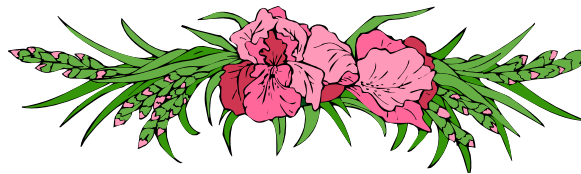


Birthstone – Peridot – Symbolizes strength.



Flower – Gladiolus – Strength of character, marriage and family.



Quote of the month

“Life is 10% of what happens to me and 90% of how I react to it.”
John Maxwell

August information:

National Holiday(s)/Celebrations:

- American Indian Heritage Month
- Motorsports Awareness Month
- National Clown Week 1 – 7
- Elvis Week 10 – 16
- National Aviation week 15 – 21
- Friendship Day 1st
- US Air Force Day 1st
- Lighthouse Day 7th
- National Waffle Day 24th

Activity Theme Overview:

- 1) Park Explorations (in honor of National Park Month)
- 2) Mind Your Manners (in honor of Children’s Good Manners Month)

Activity Theme Details:**Park Explorations** (in honor of National Park Month)

Learn & Listen – To make any Learn & Listen activity a success you must do some research of your own. I try to make it a little easier by providing websites that have the theme topic information and/or questions to get your discussions started. And as we all know sometimes topics can stray off on a path of their own, which can be the best or funniest Learn & Listen activity ever. Don't worry if the residents get off topic, but as the closing time for the activity gets close try to pull them back to the theme topic so they will remember what today's fun theme is all about.

Check out information about National Parks on us-national-parks.net to share with the residents. Get them reminiscing about their family vacations they took to a National Park or even a local State Park. Ask if they took a picnic, hiked a trail or camped out under the stars.

Game – Which Park is this?

Below are the top 10 most visited National Parks. See if your residents can figure them out.

tainsnuom mykos retag (Great Smoky Mountains)

nacnoy radng (Grand Canyon)

demoyeti (Yosemite)

wolstelyeno (Yellowstone)

mypiclo (Olympic)

tainnuom orkcy (Rocky Mountain)

nioz (Zion)

evalye hoaygauc (Cuyahoga Valley)

anrgd toten (Grand Teton)

daiaca (Acadia)

Food – Food for the trail – Let residents make trail mix. There are lots of easy recipes, but if you need one with simple ingredients look on eatbetteramerica.com and in the websites search window enter “trail mix”. It will bring up a list of all trail mix. They have lots of easy mixes to use with most everything you need from your facility kitchen. Let the residents bag some of the trail mix so they can enjoy later in their room.

Exercise – Set up a walking trail to entice the residents to get up, get out and walk. First you will need to map out a waling trail inside and/or outside for your residents to follow. Just like a park map you will have set points of interest for the resident to stop and rest. This can be a rest area in the facility outside the facility. Depending on your residents mobility you can map out laps, ½ mile or mile points. Make sure everyone meets in the normal exercise area to do some stretches

before they start to walk. Encourage them to complete the walking course you have set up so they can get their daily exercise in for the day. When they finish their walk remind them to do a few stretches to cool to help them keep limber for the next activity.

Craft – There are so many nature crafts to make that you could Google and find one you want to do with your residents, however I found a site that had some really cool ideas. Allcrafts.net has lots of ideas. Just scroll down and click on Nature Crafts then scroll down to view the list of ideas. One I found that is really a nature project, not a craft is the “Make Rain in a Jar”. I just think it is different and the residents will get a kick out of telling people they made rain. The craft idea I like on this site is the Nature Bracelet. The residents could collect items for their bracelets in the facility garden or in their nature area if you have one. Only you the AD will know which nature craft will be best for your residents and hopefully this site will be a big help to you.

Game – Matching Game – Match the famous site to the National Park it is located in. Write the list of famous site on one side of the board and mix up the park names on the other side. Ask residents to match the site to the park. You can either draw a line from the famous site to the national park or draw a line through each when they have made a match. Here are some I found to get you started and each famous site has one hint to give the residents to help them out and the park site is in the ():

- Old Faithful – hint: Wyoming, Montana & Idaho (Yellowstone)
- Frenchman’s Bay – hint: Mt. Desert Island, off the coast of Maine (Acadia)
- The Keys – hint: Florida (Biscayne)
- Yavapai Point – hint: Arizona (Grand Canyon)
- Clingman’s Dome – hint: Tennessee (Great Smoky Mountains)
- The Crater – hint: Island of Maui, Hawaii (Haleakala)
- Going-to-the-Sun-Road – hint: Montana (Glacier)
- Skyline Drive – hint: Virginia (Shenandoah)
- Trail Ridge Road – hint: highest continuous paved road in US. Colorado (Rocky Mountain)
- Sierra Peaks – hint: highest highway pass in California (Yosemite)

You can find more great National Parks to highlight in this game on shannontech.com/ParkVision/Preview/Preview.html or you can Google famous National Parks.

