



# The Rec-Room

Published Monthly By  
**Re-Creative Resources, Inc.**  
 Education, Consultation, and Resources for  
 Recreation and Activity Professionals

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## Editor

Kimberly Grandal BA, CTRS, ACC  
 Executive Director

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## Kim's Corner

Hi everyone! Isn't it Spring yet? I can't wait for the flowers, trees and warm weather. Enough

with the snow and cold already! I hope you are all surviving the cold and looking forward to the blooms and allergies!

## Webinars Now in Session

Well, I am finally ready to offer webinars, AKA on-line seminars. I am very excited about this new method of education. I will be developing many different sessions and offering them various times and dates. In addition, you can schedule a private webinar for your group or as an in-service for your staff.

The first session is entitled, 'Person-Centered Activities: For the Good of the Individual.' This NCCAP approved session is 1 contact hour. [Click here for complete webinar information and registration.](#)

## Department-Specific Quality of Life Strategies

By Kimberly Grandal BA, CTRS, ACC

Getting facility staff on board with activities and helping to provide opportunity for meaningful activities for the residents is a major concern for activity professionals. The Activity Director must get the support of the Administrator and the department heads in order to truly create an environment that promotes an interdisciplinary approach to quality of life. Even after the implementation of the revised F248 in June 2006, Activity Directors around the country continue to express that facility staff members are simply not assisting with activities. Be sure to meet with the Administrator first to discuss your concerns and ideas and inform him/her that F248 clearly states that all staff members are to promote meaningful activity, not just the activity staff.

The Activity staff, often professionally certified through NCCAP or NCTRC, are specially trained to facilitate activities that are designed to meet the needs and interests of each resident, however, facility staff can supplement the activity program in a variety of ways. The assessment, care planning and planning stages are key to successfully facilitating a program of activities, therefore the Activity staff must commit to training facility staff and communicating residents' interests and needs.

When developing an interdisciplinary approach to quality of life program, it is important to remember the following:

- ❖ All interventions must match the needs and interests of EACH

Re-Creative Resources Inc. Webinars

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

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

**Person Centered Activities:**  
For the Good of the Individual



Presented by  
**Kimberly Grandal, BA, CTRS, ACC**  
[www.recreativeresources.com](http://www.recreativeresources.com)

**St. Patrick's Day Activities have been added to the Activity Resource Center! Click the ad to learn more and to register.**



**ACTIVITY  
RESOURCE CENTER**

Resources for Activity and  
Recreation Directors in LTC

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**Congratulations  
Debbie**

NJ's very own Debbie Hommel, from DH Special Services, has recently been appointed to the NCCAP Board of

Directors! We are so proud of her! Also, Debbie's home study MEPAP 2<sup>nd</sup> Edition has been approved by NCCAP. [Visit Debbie's website.](#)

**New Jersey Activity  
Professional's Convention**

The NJ Activity Professional's Association presents their 22<sup>nd</sup> Annual Convention-A Timeless Journey. The 2009 NJAPA Convention will be held on April 30<sup>th</sup> and May 1<sup>st</sup> in East Windsor, NJ at the National Conference Center at the Holiday Inn. For more information,

resident.

- ❖ All work-related activities must be included in the comprehensive care plan.
- ❖ Residents have the right to refuse activities.
- ❖ Residents have the right to refuse to provide work for the facility.
- ❖ The intent is not for the residents to do our work, but to feel a sense of self-worth and purpose!

The following are just a few ideas on how each department can offer meaningful activity experiences for the residents.

**Nursing**

- ❖ Incorporate meaningful activities into ADL's and restorative programs.
- ❖ Schedule medications, ADL's, and treatments around residents' favorite activities.
- ❖ Assign CNAs to assist in the day rooms and other activity areas.
- ❖ Facilitate simple, groups, and one to one activities.
- ❖ Incorporate resident interests into the daily CNA assignment.
- ❖ Provide opportunity for residents to assist with making beds.
- ❖ Staff Educator can provide in-services to residents such as diabetes, infection control, flu shots, dealing with residents with cognitive impairments, etc.

**Food and Nutrition**

- ❖ Have residents' favorite comfort foods readily available.
- ❖ Create an ice cream cart or ice cream parlor that is always stocked with sweet, cold, treats.
- ❖ Cook or do food preparations in a common area for residents to see and smell the food.
- ❖ Host cooking programs and specialty dinners, breakfasts, etc.
- ❖ Facilitate a Menu Planning Committee.
- ❖ Provide cultural meals in accordance with resident's tastes.
- ❖ Provided meals that meet residents' religious needs.
- ❖ Provide opportunity for residents to set tables.
- ❖ Have residents plan a meal.
- ❖ Have residents do some food preparations.

**Social Services**

- ❖ Assist with utilizing residents PNA to purchase electronics, adaptive equipment, decorations, community outings, etc.
- ❖ Play a major role in the Resident Council process.
- ❖ Purchase clothing, schedule beautician appointments, etc.
- ❖ Facilitate a new Resident Support Group, Adjustment Group, or other support groups.

visit [www.njactivitypros.org](http://www.njactivitypros.org).

