



The Rec-Room

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Kim's Corner

Happy April Fools Day! It's snowing here on this fine April 1st and that's no joke! But here's some fun quotes

to bring in the month of April!

"April 1. This is the day upon which we are reminded of what we are on the other three hundred and sixty-four." ~Mark Twain

"Fool me once, shame on you; fool me twice, shame on me." ~Chinese Proverb

"He who is born a fool is never cured." ~Proverb

"We're fools whether we dance or not, so we might as well dance."
~Japanese Proverb

"A sense of humor is the ability to understand a joke-and that the joke is

The Basics of Brainstorming

By Kimberly Grandal, CTRS, ACC/EDU

I was just sitting here brainstorming about what type of article I should write. What do people want to read or learn more about? What topics need to be addressed? What do I feel comfortable writing about? How much time do I have to write this article and when is it due? I have written numerous articles over the years ranging from documentation,

programming, and management tips, to advocacy, self-help, legislative issues, and professionalism. There is so much to write about! But as I was typing these words, I continued to ponder what my next topic should be.

So, I started actively brainstorming. I thought of what's coming up in the months ahead. Perhaps there are recognition weeks, holidays or special themes I can write about. Maybe I should research other managerial topics such as time management or productivity. I also considered writing about various programming techniques or the latest adaptive equipment. Then it dawned on me. I should write about brainstorming!



The Merriam-Webster On-line Dictionary defines brainstorming as, "a group problem-solving technique that involves the spontaneous contribution of ideas from all members of the group"; also : "the mulling over of ideas by one or more individuals in an attempt to devise or find a solution to a problem."

Simply stated, brainstorming is a problem solving technique that encourages creative thinking. The concept of brainstorming was introduced in the 1940's by Advertising Executive Alex F. Osborn. The primary rule when it comes to brainstorming is that **no idea is a bad idea.**

oneself.” ~Clifton Paul Fadiman

“Real friends are those who, when you feel you've made a fool of yourself, don't feel you've done a permanent job.” ~Author Unknown

Happy April!

Activities: Life: Enhanced

Kim ☺

National Volunteer Week April 10-16, 2011

Check out these resources:

[Christine's Themes](#)
[Points of Life](#)
[Promos On Time](#)
[Hands On Network](#)
[Energize](#)

April Webinar Schedule

All sessions are NCCAP approved
PRIVATE GROUP SESSIONS ARE AVAILABLE! GREAT INSERVICES!
[LEARN MORE](#)

Thursday, April 14, 2011

Talking Shop: Men's Programming

12:00pm-1:00pm (ET)

CE's 3 hours

1.5 hours of live session and 1.5 hours of independent assignment.

NCCAP Approved

\$40 per person

[Register/Learn More](#)

Thursday, April 21, 2011

How to Manage Difficult Employees

8:00pm-9:30pm (ET)

CE's 3 hours

1.5 hours of live session and 1.5 hours of independent assignment.

NCCAP Approved

\$40 per person

[Learn More/Register](#)

Wednesday, April 27, 2011

CAA's: The Process and How it Applies to Activities

12:00pm-1:30pm (ET)

CE's 2 hours

1.5 hours of live session and .5 hours of independent assignment.

NCCAP Approved

\$35 per person

[Learn More/Register](#)

FUN-TASTIC TRAINING GAMES



Recreation Jeopardy
Tic Tac Techniques
Abbreviation Bingo
More Than Just Bingo
Training Word Puzzles
Know Your Rights Bingo
Recreation Documentation Jeopardy

This concept is something that Activity and Recreation Professionals really can grasp since we are often “outside the box” thinkers.

There are many benefits to an appropriately facilitated brainstorming session. Some benefits include:

- Increased creativity and teamwork
- Everyone is involved and has a chance to be heard
- Increased employee morale and motivation
- Better work environment
- Increased productivity
- Certain individuals may surprise you and impress you with their ideas
- You may actually solve the problem!

When Osborn first introduced the concept of brainstorming it was called a “think up” process. As stated on Mindtools.com, the original rules included:

- *The goal of a "think up" session would be to come up with as many ideas as possible.*
- *There would be absolutely no criticism of any thoughts or ideas.*
- *No idea should be considered too outlandish and such ideas would be encouraged.*
- *Members of a "think up" team should build upon one another's ideas.*

Brainstorming techniques and theories have been further developed over the years but two basic ideas form the foundation of the concept. First and most importantly, there is to be absolutely no criticism or judgments regarding one's ideas and comments. This is not the time to be analyzing or making decisions. I've been to many meetings in which the group was asked to brainstorm ideas for a particular subject matter or concern. Nothing defeats the purpose of brainstorming more than one single negative comment.

The other critical idea behind brainstorming is the idea that through quantity we will achieve quality. Not all ideas will be great. In fact there may be some ideas that just really aren't appropriate for the topic at hand, however, the more ideas that are brought to the table, the more chance of finding the right solutions. In addition, group members often



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Email [Kim](#) to set up your private session.

What's New on the Re-Creative Resources Inc. Website

Exercise and Fitness: FitXpress has provided numerous wonderful articles and downloadable resources regarding fitness for elders. [Check out the latest download here.](#)

Ginger's Creative Costumes and Activities: Check out these fantastic, inexpensive ways to promote fun and bring out everyone's inner child. Ginger Bonner, the woman of many disguises shares some her innovative, creative ideas. [Click here to learn more.](#)

brainstorm off of each other's idea which in turn causes a snowball effect and the potential brilliant solution or idea is born!

