



# The Rec-Room

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## Editor

Kimberly Grandal BA, CTRS,  
ACC/EDU  
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## Kim's Corner

I know that this is the most hectic time of year for you all-so let's keep it simple. Take a

moment to read, or re-read the article, Holiday Tips for Activity and Recreation Professionals. I've run this article before, but I feel it serves as a helpful reminder. There are also some great Winter Wonderland ideas provided by Christine Jennings that you may enjoy.

In addition, below is information regarding where to send cards to the US troops overseas. This is a great activity for the residents as well as for your family and will provide much joy and comfort to our brave heroes serving our country.

Please take some time to enjoy the holiday season. It's so important for you, your family/friends and the residents.

**HAPPY HOLIDAYS TO YOU ALL!**

## Holiday Tips for Activity Professionals and Recreation Therapists

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



This is a busy time of year for Activity Professionals and Recreation Professionals and I can emphasize with what you are probably going through right now and in the weeks to come. You all provide so much holiday cheer and quality of life. It is amazing how you continue to smile throughout the process of decorating the facility, wrapping large amounts of gifts, coordinating with dozens of community groups, while maintaining your regular workload and the ability to keep the festivity alive within yourself to share with your friends and family. It can be quite the challenge! So, please take a moment to enjoy the holiday season for yourself. Here are some tips to help you get through this hectic time of year.

- Maintain a daily list of things to do. Download a free things to do list at <http://www.recreativeresources.com/freeforms.htm>
- Avoid waiting until the last minute to buy and wrap resident gifts.
- Shop online (if possible) or ask volunteers to help.
- Utilize a gift giving tree.
- Ask churches, community groups, family members, etc, for donations.
- Take a trip to the dollar store if funds are really low.
- Buy wrapping paper after Christmas at clearance prices and wrap gifts as you buy them.
- Have a wrapping party with refreshments. Invite volunteer, staff, family members.
- Purchase holiday cards after Christmas at clearance prices and prepare

Life. Be in it! *Kim* ☺

### **Black Friday Special Offer**

Register for the Activity Resource Center for \$45.95 and receive a free [\*Breaking Down the Silos - An Interdisciplinary Approach to Quality of Life In-service\*](#), a value of \$25! **This offer ends December 4<sup>th</sup>.**

### **Holiday Mail For Heroes**

The following is the address to send mail to soldiers in Iraq and Afghanistan:

Holiday Mail for Heroes  
P.O. Box 5456  
Capitol Heights, MD 20791-5456.

If someone wants to be a pen pal, they should note it in the letter or card

Submitted by:  
Lisa Williams, Activity Director  
NJ Veterans Memorial Home at  
Vineland



### **Webinar Schedule**

The 2009 webinars have concluded but please remember that webinar inservices and private sessions are available all year long for your group or facility. Please contact [Kim](#) for details.

### **Documentation Seminar in New Jersey**

**Thursday, November 12, 2009**  
***Taking the Write Path: Recreation Documentation for Quality of Life***

Parker at Stonegate Assisted Living  
Highland Park, NJ  
8:30am-5:00pm

them in September.

- Plan the holiday parties way in advance to assure you have the best entertainers!
- Don't overbook community groups. It's ok to ask them to come in January or another time of year.
- Involve residents, volunteers, facility staff and family members in the tree trimming and decorating.
- Have decorating contests to elicit support such as a tree trimming contest, unit decorating contest, door decorating contest, etc.
- Delegate, delegate, delegate!
- Learn to say no. Practice now—say "NO" out loud. You can do it! Go ahead. Say it again.... "NO"! Great job! Remember, you don't have to do it all, go to every party, or help with everything. Yes, be a team player, but remember, you have limitations.
- Schedule one or two personal days during the holidays. It's a must to make shopping easier for you with less crowded stores. If you are a director, allow your staff to take a day or two off as well to avoid call outs.
- Try to avoid overtime hours if possible. I know, I said, TRY!
- Schedule major projects after the first of the year. It's just not that important to categorize the video collection right now.
- Do as much as you can earlier in the week so you are not as tired when the weekend comes. You don't have to have big parties on Fridays!
- Schedule one to one time with some residents. Listening to residents share their life always inspires me when I'm overwhelmed.
- Take some time for yourself at work. Close your office door (if you're lucky enough to have one), do some deep breathing, put your feet up, have lunch *away* from your desk, go for a walk outside, etc.
- Laugh it off! Visit <http://humormatters.com/holiday.htm> for some holiday humor. For some great holiday riddles visit <http://www.diskuspublishing.com/riddle.html>
- Do something for yourself (hot bath, massage, manicure, aromatherapy, etc.)
- Get adequate sleep!
- Walk around the facility at night time to enjoy the holiday lights and décor. Everything looks so different at night.
- To avoid having to cancel routine programs because of last minute community groups wanting to schedule, maintain a list of all community groups and contacts. Call *them* in advance next year instead of waiting for them to schedule with you at the last minute. You may download a free Community Groups Contact Form at <http://www.recreativeresources.com/freeforms.htm>.
- Make sure all recreation staff has completed mandatory education **BEFORE** the beginning of the holiday season.

