



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

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Kim's Corner

Hello! I hope that you are enjoying the summer, spending time with family friends and

living life to the fullest! I have been having a great time taking my daughters to the zoo, playgrounds, picnics, bike riding and so on. They are young still, so it is so much fun to play with them (except for the incessant fighting).

On the work side of life, I've been plucking away on the MEPAP curriculum, hoping to get it all out to NCCAP for pre-approval so that I can finally teach the course. I'll keep you posted on my progress.

I'm constantly updating my website and adding new pages. If you haven't been there in awhile, I recommend you check it out. Most recently I have added [music pages by Bob Lowden](#), a [legislative/regulations page](#) and a [Who's Who page](#). For tons of great programming tips, resources and ideas visit the updated [programming page](#). I also added a [News and](#)

Legislative Update

By [Kimberly Grandal BA, CTRS,ACC](#)
Executive Director
[Re-Creative Resources Inc.](#)



There are a series of F-Tags that have received changes to the interpretive guidance to surveyors. These changes were implemented in response to the results of the April, 2008, symposium, Creating Home in the Nursing Home, co-sponsored by CMS and the Pioneer Network - the focus of this Symposium was person-centered living environments. These changes add clarifications to assist surveyors in determining compliance with these Tags. The regulatory language is unchanged. The changes involve the following F-Tags

- F172 Access and Visitation
- F175 Married Couples
- F241 Dignity
- F242 Self-Determination and Participation
- F246 Accommodation of Needs
- F247 Notice before Room or Roommate Change
- F252 Safe, Clean, Comfortable and Homelike Environment
- F461 Private Closet Space
- F256 Adequate and Comfortable Lighting
- F463 Resident Call System
- F371 Sanitary Conditions

Activity Directors should review all of the revised guidance to surveyors to ensure compliance. The guidance of most significance however, is F242 Self Determination and Participation. This guidance clearly states that each resident has the right to make choices in his/her schedule and activities. For example: if a resident is scheduled for a therapy session during the resident's favorite television show the therapy session should be rescheduled. Another important revised guidance is F371 Sanitary Conditions. This most recent revision clarifies by stating, "All residents have the right to accept food brought to the facility by any visitor(s) for any resident."

These revisions were implemented June 17, 2009. [Click here to download the](#)

[Announcements](#) page to keep you informed of Re-Creative Resources updates and industry news.

As for the webinars, I have a few of those in the making as well and hope to have the new ones available starting September. Please share your thoughts about the webinars such as times, days, topics, etc. These are for YOU, and I need your input so that they benefit YOUR needs.

Lastly, please respond to my Activity/Recreation Professionals Speak Out. I really want to hear what you have to say about the culture change movement and the potential implications it has on our glorious profession. The question is posted below in the right column-so check it out and SPEAK OUT!

Have a great summer!
Life. Be in it! *Kim* ☺

facebook

Re-Creative Resources Inc. is now on Facebook. Come join our [Re-Creative Resources' GROUP](#) for networking, news and reconnections!

You Tube

Visit the [Re-Creative Resources Inc. You Tube Channel](#). You can [subscribe](#), [comment](#) and [view our videos](#) and some of our favorite videos as well.

CHECK OUT THE NEW MOVIE!

Motivation for the Motivators!



[memo](#). The memo includes the following:

- Transmittal Sheet describing changes
- Advance copy of surveyor guidance revision
- Guidance Training Instructor Guide outline in Microsoft Word
- An article on person-centered word usage to accompany F241 Dignity revision

For a great summary of these quality of life changes, visit <http://www.wahsa.org/cmsguidelines.pdf>

To keep up to date on pertinent legislative and regulatory issues, please visit our new [legislative/regulation page](#)

Activity and Recreation Professionals Speak Out!

Re-Creative Resources Inc. would like to know what you think of the following question:

What effects, if any, will the Culture Change Movement and the idea of the "universal worker" have on the activity and recreation profession?

Please email your response to [Kim Grandal](#) by August 20th. Your answers will be compiled and posted anonymously.



Friendship Day:

By [Christine Jennings](#)
Author of [Christine's Column](#)
and [The Rec-Room](#)

According to www.friendshipday.org, Friendship Day is celebrated on August 2nd. Be sure to visit the website for it has the history, poems, activities and craft ideas that you can use anytime. Here are some great Friendship Day ideas for you to try:

Discussion

Lead the group in a discussion on friendship. Do they remember their childhood friends? Etc...

Crafts



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Activity Resource Center

This serves as a reminder that the introductory price of just \$45.95 for the first year membership to the Activity Resource Center, will end September 30th. As of October 1st the price will be increased to \$60 for the first year. The annual renewal of \$9.99 remains the same. So if you are not a member and have been thinking about joining, then join today before this introductory offer ends.

