



# The Rec-Room

Published Monthly By  
**Re-Creative Resources, Inc.**  
 Education, Consultation, and Resources for  
 Recreation and Activity Professionals

To download a pdf. version of The Rec-Room visit [www.recreativeresources.com/newsletter-archives.htm](http://www.recreativeresources.com/newsletter-archives.htm)

## Editor

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## Kim's Corner

Hi everyone! Spring is just around the corner and I can't wait! I just love it! I have been working

hard on developing new webinar topics and am pleased to say that the first round of sessions went very well in March. Please check out the April schedule for I have added a new session. Also, I personally invite you to join Re-Creative Resources Inc. on Facebook! See below for the details!

Life. Be in it! *Kim* ☺

# facebook

Re-Creative Resources Inc. is now on Facebook. Come join our GROUP for networking, news and reconnections! If you are not a member of Facebook you will have to join but it's free and a lot of fun! [Click here to check out Re-Creative Resources Inc. on Facebook.](#)

## March Raffle Winner

The winner of the March raffle is

## April Webinar News and Schedule

The length of the webinars have been increased from 1 hour to 1 ½ hours. This is based on the responses in the evaluation forms from several of the March webinar attendees. Attendees requested "more interactive time". This extra half hour will allow for me to put in more interactive exercises and brainstorming, case studies, an open forum and Q and A. These webinars are designed for YOU, so please share your thoughts, ideas, recommendations, suggested topics, time of day, day of week, etc., so that I can better suit YOUR needs.

**The April schedule is out!** I am repeating the Person Centered Activities webinar and have added a new session, Decreasing the Barriers to Recreation and Activity Pursuits Through Adaptation Both sessions are NCCAP approved for 1.5 contact hours. The schedule is as follows:

### Person Centered Activities: For the Good of the Individual

Tuesday, April 7<sup>th</sup>, 2009 from  
 9:00am-10:30am (EDT)

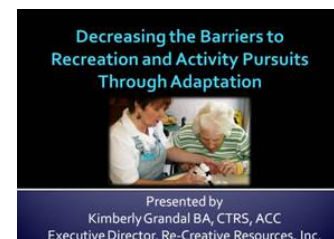


### Person Centered Activities: For the Good of Individual

Tuesday, April 14<sup>th</sup>, 2009 from  
 7:00pm-8:30pm (EDT)

### Decreasing Barriers to Recreation and Activity Pursuits Through Adaptation

Tuesday, April 21, 2009 from  
 9:00am-10:30am (EDT)



### Decreasing Barriers to Recreation and Activity Pursuits Through Adaptation

Linda McKee from Santa Rosa, CA. Linda won a one-year **FREE** access to the Re-Creative Resources Inc. [Activity Resource Center](#) (a \$44.95 value) courtesy of Re-Creative Resources Inc.

### April Raffle

Enter the April raffle for a chance to win a **FREE** [Recreation Orientation Manual](#), courtesy of Re-Creative Resources Inc. This prize is valued at \$18. Simply enter the raffle drawing by contacting [Kimberly Grandal](#). Please be sure to put **Raffle Drawing** in the comments section. A random winner will be selected and announced in the May issue of The Rec-Room. The deadline for entry is **April 20, 2009**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**



*"Where learning is never more than a click away!"*

[www.recreativeresources.com](http://www.recreativeresources.com)

### MEPAP 2<sup>nd</sup> Edition

DH Special Services now offers the NCCAP approved MEPAP 2<sup>nd</sup> Edition, through home study. A large variety of home study courses are also available. [Visit their website for more information.](#)

### Products and Services

- \*Free Job Post
- \*Activity and TR Resources
- \*Forms and Manuals
- \*Recreation Department Review Manual

Thursday, April 23, 2009 from 7:00pm–8:30pm (EDT)

Each session is worth 1.5 contact hours or .15 ceu's. Individual and group rates are available. Individual registration is just \$25 a person, 6–8 people is \$160 for the group and 9–12 people is \$180 for the group. Other group options may be available and you can request a special day and time for your group. Please contact [Kim](#) to discuss all the options.

*To learn more about these sessions and others, [click here.](#)*

## Register Today!

### On-line

You may pay via credit card or use your Pay Pal account. [Click here to register on-line.](#)

### Mail Registration

You may also print out the registration form and mail your check or money order. [Click here for the mail-in registration form.](#)

## Elucidating computers for the elderly

By [Stephanie A. Zilinski, TRD PhD](#)

Therapeutic Recreation Director, Ct. Baptist Homes, Inc.

[Activity Swap Meet Author](#)

One day while I was on my office computer, a Resident wheeled herself into my office and said, "Hey I was wondering if you would do me a favor?" "Of course" I replied without hesitation. The Resident had a

slip of paper in her hand with song lyrics she remembered from years ago. She handed me the paper and asked me, "Can you try to find out who sang this song and the name of the song, it's on my mind and it's an oldie". I quickly Googled the lyrics and boom! There it was the artist and

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\*Interdisciplinary Approach to Quality of Life In-Service

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\*Re-Creative Resources' Blog

\*The Rec-Quest (Q&A Forum)

\*Activity Swap Meet

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Are you a nationally certified activity professional? If not, take a few moments to learn about NCCAP and the benefits of national certification. Visit [www.nccap.org](http://www.nccap.org) today

### Contact Kimberly Grandal

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[www.recreativeresources.com](http://www.recreativeresources.com)

title of the song she'd been looking for. The expression on her face was priceless. She was so thankful and quickly wheeled herself out of my office, determined to tell others of her findings. I thought to myself "How could I teach her to use a computer?" She is such an intelligent woman and would greatly benefit from it.

Another Resident walked in and said, "My grandson uses the computer, can you email the picture you took of me at the Senior Prom? Here is his email address." And it was that moment I thought to myself with, "My grandson." His answer was amusing but also accurate; many children and younger friends of elderly informally coach seniors in computer use.

By the year 2020, census estimates predict that senior citizens (age 65 and older) will comprise about 20% of the U.S. population. We can expect seniors to have the time and energy to become competent computer and Internet users, but are computers and the Internet easy for seniors to learn? How would I go about teaching a senior citizen who lives in a nursing home how to use the computer? The task is incredibly complex and breathtakingly interesting. Complex and interesting for the same reasons. It is because of the varying level of comfort with the medium, the idea that it is a complex and intimidating tool, cognitive impairment such as low attention span and retention ability. How comfortable are they with the medium? What pieces of technology are they already familiar with? (And how can I use that as a starting point?)

I believe who they are, respect their interests and each person's desire to learn. Senior citizens fear moving into a nursing home and losing their independence more than death itself. Life has not ended for our Residents, they haven't come to our home to die, and there is no reason why they shouldn't be able to learn at a later stage in their life. Do they want to keep in touch with family members? Do they want to conduct research? Are they bored?

Some people can no longer use a pen or pencil to write letters to friends and family members because of a physical ailment. Using a computer can provide a means for them to "virtually" experience more of what life has to offer.

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