



# The Rec-Room

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Re-Creative Resources, Inc.

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**Kim's Corner**

Top o' the mornin' to all ye Rec Room subscribers! I hope you have all survived

the winter months. It was quite bad here on the east coast with a lot of snow and also many with young children experienced, what seemed like a never-ending wave of sicknesses. Strep and the flu were just running rampant in our school systems. I sure hope that everyone and their families are doing well and looking forward to the sun shining and the trees and flowers blooming.

Since the President's Day sale was a huge success last month, I have decided to have another 50% off sale in honor of St. Patrick's Day. Don't forget to check out the [great deals](#).

Bring on the Spring!

**Activities: Life: Enhanced**

*Kim* ☺

## Continuity of Life in a Nursing Home

By Marline E. Jean, BA, ADC

When it comes to place a loved one in a long term care facility, the thought of it can be pure paranoia. In fact, this is not an easy decision to make and stereotypes associated with nursing homes make it even more difficult. The negative labels given to these institutions exist for so long, they become harder to be removed. However, the attributions of the professionals in the field of recreation happen to make a compelling difference.

In nursing homes, several departments such as: nursing, social services, dietary, housekeeping and recreation are put in place to provide services to the clientele. The therapeutic recreation department plays a vital role in nursing home life. The residents are kept active cognitively, socially and physically on a daily basis. These happen by assessing the needs of the residents and offer programs based on their social, emotional needs and religious belief. Leisure or recreation existed for the time human beings were born, except that it expanded and shrilly defined during the industrial revolution time. It is said "leisure appeared to be a key element of life involving music, chanting, art and games."(pg.53)

Florence Nightingale, a nurse from the Great Britain helped change the viewpoints of recreation in hospitals. She wrote "Bearing in mind that you have all these varieties of employment which the sick cannot have, bear also in mind to obtain them all the varieties which they can enjoy." (1859, p.36)

In Re-creation we find the verb re-create, which mean that we bring back everything that our customers knew, enjoyed to different adaptive levels.

## March Webinars

All sessions are NCCAP approved  
**PRIVATE GROUP SESSIONS ARE AVAILABLE! GREAT INSERVICES!**  
[LEARN MORE](#)

**Tuesday March 15, 2011**

### ***Dealing with Difficult Employees***

8:00pm-9:30pm (EST)

CE's 3 hours

1.5 hours of live session and 1.5 hours of independent assignment.

NCCAP Approved

\$40 per person

[Discounts for groups](#)

[Register/Learn More](#)

**Tuesday March 22, 2011**

### ***Decreasing the Barrier to Recreational Pursuits Through Adaptation***

12:30pm-2:00pm (EST)

CE's 3 hours

1.5 hours of live session and 1.5 hours of independent assignment.

NCCAP Approved

\$40 per person

[Learn More/Register](#)

[Discounts for groups](#)

**Wednesday March 30, 2011**

### ***Never Too Old to Learn:***

### ***Educational Activities for Elders***

12:30pm-2:00pm (EST)

CE's 3 hours

1.5 hours of live session and 1.5 hours of independent assignment.

NCCAP Approved

\$40 per person

[Learn More/Register](#)

[Discounts for groups](#)



In other words we deliver quality of life activities to them (our customers). For those who may still not able to grasp the idea behind recreation let me join the

American Therapeutic Recreation Association (ATRA) in defining it. "Recreational Therapy" means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.

For this reason, when people go to nursing homes, programs such as dancing with the stars, religious services, choir, concert, drama, elegant dining are found. It is true that we (recreation therapists) cannot reverse the diagnoses given by the doctors, but we can definitely alleviate their emotional pain. We do so by trying with all our might to distract their mind from their current situation. From the time we come in to the time we leave, we try to make them live life once again by bringing them programs and activities they thought they would never be capable of participating in. We bring a bright smile to their faces and change the guilt, the paranoia, the sleepless nights attributed to the worries in the mind of their family members.

### **Bibliography**

**Long Term Care for Activity Professionals, Recreational Therapists and Social Services Professionals, Fourth Edition**

## March, 2011 STARS Award Helen Muller

Helen Muller has brought new and innovative programming to the Menorah Center for Rehabilitation and Nursing Care, for the past 32 years. Residents and their grandchildren especially enjoy the slot machines that are available for fun only! Helen arranges for an ice cream truck to



come on to the facility's grounds during the summer months, and serve a familiar treat to all. She conducts lively discussion groups from a wide variety of topics. Helen is a CTRS and an Activities Director Certified with the NCCAP.



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.](#)

### Save Some GREEN!

In honor of St. Patrick's Day, Re-Creative Resources Inc. is offering **50% off** select items. All items are sent via email. Offer ends March 31, 2011 at midnight EST.

