



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.

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Kim's Corner

I know you are busy with holiday decorating and planning. This truly is a hectic time for Activity and

Recreation Professionals. I do hope you take some time for yourselves to enjoy the festivities. You certainly deserve it. Please take advantage of my huge holiday sale. It's only for a short time so order now before you start serving the egg nogg. May each and every one of you have a glorious holiday season! **HAPPY HOLIDAYS!**

Kim ☺

Holiday Sale!

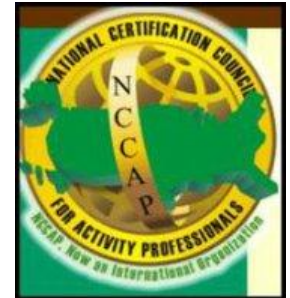
Lowest prices of the year! More than 50% off select items! All items are downloadable and sent via email!

OFFER ENDS DECEMBER 12, 2011

NCCAP Exam

The NCCAP National Exam requirement starts January 2012.

After January 1, 2012 all ADC and ACC applicants will be required to take the exam in order to be eligible for NCCAP certification.



So you still have a little time left to avoid having to take the NCCAP exam. Your application must be postmarked by December 31, 2011. [Contact the NCCAP office for more information.](#)

New Video By Kim Grandal

HANDS



**A Tribute to
Activity and
Recreation
Professionals
Who Enhance
the Lives of
the Elderly**

[View on You Tube](#)

Hanging of the Greens

By [Christine Jennings](#)

Hanging of the Greens is an English tradition of decorating the home with wreaths, garlands, a Christmas tree, and evergreens for Advent and Christmas.

Activity Resource Center Subscription

Regular Price: \$45.95

Sale Price: \$20.00

Re-Creative Resources' Activity Resource Center is a service that offers members UNLIMITED access to a variety of activity resources, tools, training materials, activities, reports, samples, and so much more!

Note: The Activity Professionals' Week Tool Kit (which sells for \$25) is included in the resource center, so this is a great deal!

Recreation Department Review Manual

Regular Price: \$39.95

Sale Price: \$18.00

This manual helps provide a thorough assessment of the facility's Recreation Department in Long-Term Care facilities.

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

Regular Price: \$25.00

Sale Price: \$11.00

This in-service will help you "break down the silos" in your facility and create a person-centered environment.

Recreation Orientation Manual

Regular Price: \$18.00

Sale Price: \$8.00

This orientation program covers everything from personnel information, programming, techniques, working with other departments, safety, equipment, and more.

MDS 3.0 Section F Interview Tools

Regular Price: \$18.00

Sale Price: \$8.00

You can use this same tradition in your facility with your residents. This can bring back some wonderful memories for some and introduce a new tradition to others. This is also a great way to get the entire facility to participate in decorating for the holiday season.

Learn & Listen – Discuss the tradition in hanging the greens with the residents.

- *Advent Wreath* – The evergreen represents everlasting life found in Christ, the circle symbolizes life without end. The three purple candles in the wreath represent royalty (HOPE), humility (PEACE) and penitence (JOY). The rose-colored candle represents happiness (LOVE). The tall white candle in the center symbolizes God's special light that has come to a dark world.
- *Candles* (you can use the battery operated kind) - Before the celebration of Christmas, candles were used to signify Christ as the light of the world.
- *Bells* – Are used to ring in the glad news of the birth of Jesus.
- *Carolers* – Sing out the coming of the Savior just like the angel choir sang to the shepherds and the message has been carried on ever since that first Holy night.
- *Gift Giving* – The Wise Men wanted to share their love and desire to know the King of Kings so they traveled many miles, risked their life by disobeying King Herod and they presented their gifts of gold, frankincense, and myrrh. We continue the gift giving through giving tithes and gifts to family and friends.
- *Candy Cane* – The first candy cane was created to honor Jesus. The candy maker wanted to honor our Lord so he made a candy in the shape of a shepherd's staff, when turned upside down it is the letter J for Jesus. The red and white stripes represent the blood of Jesus, which washed away our sins and makes us pure and white as snow. One bold stripe represents God who is the Father of us all. He three fine stripes represent the Trinity: one God, who revealed Himself to us in three ways: the Father, the Son, and the Holy Spirit.
- The *Christmas tree* symbolizes peace and eternal life.
- *Poinsettias* – The star of the leaf represents the star of Bethlehem, the red flower stands for the bloodshed by Jesus who came to be our Savior.
- *Evergreen wreath* is an emblem of eternal life and God's faithfulness to all humanity.

There are various traditions of the Hanging of the Greens and you can Google to learn more about this tradition if you want a deeper understanding of the formal service. Your residents will enlighten you as well from their own personal experience in church.

Consider setting up a separate time and place where the residents and staff can come help place the decoration (use the list above as a guide to schedule to hang each decoration). After each decoration is put in place sing a spiritual Christmas Carol or Hymn, this is the Carolers part of the ceremony and will get everyone excited about the holiday season. You can also serve refreshments to encourage fellowship throughout the day. This alone will be a full day activity and it will decorate the facility to start the holiday celebration.