Movie – Any of the National Geographic National Parks movies



Mind Your Manners (in honor of Children’s Good Manners Month)

Learn & Listen –I found a great article on [wikihow.com/Have-Good-Manners](http://www.wikihow.com/Have-Good-Manners) that reminded me of some manners I had been taught, but recently failed to use, which gave me the idea for this special theme. We all forget our manners once in a while and we all could use a reminder on when and where to use our manners. Since today’s theme is all about manners it would be wise to review our own manners before this activity. The article had some new “tech” manners as well, which you can share with staff or residents that communicate by computer or text on their cell phones. Technology has come a long way and it has its own set of manners too.

Get your discussion started by asking everyone to please take a seat. Thank them when all are seated. Ask the following questions:

- Do we remember what our mother and father taught us as children about manners?
- What were some of the manners your mom or dad continually reminding you to do?
- What are some basic manners that you use all the time?
- What are some manners you don’t seem to use as often like you did when you were younger?
- Do you think people use manners as often now like they did when you were younger?

Game –“Name that manner” – Make a list of manner description and see if your residents can give it the correct manner name. Example:

- A polite expression of one’s gratitude - (Thank you)
- To be the will or pleasure of. - (Please)
- To greet hospitably and with courtesy or cordiality. (Welcome)
- As a synonym it may refer to specific acts especially in social or conventional situations or the person responsible for these. Such as in an interruption - (Excuse me)
- An excuse or forgiveness for a fault, offense, or discourtesy - (Pardon)
- A function word to express the negative of an alternative choice or possibility - (No, thank you)
- To accept with pleasure the occurrence or presence of - (You’re welcome)
- To value or admire highly - (I appreciate you)
- An expression of regret for a mistake or wrong - (I apologize)
- This is an act that usually a man will do for a women when entering a building, however it is polite for a woman to do it as well or a man to do it for another man if they have already done the action themselves. – (holding a door open to let another person to enter in first)

Now think of some manners to add to the list. To make it a little more interesting ask the resident that answers to give an example of the manner in a complete sentence or to describe a situation that the manner would be used in. This will get them thinking about how often they use their manners with other residents and the staff.

Food – Well now what would you do with food to incorporate it with today's theme? How about the proper use of complete table ware in a formal setting? I know this is a far stretch, but how many people know all the silver ware settings, or have ever had the opportunity to learn? This can be a fun learning experience or a refresher for others and may bring back some great memories as well. You can check out a book of table manners and etiquette at your local library or find them on line. You can also find how to set a formal table on ehow.com/how_267_set-formal-table.html. Get the Food staff involved with this activity to help the residents learn proper etiquette at the dinner table. As a reward for only the residents that came to this activity have them a special formal dinner so they can test out their newly learned table skills. Remember to have them dress up for this special dinner in honor of their participation to this activity.

Craft – Get out the old magazines and make a collage using words and pictures relating to manners. You will need the following materials:

- Old magazines
- Scissors
- Paste
- Poster board
- Imagination

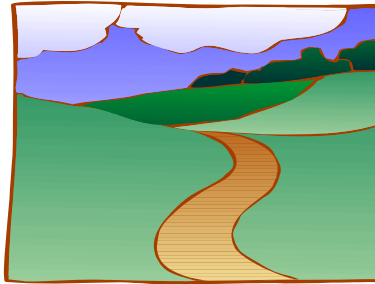
Now let residents hunt through magazines to find words and pictures relating to good manners. Instruct them to cut them out and use their imagination when pasting the manner items on their poster board. OR make it a group project for a large poster to hang up in the activity room as a reminder for all of us to use our manners.

Game – Which country manner is this? This game was based on information from Wikipedia – Table Manners. The site list table manners from different countries, since our facilities are now communities of different cultures then this will be a fun for all and a learning game for some. Take some of the information from the website and see if the residents can guess which country it applies to. Below are some examples to get you started with the country in ().

- Eating is done without cutlery, with the right hand, from a communal dish. (Africa)
- It is rude to show up early at dinner; try being 15 – 30 minutes later than expected. (Tanzania)
- Guest are always given the best portions of food and refusing to eat is considered bad manners. (Afghanistan)
- Never use chopsticks to move bowls or plates. (China)
- This country's meals are served on a banana leaf that has been cleaned with warm water. Vegetables are placed on the top half of the leaf, and rice, sweets, and snacks on the other half. (South Indian)
- In this country one should wait for the host or hostess to tell you to eat three times before eating. (Japan)
- Pointing your feet at others is impolite – point your feet away from them. (Malaysia)
- Don't look into others' saucers while eating. (Pakistan)
- When one is offered by the host to try some food, refusing to consume the food offered is considered highly offensive. (Philippines)
- Swipe your mouth when you had a drink and never drink from the bottle. (Brazil)

There are lots more to choose from to keep the game going, so check out Wikipedia.com "Table Manners" to get more table manner questions.

Movie – The only movie I could find that relates to social manners is the 1958 movie starring Leslie Caron as “GiGi”. This nine academy award winner is a tale of a young woman in early 1900s Paris whose aunt and grandmother groom her with social manners for the tradition of being a well-cared-for courtesan. It is a musical, funny and it ties in with today’s theme on manners.



When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out.
Don't give up though the pace seems slow
You may succeed with another blow,
Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit
It's when things seem worst that you must not quit.

Unknown

Thank you for your time and talent that you share with your residents and staff daily.

Blessings,
Christine Jennings
Author/Contributor

<http://www.recreativeresources.com/SpecialEventsandThemes.htm>
<http://www.theactivitydirectorsoffice.com/index.html>