



# The Rec-Room

Published Monthly By  
Re-Creative Resources, Inc.

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

## Editor

Kimberly Grandal BA, CTRS,  
ACC/EDU  
Executive Director

## Inside This Issue

- \*TruTV Seeks an AD!
- MDS 3.0 News
- \*Raffle Winners
- \*Olympic Theme Activities
- \*TR Internship Request



## Kim's Corner

I just couldn't wait to get the February issue of the Rec-Room out to you. I am bursting with

excitement! The raffle winners are announced and I also just learned that Tru TV is casting an AD for their new show. I think this is such great news-especially during NAPW!

In terms of the casting call, please don't let this opportunity to go by. I'd hate for them to decide not to cast an AD due to lack of interest. So, please consider it! This is a great way to promote our profession!

The MDS 3.0 will be here before you know it. CMS recommends you wait to train staff however, it's important to start familiarizing yourself with it. Check out my article and news.

Lastly, the annual Raffle Extravaganza in honor of NAPW was a huge success! Check out the winners below! Until next time...

Life. Be in it! *Kim* ☺

## Tru TV Seeks an Activity Director for Reality Show

My name is Heather Teta and I'm the Casting Director for Tru TV's exiting new show, *All Worked Up*. *All Worked Up* is a new documentary-style reality show profiling the work lives of people in unique careers...the ultimate professionals who manage to keep cool as cucumbers no matter what stress or "drama" comes their way on the job. We're filming with a wide variety of businesses and careers across the country but my goal is to find a dynamic **Activity Director** to take part in this exciting new series and show us what it takes to stay cool under pressure while handling the stress of organizing and executing events of all sizes, managing quirky personalities and trying to keep everyone happy and satisfied on a daily basis! We've filmed with really intense careers in the past, including Repo, Towing and Impound and even Security...and we think that profiling a fabulous Activity Director would be a fun way to lighten up the feel of the show while also showing a different kind of "drama." We know that Activity Directors must interact with tons of fun characters and plenty of funny/dramatic stories to share - anyone who has ever planned a party or event knows how stressful it can be (especially when Murphy's Law comes into play)...I can only imagine all the drama that goes into planning activities full time on a professional level!

Our goal is to show our featured Activity Director in a positive light, to profile the Business or Community Center (a little free publicity never hurt anyone, right?) and highlight the professionalism of the staff but to also make our viewers aware of how stressful it can be when you're in charge of entertaining and servicing a large group of people...especially when you're working on more than one activity at one time! The characters we highlight on *All Worked Up* are always the "good guys" so we want to film the staff diffusing road blocks and problem solving in a professional way. If you feel like your Activity/Community Center is made-for-TV (or if you have any recommendations of Centers I should reach out to), I'd love to hear from you!!

## **Raffle Extravaganza Winners**

This was a fantastic raffle with over \$3000 worth of prizes given away. I'd like to give a big round of applause to all of the raffle donors. Thank you so much for your generosity and support with the Activity profession! Without you, there would be no raffle extravaganza!

## **Finally, the moment you have been waiting for! The winners are as follows:**

Renewing Your Spirit Guided Imagery CD for Activity Professionals from [Nurturing Nuggets](#)  
Winner: *Patrice Melton*, Missouri

Three-year membership to the Activity Resource Center from [Re-Creative Resources, Inc.](#)  
Winner: *Beth Vait*, Minnesota  
Winner: *Patricia Scott*, NJ

Tote Bag from [www.activitystuff.com](#)  
Winner: *Joanne Franklin*, NJ

"Understanding Behavioral Symptoms: Whose Problem is it?" Independent Study Course from [DH Special Services](#)  
Winner: *Melanie Anderson*, Penn

Chair exercise DVDs by [FitXpress, LLC](#)  
Winner: *Linda Bergeron*, Maine  
Winner: *Kris Reese*, Missouri

One Year subscription to the [Activity Director Today E-Magazine](#)  
Winner: *Tammy Tupper*, Canada  
Winner: *Cathy Reid*, Pennsylvania  
Winner: *Joy Wellner*, Minnesota

Six month subscription to [ProActivity Reports](#)  
Winner: *Amy Bensette*, Canada

Home study course from [Danny Pettry's Continuing Education Program](#)  
Winner: *Sandra Miller*, Maryland

Magnetic Puzzles by [Ripple Designs](#)

Please feel free to contact me with questions or if you'd like to discuss the show in more detail!