See more of Christine's Themes

This manual includes: 3 Training Exercises, IDT Communication Tools, Interview Worksheet, Interview Techniques and 8 Section F Cue Cards which include various styles.

Recreation IN-QUIZ-ITION Game

Regular Price: \$9.00

Sale Price: \$4.00

Based off of the infamous Jeopardy Game, the questions cover a wide range of topics relating to the Recreation/Activity profession in Long-term Care.

More Than Just Bingo Game

Regular Price: \$8.00

Sale Price: \$4.00

This is a great Leisure Education game for the residents and staff.

Tic Tac Techniques Game

Regular Price: \$9.00

Sale Price: \$4.00

This game is designed to educate Recreation and Activity Professionals about various facilitation techniques utilized in recreational programming.

Know Your Rights Bingo (PowerPoint Version)

Regular Price: \$15.00

Sale Price: \$7.00

You receive twenty 8 1/2 x 11 Know Your Rights Bingo Cards that indicate resident rights commonly found in Long-Term Care, Adult Day Care, and Assisted Living facilities.

Medical Abbreviation Bingo

Regular Price: \$8.00

Sale Price: \$4.00

This game helps reinforce proper use of medical abbreviations and symbols in LTC Documentation.

The November, 2011 STARS Winner

Alex Riddick, ADC, BA



Welcome to the wonderful world of the Activity Professional! I am the Director of Activities at Gates Manor, Montclair, NJ. A native of Newark, I attended Arts High School. Subsequently, I received my Associates Degree in Fine Arts from Essex County Community College, and a BA in Fine Arts and Art History from Montclair State University. I began my career as an Activities Professional over twenty seven years ago, and I

have never regretted my career choice. I became a Director of Activities in 1999. I received my professional certification as a director from the National Certification Council for Activity Professionals. I am also a member of the New Jersey Association of Activity Professionals. I have been attending their annual conventions for ten years. In addition, I have participated in seminars and workshops. My major interest has been the development of therapeutic activities for residents who are challenged by cognitive disabilities, including residents with dementia. I began work in this area of activities long before much of the present material about activity programs for such residents became center stage. I can safely say that I am the originator of the Rainbow Medley Program. This program involves the use of sensory stimulation in a way that engages residents who, otherwise, are not able to inter react with others. This has brought me a great sense of achievement. I love to see the residents "come alive" as we communicate through the various sensory stimulation activities. My career as an Activity Professional gives me a great sense of fulfillment and joy!

Apple Day at Gates Manor

Our annual Apple Day, held each fall, is very popular with the residents. While our apple tree may be an artificial one, it certainly gives a touch of beauty to our Activity Room. We feature several varieties of apples. After a discussion about this display, including the nutritional value of eating apples, we enjoy each of them as a snack! A trivia game allows the residents to name many kinds of apples. Apple sauce and apple cider are on hand for tasting. The reading of the stories, "Johnny Apple Seed" and "The Tale of William Tell," are always much enjoyed by the residents. A photograph display featuring the whole "Apple World" is on hand for all to enjoy. All this is a result of looking at a piece of fruit that we see so often in new and exciting ways!

The December, 2011 STARS Winner

Bryan Rife, ADC

With over sixteen years in the healthcare field, Bryan Rife started out as a Nursing Assistant and has worked his way up through the ranks as a Nationally Certified Activity Director. His contagious energy, enthusiasm and "out of the box" thinking has earned him national recognition through NCCAP's Activity Department of the Year for 2011 and 2nd Place Best Practice for 2010/2011. With Bryan's innovative and modern activity programming ideas, life in a

[Click Here](#) to learn more about or to order any of these sale items.

WEBINARS



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- *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)
- *News and Announcements
- * Who's Who

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healthcare setting is to be desired. Programming ideas such as Magic Moments, which made national headlining news, Celebrity Chef and the unforgettable Queen of Hearts Beauty Pageant are only a few "tricks" up his sleeve.

Currently, Bryan is working on his first book titled *The Hands I Know*. Through this publication readers will get a glimpse into the lives of thirty unique people, all which are residing in a long-term care facility. The images of their hands alone speak for themselves and combined with the stories of their lives the book will be captivating. Bryan hopes that this will change the perspective of one's thinking in regards to those living in long-term care.



Bryan's Toy Drive

Bryan's birthday is on December 22nd and if he isn't busy enough during the month of December he also does a toy drive for the local Levine Children's Hospital in Charlotte, NC, where he resides. This year will be the fourth year he has done the drive and hopes to succeed his goal of 700 toys donated last year. Bryan also has two handsome sons, Kristopher, age 12 and Noah age 10, and a wonderful husband, Shane, whom is very supportive in all his endeavors.

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.](#)



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