There are many tips and techniques that you may find helpful when planning and executing your next brainstorming session. First of all, make sure the topic or problem is brainstorm-worthy and that the participants are aware of the meeting intent beforehand. Not all meetings or gatherings are intended to be brainstorming sessions. The analysis and decision making process can occur at another time.



Preparing for a brainstorming session is just as important as executing one. Designate someone who will be a suitable facilitator. The facilitator should be enthusiastic, fair, a great listener, and be able to acknowledge everyone's ideas (good, bad, or indifferent). It is also

recommended that you have a variety of people present at the meeting. If you are brainstorming about what to do for National Nursing Home Week, then have someone from each department present, as well as a resident and a volunteer perhaps. The whole point of a brainstorming session is to gather ideas, and what better way than by having individuals with varying educational backgrounds, roles, skills, knowledge, etc.

Just as the environment is important for recreational activities, it is equally crucial to facilitate the brainstorming session in an appropriate area. Be sure to hold the meeting in a quiet area with no distractions. To really demonstrate that all members are equal, it is recommended that the seating be in a horseshoe or circle. There shouldn't be someone sitting at the "head" of the table.

At the start of the meeting, the facilitator should announce the rules, reinforcing the "no negative feedback" policy. In addition the facilitator should clearly outline the topic at hand and what is expected to be discussed. Participation from everyone present should be encouraged and all ideas are to be acknowledged. There are many ways in which ideas can be documented. Some examples include: flip charts, whiteboards, sticky notes, note pads, a secretary taking notes, tape recorder, and so on. Having ideas written and posted throughout the room really gives a great visual for people to look at and brainstorm off of.

Brainstorming has become a very popular way to address problems and devise solutions therefore it is quite probable that you have already been included in one of these sessions, whether at work or at home. Through proper implementation, brainstorming can really promote teamwork and

April, 2011 STARS Award Christine Jennings



Congratulations Christine, you have been inducted into the Re-Creative Resources Inc. [Hall of STARS!](#)

Christine, author of [Christine's Themes](#) has contributed special activity themes for Re-Creative Resources since March 2009 and has written for Activity Director Today for six months. Christine received her North Carolina State AD qualification through Rowan-Cabarrus Community College, Continuing Education Health Occupations Program in November 2007. She has done volunteer work at several living assistant facilities, as well as an adult care center. She keeps current on the changes and issues that AD's encounter in the profession through on-line webinars, newsletters and several AD group blogs. She is currently a full time caregiver for her grand-daughter, however she continues to research, create and plan activities to offer AD's that might have a need for an activity agenda with special themes. Check out [Christine's Themes](#) to learn more.

[Check out the 2011 Hall of STARS](#)



provide many answers to the question at hand. So put your thinking cap on and let the brainstorming begin!

For more great management tips and information, visit www.recreativeresources.com/management.htm

References

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GINGER'S CREATIVE COSTUMES AND ACTIVITIES: RAINBOW DAY

By Ginger Bonner



Did you ever hear of ROY G BIV? It's an acronym for the colors of the rainbow: Red Orange, Yellow , Green , Blue, Indigo, Violet

I remember seeing a double rainbow stretched across the sky one evening at the beach. I believed that it was my Grandma watching over me and that felt good. I've always loved rainbows and some people believe that they are a sign .There is a great story about how all the colors of the rainbow started arguing that they were each the best for various reasons and then it started to thunder, which caused them to bow down together. The colors realized that even though they were all different, they could be beautiful and get along together despite of their differences

To read the entire story, check out this site www.rainbowpetsitting.com/story.htm

Rainbow day is another day that is easy to create. Have the residents (and staff!) wear a solid color of the rainbow that day. I have signs everywhere for a week beforehand. I have a tie-die rainbow shirt I wear and I have a few rainbow headpieces. One year, I could not find the shirt and ended up layering the right colored tank tops and had rainbow pig tails. All the rubber band colors come together on a little cardboard for a dollar at the dollar store.

The **STARS Award (Superior Therapeutic Activity and Recreation Services)** features outstanding Activity and Recreation professionals and practitioners. Recipients of the STARS Award will receive a certificate and a mention in the Rec-Room and an induction into the Hall of STARS on the Re-Creative Resources Inc website. If you know of anyone that should be featured, [please let me know!](#) Are the STARS out tonight in your facility? [Learn more about the STARS Award.](#)

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www.recreativeresources.com



The main event of the day is the art lesson. I put up white paper on the board and make palettes of all the colors of paint on paper plates. You can also use watercolor or crayon sets, also for \$1 each. You may even have some already in your art and crafts closet. Set the tables and chairs so that everyone can see the board. You can tell the story as you paint the colors or use it at another time during the day. I slowly paint each color and wait until everyone is finished with that color before going on to the next. All rainbows are beautiful. There is no wrong. Act as if every

painting is absolutely the most beautiful thing you have ever seen, and once these colors are together, you will be sure that there is no such thing as an ugly rainbow!

There are also awesome colorful quotes about rainbows at www.brainyquote.com/words/ra/rainbow209906.html

Wikipedia also has an explanation of what actually forms a rainbow and makes for a successful discussion group. The youthful country singer Dolly Parton who once said , "***The way I see it, if you want the rainbow, you gotta put up with the rain.***" Dolly Parton knows that we have to take the good with the bad. But if we all work together, like the rainbow, there will be more rainbows than rain! **Happy Rainbow Day!** [Click here](#) to see more of Ginger's creative costumes!

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