



The Rec-Room

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Inside This Issue

- *Kim's Corner
- *Therapeutic Recreation Week
- *STARS Winner
- *Rosie the Riveter Day
- *Blueberry Day
- *Webinars
- *NJEPTRA News
- * Nursing Home Week: Feeling Upside Down
- *Singing Exercise
- *Summer Sale



Kim's Corner

I recently returned from the NCCAP Symposium in Kentucky. I have to say that it was truly an inspiring

an educational experience. I really learned a lot and enjoyed networking with professionals across the country and even met our new friends from Bermuda! I also had a blast traveling with my colleagues from the Medicenter in south Jersey!

In addition, the Activity Professionals of New Jersey were taken by surprise when NJAPA (the NJ Activity Professionals Association) was

National Therapeutic Recreation Week

By Kimberly Grandal, CTRS, ACC/EDU

The National Therapeutic Recreation Society established National Therapeutic Recreation Week in 1984. This special week has been celebrated during the second week of July annually since then. This year's week is July 10-16, 2011 and the theme is **Restoring Function: Recreating Lives**. As many of you know, NTRS was disbanded, therefore ATRA has recently resumed responsibility of National Therapeutic Recreation Week. Be sure to check out the [ATRA website](#) for promotional items. They have free promotional items as well as items for only a dollar.

To help you celebrate National Therapeutic Recreation Week, you can find fantastic ideas and resources on the Re-Creative Resources Inc. website such as free downloads, gifts and resources, articles and videos, inspiration and education, promotional items and ideas, and much more.

For great ideas, [click here!](#) If you have any ideas that you would like to share please contact [Kim Grandal](#).

FOCUS ON THE PURPOSE OF TR, NOT JUST CELEBRATING THE WEEK. MARKET, ADVOCATE, EDUCATE! AND DON'T FORGET TO HAVE SOME FUN TOO!

Blueberry Day

By Christine Jennings

Blueberry picking – Check pickyourown.org website to see if there is a blueberry picking farm near you. This site will give what each farm offers, days and time available to public and directions to location. If you cannot take the residents to a farm, then how about a Farmers Market or to the fresh produce stand to let them pick out a small container of blueberries for them to use in their cooking class. If none of these are options for your residents, then how about letting them help plant a blueberry bush



presented with the 2011 NCCAP State Association of the Year Award! Thank you NCCAP for this prestigious award and congratulations to the dedicated NJAPA members! Below is a picture of NJ Activity Professionals at the NCCAP Symposium! What an honor!



You can see many more pictures and video clips of the symposium on the [NCCAP Group page on FB](#).

I also invite you to [download the handout from my session from the NCCAP Symposium on how to make digital movies](#) using Windows Movie Maker.

Happy June!

Activities: Life: Enhanced

Kim ☺

Current Webinar Schedule

The current webinar schedule will be out soon. All sessions are NCCAP approved! PRIVATE GROUP SESSIONS ARE AVAILABLE FOR YOUR ORGANIZATION OR FACILITY. [LEARN MORE](#)



in the courtyard or somewhere next to a window so the residents can watch it grow. It may take a couple of years for it to produce, but in years to come you can share the fruit of this year's labor with them or future residents.

Cooking – There are a list of ideas the residents can make with blueberries:

- Blueberry pie, muffins, cake
- Blueberry mixed with yogurt
- Plain blueberries with cool whip

Game – Name That Blue – Play like name that tune, except use songs that have the word blue, blueberry or berry in the title. Suggestion for songs to use, but see what you can find too:

- Blueberry Hill by Fats Domino in 1956 (earlier version are listed on Wikipedia)
- Blue Suede Shoes first recorded by Carl Perkins in 1955, by Elvis Presley in 1956
- Blue Velvet by Tony Bennett in 1951
- True Blue by Madonna in 1986 (they may not know this one)
- Forever in Blue Jeans by Neil Diamond in 1979
- Blue Eyes Crying in the Rain by Roy Acuff in 1945
- Memphis Blues by W.C. Handy in 1912
- Crazy Blues by Mamie Smith in 1920 (ref: redjotjazz.com under Mamie)
- I Guess That's Why They Call It The Blues by Elton John in 1983