Best Regards,  
Heather Teta  
Casting Director  
646-747-7952  
[Heather.Teta@rdfusa.com](mailto:Heather.Teta@rdfusa.com)

---

## **MDS 3.0 RAI User Manual and Webcast News**

The MDS 3.0 RAI user manual is now available for download at [www.cms.hhs.gov/NursingHomeQualityInits/25\\_NHQIMDS30.asp](http://www.cms.hhs.gov/NursingHomeQualityInits/25_NHQIMDS30.asp). Follow the link, scroll down the page and click on MDS 3.0 RAI Manual Jan 2010 to download the entire manual. The section for Customary Routine and Activities is called section F and is located in the Chapter 3 file folder. The section which refers to Recreation Therapy can be found in section O, Special Treatments and Procedures. You can also download sections F and O at [www.recreativeresources.com/MDS3.0.htm](http://www.recreativeresources.com/MDS3.0.htm)

CMS provided a webcast, entitled, MDS 3.0: Part 1 – An Introduction, on December 17, 2009. [Click here to view this archived webcast for free](#)

This webcast was the first of a three part series focused on providing information about the MDS 3.0. The other webcasts in the series include:

2nd Part: Coding the MDS 3.0 (late spring/early summer, 2010)  
3rd Part: CMS Programs impacted by the MDS 3.0 (summer, 2010)

---

## **Winter Olympics Theme Activities**

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

The Winter Olympics are being held this year between Feb 12 – 28, 2010 in Vancouver, Canada so let's celebrate the event and cheer on our teams.

Learn & Listen – Read about the Winter Olympic Games on [Wikipedia.org](http://Wikipedia.org) to discuss with the residents. Suggested questions to ask residents:

- Has anyone attended the games in the past and where?
- Has anyone participated in any sport that is featured in the Winter Olympic such as cross-country skiing, ice hockey, figure skating?

Winner: *Tamala Crowell*, Kentucky

15 minute laser coaching session from [Ripple Coaching and Consulting](#)

Winner: *Joetta Knapp*, Penn

Novelty yarns from [Caring Crafts](#)

Winner: *Beverly Huntsman*, Texas

Songs From Around the World Sing Along Video from [Melody Lane](#)

Winner: *Stephen Rubin*, Conn

Butterfly Painting Kit from [Changing Images Art Foundation, Inc.](#)

Winner: *Linda Bunker*, NJ

Free registration to the NCCAP Symposium from the [National Certification Council for Activity Professionals](#)

Winner: *Linda Redhead*, NY

Natural Wonders Calendar from [Diana Proem Photography](#)

Winner: *Barbara Parker*, Florida

One year membership to [NAAP](#)

Winner: *Lynda Griffin*, California

[NAAP](#) Beach Towel

Winner: *Ethel Stafford*, Maine

#### **GRAND PRIZE WINNERS:**

MEPAP 2ND Edition Home Study Course from [Long-Term Care Support Services](#)

Winner: *Linda Holmes*, S. Dakota

MEPAP 2ND Edition Independent Study or Classroom Course (NJ) Part 1 or 2 from [DH Special Services](#)

Winner: *Gail Daniel*, Indiana

#### **TR Internship Location Needed in NJ**

I am a student at Kean University, and I am looking to complete my internship in Therapeutic Recreation, in South Jersey. If you are a CTRS interested in providing my internship, please email me at [lee23n46@yahoo.com](mailto:lee23n46@yahoo.com)

Thank you! Lisa Ferrara

- How many like to watch the Winter Olympic Games?
- Which sport is their favorite?

Game – Play some air hockey or create your own version of ice hockey to let the residents participate in.

Food – Let residents make hot chocolate and marshmallows to celebrate the winter sports.

Exercise – During your exercise activity play some Olympic inspired music such as: Olympic Hymn, Chariots of Fire and other inspirational songs to encourage the residents to rev up their exercise today.

