

September 1, 2009



# The Rec-Room

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## Editor

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## Kim's Corner

I know It's a bit late  
for September  
activity ideas, since  
you have your

calendars done already, but I thought  
Christine had some great ideas and I  
wanted to share them with you.

Also please check the September  
webinar schedule. The first session  
begins September 9<sup>th</sup> and is a 1.5  
hour session on Staff Development.  
There's also a buy one get one free  
offer below. Check the back to school  
savings.

I've also given you a second chance  
to enter the fantastic raffle from [The  
Activity Professional's Career  
Development Center!](#) Stephanie  
Courtney is offering you a chance to  
win a \$500 voucher toward the  
MEPAP 2<sup>nd</sup> edition, on-line course.  
See the September raffle below for  
details.

Happy Labor Day!

Life. Be in it! *Kim* ☺

## September Activities

By [Christine Jennings](#)

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

**Hispanic Heritage – Celebrated  
September 15 to October 15 each  
year.**

[Listen and Learn](#) – The website

scholastic.com has great Hispanic teaching information under Student Activities, scroll down to Social Studies, then scroll and click on Hispanic Heritage. On this page you can elect o print the information under each category. Discuss with the residents the history of the Hispanic contributions to the growth of America. If you have some Hispanic residents see if they will speak to the group about their heritage and answer some questions to get a good discussion going while they learn.

[Matching Game Spanish style](#) – This is my version of the Piñata Concentration On-Line game. You will need to either purchase two sets of Spanish flash cards large enough for your residents to see, or you can make some. To make: purchase poster board the size of notebook paper or slightly larger. Purchase at least 24 or more. Print out pictures of common items such as banana, tree, sun, moon, shoe, coat, spoon, etc... then above the picture write the Spanish name. You will have to make two of each item picture. Keeping your matching cards together, divide the cards into four sets (total of eight cards). Pin them up on a cork board with the picture facing the board so the residents can't see. Above the top row have numbers 1 – 4 and below the second row of cards have numbers 5 -8 so the residents can tell you which cards they want turned over to see if they match. Divide the residents up in groups. Once you determine the order the group will take turns then start the game. Let each group take a turn at trying to match the card with its matching pair. Make sure when you pin the cards up you mix the cards well. Now to make it really fun have a Piñata filled with goodies towards the side. The group that gets the most correct matches wins a chance to hit the Piñata. Play until the Piñata is broken and all get a treat. This game will help the residents learn some common Spanish while having fun.

[Music and dance](#) – Bring out the maracas, drums, and castanets to let the residents have fun playing along with some Hispanic music. Let your Hispanic



## September Webinars

NCCAP Approved for 1.5 CE's each

### September 9, 2009

**Train the Trainer: Staff Development Tips For Recreation Directors**

[Learn more about this session](#)

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

[Register for this session](#)

### September 22, 2009

**Never Too Old To Learn: Educational Activities For The Elderly**

[Learn more about this session](#)

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

[Register for this session](#)

### September 24, 2009

**Developmental Disabilities: An Overview for Recreation and Activity Professionals**

[Learn more about this session](#)

Speaker: Aimee Montgomery Wilson, CTRS, ACC  
Time: 9:30 a.m. to 11:00 a.m. (EDT)  
Fee: \$30

[Register for this session](#)

### September 30, 2009

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

[Learn more about this session](#)

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

[Register for this session](#)

[Learn more or register for these sessions](#)

## Fall Seminars in NJ

Thursday, September 17, 2009  
*Re-Creative Resources Inc.*

residents show off some of their dance moves or see if a dance studio will come show them some easy steps of traditional dances. Let them all move and have fun with the cultural dances. Let them partner up to do a tango and don't forget the sombrero hat dance.

Hide and Seek in Rice and Beans – Fill up a few large bowls or boxes deep enough to fill them with uncooked rice and beans. Hide several small Mexican toys for the residents to find. Suggestions small toy tops, small maracas, small toy donkey, and a small toy sombrero hat.

