

Measure out one foot markers that will be used as spaces for the boats to move towards with the end being the finish line.

If using the instruction #1 to play the game you will need to include several markers that have warnings or detours on them. The warnings will make the boat that lands on it lose a turn and the detours will redirect the boat to go back two or three spaces.

You can play this game in two ways or make up your own to fit your residents capability.

Instruction #1:

- Boat owners participating in the regatta will take turns rolling dice and someone will move the boat the number of spaces.
- If they land on a warning or detour marker then they will either lose a turn or have to move back spaces.
- If they roll doubles then the player can roll the dice again.
- The boat that reaches the finish line wins.

Instruction #2:

- Have a list of questions about Venice, Italy and the Regata Storica based on the information discussed with the residents during the morning education activity.
- Each time a boat owner answers a question correctly they roll the dice and their boat moves the number of spaces.
- The boat that reaches the finish line first wins.

Activity 4 - Social (Sensory and social skills)

Now is the time to celebrate the triumphant of all the residents for participating in activities that expand their knowledge of Italy and having fun with the Regatta race. The Café Alla Trionfante (Cafe' of the Triumphant) will allow the residents to socialize, enjoy music, wine (non-alcoholic), cheese and other treats from Italy. Below are suggestions for your café':

- Lower the lights, set up the tables with checker tablecloths and flameless candles
- Hire strolling musicians to work the room while playing relaxing Italian songs OR play CDs of Italian music in the background
- Ask volunteers or staff to dress in black pants or skirts and white shirts with a tie, like so many Italian restaurants servers dress
- Serve wine and to make it simple serve the non-alcoholic brand
- Serve cheese, crackers and dessert (check out [lifeinitaly.com/Food & Wines](http://lifeinitaly.com/Food%20&%20Wines) for ideas on cheeses and desserts)
- The atmosphere should reflex the relaxation, comfort and a sense of accomplishment after a day filled with successful Italian fun.

Blessings,
Christine Jennings
Author/Contributor

<http://www.recreativeresources.com/SpecialEventsandThemes.htm>

<http://www.theactivitydirectorsoffice.com/index.html>

-END

(Theme Programming - Continued from page 27)

or Online. Use this information to provide informative educational sessions, discussion groups, etc. There are numerous craft ideas online or through *Oriental Trading Company* that are related to this theme. There are games you can play and an Internet search engine can take you to many sites with instructions and ideas. For parties and social activities, decorations related to the theme are numerous and easy to find. Piñatas are available almost anywhere. Thematic songs such as *Butterfly Kisses* and *There Ain't No Bugs on Me*, can be found. Videos such as *It's a Bug Life* can be shown. Decorations can be made or purchased from a variety of sources. Theme related scrapbook papers are available for scrapbooking and craft ideas. Storybooks are available at the library and can be used for an intergenerational program. Walkers and wheelchairs can be decorated for a parade. Try a thematic dress up day for the staff and invite them to come to work in bug related costumes. Hold a discussion group and talk about Entomologists and what they do. If possible, invite an Entomologist to speak to the residents about his or her profession. If you're lucky enough to have a butterfly conservatory in your area, this would be a nice trip.

Cruise Theme

Start by naming your ship. During a craft class, have the residents make passports for everyone. Take digital pictures of the residents and affix the pictures to each passport. As the residents "travel" to different ports of call throughout the month, you can stamp, or use stickers to denote each destination on their passports. Have activities throughout the month with educational and information programs about the different ports of call. Decorate common areas to designate each specific port. At our community, because we are so large, each unit chooses a different "port" and decorates accordingly. Poster displays can be made using pictures from the Internet, which

