



The Rec-Room

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

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Kim's Corner

MDS 3.0 stuff: Hi
Rec-Room friends!
Well, October 1st has
come and gone. I'd

love to hear from you about how the MDS 3.0 is going. I've heard that completing the interviews on time is challenging and that many residents just aren't interested in answering the questions. I've also heard that there are many computer software issues in which items are triggering that shouldn't be and such and that the Mood Section, "Interest or Pleasure in Doing Things" is often triggering activities. I'd love for CMS to define what the word "Things" means to clarify this for the assessor and the resident, for "things" can mean almost anyTHING. So, keep sending me your comments and feedback! Check some new MDS 3.0 resources, information and products below.

Meaningful Recreational Activities: A Thirty Minute In-Service For Facility Staff

By **Kimberly Grandal, CTRS, ACC/EDU**

Activity Directors are required to provide in-services to educate the facility staff regarding various approaches to providing individualized and meaningful activities. Below are a few ideas that you can share with facility staff. This will only take about 30 minutes or less and can be done directly on the nursing unit or nearby conference room. The following is an excerpt from the Re-Creative Resources Inc. In-service entitled "[Breaking Down The Barriers: An Interdisciplinary Approach to Quality of Life](#)".

Benefits of Meaningful Recreational Activities

Improved Cognitive Skills

- Ability to follow simple directions
- Communication
- Interpersonal Skills
- Decision Making
- Attention Span
- Sensory Awareness
- Environmental Awareness
- Ability to make needs known
- Memory Skills
- Self-Expression

Decreased Behavior/Safety Issues

- Wandering
- Sundown Syndrome
- Agitation
- Anxiety
- Repetitive Motions
- Yelling and Screaming
- Use of physical restraints
- Use of chemical restraints
- Decreased Falls

Improved Emotional Well-Being

- Socialization
- Motivation
- Creative Expression
- Self Esteem and Confidence
- Depression
- Boredom
- Stress Management Skills
- Decrease Learned Helplessness
- Increased Independence

Improved Physical Skills

- Fine/gross motor skills
- Endurance, strength, flexibility
- Mobility and Range of Motion
- Hand/Eye Coordination
- ADL Skills/Body Awareness
- Sleep Patterns and Appetite
- Skin Integrity
- Incontinence
- Decrease use of pain medications

Call for Action Meeting: I'm looking forward to the NCCAP/COAP Call for Action Meeting which takes place in North Carolina on November 13th. You've heard me advocate for the Activity Profession for years now, so I'm so excited to be taking part in this historical event. I'll let you all know how it goes! A special thank you to NCCAP and COAP for organizing and sponsoring the event.



STARS Award

I see so many wonderful Activity and Recreation Professionals on Facebook and since we often have to pat ourselves on the back, I decided to develop an honoring program. The **STARS Award (Superior Therapeutic Activity and Recreation Services)** will feature 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.](#)

HAPPY THANKSGIVING!

Activities: Life: Enhanced

Kim ☺

MDS Resources and News

MDS 3.0 Section F Preferences Interview Tools will help the individual who is completing the Section F, Preferences for Customary Routine and Activities Interview by providing a variety of ways for Residents to answer the questions, a system to communicate the Resident Preferences to appropriate staff members and staff training exercises. This manual includes: 3 Training

Examples of how YOU can enhance a resident's quality of life through meaningful recreational activity.

One to One Visits *extraordinaire*

- Have friendly conversation i.e. talk about resident's favorite interests, their family, etc.
- Play a quick game of cards or other game
- Talk about current events, facility news, or read a quick story
- Bring outside, to the activity room, lobby, etc.

Tactile Stimulation

- Give a hug, hand massage, or hold hands
- Offer a variety of tactile equipment

Practitioners

Environmental Awareness

- Talk about the environment i.e. Do you hear that music?
- Inform the resident that the Activity Room is down the hall, etc.
- Point out facility signs i.e. bathrooms, dining room, phone, etc.
- Divert to fish tanks, rummage areas, multi-sensory rooms, birds, plants, etc.

Music/TV/Movies

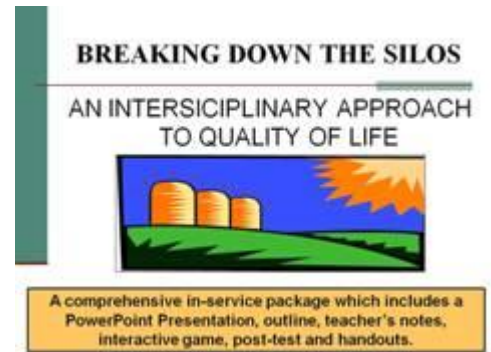
- Put on appropriate music or television stations in resident rooms or the day room.
- Remember that, each resident or patient has a preference.
- Ask the Recreation staff for specific details.

Parallel Programming

- Work with residents who are not involved in the group activity.
- Group/seat residents according to functional abilities and interests
- Provide activities that meet the interests and abilities of the residents i.e. hand out magazines/books, offer pictures to color, provide manicures, encourage residents to put on makeup or comb hair, table games, diversional/sensory activities, range of motion, massages, talk one on one with residents, etc.) Provide any activity the resident would enjoy!
- Utilize supplies in dayroom; return when finished
- Encourage resident independence
- Adapt activities and/or use adapted equipment

Other Interventions

- Assist recreation staff with motivating residents to participate in activities.
- Assist in transporting residents to the day room or to special events.
- When applicable, monitor safety and positioning of residents; release restraints
- "Talk up" activities. Notify residents of the scheduled activities for the day.
- Help to motivate the residents and congratulate them on their



Exercises, IDT Communication Tools, Interview Worksheet, Interview Techniques and 8 Section F Cue Cards which include various styles (pictures, numbers, scales, graphs, words, etc.). Reproducible forms!

