



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.

Education, Consultation, and Resources for
Recreation and Activity Professionals

To download a pdf. version of The Rec-Room visit www.recreativeresources.com/newsletter-archives.htm

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Kim's Corner

Hi everyone! I know you are busy planning and preparing for National Nursing

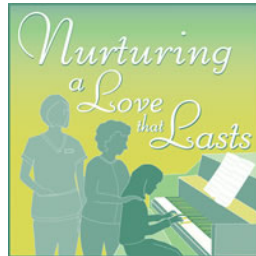
Home Week. It's one of the craziest times of the year for Activity Professionals. Take a moment to enjoy it if you can and be sure to get as much publicity as possible so you can toot your horn loudly!

Also, I added a [News and Announcements page](#) on my website so that I didn't have to wait until the next issue of the Rec-Room to make information available to you. Be sure to visit that page often for updates.

Life. Be in it! *Kim* ☺

facebook

Re-Creative Resources Inc. is now on Facebook. Come join our GROUP for networking, news and reconections! [Click here to check out Re-Creative Resources Inc. on Facebook.](#)



National Nursing Home Week

May 10-16, 2009

Nurturing a Love that Lasts

AHCA is proud to announce this year's National Nursing Home Week® (NNHW) theme: "Nurturing a Love that Lasts". NNHW will be held May 10-16, 2009, beginning on Mother's Day. "Nurturing a Love that Lasts" will encourage all to think of generations of parents and grandparents nurturing future generations to carry on life and family traditions. A supportive and caring environment, such as a nursing home, nurtures and enables residents and families to continue growing, learning and teaching through various ways. Nursing home staff, residents and volunteers nurture a caring environment that values communication, relationships and partnership. [Visit the AHCA website for more information about National Nursing Home Week](#)

Also, Christine Jennings, from North Carolina has taken the time to compile a week's worth of Nursing Home Week programs based on the 2009 theme, "Nurturing a Love that Lasts. She also created a Dr. Seuss Day and Disneyland Theme Week program of activities. Thank you Christine for sharing!

[Click here to download these great programs for free.](#)



Walk-N-Wheel-A-Thon

By Kimberly Grandal BA, CTRS, ACC
Executive Director, Re-Creative
Resources Inc.

A Walk-N-Wheel-a-Thon is designed to promote physical fitness and friendly competition, as well as raise funds for the residents. In one facility I worked the, Therapeutic Recreation Department and the Physical Therapy Department hosted this event during National Physical Therapy Week, however it is great for Nursing Home Week, Activity Professionals Week, Therapeutic Recreation Week, or whenever you're in need of an interdisciplinary program or a fundraiser. Some preparation is needed to ensure a successful event. The following are some tips:

- Determine what will be done with the money raised and clearly state the

April Raffle Winner

The winner of the April raffle is Denise Rang from South Dakota. Denise won the Recreation Orientation Manual courtesy of Re-Creative Resources Inc., valued at \$18. Congratulations Denise!

May Raffle

Enter the May raffle for a chance to win a FREE DVD that features the popular movies: *Activity FUNDamentals and Activity Professionals ACTION* 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 June issue of The Rec-Room. The deadline for entry is **May 20, 2009**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**



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

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Home Study Courses

DH Special Services now offers a large variety of NCCAP approved home-study courses [Visit their website for more information.](#)

Products and Services

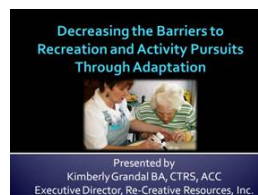
- *Free Job Post
- *Activity and TR Resources
- *Forms and Manuals
- *Recreation Department

intent in all promotional materials. Is it a fundraiser for the Resident Council or Activity Planning Committee? Or perhaps you need money to create a multi-sensory room or for other special equipment? You may also have this event to raise money for a charity or a cause like the Alzheimer's Society or other worthy cause.

- Be sure to discuss your ideas with your administrator or supervisor.
- Set up a course indoors or outdoors approximately 125 feet. Put up signs along the way that indicate the amount of feet a resident has walked or wheeled themselves. (5 feet, 10, feet, 25 feet, etc.)
- Have residents sign up for the event. All residents may be included, even those that need a little assistance in mobility. Residents may ambulate independently; use a walker, cane, wheelchair, electric wheelchair, etc.
- Invite family, staff, volunteers, and visitors, to sponsor a resident and agree to donate a designated amount per foot completed. Individuals may donate whatever amount they choose such as .10 cents a foot, .25 cents a foot, etc. (a maximum amount to donate may be set). The sponsor then pays the amount of money in accordance with how many feet the resident completes. Most people just give a set amount, like \$2-\$5.
- Decorate the course with pennants, balloons, signs, etc.
- Play motivating music such as "Eye of the Tiger", or "Chariots of Fire".
- Invite all staff, residents, and visitors etc. to cheer on the participating residents.
- Have water stations available and monitor residents for shortness of breath.
- Recreation staff, therapy staff, volunteers, CNA's, etc. may assist residents through the course.
- Have an awards ceremony following the event and distribute trophies to the top three residents who completed the most feet or distance.
- Distribute certificates to all participants at the award ceremony as well.
- Invite the press and/or take pictures and send a press release to your local newspapers.

In summary, an event such as the Walk-n-Wheel-a-Thon motivates the staff, residents, and family members. It really is a lot of fun and serves great purpose. The more facility involvement, the better, so make a point to promote the event in your newsletters, flyers, family notices, bulletin boards, staff pay checks, and so on. Let the games begin!

Current Webinar Schedule



DECREASING THE BARRIERS TO RECREATION AND ACTIVITY PURSUITS THROUGH ADAPTATION

[click here for session overview](#)

Tuesday, April 21, 2009 from 9:00am-10:30am (EDT)

Thursday, April 23, 2009 from 7:00pm-8:30pm (EDT)

Wednesday, May 6, 2009 from 9:00am-10:30am (EDT)

Wednesday, May 13, 2009 from 7:00pm-8:30pm (EDT)

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

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***Visit our website**
www.recreativeresources.com



Talking Shop:
Men's Programming
Ideas for
Recreation
Professionals

Presented by
Kimberly Grandal, BA, CTRS, ACC
Executive Director, Re-Creative Resources Inc.

TALKING SHOP: MEN'S PROGRAMMING IDEAS FOR RECREATION PROFESSIONALS

[click here for session overview](#)

Tuesday, May 19, 2009 from 9:00am-10:30am (EDT)

Tuesday, May 26, 2009 from 7:00pm-8:30pm (EDT)

Sessions are pre-approved by NCCAP for 1.5 contact hours

Cost:

\$25 for per person or

\$160 for group of 6-8 people

\$180 for group of 9-12 people

[FOR MORE INFORMATION OR TO REGISTER CLICK HERE](#)



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