[To learn more or to register
Click here](#)

**Celebrate National Adult Day
Services Week**

September 20-26, 2009
"Enriching Lives Through
Wellness and Creativity"
Visit the [NADSA](#) website for ways
to celebrate

July Raffle Winner

Since I am not holding a raffle in August (I know, I know. I can hear the moans and groans), there are two winners for July (and the crowd goes wild!). Therefore, the winners of the July raffle are (drum roll please...) Charlotte Ivey from Alabama and Tiffany Terry from Maryland. These lucky winners are now the proud owners of the [Recreation Orientation Manual](#) courtesy of Re-Creative

- Make an eyeglass case out of felt, or a braided eyeglass chain/strap (women and men can use this to keep their eyeglasses around their necks), or a hat/scarf organizer.
- Eyeglass case – Cut felt or form felt into long rectangles and cool glue the two long sides and the bottom. Decorate with pen paint or stickers. If they write their friends name on it, then everyone will always know who the case belongs to.
- Eyeglass chain/strap – Purchase different color nylon plastic string and cut into 24 inches long strands. Take at least three or six strands and braid them into a long cord. At both ends tie a small extra strong rubber band (the kind they use for mini hair tails or braces). The rubber bands will keep the glasses attached as long as they are fitted near the glass hinges.
- Hanging organizer – You will need: 1 yardstick with one or two holes at each end, any color paint, four or six clothespins, glue and stickers for decorations. Glue (hot, cool or wood glue) clothespins at the same distance along the stick vertical or horizontal. After the glue dries then paint the entire stick. Once the paint is dry then decorate with stickers or pen paint the friends name on it. The organizer can be hung by using the hole(s) to hang on small screws or they could use the new wall removable sticky for wall pictures. They can hang lightweight items like ball caps, ties, belts or scarves, lightweight hats, necklaces, art work, pictures and the activity calendar.

Cooking

This will take more than just one day, but well worth the effort and the best part is the residents can share a starter with their family or visiting friends. Check out cooks.com and in the recipe search window type "Friendship cake starter". They have many to choose from and they also have the Friendship cake recipe that you use the starter to make it. Note: This would be a good Christmas food gift for the residents to make because the cake freezes well.

Socials

- Men's Social – For the men in your facility let them social of their own complete a game of cards, so the guys can just be guys with no women around.

Resources Inc. Congratulations Charlotte and Tiffany! Raffles to resume in the September issue of the Rec-Room.

Home Study/Webinars

Re-Creative Resources webinars will return in the Fall!

Check out [DH Special Services](#) NCCAP approved home study courses

Check out [Danny Pettry's](#) Home Study courses for Recreation Therapists

Products, Services & Info.

- *Free Job Post
- *Activity and TR Resources
- *Forms and Manuals
- *Recreation Department Review Manual
- *Interdisciplinary Approach to Quality of Life In-Service
- *Free Forms and Materials (*over 30*)
- *Guest Book (*Please say hi!*)
- *Activity Resource Center
- *Re-Creative Resources' Blog
- *The Rec-Quest (*Q&A Forum*)
- *Activity Swap Meet
- *News and Announcements
- * Who's Who

Contact Kimberly Grandal

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*Visit our website
www.recreativeresources.com

- [Women's Social](#) - Have a friendship tea for the ladies in the facility.
- [Community Friendship Social](#) - Have a facility Friendship social that includes residents, family, staff, volunteers and go as far as inviting your vendors, sponsors that help keep your facility running in tip top shape....they are the friends you count on to provide the facility needs.

Movies

- *How to Make An American Quilt*, 1995 with Winona Ryder
- *Now and Then*, 1996 with Christina Ricci, Melanie Griffith, Demi Moore, Rosie O'Donnell and Thora Birch
- *Secret Garden*, 1993 with Maggie Smith, Kate Maberly, Heydon Prowse and Andrew Knott
- *Whales of August*, 1987 with Lillian Gish, Bette Davis, Ann Sothern and Vincent Price
- *Brian's Song*, 1971 TV movie which is on DVD now. (good male friendship movie, but the women will like it too)
- *Rocky*, any of the Rocky movies show good male friendships.

For more great August programming ideas and other theme-related activities, visit [Christine's Column](#).

Recreation Workshop in the Hudson Valley NY Area



On September 15, 2009 at Putnam Ridge, a NYMED Health Care facility in Brewster, NY, the Hudson Valley Activity Professionals Association is hosting their 2009 Fall Workshop, *Employee Training Techniques*. Presented by Kimberly Grandal, CTRS, ACC, Executive Director of Re-Creative Resources Inc., this session is designed to provide information that will assist recreation directors or supervisors in the development and provision of an on-going employee training and orientation program. Areas covered will include: benefits and purpose of training, mandatory education, training suggestions, the development of training and orientation programs, and incorporating fun into the training process. Networking begins at 8:30am and the session is from 9:00am-12:00pm. Following is a complimentary lunch. The session is NCCAP-approved for 3 ce's.

For more information and registration, please email [Linda Redhead](#), Activities Director or call Linda at (845) 278-3636 ext.2922.

[Click here to download the brochure](#)



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