



The Rec-Room

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Kim's Corner

The heat continues!
What a hot summer it's
been here in NJ and

the Eastern Coast! I actually enjoyed the rain this morning-even though it was brief!

I've gotten quite a few emails lately regarding the MDS 3.0, from Activity and Recreation Professionals. Gee, I wonder why? Therefore, Kathy Hughs and I are putting together a webinar and hope to be offering it soon, at a variety of times and dates. Stay tuned! In the meantime, be sure to

MDS 3.0 News

By Kimberly Grandal, CTRS, ACC/EDU

MDS 3.0 implementation date is scheduled for October 1, 2010

The MDS 3.0 downloads and training materials can be found on the CMS website. To view and download these files, [CLICK HERE](#). Scroll down to the bottom of the page to the DOWNLOAD section.

Visit the [Re-Creative Resources' MDS 3.0](#) page for updates.

Here's a [free newsletter](#) you can receive regarding the MDS 3.0. Plus their website is very helpful too.

Kathy Hughs from Activities Assistance and myself are teaming up to provide MDS 3.0 webinars. Keep your eyes posted for upcoming information regarding these sessions.

KNOW YOUR RIGHTS BINGO

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7 No general abuse	15 Know services	27 Five days	37 Room changes
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*Make learning Residents' Rights fun!
Microsoft Word and PowerPoint versions available!*

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The Power of Music and Memory: A Scientific Fact!

Gloria Hoffner, BA, ADPC

For every Baby Boomer who knows what comes next after, "Here we come, walkin' down the street..." there is a member of the World War II generation to whom, "I'll Be Seeing You" reminds them of empty days and nights waiting for a loved one.

download all of the forms and training materials on the [CMS website](#) and keep checking my [MDS 3.0 webpage](#) as well for the latest news.

I have also received several requests from West Coast Activity/Recreation folk to offer webinars that would be more convenient for their time zone. With that being said, check out the August webinar schedule with later times to meet the needs of our colleagues on the other side of the country!

Lastly, I'd like to personally welcome back Cindy Bradshaw (Executive Director of NCCAP), and her daughter Kelly. Cindy and Kelly just returned from volunteering in Haiti. We are so proud of them!

Stay cool my friends!

Activities: Life: Enhanced

Kim ☺



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more than a click away!*

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Webinar Schedule

Check out the later times!

T

August 5, 2010

Managing Difficult Employees

9:30 p.m. to 11:00 p.m. (EDT)
3 contact hours (1.5 hours live, plus
1.5 hours independent project)
Cost: \$40 per person

August 11, 2010

Sensory Stimulation

That is the unmistakable power of music to fire up the brain's recall abilities. Gene D. Cohen, MD, PhD, director of the Center on Aging, Health and Humanities at George Washington University and former acting director of the National Institute on Aging, explains how the brain reacts to a familiar piece of music.

"Memories are created when clusters of hundreds or thousands of neurons fire in a unique pattern," Cohen writes in his book *The Mature Mind*.

He further explains that when you hear a catchy song your brain neurons light up. Later, when you hear the same song again, those original memory patterns are automatically strengthened. "The more often a particular pattern is stimulated, the more sensitive and permanent are the connections between the neurons in the pattern," Cohen writes. "Not only does learning link neurons in new patterns, it also stimulates neurons to grow new connections."

Cohen urges directors of retirement communities to implement arts programs because national studies have proven seniors involved in the arts improve physically and mentally.

A study conducted with the Levine School of Music in Washington DC studied 300 seniors - half enrolled in an arts program once a week and half not enrolled - over a two year period. The study reviewed the health and social functioning of the participants before, at one year and at the end of the study. The results, Cohen reports, those who attended the arts program had better health while those who did not attend saw their health deteriorate.

In addition, the arts group used fewer medications, felt less depressed, were less lonely, had higher morale and were more socially active, Cohen wrote.

As a musician playing for senior clubs in the Philadelphia Archdiocese as well as at retirement communities, nursing homes, and adult day centers I see the power of music to recall memories every day! The transforming power of music works for those with and without cognitive disabilities due to dementia or other brain diminishing conditions.

Examples - I was playing a Frank Sinatra tune for a couple. The wife suffers from dementia and had not spoken in several months. During the music she turned to her husband and said, "I remember when we saw Frank Sinatra on our anniversary..." Her husband and the caretakers were stunned!

