



The Rec-Room

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Kim's Corner

Oh my favorite time of year! I love the crisp Fall air, and the beautiful colors

of orange, red and yellow! I guess the summer is officially over!

There is one more seminar this Fall, so please be sure to check it out (below) if you are in the NJ, PA, NY area. There are also quite a few webinars scheduled for the end of October and throughout November. The schedule for those is below as well. Please take advantage of the temporary price cut while it's available.

I hope you all have a wonderful and festive Halloween for it really is a spook-tacular time of year! (sorry-I'm a cornball)

Happy Fall!

Life. Be in it! *Kim* ☺

Webinar Schedule with the 30% off Discount!

Progress Notes CQI Sample

By [Kimberly Grandal](#), CTRS, ACC/EDU

Participating in a Quality Assurance (QA) or Continuous Quality Improvement (CQI) program is an important responsibility of the Activity or Recreation Director. QA and CQI require preparation, data collection, evaluation and extensive follow-up. There are a variety of methods that may be utilized but please be sure to utilize your facility's CQI/QA format when performing a study. The following progress note CQI study serves as an example to help guide you through the process.

Indicator (issue)

Document the provision of and residents' response to the recreation program at least quarterly, in the medical record.

Criteria (how you measure performance)

Recreation progress notes are to be written in conjunction with the MDS schedule on a quarterly basis.

Quarterly progress notes must be completed prior to the MDS completion date as set by the MDS Coordinator.

Progress notes should also be written episodically for changes in residents' needs and interests.

Progress notes are to reflect the residents' current status.

Outcomes/responses to recreation interventions are identified.



All sessions NCCAP approved for 1.5 ce's. Price for each session is only \$21! Group rates available as well as private sessions for your group.

October 29, 2009

Never Too Old to Learn: Educational Activities for the Elderly

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 10:00 a.m. to 11:30 a.m. (EDT)

November 4, 2009

Coaching Your Team to Excellence: Real Time Techniques for Staff and Volunteers

Speaker: Aimee Montgomery Wilson, CTRS, ACC/EDU
Time: 9:30 a.m. to 11:00 a.m..(EST)

November 10, 2009

Train the Trainer: Staff Development Tips For Recreation

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 11:00 a.m. to 12:30 p.m. (EST)

November 19, 2009

Off to a Great Start: Employee Orientation Tips For Recreation

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 11:00 a.m. to 12:30 p.m. (EST)

November 24, 2009

Person Centered Activities: For the Good of the

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 7:00 p.m. to 8:30 p.m. (EST)

November 30, 2009

Decreasing Barriers to Leisure Pursuits Through Adaptation

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 10:30 a.m. to 12:00 noon. (EST)

To learn more or to register for any of these sessions, click here.

Documentation Seminar in NJ

Thursday, November 12, 2009

Taking the Write Path: Recreation Documentation for Quality of Life

Performance Standard (expectation/desired outcome)

100% compliance

Sample Size (number in study)

One hundred medical records were audited (5 closed)

Methodology (interviews, chart audit, satisfaction survey, etc.)

All statistical data was retrieved from the residents' medical records. The audit included a review of quarterly and episodic recreation progress notes.

Findings (include specific data-numbers, percentages, etc.)

The Recreation department demonstrated 82% (82 out of 100) compliance in this area. The medical record was deemed out of compliance even if one quarterly progress note was missing from the one-year cycle.

Recommendations/Action Plan (who, what, where, when, how)

All missing documentation shall be reported to the Recreation Therapists/Assistants.

If a medical record is missing a quarterly note from the last quarter, a current progress note shall be completed.

The Director and Assistant Director of Recreation will perform weekly medical record audits to ensure timeliness and accuracy of recreation progress notes.

Over the next quarter, the Director and Assistant Director of Recreation will meet with Recreation Therapists/Assistants on a weekly basis to review residents who are scheduled for care plan meetings to ensure timeliness and accuracy of recreation progress notes.

To increase episodic notes, the Recreation Director will develop and implement the "Progress Note Alert Board" to communicate changes in residents' interests and needs. All recreation staff will be in-serviced on the purpose and procedure for using the board. The date of implementation is _____.

Parker at Stonegate Assisted Living
Highland Park, NJ
8:30am-5:00pm
Presented by Kimberly Grandal,
CTRS, ACC/EDU
NCCAP approved for 7 CE's (\$145)

Tired of taking the wrong documentation path? Well, join us for a fun all day documentation seminar that will help put you on the "write path"! This session is designed to provide an educational opportunity for Activity/Recreation Professionals and Creative Arts Therapists in long-term care facilities to learn and utilize documentation techniques, which will enhance the quality of life of the residents. This is an intense and comprehensive workshop that meets the documentation component of NCCAP's Track 5 for Activity Director Certified. Participants will engage in group exercises and fun games! Topics include: assessment, care planning (traditional and I care plans), RAPs, MDS 2.0 and MDS 3.0 update, progress notes, and attendance records)

All participants receive downloadable documentation forms and tools. Refreshments and lunch will be served.

