



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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October is Residents' Rights Month

Residents' Rights Week has been expanded to Residents' Rights **Month**. This is an annual event designated by the Consumer Voice and is celebrated in October to honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living, board and care and retirement communities. The theme for Residents' Rights Month 2011 is, "Welcome Home: Creating Connections Between Residents and the Community" with the goal of educating the community about residents' rights and to increase community involvement with residents. [Check out Residents' Rights Month](#)

KNOW YOUR RIGHTS BINGO

	K	N	O	W
7 No mental abuse	15 Know services	27 Free time	37 Room changes	
2 Needs and preferences	18 Rights in resident's long-term health	30 Participate in discharge	45 Personal property	
1 Personal decisions	16 Know changes	28 Hobby work	38 Activities	
5 Resident Council	13 Privacy	32 Friends and relatives	47 Facility survey notification	

Learn about Residents' Rights the fun way! Microsoft Word and PowerPoint versions available.

ORDER THE KNOW YOUR RIGHTS BINGO



Kim's Corner

This is my all-time favorite season! I love the colors and the cool air, mums, pumpkins, and the

leaves! It's such a refreshing time for me. I hope that you are all enjoying this festive time as well.

Be sure to check out the webinar schedule. The November schedule will be up soon and I'll be sure to send an announcement.

I also want to remind you to nominate individuals for the STARS award. Take a moment to let me know about a special activity or recreation professional that you know. You can even nominate yourself! Go for it!

Happy Fall!

Activities: Life: Enhanced

Kim ☺

The October 2011 STARS Winner Miguel Sarasa, ADC

Presenter: Miguel Sarasa, ADC has been the Activity & Volunteer Services Director of the Village HealthCare Center since 2004. He has been actively involved in the Southern California Association of Activity Professionals previously serving as Vice President, Secretary, Membership Director. Miguel has been a featured speaker at a variety of Activity Professional conferences throughout California (both local workshops and state conferences) as well as North Carolina. Miguel is a part time Instructor for Activity Director.net. Miguel is both a California Certified Activity Professional completing the 72-hour course and 40-hour course as well as a Nationally Certified Activity Professional and recently completed the MEPAP Second Edition Train the Trainer to be a Secondary Instructor.



Current Webinar Schedule



The October webinar schedule is out. The November schedule will be out shortly. PRIVATE GROUP SESSIONS ARE AVAILABLE FOR YOUR ORGANIZATION OR FACILITY AS WELL. [LEARN MORE](#)

October 13, 2011

Care Area Assessments Section F: The Process and How it Applies to Activities

12:00 p.m
2 ce's

[Learn More/Register](#)

October 18, 2011

Becoming the King of the Jungle: Increasing Professionalism for the Activity and Recreation Professional

12:00 p.m.

3.5 ce's

[Learn More/Register](#)

NO WEB CAM NEEDED , EASY TO ACCESS, LIVE, INTERACTIVE AFFORDABLE, NCCAP-APPROVED



The Fall NP Newsletter is available online. Learn about the upcoming National Exam for NCCAP Certification and much more. [Download the NCCAP News](#)

Feel free to e mail me at my personal e mail at sarasa_miguel@yahoo.com

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.](#)

Person Centered Calendars

Kathy Hughes, ADC

Lately there has been some discussion about activity calendars and why they are necessary. This is an interesting discussion if we think about the folks that we serve and our person centered approach to activities that most activity professionals use when planning activities for their specific residents. If you consider our own personal lives as care givers, you will see a calendar in our lives as well.



We look at our own personal calendar to see what we had planned for our week coming up. We look at the appointments we have, the upcoming movie date with a friend and a shopping excursion to the grocery store. We also have community events listed that we volunteer for, upcoming workshops that we can register for and information about our impending vacation. We have written information about our plans and conferences a year out and have all of our friends and family's birthdates and anniversaries.

On cruise ships there are activity calendars, colleges have calendars of upcoming classes and events and your community has a calendar of upcoming events. Your local library, Movie Theater, mall, your church and other organizations all have calendars to advertise and schedule their programs. People want to plan ahead and be able to see what they would like to participate in.

Almost everyone keeps a calendar, so an activity calendar is for the folks living at their home to know what will be going on and how they can plan their days. They can then let their families know that there are activities that they would like to participate in and that they will be busy or that they can invite their families to so that they can add the activity to their calendars. The activity calendar also is a tool that will help residents know the time of year, the season and the date. The calendar also lets all staff know what is going on and how they can encourage residents to participate in the activities that they like and want to attend. In order for the folks to be aware of the month and season the activity calendar is a "cue" that can be used. The activity calendar also serves as a way for folks to

MDS 3.0 Special Report from Long Term Living

[Download for FREE](#)

Recreation Therapy is mentioned!