are reflective of the various locations the residents visit. You can go online or to a travel agency and pick up cruise brochures and DVD's to show the residents. You can make your own decorations or purchase them. I have found that some travel agencies may have some posters you can have. Have a cruise ship casino activity one day and then there is the ever popular cruise ship bingo! Every ship has a "ship shape" center of some sort and so can you, with exercise, yoga, and Tai Chi being incorporated into the facility's fitness program. Special parties with cruise related food and decorations make "cruising" lots of fun. And of course, don't forget the tropical drinks, with or without alcohol, depending on your policies and population. Invite speakers from the library, local colleges, etc., to speak about any of the ports you've chosen to visit. We actually had someone come in from the zoo when we did this program. The individual had recently returned from Australia (which was one of our ports), and he spoke about his trip and had pictures for the big screen. Trivia games based on the ports of call can be scheduled. This type of information abounds on the Internet. Have a "spa" activity for the ladies, with cucumber eye treatments. You can even bring in a massage therapist for neck and upper back massages if allowed and not contraindicated by the residents' conditions. Obtain maps of the various ports to display during activities. Go online and download cruise related songs such as *Come Sail Away*, *Sailing*, *The Love Boat* theme, *South Pacific*, etc. Have a day to discuss the Titanic and maybe show one of the movies or a documentary about this famous ship. Serve foods indicative of the various ports, or have cooking demonstrations. Have a dress up day for the staff and the residents. In addition to the other types of programming ideas mentioned above, here are some of the ports we visited for our cruise month: Paris (served French pastries and sparkling grape juice in plastic wine glasses); the Bahamas (pictures from a staff

(Continued on page 41)

(Theme Programming - Continued from page 40)

member's cruise where brought in and someone from the library came in and told stories); Alaska (cruise ship video and decorations of igloos, totem poles, moose, eagles, etc.); Jamaica (picture display and videos); Puerto Rico (one of the Housekeepers brought in many items and pictures to show and told about living there).

Medieval

Go back to the days of King Arthur and the Knights of the Roundtable. There are numerous movies about this era: *Camelot*, *First Knight*, etc.). Go online and get information to discuss the history, dress, customs, etc., during this time period. You can use this theme to talk about dragons and folklore, as well as show *Puff the Magic Dragon* and sing the novelty song about Puff. During a craft class, have the residents make shields and decorate them with various Coats of Arms. The residents can make a "tapestry" (using a roll of paper) and design a medieval scene. Cut out swords and cover with foil before hanging them in a crisscross fashion as decorations. Hold a feast and use a trumpet before announcing each resident's name as they arrive at the door of the dining room. Build a sand castle. Entertainment ideas can include anything from stories, jugglers, poetry, or music from this era. Evil wizards were common

during this era as was Merlin. Wear a graduation robe and make a cone shaped hat to portray a wizard. Play "slay the dragon" with a piñata. Serve grape juice in plastic goblets or wine glasses. Thematic party ware can be ordered online. Talk about the Holy Grail and have a "search for the Holy Grail" game (hide a silver goblet or foil covered one and let the search begin)! Or, make paper goblets and tape them around the facility for the residents to find. Hold a discussion group about the phrases that had their origins during this time (a search online will lead to these). You can find craft and game ideas online as well. Look for Medieval and Gregorian music at the library. For authentic foods, search online for Medieval related food items. You can purchase and download a book called *The Ultimate Medieval Themed Event* at www.questexperiences.com/quest2/products/medievalbook.asp. This book has 175 unique and creative ideas for this theme.

This is just a small sampling of what you can do with a theme. I know how creative Activity Professionals are, so I'm sure you'll create even more ideas. Simply take whatever theme is chosen and look for as many ways to celebrate as possible. The sky is the limit!

-END

WHAT'S IN A NAME? -- Odd Places in America

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WHAT DO 'DEAD HORSE' AND 'DEVIL'S BACKBONE' HAVE IN COMMON?

-- A Misguided Guide to Unusual Placenames in America --

It is said that England has more than a few rather quaint placenames such as Bodmin, Grimbister, Ipswich, Nobottle, No Man's Land, Pie Corner, Pratt's Bottom, Scrabster and Twatt but, they pale in comparison to the plethora of picturesque placenames in the "New World".

For those with precious little to do, why not take a wee peek at a few of the curious and entertaining placenames found in the United States of America (like Zap, North Dakota and Knockemstiff,

(Continued on page 42)

Ohio).