For over 100 fantastic themed-activity ideas compiled by Christine, visit <http://www.recreativeresources.com/ChristinesTheme-Activities.htm>

The June 2011 STARS Winner

Nancy Newman and Kelley Smith



The June, 2011 Re-Creative Resources Inc. STARS winners are the dynamic duo of Activity Director, Nancy Newman (pictured far left) and Assistant, Kelley Smith (pictured below with a resident). These spectacular activity professionals work at the Sterling Healthcare and Rehabilitation Center in Media, PA. Gloria Hoffner, ADC works at the center

providing music and the [Science for Seniors](#) program. Here's what Gloria has to say about Nancy and Kelley.

Every activity director wants to create engaging and entertaining programs that meet the interest levels of residents. To this end, there are musical programs, carnivals, educational, etc. The Great Ticket Turn-In brings together residents who enjoy different program events - such as the men who gather for poker games and the ladies who knit in the hallway near the sun room - into a combined facility wide day of fun!

**NO WEB CAM NEEDED
EASY TO ACCESS
LIVE – INTERACTIVE
AFFORDABLE**

Spectacular Summer Sale

The memorial Day Sale was such a huge success that I have decided to extend the sale until July 8th. There is a large variety of items being offered at 50% off! See what's on sale and take advantage of this amazing opportunity! [CHECK IT OUT!](#)

Feeling Upside Down after National Nursing Home Week

By Brenda McGatha, CTRS
Activity Director
Kansas City Presbyterian Manor
Kansas City, Kansas

One of the girls thought she would surprise me with a t-shirt. She didn't notice until it was finished that the writing was upside down. I thought it was great though and very suiting! Monday was Senior Idol's Got Talent, Tuesday- Beach Party. Wednesday- Country Western Day, Thursday-50's Sock Hop, Friday-Carnival. The residents loved it. Thank goodness each department was in charge of various events!



Brenda's shirt reads:
National Homes for the Aging, 2011

Singing Exercise

By Emma Lejeune
Activity Director
Golden Age of Welsh
Louisiana

Here at Golden Age of Welsh, on Fridays we have singing exercise. We sing as we do the exercises, for breathing instead of counting.

Throughout the year residents receive tickets when they participate in programs at Sterling. These tickets may be redeemed weekly for snacks, toiletries, etc. AND can be used for the Great Ticket Turn-In.

Nancy Newman selects a date for the event and posts it on the calendar. Residents then have two weeks to turn in all their tickets to Kelley. Kelley counts the tickets and makes a master list of



residents and their number of tickets - this list is a secret until the day of the Great Ticket Turn-In. On that day, Sterling's dining room becomes a Game Show Stage! Kelley - dressed in formal wear and a blond wig - is the Vanna White of Sterling. As residents "OH" and "AHH" a collection of goodies are modeled in Carol Merrill style by Kelley. The special prizes, gathered by Nancy and her staff who watch local store sales for bargains, range from purses to costume jewelry, perfume and aftershave to hats and men's wear to handmade afghans. Residents wait in anticipation as Kelley then announces the resident with the most tickets - last time the winner had 1,662 tickets! The winner is then invited to "Come on Down!" They may select ANY gift All residents in attendance are given an opportunity to choose a gift as well. The Great Ticket Turn-In has become a resident favorite. [READ MORE ABOUT THE GREAT TICKET TURN-IN.](#)

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.](#)

GINGER'S CREATIVE COSTUMES AND ACTIVITIES: ROSIE THE RIVETER

By **Ginger Bonner**

A few years ago, the theme for "National Assisted Living Week" was "Traditions of the Heart" and I decided to portray that by dedicating each day of the week to a different era. Needless to say, I worked very hard that week. One day I was a flapper for the 20's, sock hop costume for the 50's, hippy for the 60's and a disco queen for the 70's. I found my old clothes in the attic at my Moms house! Well, the week was coming together, but I was having a very difficult time coming up with something appropriate for the 1930's or 40's. I was stumped. So I went to my residents and asked them what they were doing during the 1940s. Most were young housewives but then someone mentioned that she worked as a welder while the men were at war and that's when it hit me!