Cooking – Let the residents make some Spanish rice or Mexican Corn Bread. There are lots of easy recipes you can find on-line to choose from. Here is my quick and easy recipe for Mexican Corn Bread:

- Purchase one package of Corn Bread mix that only requires water and one egg.
- Mix Corn Bread according to package, except instead of using water use Chicken broth.
- Add one small can of drained Chopped Mild Chili's and one cup of shredded Mexican cheese. Bake as directed and serve fresh from the oven. This makes an 8 x 8 pan, which if cut in small squares. Serves 16.

Craft – There are many craft ideas to make relating to the Hispanic Heritage. Here are a few suggestions:

- Basket Weaving – basketweaving101.net has a section called Educational "how to", which shows step by step how to weave a small basket.
- Pottery – MakingFriends.com has a red clay bowl instructions. Just click on the theme drop down box and select Fiesta. This site has lots of very easy craft ideas.
- Mini Piñatas or God's Eye – Check out gingerbreadsnowflakes.com home page, which has instruction for both along with other cool ideas for crafts. Just scroll down the entire home page for instructions.

Instead of a one day event, you can make this a weeklong event by breaking it down to daily themes highlighting each category of the Hispanic heritage.

Example: Origin, Contribution to America, Famous Hispanics, Traditions, Music and Arts. The Hispanic cultural is colorful with deep family roots.

### Classical Music Month

Listen and learn – Review information on Wikipedia on Classical Music. Ask if they have ever seen a classical music concert. If they have let them talk about their experience. How did it make them feel, what do they remember about the concert hall and did they ever want to attend another classical concert?

Stretch to classical music – Play some famous classical music and lead the residents through some basic stretch exercises.



**Workshop: A Learning Buffet for Recreation Professionals**

Daughter's of Miriam Center  
Clifton, NJ  
8:30am-4:00pm  
NCCAP approved for 6 CE's (\$125)  
Presented by Kimberly Grandal,  
CTRS, ACC/EDU and Aimee  
Montgomery Wilson, CTRS, ACC

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

**To learn more or to register for  
these seminars  
[Click here](#)**

**September Raffle**

Enter the September raffle for a chance to win a \$500 voucher from [The Activity Professional's Career Development Center](#)! Yes, you read correctly-**\$500!** This voucher is good toward the MEPAP 2<sup>nd</sup> edition. 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 October issue of The Rec-Room. The deadline for entry is **September 20, 2009**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**

**MEPAP in NJ**

Feel the Music – Select some popular classical music pieces. Don't play the entire piece, just enough to invoke feelings. Ask the residents; How does the music make you feel after listening to the musical piece? Does the music bring back a memory? Can you feel the rhyme of the music?

Dance to the classics – Ask a dance studio come and lead the group in some Ball Room dancing, like the waltz to some classical music. Encourage residents to try dancing and if they are in a wheel chair then dance with them too!

Cooking – Make a classic recipe of any kind. Check out [retrofoodrecipes.com](#) for some tasty recipes from 1960's to 1970's and from different countries. Or just make the residents favorite. It is all about classics!

Social – Have a wine tasting social complete with classical music to listen to while they enjoy the samples. You can contact a local winery or wine store to see if they will bring out wine for the residents to sample. I would also suggest serving some cheese and crackers.

**Native American Day – Forth Friday  
in September:**

Wikipedia really did not have a lot about Native American Day; however they have a lot of information on Native Americans in the United States. I found the best resource is on [historylink101.com](#), which has all kinds of historical information so you will want to add this site to your favorites. If you scroll down on [historylink101.com](#) under "Other" then click on Native American Indian Resources. You can pick and choose from daily living to biographies and even Native Maps. Since this website has so much to offer I am only making suggestions which you can find the needed details to create your own activities in honor of our Native Americans.

Discussion - Read through all the great historical information and pick the some highlights you want to discuss with your residents. You may ask them if they know if they have Native American in their family tree.

