



The Rec-Room

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Editor

Kimberly Grandal BA, CTRS,
ACC/EDU
Executive Director

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Kim's Corner

I hope that everyone has been enjoying the summer thus far. School is out and I am finding myself

spending more time with my girls, enjoying them while they are still young and actually like being with their mom! I've gotten many emails asking about the webinars so I have decided to offer a few in the summer. If you are interested in something particular and have a few people that would like to attend, I can certainly provide private sessions for your group as well-even if it's a small group. So if the times and topics are not what you are looking for, let me know. I'm also spending the summer working on new webinar material, so keep your eyes open for new topics in

The July 2011 STARS Winner

Kathleen "Mimi" Taylor



The July Re-Creative Resources Inc. STARS winner is Ms. Kathleen Taylor. Kathleen, otherwise known as Mimi, is the Activity Director at Good Shepherd Nursing and Rehabilitation Center in Jaffery, New Hampshire. Last year Mimi won the New Hampshire Healthcare Association's Star Award for her work with the elders in Seniors Aid NH. Seniors Aide NH is a group of elders in assisted living and long term care that work to raise money for NH Food Banks and creates awareness in legislature that directly affects the

elderly. She currently works with her company's home office on a

committee to change the entire view and process of care planning to reflect resident centered care and she is also on a committee to identify and enhance residents' spirituality in more than just faith-based ways.

Mimi has also provided articles for the Re-Creative Resources' Activity Swap Meet Blog and proves to

organize and facilitate creative and unique programming!



The STARS Award (Superior Therapeutic Activity and Recreation Services) features outstanding Activity and Recreation professionals and practitioners. Recipients of the STARS Award will receive a certificate and a mention in the Rec-Room and an induction into the Hall of STARS on the Re-Creative Resources Inc website. If you know of anyone that should be featured, *please let me know!* Are the STARS out tonight in your facility? *Learn more about the STARS Award.*

the fall. Enjoy the summer and don't forget the sunscreen!

HAPPY THERAPEUTIC RECREATION WEEK!

Activities: Life: Enhanced

Kim ☺

Current Webinar Schedule



The July and August webinar schedule is out. PRIVATE GROUP SESSIONS ARE AVAILABLE FOR YOUR ORGANIZATION OR FACILITY AS WELL. [LEARN MORE](#)

Thursday, July 14, 2011

Becoming the King of the Jungle: Increasing Professionalism for the Activity and Recreation Professional (NEW)

10:00 a.m. to 11:30 a.m. EST

3.5 CE's

[Learn more/register](#)

Thursday, July 21, 2011

Care Area Assessments: The Process and How it Applies to Activities

10:00 a.m. to 11:30 a.m. EST

2 CE's

[Learn more/register](#)

Tuesday, July 26, 2011

How to Manage Difficult Employees

8:00 p.m. to 9:30 p.m. EST

3 CE's

[Learn more/register](#)

Wednesday, August 3, 2011

Sensory Stimulation: Tips and Techniques for a Sensational Sensory Program

GINGER'S CREATIVE COSTUMES AND ACTIVITIES: BUTTERFLY DAY

By Ginger Bonner

There is a story about a little boy who watched a butterfly struggle to break out of its cocoon. Not wanting the little creature to suffer, he took a pair of scissors and helped him out by cutting the cocoon. The problem was that in trying to be kind, he actually handicapped the butterfly and it crawled around the rest of its life instead of flying. Things happen for a reason and sometimes in life, we have to struggle but remember that everything will be all right if we just "Let it be". This is the message behind butterfly day. I love my theme days to have a message, especially when I can play the guitar and sing it to them! Let it Be is one of the few songs I can play!



Since my beautiful butterfly wings you can see in the picture are yellow, I have signs all over a week ahead of time for people to wear yellow. It gives a nice uniformity to the day and togetherness between the residents when a lot of people wear the same color and I blow up a lot of balloons. Most of the residents love having a balloon tied to their walker and the whole facility is cheery on a day like this! Of course, any color is fine. It is your day, have fun with it. Since butterflies come in many colors, one year, I chose two or three colors for everyone to wear. It is up to you.