Presented by Kimberly Grandal,  
CTRS, ACC/EDU  
NCCAP approved for 7 CE's (\$145)

Tired of taking the wrong documentation path? Well, join us for a fun all day documentation seminar that will help put you on the "write path"! This session is designed to provide an educational opportunity for Activity/Recreation Professionals and Creative Arts Therapists in long-term care facilities to learn and utilize documentation techniques, which will enhance the quality of life of the residents. This is an intense and comprehensive workshop that meets the documentation component of NCCAP's Track 5 for Activity Director Certified. Participants will engage in group exercises and fun games! Topics include: assessment, care planning (traditional and I care plans), RAPs, MDS 2.0 and MDS 3.0 update, progress notes, and attendance records)

**All participants receive downloadable documentation forms and tools.** Refreshments and lunch will be served.

**To learn more or to register for these seminars, click here**

### **November Raffle Winner**

Congratulations to **Teresa Cochran from Gastonia North Carolina.** Teresa is the lucky winner of a one-year free membership to the [Activity Resource Center](#) a \$45.95 value. Congratulations Teresa!

### **December Gift**

There will be no raffle this month- instead I attached a free December Word Puzzle to the email. Be sure to download it.

### **Products, Services & Info.**

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

- You don't have to reinvent the wheel. Go ahead and utilize resources that are available to you. Join the Activity Resource Center at <http://www.recreativeresources.com/resourcecenter.htm>.
- If you waited too long to prepare this year, take a deep breath and take it one day at a time, but next time remember to start preparing in September.

I truly hope that you all get a chance to enjoy the holiday season and take some time for yourself. Happy Holidays to you, your friends and family and your residents!

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## Winter Wonderland

By [Christine Jennings](#)

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



**Learn & Listen** – What do you think of when you think of winter wonderland? Listen to your residents to see how creative they can get on what they think a winter wonderland is like. Discuss songs, movies or books relating to the theme.

**Game** – Name all things relating to a winter wonderland. Example: penguins, snowmen,

icicles, snowballs, snowflakes. See how many the residents can get.

**Food** – Make Snowball cakes. Cup cake iced with white icing and covered in coconut are easy snowballs to make. You can also use the Mexican Wedding cookie recipe as a snowball, except leave out the nuts.

OR

Build snowmen with marshmallows and cut small pieces of black string liquorish to use for the eyes, and mouth. Red string liquorish to use for the nose, a thin slice of any flavor roll up candy to use as a scarf and a chocolate kisses as a hat. Pretzels for the arms and afterwards the residents can eat it since it is all ate able. Make enough to serve at the Winter Wonderland social.

**Exercise** – Practice having a snowball fight to stretch the arms and move their legs. Purchase the small Nerf balls for them to throw at each other just like in a snowball fight.

**Craft** – Get creative by cutting out snowflakes with white paper and scissors. You can even have them make a paper snowflake chain to hang in their windows.

**Game** – Cut out white snowflakes two at a time so two will be exactly alike. Cut them out of paper, poster board or felt. Make at least ten sets of snowflakes making sure they the sets are slightly different from the others. Now on the back side of the sets make sure to mark which two are alike. Mix up the snowflakes with the secret mark on the down side. Ask residents to pick out the two snowflakes that are exactly alike.

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 (cool ideas)

\*News and Announcements

\* Who's Who

### Contact Kimberly Grandal

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\*Visit our website

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

Social – Invite all residents and staff to celebrate a Winter Wonderland. Serve Hot Cocoa, hot tea, decaf-coffee or apple cider, Snowball cakes or cookies, crackers with white cream cheese spread or white crackers with white cheese dip. Have someone sing or lead the group to sing:

- Winter Wonderland
- White Christmas
- Frosty the Snowman
- Let it Snow

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

Do you enjoy these free activity themes? Please take a moment to share your comments with [Christine](#).



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