This state of affairs naturally begs several questions.

1. Just who might be eager to visit these out-of-the-way, off-the-beaten track, and some might even say, downright peculiar places like Nothing, Arizona or Floyds Knobs, Indiana?
2. What do real estate agents say and do to attract new property owners to King of Prussia, Valentine or Santa Clause?
3. Who lives in Nags Head or Lynchburg?
4. Why would anyone name a place "Punxsutawney" unless of course, one had nothing better to do on "National Groundhog Appreciation Day"?
5. Where is Frostproof, Funkstown, Pottawattamie, Romeoville and Willacoochee anyway?

So grab yourself an atlas or a map and whatever you do, drop by and say hello to the folks in:

-- Chicken, Deadhorse or Eek (Alaska)

-- Burnt Corn, Intercourse, Muck City, Rooster (Alabama)

-- Bagdad, Boneyard, Floss, Goobertown, Nothing, Why (Arizona)

-- Fannie, Greasy Corner, Grubbs, Hooker, Okay, Possum Grape, Smackover, Toad Suck, Turkey Scratch, Weiner, Yellville (Arkansas)

-- Blunt, Bummerville, Deadwood, Doghouse Junction, Frying Pan, Hellhole Palms, Hells Kitchen, Hooker, Last Chance, Mormon Bar, Needles, Ono, Prunedale, Rescue, Relief, Scarface, Squabbletown, Sucker Flat, Timbuctoo, Toad Town, Volcano, Weedpatch, Wimp, You Bet, Yreka Zzyzx (California)

-- Climax, Last Chance, No Name, Parachute, Purgatory (Colorado)

-- Giants Neck, Mianus, Moosup (Connecticut)

-- Howey-in-the-Hills, Kissimmee, Okahumpka, Sopchoppy, Two Egg, Weeki Wachee, Yeehaw Junction (Florida)

(Continued on page 43)

(What's in a Name - Continued from page 42)

- Between, Chickasawhatchee, Climax, Enigma, Hopeulikit, Talking Rock (Georgia)

- Good Grief, Beer Bottle Crossing (Idaho)

- Bald Knob, Devil's Backbone, Grand Detour, Kickapoo, Paw Paw, Roachtown (Illinois)

- French Lick, Gnaw Bone, Loogootee, Naked City, Roachdale, Toad Hop (Indiana)

- Diagonal, Gravity, What Cheer (Iowa)
Perdition, Ransom (Kansas)

- Beaver Lick, Bugtussle, Chicken Gizzard, Crummies, Do Stop, Monkeys Elbow, Mousie, Mud Lick, Oddville, Ogle, Spring Lick, Rabbit Hash, Typo (Kentucky)

- Belcher, Cut-Off, Fort Necessity, Grosse Tete, Mudville, Tickfaw, Waterproof (Louisiana)

- Bald Head, Dickey, Beans Corner Bingo (Maine)

- Accident, Assawoman Bay, Boring, Crapo, Cockeysville (Maryland)

- Belchertown, Cow Yard, Mashpee, Sandwich, Swampscott (Massachusetts)

- Bad Axe, Climax, Hell, Jugville, Kalamazoo, Podunk, Slapneck (Michigan)

- Climax, Embarass, Nimrod, Nowthen, Savage, Sleepy Eye (Minnesota)

- Bobo, Chunky, Dragon, Possumneck, Sanatorium, Soso, Yazoo (Mississippi)

- Conception, Cooter, Enough, Frankenstein, Licking, Peculiar, Roach, Sleeper, Tightwad (Missouri)

- Bitter Root, Elmo, Hungry Horse, Rocky Boy, Square Butt, Two-Dot, Yaak (Montana)

- Colon, Fort Crook, Road, Wahoo, Weeping Water, Worms (Nebraska)

- Bunkerville, Incline Village, Lovelock, Owyhee, Pahrump, Searchlight, Verdi-Mogul, Weed Heights, Winnemucca (Nevada)

- Bungy, Contoocook, Hell Hollow, Lost Nation, Sandwich Landing (New Hampshire)

- Bivalve, Brick, Ho-Ho Kus, Little Egg Harbor, Love Ladies, Succasuna (New Jersey)

- Elephant Butte, Tingle, Truth or Consequences (New Mexico)

- Cat Elbow Corner, Climax, Coxsackie, Hicksville, Horsehea

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Volunteering: Helping others could actually help you

(ARA) - We respect and admire volunteers for their devotion to a cause and their willingness to sacrifice their own needs for the needs of others. These selfless acts can often be life-changing for the person on the receiving end, but what about the person volunteering?