Game – Take some historical information and some Folklore/Mythology and read it to the residents. After each reading ask if it is fact or myth? See how many the residents will get.

Physical activity – Bow and arrow anyone? Let them try their hand at shooting a bow & arrow. There are lots of arrows that don't have points. OR let them throw a tomahawk to see how far they can through it. OR let them learn the Indian rain dance...and if it rains, they learned it well.

Craft - You can get ideas to alter to make the Indian craft a little easier for your residents to make. Take a look at dream catchers, Moccasins, clay pottery, bead



MEPAP- Part I will be at Absecon Manor in Absecon (Atlantic County) starting September 16th, 2009

MEPAP- Part II will be at Kensington Court in Tinton Falls (Monmouth County), starting September 22nd, 2009.

[www.dhspecialservices.com](http://www.dhspecialservices.com)

### Back to School Savings!

Buy one of these training products and receive one of equal or less value, for FREE. Offer ends September 15, 2009.

\*Tic Tac Techniques: A Recreation Facilitations Techniques Game (\$9)

\*Medical Abbreviation Bingo (\$8)

\*Recreation Jeopardy (\$8)

\*Recreation Documentation Jeopardy (\$5)

\*Leisure Bingo (\$8)

\*Recreation Orientation Manual (\$18)

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

**Happy  
National Adult Day Services Week**  
September 20-26, 2009  
"Enriching Lives Through  
Wellness and Creativity"  
Visit the **NADSA** website for ways  
to celebrate

**Happy  
National Assisted Living Week -**  
September 13-19, 2009.

### 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)

work, or a totem pole to see which will be of interest to your residents.

Cooking – There are so many recipes to choose from, so enjoy finding the right one for your residents to make.

Social – Have a Powwow. You can alter how you want to do it by checking out the rules of a Powwow. You can also see if you have a local Native American group by calling your Chamber of Commerce. If you do have a Powwow then the clothing, dance, and music will allow the residents to see, touch, feel, hear, and possibly taste the culture of Native Americans.

### Chinese Mid-Autumn Festival –

September 3<sup>rd</sup>, 15<sup>th</sup> or 28<sup>th</sup> and some sites say October 3<sup>rd</sup> so it depends on when you want to celebrate it. The sites to check out for additional information are Wikipedia, chinavoc.com, chinahighlights.com, travelchinaguide.com, and chiff.com under Holidays and then click on Mid-Autumn Festival. Chiff.com has a lot of links that are very useful in creating an activity for this Chinese festival. Most all the suggestion you can find the instructions or recipes on one of the suggested websites.

- Discussion – Talk about the history of the festival. If you have Chinese residents then ask them question if they speak English well. You might ask their family to come in to talk about the festival. After discussing the history ask the residents if the holiday is similar to a US holiday. The holiday on a couple of websites compare it to Halloween.
- Craft – Try making Chinese lanterns. You can find easy instructions on chiff.com by just clicking on "Make your own lantern".
- Cooking – Make Moon Cakes. The recipe looks easy and if you don't want to purchase the moon cake molds, just use cup cake pans.
- Physical activity – Take a moon light walk around the court yard of your facility to moon and star gaze. If you have a telescope so they can see the moon and stars clearer that would be great.  
OR you could try to teach them the moon walk dance, which is just walking backwards.
- Skit – Read one of the legends on hkfastfacts.com and scroll down the left column to Chinese Mid-Autumn Festival then click on "see Mid-Autumn Festival Legends" for a list of the legends. You can have someone act one out dressed up in Chinese clothing. They don't have to say anything just act out the movements and make sure you have some Chinese music playing in the back ground to give it a cultural feel to the story.
- Social – Send out the Chinese post cards you can print out from one of the websites listed above as invitation to invite the residents and staff to sample some Chinese food, enjoy Chinese music and don't forget the Chinese fortune cookies or have some little fun with the Chinese



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[www.recreativeresources.com](http://www.recreativeresources.com)

horoscopes.

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

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