Residents love it because they know the songs, such as Jesus Loves Me, Oh Susana, Twinkle Little Star, I've Been Working on the Railroad and so on. Then we have Bible Reading and Remember When. Did they make their own soap? Did they have electricity? How did they get around, etc. The residents really look forward to the Friday activities!

KNOW YOUR RIGHTS BINGO

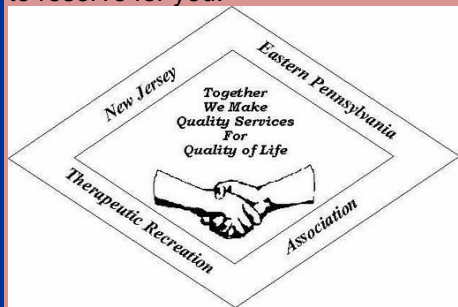


Learn about Residents' Rights the fun way! Microsoft Word and PowerPoint versions available.

	K	N	O	W
7	15	27	37	
No mental abuse	Know services	Free time	Room changes	
2	18	30	45	
Needs and preferences	Right to resident's personal health	Participate in discharge	Personal property	
1	16	28	38	
Personal choices	Know charges	Relief work	Activities	
5	13	32	47	
Resident Council	Privacy	Friends and relatives	Facility emergency exercises	

NJ/EPA TRA Social/Fundraiser

Come support NJ/EPA TRA at a Trenton Thunder Fundraiser Night to watch the Trenton Thunder take on the Reading Phillies on July 17th at 1:05pm. Special rate of \$10 per ticket! Come join us for this family friendly fundraising social! For more information please contact Marlene Rivera at Marlene.ctr@gmail.com or (267) 506-4744. If you are interested in buying tickets but do not have the registration form and money in the mail by Tuesday 6/14, just e-mail Marlene and tell her how many tickets to reserve for you.



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

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- *Free Job Post
- *Activity and TR Resources
- *Guest Book (Please say hi!)

Some of my girlfriends belong to a motorcycle club. They are a group of strong women doing charity work all year round. The Cycle Sisters use "Rosie the Riveter" as one of their logos and I had just seen it on a flyer for an upcoming charity comedy show benefitting Leukemia Society and Suicide Prevention. That's when I put two and two together and Rosie the Riveter Day began to be formed.



I thought the costume was going to be my challenge, but it turned out all I needed was a denim shirt with some round buttons. I wore short jeans and work boots and a flashlight hanging from my belt. That left her iconic symbol trademarks, her hair and the red and white bandana. I started doing research. I found a wonderful website and after a few phone calls, Ethel the Riveter, my resident, and I became special guests on their site "Women's Memoirs" run by Kendra Bonnett found [here](#).

Kendra interviewed Ethel and myself from my office telephone and she felt like a star, especially when I printed it out and had her sign copies for other residents. It was a superb day. I can't find the exact [video](#) I used for creating my hair but if I did it again, I would use this video to create the look of Rosie on myself. It took me an hour to do my hair with all the bobby pins, but I did it. I dressed up all the residents in Rosie bandanas. I cut out strips from fabric I bought at the art store but they have beautiful commemorative bandanas on Kendra's site.

The whole day was full of information about life in the 40's and how hard some women had to work and we thanked Ethel for doing something so patriotic to really help our country. It was nice to see her so proud. Although we were celebrating Rosie and learned the history of these women, the day was really about Ethel. She is even on a you tube video dedicated to Rosies and at the end it features her as the oldest living Rosie. I can't find it but just again, take a second to look at who your residents are. Everybody has something to offer!

See more creative costumes by Ginger at <http://www.recreativeresources.com/Gingers-Creative-Costumes.htm>

Social Networking

Check us out around the web and join us for networking, news, resources!



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[Re-Creative Resources on You Tube](#)

[*Activity Resource Center](#)
[*Re-Creative Resources' Blog](#)
[*The Rec-Quest \(Q&A Forum\)](#)
[*Activity Swap Meet \(cool ideas\)](#)
[*News and Announcements](#)
[* Who's Who](#)

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