



# The Rec-Room

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## Kim's Corner

Well, the infamous October 1<sup>st</sup> is approaching quickly. For those of you who work in

long-term care, you know exactly what I am talking about! I put together a great list of resources for you so please take a few moments to check them out. I also hope to see many of you at either my MDS 3.0 webinars or seminar. These sessions are geared toward Activity Professionals who are completing Section F.

It's hard to believe that summer "break" is coming to a close. Many of you have sent your children back to school already. My girls go back after Labor Day. It's the first year they didn't want a character backpack

## MDS 3.0 Resources for Activity and Recreation Professionals

By [Kimberly Grandal, CTRS, ACC/EDU](#)

Are you ready for the MDS 3.0? If you haven't received any formal training on the MDS 3.0, I highly recommend that you do. There are a variety of on-line resources that you can check out that will help you in your preparations and implementation process. Below is a list of resources for Activity Professionals that will be completing section F of the MDS 3.0. Each facility is different and I've heard stories of Activity Professionals completing several sections such as mood, preferences, and cognition. In some cases, Activity Professionals are not completing any section. It will vary according to facility since CMS does not specify which department or individual should complete the various sections of the MDS 3.0.

I also wanted to address one of the most popular questions that I get asked about the upcoming MDS 3.0 which is, "What type of initial Activity Assessment do you recommend or how do I change my current assessment to accommodate the MDS 3.0"? I respond back with a question: "Why do you have to change your initial Activity Assessment?" The Activity Assessment does not have to reflect the MDS. In fact, why collect the data twice? Now, if your Activity Assessment has outdated terminology such as RAPs, Section N, Triggers for Little or No Activity, etc., then yes, you'll want to either remove the old terminology and replace with the new lingo (e.g. CAT's, CAA's, section F, Resident Interview, Family/Significant other Interview, Staff Assessment, etc.)

I hope that you find these resources and links helpful in your preparations for the up and coming MDS 3.0. All of the links to these resources and more can be found at

<http://www.recreativeresources.com/MDS3.0.htm>.

[Preparing for MDS 3.0 by Keane Care.](#)

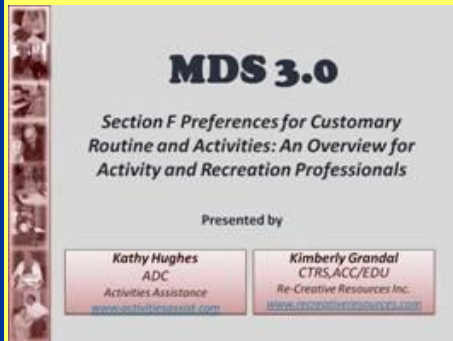
Download this 5 page MDS 3.0 overview.

which made me realize they are growing up so fast! I also wish you a very Happy Labor Day and hope that you will enjoy some fantastic barbecues and parades!

**Activities: Life: Enhanced**

*Kim* ☺

## September MDS 3.0 Webinars



### **Section F Preferences for Customary Routine and Activities.**

**NCCAP Approved for 3 contact hours.**

**Presented by Kim Grandal and Kathy Hughes**

#### Dates/Times

**Wednesday, September 8, 2010**

Time: 10:30 a.m. - 12:00 p.m..  
(Eastern Daylight Time)

**Wednesday, September 15, 2010**

Time: 8:30 p.m.- 10:00 p.m. (Eastern Daylight Time)

**Thursday, September 23, 2010**

Time: 12:30 p.m. to 2:00 p.m..  
(Eastern Daylight Time)

**PRIVATE GROUP SESSIONS ARE AVAILABLE!**

Also, stay tuned for another webinar which will focus on the CAA's for activities.

**These are live, interactive sessions!**

[Register for a webinar now](#)

[View the most current webinar here](#)

### **MDS 3.0 Section F Webinar for Activity and Recreation Professionals by Re-Creative Resources Inc.**

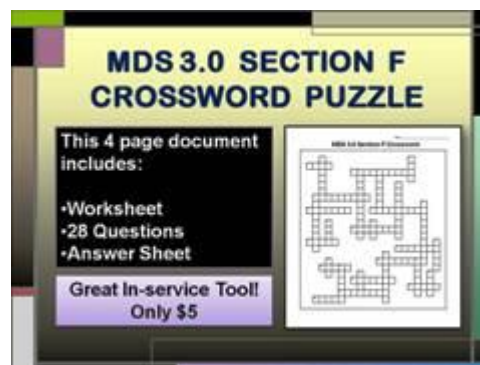
A series of webinars specifically created for Activity and Recreation Professionals. NCCAP approved for 3 contact hours. One webinar is strictly completely section F and there's another one coming soon regarding the CAA's. Private group sessions for your facility can be arranged as well.