#### Recreation Department Review Manual

Regular Price: \$39.95

Sale Price: **\$19.97**

#### Breaking Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service

Regular Price: \$25.00

Sale Price: **\$12.50**

#### Recreation Orientation Manual

Regular Price: \$18.00

Sale Price: **\$9.00**

#### MDS 3.0 Section F Interview Tools

Regular Price: \$18.00

Sale Price: **\$9.00**

#### Recreation IN-QUIZ-ITION Game

Regular Price: \$9.00

Sale Price: **\$4.50**

### Helen's Acceptance Speech

"I am very proud to have been selected as the March, 2011 Re-Creative Resources Inc. STARS Award winner. The people in the field of Therapeutic Recreation do amazing work. We do make a difference in the lives of those we work with. Thank you."

Congratulations Helen-you have been inducted into the Re-Creative Resources Inc. [Hall of STARS!](#)

### St. Patrick's Day Sensory

By Kimberly Grandal, CTRS, ACC/EDU

Many people enjoy St. Patrick's Day whether or not they are Irish. It's such a fun holiday!. Here is a sample St. Patrick's Sensory Planning guide to help you create a stimulating and meaningful sensory program for your residents.

#### Recommended Music:

My Wild Irish Rose, Galway Bay, I'm Looking Over a Four Leaf Clover, Peg O' My Heart, That's an Irish Lullaby, The Irish Rover, Macnamara's Band, Danny Boy, When Irish Eyes Are Smiling, It's a Great Day For the Irish, Finnegan's Wake, Celtic music, etc.

#### Recommended supplies, props and techniques for the following senses:

- Olfactory (smell): pickling spices, beer, fresh baked Irish soda bread, Irish coffee
- Kinesthetic (Movement): wave an Irish flag, pitch gold coins, use a homemade wave machine with green-colored water, make your own sensory soother out of a clear plastic tube and fill with green beads, buttons, bells, finger-paint with green paint or pistachio pudding.
- Tactile (Touch): shamrock pillow, gold coins, shamrocks made from green felt, green playdoh or gak, green stones/gems (fake emerald), green-tinted (un-cooked) rice in a bowl,
- Visual (Sight): pictures of-(Ireland, St. Patrick, Blarney Stone, leprechauns, shamrock), Props (Irish flag, leprechaun hat, shamrock, "pot of gold",
- Auditory (Sound): Irish/Celtic music, reading of limericks and Irish sayings/prayers
- Gustatory (Taste): Irish soda bread, beer or non-alcoholic beer, green

### More Than Just Bingo Game

Regular Price: \$8.00

Sale Price: \$4.00

### Medical Abbreviation Bingo

Regular Price: \$8.00

Sale Price: \$4.00

### Know Your Rights Bingo (pdf)

Regular Price: \$8.00

Sale Price: \$4.00

[Learn more or purchase these products here.](#)

### What's New on the Re-Creative Resources Inc. Website

**Christine's Themes:** Many of you are familiar with Christine Jennings' wonderful themes. She has provided over 100 themed activity ideas. I have revamped her theme pages and now it is much easier to see what's available. Check out [Christine's Themes](#).

**Remotivation Therapy** pages now available courtesy of Denise Lima-Laskiewicz. Check out [Denise's new pages here](#).

**Massage Therapy** pages now available courtesy of Carolyn Crumme and äh Massage Services. Check out these new [massage therapy pages here](#).

**Exercise and Fitness:** FitXpress has provided numerous wonderful articles and downloadable resources regarding fitness for elders. [Check out these resources here](#).

### Products, Services & Info.

- \*Free Job Post
- \*Activity and TR Resources
- \*Guest Book (Please say hi!)
- \*Activity Resource Center
- \*Re-Creative Resources' Blog
- \*The Rec-Quest (Q&A Forum)
- \*Activity Swap Meet (cool ideas)

Jell-O, lime sherbet, pistachio pudding (no nuts), Irish coffee, lime slushies or smoothies

### Sample Questions:

- What is your favorite Irish song?
- Have you ever been to a St. Patrick's parade? If so, where?
- Do you like corned beef and cabbage?
- How do you celebrate St. Patrick's Day?
- Have you ever cooked corned beef and cabbage?
- Have you ever traveled to Ireland?



### Irish Proverbs

- It is better to be lucky than wise.
- A good beginning is half the work.
- It is better to be lucky than rich.
- Many hands make light work.
- You never miss the water till the well has run dry.
- Do not show your teeth until you can bite.

## Social Networking

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



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[\\* Who's Who](#)

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