



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.

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Kim's Corner

Hi! The busy Fall season has begun for Activity and Recreation

Professionals. Preparations for Halloween, Thanksgiving and the holiday celebrations in December are all underway. Don't forget to take time for yourselves and take all the help you can get!

I had a wonderful experience speaking for the Activity Professionals in Hudson Valley this past week. I'd like to thank Linda Redhead, Activity Director of Putnam Ridge for coordinating and hosting the seminar. If you are interested in having me present for your group, please contact me for more information.

In addition, the Learning Buffet workshop was a huge success. Aimee Montgomery Wilson and I presented a variety of topics in an all day workshop, held at Daughters of Miriam, in Clifton NJ. Thanks to Daughter's of Miriam and Rhonda

Resident's Rights Week and New Rights for Residents Bingo Game

Residents' Rights Week takes place the first full week in October to honor residents living in all long-term care settings. Celebrate the 2009 Residents' Rights Week October 4-10: "Hear Our Voice: Residents of Long-Term Care Speak Out Residents' Week." For more information and great free downloads, including a power point presentation, visit NCCNHR.

Many people ask me where to get the Resident Rights Bingo game. After much research, I learned that the company that was manufacturing the product is no longer making it. Therefore, I decided to create a simple, affordable version for you to use in your facilities to educate residents and health care providers about Resident Rights. [Click here to learn more.](#)

Temporary Webinar Price Cut (30% off!)

Economic times are tough for everyone. Health care budgets are being cut and closely monitored. For this reason, Re-Creative Resources Inc. is offering 30% off of the regular webinar price. The regular price for an individual to attend a webinar is \$30. ***This temporary special discount is \$21!*** Take advantage of this discount while it is being offered! Check out the webinar schedule in the left sidebar and register today!

Cane Fu for Seniors

Debra Stewart MBA, MATLT, CDP, ACC/MC/E/AD/AC



A program that I developed for self-defense for seniors dubbed *Cane Fu* by the *Wall Street Journal* during their interview for the article "Everybody was Cane Fu Fighting" by Jennifer Levitz has a daily Internet search of

Brand, Activity Director, for their hospitality and use of their facility. If you missed this workshop; you can take each individual session, online. Check out the webinar schedule.

There are two more seminars available in NJ so be sure to register soon. Information regarding these seminars is listed below. If you are not in the NJ/NY area, there are many webinars available on-line as well. Because of the tough economic times, I have temporarily decreased the price of the webinars. I understand that budgets are tight so I want to give more of you an opportunity to enjoy these educational, interactive webinars. Please see the webinar information below for details. Until next month...

Life. Be in it! *Kim* ☺

Webinar Schedule with the 30% off Discount!

All sessions NCCAP approved for 1.5 ce's

September 24, 2009

Developmental Disabilities: An Overview for Recreation and Activity Professionals

Speaker: Aimee Montgomery Wilson, CTRS, ACC/EDU

Time: 9:30 a.m. to 11:00 a.m. (EDT)

New Reduced Price: \$21 (30% off of the original price)

September 29, 2009

Never Too Old To Learn: Educational Activities For The Elderly

Speaker: Kimberly Grandal, CTRS, ACC/EDU

Time: 7:00 p.m. to 8:30 p.m. (EDT)

New Reduced Price: \$21 (30% off of the original price)

September 30, 2009

Off to a Great Start: Employee Orientation Tips For Recreation Directors

Speaker: Kimberly Grandal, CTRS, ACC/EDU

Time: 10:00 a.m. to 11:30 a.m. (EDT)

New Reduced Price: \$21 (30% off of the original price)

October 1, 2009

Coaching Your Team to Excellence:

over 4,000,000 hits. The author was researching self-defense for seniors when she came upon my program listed in the Sinclair College Lifelong Learning brochure. It has become a nationwide phenomenon, but there are things to consider before you decide to create a program for self-defense for seniors at your facility.

The reason that this self-defense program was created at my facility was that I was looking for novel programming that would create interest in exercise and fall prevention by our independent population. After years of teaching as a 4th degree black belt in Tai Kwon Do, I realized that the front stance is a wonderful mechanism for building balance, grace and coordination. Our consultant for the program, Grandmaster Chung of Chung's Academy of Martial arts is my master instructor, he has nurtured balance in every age, shape and size possible in the human race, and he believes that martial arts can benefit anyone at any stage of their life.

During the development of the curriculum for the self-defense class, I discussed the parameters with my CEO and Mission Director to be sure that the program was designed to honor our senior population and the mission and values of our organization. For risk management purposes, I finished masters in teaching and earned several certifications for senior fitness and personal training so that I could blend my martial arts training with the science of senior fitness and physiology to reduce risks and to promote a failure-free environment for our seniors.

The positive benefits of this program is that seniors gain more awareness of the possible dangers in their environment and how to become empowered to structure their travel and personal lives in a more safe manner. For example, non-violent techniques are always explored during each class and seniors are encouraged not to travel with their valuables and to travel with a companion to reduce the interest of would-be attackers. Seniors should also assess their capabilities and seek ways to improve their balance and coordination not only for their optimal health and their optimal functioning, but because it takes a certain amount of strength and balance to defend against any unwanted force. Encouraging seniors to get therapy when needed and to attend a variety of exercise programming is also very important, but they need to do this within the guidelines of their physicians and therapists.