I play on a twice monthly basis for residents of a dementia unit. Most of

10:00 p.m. to 11:30 pm (EDT)
3 contact hours (1.5 hours live, plus
1.5 hours independent project)
Cost: \$40 per person

August 19, 2010

Talking Shop: Men's Activities

10:00 p.m. to 11:30 p.m. (EDT)

1.5 contact hours

Cost: \$21 per person

Each session is NCCAP approved

**Learn about NCTRC's new Pre-
Approval Review Process**

**These are live, interactive
sessions!**

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webinar schedule here.](#)

DOGS DAYS OF SUMMER SPECIAL OFFER



Buy the [Recreation Review Manual](#) (a comprehensive departmental evaluation system) for \$39.95 and receive the [Recreation Orientation Manual](#) (\$18 value) for FREE. This great offer ends August 20, 2010. [Order today!](#)

New Date Set for NCCAP Exam and NCCAP Satisfaction Survey

The NCCAP Education committee met at the NCCAP symposium in June 2010, and has revised the time line for implementation of the mandatory national exam as follows;

In keeping with the NCCAP strategic plan and in completing the final step of the eight year MEPAP reengineering project, NCCAP will be implementing an exam that all NEW applicants must complete in order to

these residents are in the mid to late stage of the disease. When I started there was a man who was non-verbal. He did not even lift his head during the music.

About two months into playing, he started watching me, listening, and seemed to focus, but still didn't speak. The following month, to everyone's surprise, he started singing "Amazing Grace".

Every time I returned he sang a little more. In six months he was singing all the time, and then asked to come with me as I moved from room to room playing for the residents. Through music, he came out of his withdraw and became engaged and vocal again.

Another similar but different situation, I play at a facility for young adults with mental and physical disabilities. I noticed that when I came to play, one man in his mid-30s would walk over and stand next to me, not speaking, but sort of moving his body with the music.

This didn't surprise me - but it did surprise his caseworker. The caseworker told me the man sat in the corner all the time, never spoke, never acknowledged anyone 99 percent of the time. It was only when I came and played music that this man gave any response.

Final example, I arrived to play music at a facility and as I was setting up a nurse brought a resident in a wheelchair to the front row. The resident was angry. She said, "I don't want to be here. My legs hurt. Take me back to my room and let me lay down." The nurse refused saying the resident needed time out of bed and suggested the resident give the music program a chance.

The woman was clearly angry as the nurse left. I played a couple of songs and the same resident stopped frowning. I played a few more and she gave me a curious look. About 3/4th of the way through the one hour program, the resident started singing along and at the end she was leading the clapping motions in the song, "Bingo".

The resident wheeled herself to me as I was packing up. She thanked me and asked me to return. She WHISTLED her way out of the room!

These examples are backed up by studies conducted by The National Institute of Nursing Research who found that listening to music reduced patient pain levels. The National Institute of Education and Health Sciences found music tempo can improve mood and heart rate.

A research study of stroke victims gives even more proof of the positive power of music on the brain.

Dr. Gottfried Schlaug, a neuroscientist at Harvard Medical School, reported

apply for national certification at the ADC or ACC level(s) effective January 1, 2012. All other national credentialing bodies require individuals to complete an exam to ensure the competency levels all meet the established standard of the association; this will also apply to NCCAP certification, and will show CMS that all individuals that apply for NCCAP certification have the same core knowledge as with all other disciplines. Be watching the NCCAP announcement page and future electronic newsletters for more details as the implementation dates draws closer.

PLEASE NOTE***THIS WILL NOT affect those individuals already nationally certified at any level with NCCAP before December 31, 2011. Visit www.nccap.org for more information.

As always, if you have any questions regarding the certification process, NCCAP is always happy to help. NCCAP works hard to support the professionalism, certification and advocacy of activity professionals. In fact, a recent survey to NCCAP certified members showed extremely favorable results. The survey was done in response to a letter received by a state association, stating some "concerns" that they had with some of the NCCAP procedures. NCCAP decided to survey the membership as a whole to determine if these were isolated incidents, or bigger in nature. 1100 Surveys were mailed out and 460 surveys were returned to the NCCAP office (nearly 50%). These survey results indicated that NCCAP certified members are highly satisfied with the certification process as well as the response and assistance from the NCCAP office. You can learn more about this survey here on the NCCAP website on the [announcements](#) page.

So don't hesitate-get on the road to certification today! NCCAP is here to help!

on a research study that found stroke victims who had lost the ability to speak regained their speaking ability through singing. The researchers believe the melody helped the stroke victims' brains rewire and bypass the damaged regions of the brain and thus restore communication skills. A small number of patients in the study did so well with the singing therapy that were able to hold full conversations and even make a speech, he said.

Schlaug told the American Association of Advancement of Science, "The great advantage of this technique is that it is very simple..by encouraging people to sing you can get them back to speaking again." (reported in the Telegraph.co.uk in February 2010)

When a song reminds you of your mother doing the dishes, or your freshman dance in high school, or your first drive in a new car, the music is also firing up your brain, forming new connections, and keeping your brain healthy.

The saying, "You can't teach old dog new tricks" comes from the writing of Sigmund Freud in 1907!! Over 100 years later, scientists are proving every day that we can continue to learn throughout our lives if we make the effort to continuously learn new things and exercise our memories.

