



# The Rec-Room

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## Kim's Corner

Happy summer  
RecRoom subscribers!  
It's been awhile since

the last RecRoom and now I have so much to report! First off, I had a spectacular time at the NCCAP Symposium. I met some great folks and presented on how to create fantastic PowerPoint presentations. Feel free to download an excerpt from my presentation called, PowerPoint 2007 Cheat Sheet. You will learn how to add images, music, animation, graphs and more to your PowerPoint presentations! You'll find this great download on my [management](#) page.

## Advocacy for the Activity/Recreation Professional Advocacy for Quality of Life

Kimberly Grandal, CTRS, ACC/EDU  
Revised June 27, 2010



When asked by blogger Jonathan Rosenfeld Of  
Nursing Homes Abuse Blog,

<http://tinyurl.com/activityconsultantinsight> to

discuss negative trends in long-term care, I made the following  
statement:

*"I see more and more facilities adopting the culture change movement, which in theory is a wonderful approach to care. With this trend however, I also hear more and more stories that certified and qualified Activity Professionals and Recreational Therapists are being replaced by the "universal worker". Often times you'll see more domestic type activities in these culture change homes, which is fine for some residents, but not for all-I fear that we will abolish the field of therapeutic activities and recreation in LTC based on the assumption that uncertified, unqualified individuals can facilitate meaningful activities."*

Little did I know that my statement would spark such an interest from Kevin Kolus, an editor of Long Term Living Magazine. As a result, I had a phone interview with Mr. Kolus and was asked to discuss some of the implications that the Universal Worker may have on the Activity Profession and the quality of life of the elders. Vicky Surash, MEPAP Instructor and Owner of Forget Me Not Consulting, was interviewed as well. You can read this editorial in the June, 2010 issue of Long Term Living at <http://www.ltlmagazine.com>. This article is entitled Activities Angst and is currently found at <http://tinyurl.com/activitiesangst>. There is also another

I've also been working on developing the MEPAP 2<sup>nd</sup> edition, as well as more webinars. So stay tuned for these educational opportunities.

There's a lot for you to read in this newsletter, so I won't bore you with babble here. Please, don't forget to celebrate National TR Week and I also really hope that you will read and comment on the blogs and article I discuss in the Advocacy article I reviewed above. It's so important for Activity and Recreation Professionals to get involved and speak up!

If you're on Facebook, please friend me and/or join the Re-Creative Resources group. This is a great way for you to get the information quickly!

I hope you have a wonderful summer. Take time for yourself and your family-I've actually been working less and playing more and loving it! Of course, don't forget the sunblock! Enjoy, keep in touch, and be well!

**Activities: Life: Enhanced**

*Kim* ☺



*Where learning is never  
more than a click away!*

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## Webinar Schedule

**July 7, 2010**

***Managing Difficult Employees***

10:00 a.m. to 11:30 a.m. (EDT)

3 contact hours (1.5 hours live, plus

blog related to this subject that I recently learned of entitled, The Vanishing Need for Activity Professionals. You can find this blog at <http://tinyurl.com/vanishingneedforactivitypros>. PLEASE read these articles and comment.

Apparently I am not alone in my fear that the Activity Profession and the quality of life of our beloved elders may be in jeopardy due to the hiring of the Universal Worker in the Culture Change Movement. To read the opinions of many Activity and Recreation Professionals from around the country and Canada, visit.

<http://www.recreativeresources.com/speakoutaboutculturechange.htm>. If you would like to express your thoughts, please email me at [kimgrandal@aol.com](mailto:kimgrandal@aol.com) but I also urge you to post your thoughts on the Long-term Care Living website.

The time is now to educate anyone and everyone regarding our role as the Activity and Recreation Professional and what our skill and knowledge bases are as compared to the Universal Worker. Think of it like this: On a snow day, when many people call out due to the inclement weather, what roles do the Activity/Recreation Staff often take on? In many cases the Activity/Recreation staff help the residents with meals, make beds, clean up, minor ADL's, etc. The scheduled activities seem to go by the way side because the primary concern is getting the residents, washed, dressed, fed and all of their medical needs attended to. Now, this is how I fear the care for the residents will be like under the facilitation of the Universal Worker. Quality of life will go by the way side and inactivity will increase. Jack-of-all trades, master of none, that's how I feel about the Universal Worker. Don't let the elders lose their quality of life because it's a snow day every day in some culture change facilities!

