



The ALTERNATIVE SOLUTIONS PAGE



By Sandra Stimson ADC, CALA, CDP
Executive Director, [Alternative Solutions in Long Term Care](#)

Music: "Peg of My Heart" furnished by [Heart and Soul Music](#)
"Providing Quality Music for Nursing Homes"

Winner of Activity Professional Tribute Contest

In honor of Activity Professionals week, January 21 -27 Alternative Solutions in Long Term Care www.activitytherapy.com held a nationwide contest for an original tribute honoring Activity Professionals week. Many inspirational tributes were submitted by activity professionals, administrators, social workers, consultants and residents. The winner was judged on originality in which the tribute captured the essence of the activity profession. The 2006 winner is Susan Winder-Rivera ADC who is the Director of Therapeutic Recreation at Grand Manor Nursing and Rehabilitation Center located in Bronx New York. The winner received a cash award. All of the entries are posted on the www.activitytherapy.com web site. For more information please visit our web site.

**Susan Winder-Rivera, ADC Director Therapeutic Recreation
Grand Manor Nursing and Rehabilitation Center
Bronx, New York**

Our call is one most extraordinary
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 to be heard
in the melancholy 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 its 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.

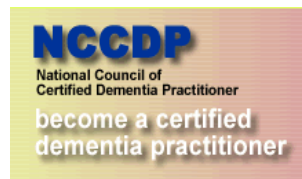
We are teachers, counselors, a healing balm
The soother, the smoother
of things gone wrong
We overcome obstacles beyond comprehension
our course need be steady, beyond apprehension

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

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](#) 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.





THE ACTIVITY DIRECTOR'S OFFICE
*Providing Internet Resources
for Activity Professionals
in Long Term Care Settings*
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