NJ/EPA TRA Fall Conference "PaRTnering for Progress"

Tuesday, November 14 & 15, 2011

[The New Jersey- Eastern Pennsylvania Therapeutic Recreation Association's 14th Annual Fall Conference](#)

New Jersey Hospital Association
Conference Center
Princeton , NJ

New Jersey Activity Professionals Association Fall Workshop

"New Programming Methods for Persons with Dementia"

Masonic Home in Burlington, NJ

October 21st, 2011

[Learn more](#)

DH Special Services

MEPAP II - The Willows at Holmdel in Holmdel, NJ (Monmouth County)
Tuesdays, beginning October 25th

[Learn More](#)

Products, Services & Info.

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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](#)

share memories and stories. It is a reminiscing tool that can help people share common experiences and let others know their stories and family histories.

Do you anticipate events? Looking forward to a family reunion, a family wedding, a family event or a school reunion is part of life. Looking forward to upcoming activities is also a part of life for folks living in your "home". The anticipation of a special event or regular program can be a source of conversation for everyone. The anticipation of programs should not be taken lightly as it can be a source of conversation and planning for many people. A person-centered approach should include conversations about events that the folks are used to and want to attend because of their anticipation of the event. Their memories about the events that they had in their lives concerning a special event serve as a basis for planning these events for the Activities Professionals.

The ability to share a common interest is also available on the activities calendar. To share a common cause or a common skill is part of the process of living in a community. We all have interests that we would like to have the opportunity to share with others and would like the program that will encourage folks to teach each other, others and a new generation their skills is rewarding and gives one the opportunity to engage in life. The activities calendar reflects those opportunities and plans ahead for folks to anticipate and plan how they are going to share their legacy.

Planning ahead for specific activities that the folks would like would also necessitate a calendar so that community groups and others can plan to visit your home. They also need to know that your folks are busy and engaged in life and aren't sitting in their rooms just waiting for them to visit. They have the opportunities to share with their neighbors and the staff. A calendar shows the variety of events and programs that are available to meet the specific needs and interests of the folks that live with you.

There are many opportunities during the day for folks to decide that they want to go shopping or go out for lunch at an area restaurant. Most people, plan ahead for that as well. There are very few times in the course of human events that one does not plan ahead for a walk in the park or a stroll in the garden. If the home decides to respond to the daily needs and interests of their folks, then planning around interests, scheduling a van driver and planning the trip is a natural event that takes some scheduling? Unless we have a van that is staffed full time, and even then if Ms Smith wants to go to Burger King for lunch and Mr. Jones wants to go to his Legion for their spaghetti dinner there still has to be a calendar involved so that we remember to pick them up and they might have to plan ahead for their trip so that the van can be scheduled.

So even in our neighborhoods we need something that reflects the needs and interests of the group. The activity calendar is a planning tool, a reminiscing tool, a reality orientation tool and a marketing tool. It can be used to encourage families and staff to become involved in the lives of our loved ones and the folks that live in our homes. It helps folks plan ahead, anticipate an event, look forward to something that they are interested in and encourages staff to be part of the lives of our folks.

SHOP OUR STORE



Recreation training games and materials, programming forms, documentation forms, videos, Know Your Rights Bingo and much more!

Products, Services & Info.

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www.recreativeresources.com

Employee Orientation

Recreation Orientation Program

A Comprehensive Employee Orientation Manual and Checklist for Activity and Recreation Professionals in Long-Term Care
www.recreativeresources.com

Have we taken a good look at that calendar lately? Does it reflect the needs and interests of the folks that live in our home? Does it have opportunities for our folks to look ahead with "wild" anticipation to an event or program that is "enchancing" and special? Are the daily programs reminiscent of the community in which your home is based? Are we making sure that the

specific leisure needs of our folks being met in the activities calendar? Does it change every month and do the folks living in your facility have the opportunity to contribute to the activities calendar and plan events and programs that they would like? If they want Bingo five days a week does their activity calendar reflect that? What opportunities for spontaneous activities do we offer?

Can a resident wake up on a Thursday and decide that at 10:00AM he wants to go to the Off Track Betting Parlor for the day and you can provide a staff member and a driver for that person? In the "Culture Change" atmosphere can an "elder" plan a family reunion and not notify the staff that they are hosting 100 family members next Saturday and have food available. Can an "elder" decide to go to the mall and be taken within a few minutes' notice? Can an "elder" who is bed bound due to medical challenges be able to shop in their room because they loved to shop? All of these can be planned ahead on the activities calendar.

The Activity Calendar is a valuable asset to your facility and to the folks living in your home. Take a look and see the great opportunities available for the entire home. It was done by your Activity Professional and the folks that live in your home. It is their calendar of their lives.

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