## National Therapeutic Recreation Week July 11-17, 2010

### INSPIRING ABILITY

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. As stated by NTRS, "the purpose of National Therapeutic Recreation Week is to enhance public awareness of therapeutic recreation programs and services, and expand recreation and leisure opportunities for individuals with disabilities." NTRS states that,



1.5 hours independent project)  
Cost: \$40 per person

**July 15, 2010**

**Never Too Old to Learn**

8:00 p.m. to 9:30 pm (EDT)

1.5 contact hours

Cost: \$21 per person

**July 20, 2010**

**Talking Shop: Men's Activities**

10:00 a.m. to 11:30 a.m. (EDT)

1.5 contact hours

Cost: \$21 per person

**July 28, 2010 (NEW)**

**Sensory Stimulation: Tips and Techniques**

10:00 a.m. to 11:30 a.m. (EDT)

3 contact hours (1.5 hours live, plus

1.5 hours independent project)

Cost: \$40 per person

**Each session is NCCAP approved**

**Learn about [NCTRC's new Pre-Approval Review Process](#)**

**These are live, interactive sessions!**

[Register for a webinar now](#)

[You can view the most current webinar schedule here.](#)

**FREE 4 hour Continuing Education Workshop in Paramus, NJ**

Monday, July 12, 2010

8:00am to 1:00pm

Paramus, NJ

In honor of National Therapeutic Recreation Week, Bergen Regional Medical Center is hosting and sponsoring a **FREE** workshop for Recreation and Activity Professionals.

This 4 hour workshop, entitled, Recreation Facilitation Techniques: Theory and Practice in Long Term Care, will be presented by Kimberly Grandal, CTRS, ACC/EDU, Executive Director, Re-Creative Resources Inc. This session is pre-approved by NCCAP. CTRS's read about [NCTRC's new Pre-Approval Process](#)

"therapeutic recreation uses treatment, education, and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence, and quality of life."

How about having fun with some [Recreation Training Games](#)? Re-Creative Resources has a variety of fun and educational games such as Recreation Jeopardy, Documentation Jeopardy, Tic Tac Techniques, Leisure Bingo and more.

[CLICK HERE](#) for a large variety of ideas, poems, articles, videos, resources, products and more visit

**Therapeutic Recreation Week Special**

Join the Activity Resource Center between June 27, 2010 and July 17, 2010 and receive two free annual renewals (value of \$19.90)! You pay for the first year subscription which is \$45.95 and your subscription will be good for three years! To learn more about the Activity Resource Center or to join, visit [click here](#).

**The 2010 NCCAP Educational Symposium was a Huge Success!**

*Taken from the NCCAP website [www.nccap.org](http://www.nccap.org)*

As with all National Associations, each has their own specific mission and vision, and NCCAP's mission was met in meeting the consumer needs, and ensuring that those we serve have optimal life experiences. While this symposium was geared toward the educator/consultant/mepap instructor and trainer, the educational sessions were also directly related to the credentialing process and specializations that were adopted by NCCAP based on the nearly three years of education committee research, input and recommendations to the NCCAP Board of Directors.

Sessions such as Developing Instructional Objectives, Components of a Good Test, Practical applications of MEPAP, Speaking and presenting with Power Point Presentations, an Educator Panel, Interactive Teaching Methods, Specialization round tables and the MEPAP Instructor Training, were enjoyed by all who attended. The vendors that attended also targeted the educator/trainer in computer programs, technical support,



## Learn how to register for this FREE workshop

### New Items Added to Re-Creative Resources Inc. Website

New Page: [Activity Department Web Pages](#)

New FitXpress Handout-[Getting Started](#)

New Page: [Reminiscence](#) with free downloads

Revamped [Inspiration](#) page includes more poems, stories and PowerPoint Shows

Revamped the [Therapeutic Recreation Week](#) page

New Page: [Flat Granny](#) by Amy Shade

To keep abreast of changes to the website and news, you can check out the [Announcement](#) page