This is a link to one site where you can find some fun facts about butterflies. www.thebutterflysite.com/facts.shtml. I prefer sites like this compared to the encyclopedia site. It is easy to look at the paper and teach the residents the information and sound like you're a genius! The trivia is simply listed. Some sites are too wordy to do this so I search the internet by writing in the subject and "fun facts" next to it and usually come up with some interesting tidbits on whatever my subject of the day is.

I love the "incredible edible" on butterfly day as shown in the picture. Pretzels are used for the wings and cream cheese or peanut butter is used as the glue. In the past, I have used those little chocolate piece for the eyes, a thick pretzel stick for the body and an almond for the antennas. It is fun to be creative. You never know what you may find in the candy aisle at the supermarket. Pay attention to the shapes. I have

10:00 a.m. to 11:30 a.m. EST
3 CE's

[Learn more/register](#)

Thursday, August 11, 2011

Person Centered Activities: For the Good of the Individual

10:00 a.m. to 11:30 a.m. EST
2 CE's

[Learn more/register](#)

Thursday, August 18, 2011

Becoming the King of the Jungle: Increasing Professionalism for the Activity and Recreation Professional
NEW

8 p.m. to 9:30 p.m. EST
3.5 CE's

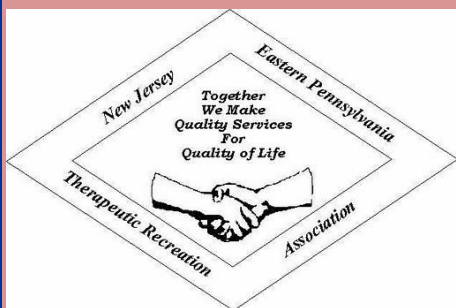
[Learn more/register](#)

NO WEB CAM NEEDED , EASY TO ACCESS, LIVE, INTERACTIVE AFFORDABLE, NCCAP-APPROVED

ATRA and NCTRC Announce CEU Pre-approval Program

The American Therapeutic Recreation Association (ATRA) and the National Council for Therapeutic Recreation Certification (NCTRC) have recently announced the formation of a joint committee to establish a CEU Pre-approval Program. Representatives from both organizations have been working to complete a draft pre-approval process. A pilot project to test this process will be held at the 2011 ATRA Annual Conference in September. [Learn More.](#)

NJ/EPA TRA Fall Conference Call For Papers "PaRTnering for Progress"



Do you have knowledge to share? Consider earning CEUs while

come up with very interesting "incredible edibles" through the years. I am sure you can, too.

On butterfly day, you can play stretch-a-word. Write it on the board, and the residents can come up with smaller words within the word. You can also find a video of the butterfly emerging from the cocoon. This year, during "Butterfly Bingo" I gave out little pins shaped like butterflies I found at the dollar store. My eye is always open for special prizes to give out on my theme days during bingo. Butterfly Day is truly a way to make an ordinary day extraordinary and a reminder that sometimes we have to struggle, but everything will be okay!" Lastly, some people believe that when you see a butterfly, it is a sign that someone special is watching over you. I believe that, too. Happy Butterfly Day!



See more creative costumes by Ginger at

<http://www.recreativeresources.com/Gingers-Creative-Costumes.htm>

Healthy Nutrition = Immediate Physical Effects

By Nikki Carrion, MA

FitXpress LLC

Take a look at what recent research studies say about the rather immediate effects of *healthy nutrition* on the body:

After 15 minutes: Your internal chemistry is most active first thing in the morning so breakfast is critical. If it consists of whole grains, lean protein (e.g. egg whites) and fresh fruit you are energized...physically & mentally after just one meal.

After 3 hours: Your artery linings begin to expand more and to increase the flow of blood to your body's tissues and organs.