Real Time Techniques for Staff and Volunteers

Speaker: Aimee Montgomery Wilson, CTRS, ACC
Time: 7:00 p.m. to 8:30 p.m.(EDT)
New Reduced Price: \$21 (30% off of the original price)

October 6, 2009

Talking Shop: Men's Programming Ideas for Recreation Professionals

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 10:00 a.m. to 11:30 a.m. (EDT)
New Reduced Price: \$21 (30% off of the original price)

October 15, 2009

Decreasing Barriers to Leisure Pursuits Through Adaptation

Speaker: Kimberly Grandal, CTRS, ACC/EDU
Time: 7:00 p.m. to 8:30 p.m. (EDT)
New Reduced Price: \$21 (30% off of the original price)

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)
New Reduced Price: \$21 (30% off of the original price)

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

Fall Seminars in NJ

Thursday, October 8, 2009

Recreation Facilitation Techniques: Theory and Practice in LTC

Lincoln Park Care Center
Lincoln Park, NJ
8:30am-1:00pm
Presented by Kimberly Grandal, CTRS, ACC/EDU
NCCAP approved for 4 CE's (\$85)

Thursday, November 12, 2009

Taking the Write Path: Recreation Documentation for Quality of Life

Parker at Stonegate Assisted Living
Highland Park, NJ
8:30am-5:00pm
Presented by Kimberly Grandal,

Some of the martial arts defense movements normally required for self-defense requires quick movements and the ability to turn and pivot. I would have to say that in the development of this program all of the normal techniques for self-defense were adapted for each person's abilities, range of motion, and cognitive discernment. Just like a white belt in martial arts the seniors advance quickly in their abilities and all of their base-line abilities for balance, strength and endurance improved dramatically. It took time and the curriculum was designed for small segments of learning so that it became a journey where a group of techniques became very familiar before new ones were introduced.

The seniors that I have taught using this program enjoy doing something that is challenging and more normalizing than most programs found in health care facilities. The participants became more confident in themselves and in their ability to honestly assess their needs and limitations so that they could decide whether or not they needed additional care, strengthening or support.

For more information email Debra:
pictureyourselfstronger@yahoo.com

United Nations Day (October 24th)

By [Christine Jennings](#)

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

Discussion - Read the history of the United Nations Day on Wikipedia to discuss with the residents. Ask if they remember anything about the United Nations, when it was formed, why it was formed, and what purpose does it serve, etc...



Game - Name that flag - See if your residents can name some of the flags from other countries. You can find pictures of all the nations' flags on line to print or check out your local library for books with pictures they can look at and then guess which country it belongs to. I saw a floor size world puzzle mat in Lowes store back in the flooring department which has all the country flags on it too. It was not very expensive at all and since it is a rubber mat type puzzle it can be washed.

Facility Project - Collect money from everybody (residents, staff, volunteers, vendors, family and visitors) to donate to UNICEF from the facility. The residents and staff could even have a bake or craft sale with all the proceeds going to the UNICEF funds. You can get more information from unicef.org to discuss with the residents and staff to see if this is a

CTRS, ACC/EDU
NCCAP approved for 7 CE's (\$145)

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

MEPAP II

DH Special Services is offering MEPAP- Part II at Kensington Court in Tinton Falls (Monmouth County), NJ starting September 22nd, 2009. Visit www.dhspecialservices.com for traditional and home study classes.

September Raffle Winner

Congratulations to Jayne Desamito, of Hawaii! Jayne is the lucky winner of a \$500 voucher courtesy of [The Activity Professional's Career Development Center!](#) This voucher is good toward the MEPAP 2nd edition.

October Raffle Winner

Enter the October raffle for a chance to win \$50 worth of free resource materials from Re-Creative Resources Inc. You choose from a vast amount of items! 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 **October 10, 2009**. **Please note: all entries are 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

project your facility wants to contribute to.



ACTIVITY RESOURCE CENTER

Resources for Activity and Recreation Directors in LTC

JOIN TODAY

www.recreativeresources.com

Just a reminder!
The introductory price of \$45.95 for the first year membership ends September 30th. The new price will be \$60. The annual renewal price of \$9.95 remains the same.

Cooking - Let your residents try some International foods. Make Mexican cornbread, chicken stir fry, Irish potatoes, or French toast.

Art - Let the residents try their hand at painting another countries flag, or a famous icon from a different country like the Eiffel Tower, or the Tulips from Holland, or the Leaning Tower of Pisa. Just let them paint whatever they consider to be International. Some may want to display their art work during the International social.

Social - You may want to see if there is a local band that can play

music from different countries, or just find some CD's with music from all around the world. You can serve different teas or coffees from China, England, India, France, Germany, etc.) You could also have some different types of cookies to go with it like Scottish Shortbread, truffles, Mexican wedding cookies, etc... Invite the staff and family too to make it a facility social.

For more great October programming ideas and other theme-related activities, visit [Christine's Column](#). Example themes include: Dictionary Day, Autumn, Oktoberfest, Pastor Day, Cookbook Day, Mad Scientist Day, and more! *These are free downloads courtesy of Christine Jennings.* Enjoy!



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Kimberly Grandal on Linked In

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