### MEPAP 2<sup>nd</sup> Edition

DH Special Services will be offering the MEPAP 2<sup>nd</sup> edition in NJ

MEPAP Part I begins September 22, 2010 in Riverview NJ

MEPAP II begins September 23, 2010 in Lakewood NJ

[Learn more/Register](#)

### Lehigh Valley Activity Professionals Association Upcoming meeting.

This meeting will be held on July 14th starting at 9:30am with guest speaker Danielle Griffith. She will be presenting on the MDS 3.0 and 2 CEUs will be offered to all attendees. [www.lvapa.com](http://www.lvapa.com)  
[lvapa@live.com](mailto:lvapa@live.com)

### Products, Services & Info.

and educational materials that would support their business or their professional role.

NCCAP also challenged the country in a Best Practice, and the committee led by Mark Laker, MSW – choose the following recipients for 2010.

Gloria Hoffner, ADPC – "Sterling Science Program"

Bryan Rife, ADC – "Magic Moments"

Laurie Kloepper, ADC – "Farm Days"

The recipients presented their programs to the attendees and challenged them to encourage other professionals to take the lead in establishing Best Practices for their Person Centered Care Facilities.

Also recognized;

Bettye Cecil, ACC –(SC)–(NCCAP Spirit Award)– for her ongoing support of the profession, professionalism and input into NCCAP and its vision throughout the years, her insight into the MEPAP, and her continued quest to assist other in their professional goals of becoming NCCAP certified.

Calvin Vain, NHA Future Care (MD)– (Administrator of the Year) was recognized for his outstanding support of the profession, and commitment to excellence as a leader and as a supporter of the profession.

Shelley Evans, ADC and the staff at DeMay Living Center (NY) (Activity Department of the Year) – for their excellence in service delivery and activities services to their residents as a team, working together to bring quality of life to the individuals in their person centered environment.

Jennifer Krupa, ACC (OH)– (MEPAP Instructor of the Year)for her continued contributions to the profession by not only instructing hundreds of activity professionals over the years, but also that she assists each and every one of the students in applying for their NCCAP credential

COAP–NC – (State Activity Association of the Year) for their support of the NCCAP certification process, involving NCCAP in every educational workshop/seminar, offering "hands on" certification assistance, offering the BTG, documentation workshops to help others achieve their ADC Tr 5, and challenging the country to gain more NCCAP certified members, doubling their own state from 101 to over 200 in one year!

[Delawareseniorcenter.org](http://Delawareseniorcenter.org) (Website of the Year) Sandy Miller accepted this award on behalf of the organization, which offers several avenues to the

\*Free Job Post  
\*Activity and TR Resources  
\*Forms and Manuals  
\*Recreation Department  
Review Manual  
\*Interdisciplinary Approach to Quality  
of Life In-Service  
\*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  
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professionals to utilize in their field.

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## The Coalition of Activity Professionals



The Coalition of Activity Professionals is a national organization whose mission is to raise the standards of the Activity Profession, to assist individuals in achieving professional goals and achieving national certification, to offer cost effective/quality education

opportunities both on the regional and national level, and to provide networking opportunities and peer support for all of its members.

With the challenges we are facing in our economy and industry and changes in Medicare and Medicaid, now is the time for Activity Professionals to come together and stand up for their profession.

The Coalition is an organization that believes in positive change for our profession and is taking the steps to make that change happen. COAP has served the Activity Professionals of North Carolina and surrounding states with enthusiasm and professionalism. After five years in the making COAP will now serve Activity Professionals across the nation. For more information visit their website at [www.thecoap.com](http://www.thecoap.com)

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## NCTRC's New Continuing Education Pre-Approval Process

NCTRC is now offering a pre-approval process for continuing education. The Pre-Approval Review Process was developed to assist those who are renewing their certification to determine if previously completed continuing education meets current recertification requirements. This review is to be done prior to the formal renewal application. There is a \$35 fee for this service. This process is available to all current CTRs and can be utilized at any time during the five-year certification. This does not replace the formal renewal application. [Learn more about NCTRC's Pre-Approval Process.](#)

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