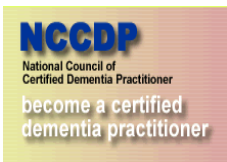


**SANDRA STIMSON**  
 Executive Director  
[Alternative Solutions in LTC](#)  
 and  
 National Council of Certified  
 Dementia Practitioners  
<http://www.nccdp.org>

**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, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.



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

# Pathways to the Past

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



## Are There Activities in Heaven, Lord?

by Marilyn Steadman



Dear Lord, I sometimes think about the residents who have gone.  
 The ones you chose to be with you, and not linger on.  
  
 Does Marjorie get a rose each week?  
 Is it yellow, white or red?  
 Does she still enjoy her soup each day, and have books beside her bed?  
  
 Does Anita still write in her journal about heaven and each passing day?  
 Are there plenty of word puzzles for her to work out?  
 I miss her since she went away.  
  
 The Yellow Rose of Texas is what Bill would love to hear.  
 If the angels sing that song for him, he would grin from ear to ear.  
  
 Does Veronica chat with the angels?  
 Does she wear that big straw hat?  
 It had flowers all around it.  
 I can still picture that.  
  
 Does Mary get to go bowling?  
 It's what she really likes.  
 She'd get so thrilled and excited each time she'd bowl a strike.  
  
 Does Al still like to "people watch"?  
 Is he watching us down here?  
 Could you tell him that his wife's okay, but wishes he were near.  
  
 And sweet little Annie loved bingo.  
 So if it was all the same,  
 Could you start a group up there?  
 It was her favorite game.  
  
 Do they miss my activities as much as I miss them?  
 Do they sometimes smile down on me, and see me once again?  
  
 I think about them often, Lord,  
 And how they touched my life.  
 I know that they are all just fine, and have no pain or strife.  
  
 You took them all to be with You, and this I understand.  
 But are there activities in Heaven, Lord?  
 If there are, that would be just grand!

## The Ten Commandments of Bingo

1. Thou shall not sit in thy neighbor's lucky seat.
2. Thou shall not stare at thy neighbor's card.
3. Thou shall not use the caller's name in vain.
4. Thou shall not holler false bingo.
5. Thou shall not wish bad luck on thy neighbor.
6. Thou shall not threaten the caller.
7. Thou shall not steal thy husband's money for bingo.
8. Thou shall not lie about how much thou won.
9. Thou shall not lie about how many thou lost.
10. Thou shall not use profanity when thy neighbor wins.

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 Books, Videos, and Resources for the Activity Departments



By: Colorado Activity Professionals Association

- You find yourself humming "In the Mood".
- You have the will and you find the way.
- You get on the city bus and start a sing-along.
- You can stretch a dime into a dollar.
- You smile sweetly and say "thanks" when
- a fifth set of '89 National Geographics are being donated.
- Your "work" becomes "home", but you still take your work home.
- The medicine you dispense is hugs and kisses.
- You miss your flight while helping an elderly lady find her gate.
- You choose your clothes based on what the residents will like.
- Impossible is not in your vocabulary.



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*Providing Internet Resources  
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