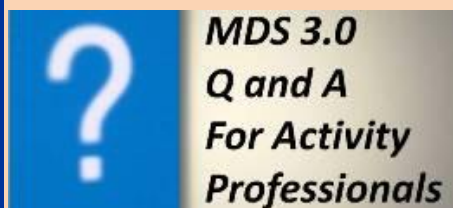


INCLUDES

- 3 Training Exercises
- IDT Communication Tools
- Interview Worksheet
- Interview Techniques
- 8 Styles of Interview Cue Cards for Section F!

Only \$18

ORDER NOW



**MDS 3.0
Q and A
For Activity
Professionals**

[Notes from the CMS October Open Door Forum](#)

[Revised Documentation Training Game for Activity and Recreation Professionals](#)

[What Changes in the MDS 3.0 Should the Activity Director look for? A Q and A on the HCPRO Blog](#)

[Section F from the CMS Training in Las Vegas is Now on You Tube](#)

Activity and Recreation Pros: The Sec F session that was provided at the CMS training in Las Vegas is now on You Tube. It's quite short but you can get an idea. Note-the first minute or so is just black screen-let it keep going-it will start. Please watch it. Rena Sheppard does a nice job explaining the importance of activities. Of course, I had to comment on the CMS You Tube Channel. This is a great chance to make your voice heard.

Watch the [VIVE Video on You Tube](#) and please take a moment to comment.

achievements.

- Validate/re-assure cognitively impaired residents
- Your trash may be treasure! Bring in magazines, books, music, knick-knacks, videos, etc.
- Participate in large events such as parties, talent shows, BBQ's, etc. It's fun!

Breaking Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service (\$25)

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 and the MDS 3.0. 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. To order this in-service visit <http://www.recreativeresources.com/recreationforms.htm>.

NOVEMBER, 2010 STARS AWARD



Danielle Hiscutt, Activity Director and **Rhonda Kunker**, Activity Assistant dress up for Halloween for an ENTIRE WEEK, donning different costumes. This dynamic duo work at Emeritus at the Landing of Brockport, in Brockport NY. You ladies are amazing! Congratulations-you have been inducted into the Re-Creative Resources Inc. [Hall of STARS!](#)



Don't forget to send [comments and questions directly to CMS](#) as well. They will not directly answer your question but hopefully some questions will be addressed in the Q and A.

Private Webinars



All sessions are NCCAP approved

PRIVATE GROUP SESSIONS ARE AVAILABLE! GREAT INSERVICES! LEARN MORE

DH Special Services

DH Special Services is offering an MDS 3.0 workshop, [The Activity Professional and the MDS](#). NCCAP approved for 5 contact hours
November 5, 2010
Tinton Falls, NJ
9:30 AM to 3:30 PM

November 9, 2010
Bayville, NJ
9:30 AM to 3:30 PM
Visit www.dhspecialservices.com

NJEPA TRA Conference

The NJ Eastern PA TR Association is having their annual conference on November 8 and 9th in Princeton, NJ. For more information visit <http://www.njepa-tra.com/>

Products, Services & Info.

*Free Job Post

*Activity and TR Resources

Family Stories Activity Theme

By [Christine Jennings](#)

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

Family Story Month is in November, which can be a great month to celebrate family and the stories that we all share time and time again. Family stories are sometimes passed down from generation to generation. Family stories can also include our work, friends since at times they are family.

Activity Theme Details:

Learn & Listen –

Talk about family in your discussion group.

- Ask residents about stories they heard about their family that was repeated at family gatherings.
- Do they recall a specific incident that happened with a family member that makes them laugh each time they remember it?

Game – Family Feud

Food – Bring in one of your own family recipes and let the residents help prepare it and enjoy afterwards. If there is a family story behind the recipe then as they cook tell them. Ask them afterwards what their favorite family recipe is and if they have a story behind it.

Exercise – Play songs relating to family during your exercise routine.

Example:

We Are Family – Sister Sledge
Family Affair – Sly and the Family Stone
Remember When – Alan Jackson
A Family is What You Make It – Jim Rule

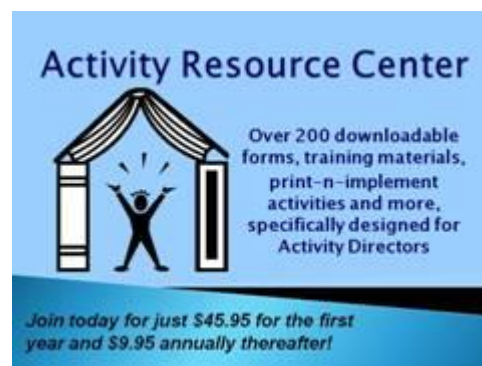
Craft – Make a family story scrape book. Record the resident's funny family story and type it up (or ask a volunteer to type it up for you). Then let them make a scrape book with pictures relating to the story.

Social – Have a family night social serving light refreshments. If the residents are willing let them read their family story during the social as entertainment.

Movie – Any movies that are family related. A lot of Hallmark movies are family related. Since this month celebrates Thanksgiving, a fun family story movie is "Home for the Holidays" 1995 film starring Holly Hunter, Robert Downey Jr. and Anne Bancroft.

Other family movie suggestions:

Swiss Family Robinson (1960)
The Partridge Family (1970)
Friends and Family (2001)



- *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

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www.recreativeresources.com

Give thanks for all your family and have a wonderful Thanksgiving celebration with lots of family stories to tell next year.

Read more about this fantastic themed activity in the November Themed Activities free download available at
<http://www.recreativeresources.com/SpecialEventsandThemes.htm>



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