To learn more or to register for these seminars, click here

October Raffle Winner

Congratulations to **Connie Schultz** from Virginia. Connie is the lucky winner of a \$50 worth of free merchandize from Re-Creative Resources Inc. Congratulations Connie!

November Raffle

Enter the November raffle for a chance to win a one-year free membership to the [Activity Resource Center](#) a \$45.95 value. 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 November issue of The Rec-Room. The deadline for entry is **November 10, 2009. Please note: all entries are**

Recreation Therapists and Assistants will monitor Attendance Records for residents with activity, behavioral or psychosocial concerns.

To learn more about QA and CQI, read the article, [Quality Assured Activity Programming](#) by Kimberly Grandal.

Re-Creative Resources Inc. offers the Recreation Department Review Manual which consists of thirteen audit tools that are great for evaluating the Activity Department. Visit

<http://www.recreativeresources.com/recreationforms.htm> for more information.

Out of this World November Theme Activities

By [Christine Jennings](#)

Author of [Christine's Column](#) and [The Rec-Room](#)

Activity Theme Overview: (you can download all of these plans for free!)

- 1) Space Theme – (In honor of International Space Station opened Nov 2nd, 2000)
- 2) Egyptian Theme (in honor of King Tut's Tomb being discovered on Nov 4th, 1922)
- 3) Basketball Day – (in honor of the inventor of basketball James Naismith's birthday Nov 6, 1861)
- 4) Magazine Day – 7th
- 5) Tuscany Theme (Truffle Festivals in Italy are held in Tuscany the 3rd and 4th weekend in Nov)
- 6) Weather Theme – (First official weather warning in US on November 8, 1870)
- 7) Children's Book Day (In celebration of National Children's Book Week)
- 8) World Television Day – 21st
- 9) Math Theme (in honor of Mathematician John Wallis' Birthday – 23, 1616)
- 10) National Game & Puzzle Day (this is really a week celebration 23rd – 29th)

Space Theme – (In honor of International Space Station opened Nov 2nd, 2000)
Listen & Learn – Discuss the space adventure of NASA, past, present and future. Ask residents if they remember the moon landing/walk. Ask if they know what



kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!

Products, Services & Info.

- *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 (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
www.recreativeresources.com

the current moon mission NASA is preparing for and what it means for the future.

Game – Unscramble the space word. You can either print the list of definition or read the definition and write the scrambled word on a white board so the residents can unscramble it to get the correct word or you can come up with your own way to present the game. Here is a list of space words with their meanings to use with your game:

- The **araur** consist of sheets and waves of vibrant light caused by charged solar particles igniting gases in Earth's atmosphere. They are typically visible at northern latitudes, and sometimes (during heavy solar activity) into the mid-latitudes of the United States and elsewhere. - Aurora
- The **ancoor** is the Sun's outer atmosphere. – Corona
- Charged particles streaming away from the Sun envelop Earth and other planets in a magnetic bubble. The **erheehlipso** is the bubble this solar wind blows out into the local interstellar medium. It defines the volume of space over which our Sun's influence predominates. - Heliosphere
- Magnetic fields within the Sun slow down the radiation of heat in some areas, causing **stsuopns**, which are cool areas and appear as dark patches. - Sunspots
- A **yxgaal** is a huge group of stars, dust, gas, and other celestial bodies bound together by gravitational forces. – Galaxy
- Impact **screta** are the remains of collisions between an asteroid, comet, or meteorite and the Moon. Craters

You can find other words to scramble with their meanings by searching Google for Space glossary.

Food – Suggestion for fun space food snacks that the residents can make:

- Space Snacks
 - 1c dry powdered milk
 - 2 tbsp. Wheat germ
 - 2 pkg. of Knox unflavored gelatin
 - 1/8 tsp. salt
 - 1 cup crunchy or creamy peanut butter
 - 2/3 cup of honey

Mix together all dry ingredients and cut in peanut butter. Add honey and mix thoroughly. Shape into any size sticks or desired shapes. Store in plastic container or enjoy now!

Craft – Let the residents make a rocket as a group craft project. There are many easy safe rockets, such as the Seltzer Rocket that the women can paint and the men can assemble. Then afterwards they can all go outside to blast off their rocket into outer space. There are many seltzer rocket instructions on line, all you have to do is Google the words "Seltzer Rocket" and determine which rocket project will be best for your residents to make. I suggest you try making the rocket at home first so you can test it out and if you have kids around ask them to help so you can spend some fun time with them as well.

If you don't have a lot of time to search for instructions, then check out the

models at your local hobby store.

Game – Check out Wikipedia and create some Space Trivia questions for your residents to answer.

Movie – Suggestions:

- Lost in Space or Star Wars

For more great November programming ideas and other theme-related activities, visit [Christine's Column](#).

Do you enjoy these free activity themes? Please take a moment to share your comments with [Christine](#).



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