After 6 hours: The HDL (good cholesterol) in your blood perks up and begins to unload LDLs (bad cholesterol) from your blood stream. Think of LDLs as delivery trucks...making deposits of cholesterol, while HDLs are like garbage trucks that serve to pick up those LDLs and deliver them to your liver to be broken down.

After 12 hours: Your body begins to BURN FAT because you have eliminated sugar! As long as sugars are coming in...you're liver has to

presenting at the 14th Annual NJ/EPA TRA Fall Conference, "PaRTnering in Progress" held on Monday and Tuesday, November 14 & 15, 2011! We are looking for presenters (both old and new) on a variety of topics. Presenters or co-presenters from complimentary and collaborative disciplines are welcome.

Not sure what to present on? Consider the following suggestions:

- How do we pool our knowledge and share our professional resources on a local and national level? (professional associations, within local TR programs, with Legislators)
- What are the tools of our trade which continue to push our progress into the future (APIE, Standards of Practice, documentation)?
- How do we collaborate with clients, peers, and supervisors, and other disciplines?
- How are we working with and within the community?

Think creatively...these suggestions are only the beginning. Put your own spin on our theme: 'PaRTnering in Progress'. Contact Heather Burket at hkaten@gmail.com or Susanne Lesnik-Emas at slesnik@temple.edu with questions or to discuss a presentation idea.

Please submit the proposal information requested in the attached call for papers to Dr. Susanne Lesnik-Emas at slesnik@temple.edu by Saturday, July 30, 2011.

NJEPA TRA is now on Facebook [CLICK HERE](#)

Activity Resource Center



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work incessantly to break it down. Note: Fat will hang around as long as your body is busy breaking down sugar. Sugar always comes first so it actually puts a *lock down* on fat metabolism.

After 16 hours: Your body wants to be a healthy weight, so if you're carrying around a few extra pounds...your liver will begin the process needed to shed unwanted weight. As a bonus, you're very likely to get a restful night's sleep too.

After 24 hours: If you were carrying a few extra pounds around...you've probably already dropped 1-2 as your body has started the process of eliminating excess water and toxins from your system.

After 3 days: As you continue your journey, losing weight if needed, your numbers (e.g. blood pressure, cholesterol, blood sugar) also begin to travel in a healthy direction.

After 1 week: Your bowels are likely to be in better working order, your cholesterol panel is likely to have significantly improved already. If you have a goal of weight loss you can expect and your weight can be up to 5 pounds down.

After 2 weeks: If you have been diagnosed with hypertension, you can expect to have healthy drops by now. If you were carrying extra weight, depending on how much, your body is likely to have dropped up to 10 pounds.

After 1 month: By now your LDLs have fallen up to 30% - a drop similar to what is seen using cholesterol-lowering drugs, and your liver is not having to filter junk from your blood stream as you are no longer eating and/or craving *junk!*

After 6 weeks: Your blood cholesterol and triglyceride levels are substantially improved and, if needed, you have lost a substantial amount of weight; up to 20 pounds).

After 12 weeks: By this time your numbers (e.g. cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin) will have begun to, if not

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Contact Kimberly Grandal

*Phone: 732-340-1210

*Email:
kimgrandal@aol.com

*Visit our website
www.recreativeresources.com

completely, normalized.

After 6 months: You feel great by now...healthier than ever! "Why?" You're consuming, and retaining, the vitamins and minerals essential for your body to operate at an optimal level. You've reduced your sugar intake over this period, and insulin production has normalized. Your energy levels have increased dramatically as you are now completed the detoxification process. You're probably a healthy weigh by now, and your goal is to be a *conscious eater* and to maintain good health moving forward by making healthy lifestyle choices each-and-every day.

Along with the idea of detoxification comes a cleansed palate. The result of a clean palate is reduction in those cravings you used to have for sweets and junk food. You may be surprised that you don't even miss them! If, on the other hand, you do...these types of foods can now be reintroduced in moderation. The key is moderation and to monitor your numbers.

Source: Dr. Mike Moreno

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