So keep right on singing with the radio, in the shower, in the choir or alone in the woods. That song in your heart and on your lips is keeping your brain healthy and strong.

Gloria Hoffner, BA, ADPC, is owner of Guitar with Gloria, providing live music and sing-a-longs in the Greater Philadelphia area. She is a member of the National Association of Activity Professionals and winner of the 2010 National Certification Council of Activity Professionals Best Practice Award. Further information at: www.GuitarwithGloria.com

Extra Extra Read All About It!

By *Christine Jennings*

Author of *Christine's Column* and *The Rec-Room*

Learn & Listen - Read the history on Newspapers on Wikipedia.org and share the highlights with the residents. To get some good conversation going this morning ask them the following questions:

- What was the name of your local newspaper?
- Did you ever deliver newspapers to earn money?
- What was the most exciting newspaper article you ever read?
- Did you ever keep any historical newspaper because you wanted to share it one day with your children or grand-children? Were you able to show the paper to them as you had planned?



New Items Added to Re-Creative Resources Inc. Website

New Website Contributor
Gloria Hoffner, BA, ADPC
[Science for Seniors](#)

New FitXpress Handout-[Tips for Safe Physical Activity Classes](#)

New Download: Christine's Column
[September \(2\)](#)

To keep abreast of changes to the website and news, you can check out the [Announcement](#) page



The Coalition of Activity Professionals (COAP)

Collaborating and Aligning for a **Stronger** Future!

The Coalition is an organization that believes in positive change for our profession and is taking the steps to make that change happen. COAP has served the Activity Professionals of North Carolina and surrounding states with enthusiasm and professionalism. After five years in the making COAP will now serve Activity Professionals across the nation.

- Do you think newspapers are more informative today than in the past? Why or why not?

Game – Let's see how many major newspaper names the residents know. Ask them to call out major Newspaper names and when they match one on your list then write it on the white board. You can give points if you want or just do it for learning fun.

There is a list of 100 Newspapers on Wikipedia.org under [List_of_newspapers_in_the_United_States-by_circulations](#). The list can help you make this game an informative experience too by giving the residents the circulation after they have listed the newspaper names on your list. Afterwards read some of the paper circulation numbers to further the learning experience. You can also find a list of newspaper by each state including Canada on [usnpl.com](#) which is linked to the newspaper sites.



Morning social – Serve coffee and/or tea to read with today's news paper. You can also bring in some mini muffins or donuts to snack on if it is mid-morning. Stop by a local news stand, or book store (airport stores usually carry newspapers from all over) to purchase copies of Newspapers from different areas. Ask staff for help to select some "Happy" news from each paper and take turns reading to them out loud. The residents will enjoy the good news along with the staff.

Exercise/game – The exercise today is also a game since the theme is about newspapers we have to include the newspaper carrier. A good newspaper carrier has to fold the papers, load their bags, walk (roll if in a wheelchair) and throw the paper as close to the front door as possible, which takes a lot of physical movement. The exercise is in all the movement that it takes to deliver newspapers. Below is a suggestion as how this works, however you will have to adjust it to fit the motor skills of your residents:

Materials:

- 4 – Unfolded newspapers per participate (does not have to be the entire paper and you can use more than four per resident, just make it an even number)
- 1 – bag per participate

Check out their website at
www.thecoap.com

MEPAP 2nd Edition

DH Special Services will be offering the MEPAP 2nd edition in NJ

MEPAP Part I begins September 22, 2010 in Riverview NJ

MEPAP II begins September 23, 2010 in Lakewood NJ

[Learn more/Register](#)

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*Re-Creative Resources' Blog

*The Rec-Quest (Q&A Forum)

*Activity Swap Meet (cool ideas)

*News and Announcements

* Who's Who

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*Visit our website

www.recreativeresources.com

- Doors (can be the doors that enter into the room or extra doors from your maintenance department, or you can draw a few doors by using freezer paper) Instructions:
- Give each resident participating 4 unfolded newspapers and one bag.
- Tell them to roll the papers and put them in their bag.
- Once they roll the papers (good movement for hands) and add them to their bag then they can deliver them.
- They must walk to the X mark which you will place several yards from the door.
- The resident will throw two papers with their right hand and two papers with their left hand (the hand use will depend on your residents physical movement, but the point is to get them to swing or stretch twice on each side of their body).
- Once papers are delivered the resident needs to return to their seat.

You can have them do this one at a time or have several door set ups so several residents can do it at the same time. The resident that gets the paper closest to the door can receive "Top Newspaper Carrier Award" if you are calling this a game. The residents will get a little exercise movement in while they are having fun. You may get more residents to participate if you call it a game instead of excise time.

Craft - Use newspapers to make paper hats or a paper mache craft.

Read more about this fantastic themed activity on the September (2) Themed Activities free download available at
<http://www.recreativeresources.com/SpecialEventsandThemes.htm>

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