The health benefits of volunteering are well documented and include reduced stress and an increased feeling of self worth. It is no wonder that for many people with chronic conditions, volunteering can even help maintain or improve one's physical health.



Hand in Hand for RA (www.handinhandforRA.com) is a national awareness campaign that encourages people with the painful chronic joint disease rheumatoid arthritis (RA) to learn about the benefits of volunteering and share their own inspirational stories.

"Volunteering is a huge part of my life that has really helped me through some tough times dealing with a chronic disease," says Seth Ginsberg, cofounder and president of grassroots arthritis group

CreakyJoints, a sponsor of the campaign. "Things as simple as getting involved with senior citizens in your local community - reading to them, driving them to the grocery store and even just talking with them - all

(Continued from front page)

help keep your mind off your disease."

When Debbie McGrady, a 55-year-old mother of two and part-time bank teller, was diagnosed with RA, she decided she wasn't going to allow the disease to take over her life. Debbie has gotten involved with Hand in Hand for RA and has found volunteering to be very rewarding and fun as she drives seniors to their doctor's appointments, to the drugstore and on other errands.

"Helping others and giving back to the community has assisted me in keeping the focus on my life and not on my disease," says Debbie.

"Volunteering can be as simple as supervising children at an after-school program or coaching your children's sports team."

Volunteering also is a way to connect with others and offers people living with RA an opportunity to talk about their disease and communicate with people going through the same things.

To take advantage of what your community may offer or to find ideas, try visiting your local recreation center, YMCA or town hall. These places post community activities and list where volunteers are needed. Also, visit the Hand in Hand for RA web-

site to learn about how other RA volunteers are giving back.

Other tips on volunteering for RA patients include:

- * Participate in a beautification project by planting a garden.
- * Get involved in a local fundraiser for a good cause; or create one.
- * Deliver meals to seniors in town.
- * Help paint a local house in disrepair.
- * Mentor youth.
- * Volunteer at an animal shelter.

Before starting on any new activity, it is important to talk first with a health care provider about what volunteer activities would be the best to pursue based on your individual health status.

For more information on how to get involved with Hand in Hand for RA visit www.handinhandforRA.com.

Courtesy of ARAcontent

September Food Celebrations

- National Biscuit Month
- Better Breakfast Month
- National Chicken Month
- National Cholesterol Education Month
- National Honey Month

(Continued on back page)

IT HAPPENED IN SEPTEMBER

K Z J N T I T A N I C R Y G J C M M D H
B D O B R R K O M M R H L K O R D Y M X
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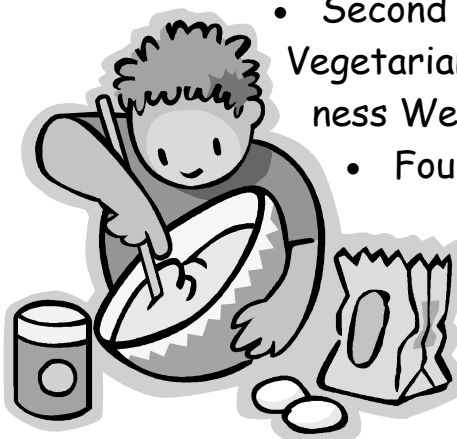
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- National Mushroom Month
- National Organic Harvest Month
- National Papaya Month
- National Potato Month
- National Rice Month
- First Week National Waffle Week
- Second Week Biscuit and Gravy Week

- Second Week Vegetarian Awareness Week
- Fourth Week



National
Wild Rice
Week