## Enter March Raffle

Need a little bit-o-luck? Enter the March raffle for a chance to win one year **FREE** access to the Re-Creative Resources Inc. Activity Resource Center (a \$44.95 value) courtesy of Re-Creative Resources Inc. Simply enter the raffle drawing by contacting **Kimberly Grandal**. Please be sure to put **Raffle Drawing** in the comments section. A random winner will be selected and announced in the April issue of The Rec-Room. The deadline for entry is **March 20, 2009**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**

### Adaptive

#### Computers and Software [www.IN2L.com](http://www.IN2L.com)

Mention Re-Creative Resources when you purchase the IN2I system and receive a copy of "Breaking Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service" (A \$15 value!)

## Products and Services

- \*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 (Say hi!)
- \*Activity Resource Center
- \*Re-Creative Resources' Blog
- \*The Rec-Quest (Q&A Forum)
- \*Activity Swap Meet

## ProActivity Reports

### Activity computer software [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!)

## Breaking Down the Silos: An Interdisciplinary Approach to

- ❖ Facilitate a Life Review Program (Group or one to one).
- ❖ Provide One to One visits for reminiscing, support, and companionship.
- ❖ Encourage family to bring in personal belongings to create-homelike atmosphere.
- ❖ Have mock elections during voting seasons.
- ❖ Facilitate Resident Rights Bingo.

## Housekeeping and Laundry

- ❖ Some residents may enjoy cleaning—give them a duster, cloth, broom, etc. and have them help.
- ❖ Put on residents favorite TV station, music, etc.
- ❖ Discuss what the resident is watching on TV, reading, etc.
- ❖ Discuss family photos, memorabilia, etc.
- ❖ Assist in facilitating specialty groups such as a men's club, cultural programs, young adult groups, etc.
- ❖ Provide opportunity for residents to fold towels and linens.

## Maintenance

- ❖ To cut costs, build items that can be utilized with the residents such as: garden boxes, tactile boards with various objects and textures, games (target toss, Wheel of Fortune Boards, etc.). If appropriate, have a resident assist.
- ❖ Ask residents to assist with minor projects such as hanging a picture, repairs, etc.
- ❖ Assist in facilitating specialty groups such as a men's club, cultural programs, young adult groups, etc.
- ❖ Facilitate a wood working program (bird houses, shelves, etc.). These items can then be used to decorate facility or personalize a resident's room.
- ❖ Bring in videos of sporting events.

## Business Office and Human Resources

- ❖ Residents may be able to assist with folding brochures, mailings, some filing, clerical work, etc.
- ❖ Have residents be part of an Employee Appreciation Program such as a resident committee that nominates employees for "Employee of Month/Year." Have a special recognition program where residents can present awards.
- ❖ Have a resident greet family and visitors at the reception area.

## Admissions

- ❖ Residents may be able to assist with folding brochures, mailings, some filing, clerical work, etc.
- ❖ Put up a welcome sign, provide a welcome greeting card, flower

## Quality of Life In-Service (\$15)

Do you need to educate healthcare providers in your facility about the importance of an interdisciplinary approach to quality of life? Yes, we all do, especially since the implementation of the revised CMS guidance to surveyors for Activities, F248. This in-service will help you “break down the silos” in your facility and create a person-centered environment. You receive an outline, PowerPoint presentation with teacher’s notes, a student manual, an icebreaker activity, and a post-test.

**Order today!**

Are you a nationally certified activity professional? If not, take a few moments to learn about NCCAP and the benefits of national certification. Visit [www.nccap.org](http://www.nccap.org) today

## 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)

arrangements, etc.

- ❖ Follow-up to see how the resident is doing and if they like their room and roommate.

## Marketing

- ❖ Encourage residents to be part of marketing strategies such as news articles, videos, etc.
- ❖ Some residents may even be able to assist in writing press releases, or interviewing other residents about what they like about the facility. You may even bring a resident to a luncheon or meeting and have the resident express the positive aspects of the facility. The greatest marketing tool we have is our residents!
- ❖ Implement the “Adopt-A-Nursing Home” Project.
- ❖ Be on the lookout for community and volunteer opportunities.
- ❖ Market specialized activity programs and special events.

## Therapy

- ❖ Schedule therapy sessions around resident’s favorite activities.
- ❖ Make recommendations and referrals to the Activity Department such as range of motion activities, ADL activities, cognitively stimulating activities, etc.
- ❖ Utilize Pet-Facilitated Therapy
- ❖ Provide opportunities for co-treatment groups such as cooking, gardening, etc.
- ❖ Develop a Fitness Trail designating specific exercise that can be done standing or sitting.
- ❖ Help co-ordinate a “Walk/Wheel- A-Thon” to raise money, or a “Senior Olympics”.

## Administration

- ❖ Host a monthly “Lunch with the Administrator” or “Meet the Administrator” for new Residents.
- ❖ MC a special event
- ❖ Attend Resident Council
- ❖ Encourage Residents to be on facility committees
- ❖ If possible, involve Residents in facility renovations. Ask them about color preference, styles, décor, themes, etc.
- ❖ Be proactive in the Culture Change Movement.
- ❖ Create an Administrative policy that supports and interdisciplinary approach to quality of life.

Although an interdisciplinary support to quality of life is prominently stated in the revised F248 Activities regulation, it is not adherence to this regulation that Activity professionals are concerned about, but rather the

idea that all residents should be given an opportunity to engage in activities that are purposeful, meaningful, therapeutic and enjoyable. Truly providing a program of activities that meets the needs and interests of each resident requires support, continuity, education, commitment and a complete team approach.