Craft – Make International flags with construction paper, or gold medals. They can wave the flags for their team while watching the games and the gold medals can given to the winner of the trivia game or scavenger hunt.

Game – Try an Olympic history trivia game creating your questions from information found on Wikipedia OR set up a scavenger hunt to find Olympic Gold (candy wrapped in gold foil).

Movie – Suggested movies:

- Chariots of Fire (most famous movie about running)
- The Cutting Edge (a romantic comedy about figure skating pair)
- Cool Runnings (funny movie about the Jamaican Bobsled Team)
- Miracle (about a US Hockey Team)

For more great February 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](#).

## PLEASE VISIT THE RAFFLE DONORS

CARING CRAFTS

*Simple, yet elegant crafts  
to empower abilities & to  
empower creativity*

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



Enriching the lives of people in  
institutional settings  
by bringing color and comfort  
through supervised interactive  
art activities

[www.changingimages.org](http://www.changingimages.org)

#### **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  
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**

### **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)

Promotional Products for  
Activity Professionals



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

Recreational  
Therapist

Take a  
Course  
Today

Click Here Now



**DHS SPECIAL SERVICES**

**MEPAP 2<sup>nd</sup> Edition &  
Continuing Education  
Homestudy Courses for  
Activity Professionals**

**NCCAP Approved!**

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

*Diana Proemin  
Photography*



[www.dpphoto.net](http://www.dpphoto.net)

**Exercise videos for  
active older adults**



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

**Long-Term Care  
Support Services**

NCCAP approved  
MEPAP 2<sup>nd</sup> Edition and  
Continuing Education  
Courses

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

*"Start at your time and work at  
your own pace"*



**RE-CREATIVE RESOURCES INC.  
ACTIVITY RESOURCE CENTER**  
Resources for Activity/Recreation Directors  
[www.recreativeresources.com](http://www.recreativeresources.com) **JOIN TODAY!**

\*Activity Swap Meet (cool ideas)

\*News and Announcements

\* Who's Who

**Contact Kimberly Grandal**

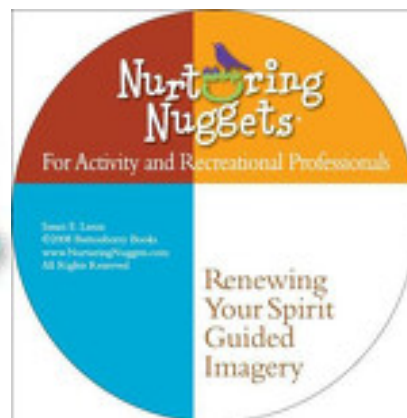
\*Phone: 732-340-1210

\*Email:

[kimgrandal@aol.com](mailto:kimgrandal@aol.com)

\*Visit our website

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



Aimee Montgomery Wilson,  
CTRS, ACC  
Coach/Consultant



Business, transition and  
leadership coaching

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

[amwilson@ripplecc.com](mailto:amwilson@ripplecc.com)

★★★★★  
ENDORSED BY  
CREATIVE FORECASTING

**Melody Lane Sing Along!**

"Live"  
performances by  
Georgina Rae **#1 Choice**  
of **1,500**  
Activity Directors

- On-Screen Lyrics
- Each Volume 45-55 minutes
- Large Print Songbooks via Email-FREE!
- Suitable for High & Low Functioning
- British Isles DVD's feature Slide Show
- Updated Songs! (Royalty Rights Paid)

**Also Available through NASCO**

...more titles  
coming  
in 2008

Videoclips, Songlists & Order Info:  
[www.melodylane.ca](http://www.melodylane.ca)



### ProActivity Reports

ProActivity Reports, activity computer software, helps you manage your Activity Department more professionally.

For more information, visit [www.maturesolutions.com](http://www.maturesolutions.com).

Mention Re-Creative Resources when you purchase the ProActivity software and you'll get an additional two weeks free! (A \$25.00 value!)



Ripple Designs



Re-Creative Resources on Face Book



Re-Creative Resources on You Tube



Re-Creative Resources on Blogger



Re-Creative Resources on E-zine Articles



Kimberly Grandal on Linked In