



Sandra Stimson

# ALTERNATIVE SOLUTIONS

By Sandra Stimson ADC, CALA, CDP Executive Director,  
[Alternative Solutions in Long Term Care](http://www.alternativesolutions.com)



## 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.alternativesolutions.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, reminiscence videos for dementia, activity books, and dates to remember, party supplies, resources and links.

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*This site is moderated by Robert & Linda Lucas, Owners of Activity Director Today website.*

**Activity Professionals Week January 20th to the 25th 2008.**  
[www.activitytherapy.makesparties.com](http://www.activitytherapy.makesparties.com)

**Activity Professional Tribute Contest-Deadline January 10th 2008.**

In honor of Activity Professionals Week, Alternative Solutions in Long Term Care [www.activitytherapy.com](http://www.activitytherapy.com) and National Council of Certified Dementia Practitioners [www.nccdp.org](http://www.nccdp.org) is once again hosting the Activity Profession Tribute Contest. Last year we had many many entries from around the country. Activity professionals, volunteers and or residents are welcome to submit a poem (any style) about the Activity Profession. This is not a tribute about a specific person but a tribute regarding the profession. All submissions will be posted on the [www.activitytherapy.com](http://www.activitytherapy.com) Web site. You are welcome to visit the site to view past submissions and for inspiration. The winner will receive a \$100.00 gift certificate for activitytherapy.party catalogue and a one year subscription to Current Activities in Long Term Care Magazine. The tribute must be an original creation of the person submitting the entry.

**Deadline is: Midnight of January 10th 2008.**  
 The winner selected is for the calendar year 2007.  
 Must be emailed to: [activitytherapy@aol.com](mailto:activitytherapy@aol.com)

### DOWNLOAD PDF

[30 Ways To Honor Your Staff During National Activity Professionals Week](#)

- Date:
- Name of Facility
- Person who is submitting the tribute:
- Title of person submitting the tribute
- Address for facility.
- Work Phone Number.
- Home Phone Number or Cell Phone Number.
- Email address for work and home.
- Length: No longer than one page 8 1/2 by 11
- Font: Times Roman, 12 point
- Entries will not be returned and all entries will be posted on the activitytherapy.com web site.

### We Are Activity Professionals

by Sandra Stimson CALA, ADC, CDP

We Are Activity Professionals!

Big hearts, huge bright smiles and enormous compassion,  
 Creative, innovative and dynamic personalities.  
 We are blessed to have found this profession!

We Are Activity Professionals!

We don't know how to say "no"! We aim to please at personal sacrifice.  
 Long days, hectic schedules and stressful events.  
 We love all of this!

We Are Activity Professionals!

Regulatory changes, tougher surveys and changing populations.  
 As a group like no other, we evolve, learn and adapt.  
 We are a tough group and can handle this like no other profession!

We Are Activity Professionals!

They say, "I could never do what you do" and you know what,  
 They are right!  
 "They, could never do all that you do!"

We Are Activity Professionals!

Phones ringing, many interruptions and endless demands.  
 But we demand more ourselves and ask for little in return.  
 No one can handle all that we do in one day!

We Are Activity Professionals!

Humanity, compassion, humor and strong moral work ethics,  
 We are the memory creators and the heart of every community.



Each Norman Rockwell print is paired with a national standards of Resident Rights and is illustrated by a picture depicting the "Resident Right."

[click here to purchase resident rights prints](#)

We are the photo albums filled with new memories!

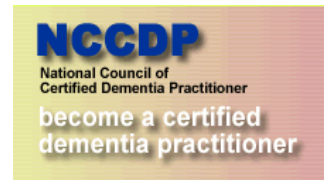
We Are Activity Professionals!

### Thank You!

by: Sandra Stimson, Executive Director  
Alternative Solutions in Long Term Care



- Thank you for all that you do to improve the quality of life for those who matter the most, your residents! They appreciate it!
- Thank you for all your creativity. The residents are thankful.
- Thank you for the extra effort you put in to each day.
- Thank you for helping out in the dining rooms for meal programs. They need you! The nursing staff does appreciate it!
- Thank you for all the special trips and community events. They love being a part of the community.
- Thank you for all the effort you put into your volunteer program, it definitely does not happen with out you!
- Thank you for smiling even when you don't feel like it.
- Thank you for spending time with those residents who can not come out of their rooms. They especially appreciate the pet visits.
- Thank you for a great survey. It takes your entire team and a dynamic program.
- Thank you for giving all of your self.
- Thank you for filling the resident's days with meaningful activities.
- Thank you for pushing so hard to get extra special programs approved. The extra effort paid off!
- Thank you for all the extra hours you put into planning and implementing elaborate events. It was appreciated!
- Thank you for attending seminars and association meetings, even when sometimes you have to use vacation days.
- Thank you for supporting other activity professionals.
- Thank you for taking a chance and trying something new.
- Thank you for dressing up for all those holidays.
- Thank you for all the hugs and love you give to them.
- Thank you for developing all the children's programs.
- Thank you for all the spiritual programs, because it means more to them at this point in their life.
- But most of all Thank You for dedicating your life to this very special profession, Activity Professionals! We can't imagine any facility with out you!



### Our call is one most extraordinary

Susan Winder-Rivera, ADC  
Director Therapeutic Recreation  
Grand Manor Nursing and Rehabilitation Center  
Bronx, New York  
2006 Activity Professional Tribute Winner

First we try to figure out  
What it is a resident's truly about-  
Involving the body, the mind, and the soul  
We fill the assessment, develop a goal  
We look at the person  
and not the dis-ease  
We don't want to label  
we want to perceive  
In the calm of the storm  
one can usually see  
what a person can manifest  
and what they can be,  
beyond limitations, unwanted adulterations  
beyond morbid fascinations and unheld screams  
A higher calling cries out to be heard  
in the meloncholy scenes.

It may be the heart  
It may be the bones,  
It may be the blood  
or the brain's chemicals

when the dancer stops dancing through the loss of a limb  
we map out and modify  
for the resident to win  
the original thrill  
returned to it's source

back to the fork in the road  
before things went off course...

We enliven, enrich, embrace, and encourage  
we remove elements that cause to discourage  
We enlighten and energize  
the lost and forgotten  
fan their flames, call their names  
deny their Armageddon.

We are teachers, counselors, a healing balm  
The soother, the smoother  
of things gone wrong  
We overcome obstacles beyond comprehension  
our course need be steady, beyond apprehension

Our purpose is higher  
than the eye can see  
and although we do appear quite commonly,  
Our call is one most extraordinary.

**THE ACTIVITY DIRECTOR**  
*for Activity Professionals*  
*in Long Term Care Settings*  
[admin@theactivitydirectorsoffice.com](mailto:admin@theactivitydirectorsoffice.com)

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