### **MDS 3.0 Section F Seminar for Activity and Recreation Professionals by Re-Creative Resources Inc.**

An in-person seminar held in Basking Ridge, NJ. This session is specifically created for Activity and Recreation Professionals and is NCCAP approved for 4 contact hours.

### **RAI Manual and Training Materials**

Download all of the RAI Manual and training materials from the CMS website. There are also some materials, such as section F, section O, the CAA's Resources related to activities and more available at [www.recreativeresources.com/MDS3.0.htm](http://www.recreativeresources.com/MDS3.0.htm) . Please note however, that CMS is the official site and you should always check to ensure you have the most current information.



### **MDS 3.0 Section F Crossword Puzzle-New!**

This four page document has 28 questions related to the MDS 3.0 with a major focus on Section F, Preferences for Customary Routine and Activities. This is a standard Crossword Puzzle with clues/questions. You receive a

Crossword Puzzle worksheet, 2 pages of questions, and an answer sheet.

### **VIVE Interviewing Frail Elders (Video)**

The Video on Interviewing Vulnerable Elders (VIVE) demonstrates best-practice approaches for implementing the new MDS interviews for cognition, mood, preferences and pain. You can view this online for free.

### **Free Course: Interviewing for MDS 3.0 Resident Assessment by Care to Learn Enterprise**

This great course—geared toward nursing, but as an Activity Professional, I found it helpful. Plus it's free and we just love FREE! Learn the interview skills that lead to better nursing home resident care while ensuring MDS 3.0 compliance.

## MDS 3.0 SEMINAR

Section F Preferences for Customary Routine and Activities: An Overview for Activity and Recreation Professionals

Presented by

Kimberly Grandal CTRS,ACC/EDU  
Re-Creative Resources Inc.  
www.recreativeresources.com

Wednesday, September 22, 2010  
Fellowship Village, Basking Ridge,  
NJ from 8:30 a.m. to 1:00 p.m.

### Program Title:

*MDS 3.0 Section F Preferences for Customary Routine and Activities: An Overview for Activity and Recreation Professionals*

### Presented By:

Kimberly Grandal, BA, CTRS,  
ACC/EDU

### Purpose

**MDS 3.0 Section F: An Overview for Activity and Recreation Professionals** is designed to provide an educational opportunity for Activity, Recreation Professionals and Creative Arts Therapists in long-term care facilities to learn and utilize the new MDS 3.0, section F, Customary Routines and Activities. Participants will engage in group exercises and fun activities! Participants also receive the CMS materials associated with section F and the Care Assessment Areas. Continental breakfast will be provided!

### Objectives:

Participants will...

- \*Identify the two methods for conducting the assessment for customary routine and activities.
- \*Describe how to conduct an assessment of a resident's customary routine and activities.
- \*Code Section F correctly and accurately.
- \*State the Care Area Assessment (CAA) process.
- \*Describe how to document the activities component of the Care Area Assessments.

### [MDS 3.0 Basic Comprehensive Test Question and Answer Sheet by National Resident Assessment Institute.](#)

Great test to review staff knowledge of the MDS 3.0 Visit

### [Preparing for MDS 3.0 by Health MedX](#)

A 24–page manual to help you prepare for the MDS 3.0. Great checklists and a fantastic overview of the MDS 3.0.

### [HCPro Healthcare Marketplace](#)

[Free Newsletter about the MDS 3.0.](#) HCPro also did a nice review of the [MDS 3,0 Train the Trainer Conference](#) in Las Vegas. In addition, HCPro has a great [MDS 3.0 blog](#).

### [Article–A Closer Look at the MDS 3.0: News and Overview for Activity and Recreation Professionals](#)

This is an article written by Kim Grandal, back in February 2010. It gives a great introduction to the MDS 3.0 for Activity and Recreation Professional.

### [MDH MDS 3.0 Web Ex MDS 3.0 Handouts](#)

Twenty three sets of handouts regarding all aspects of the MDS 3.0.

### [Getting Ready for MDS 3.0 Implementation–Montana Healthcare Association](#)

A PowerPoint handout that gives an overview of the MDS 3.0.

### [MDS 3.0 Resident Interview and Cue Cards by Kansas Foundation for Medical Care](#)

Download interview cue cards for the MDS 3.0.

### [Change is Coming MDS 3.0 by Lori Costa](#)

A PowerPoint overview of the MDS 3.0.



### [The Recreation Department Review Manual 2<sup>nd</sup> Edition](#)

This comprehensive manual is designed for Recreation and Activity Directors to thoroughly assess their department. This manual has been updated to include the MDS 3.0. The primary change has been to the

Documentation Audit Tool.

### [Free Cue Cards for Section F–Daily and Activity Preferences](#)

The RAI Manual and the Video on Interviewing Vulnerable Elders discuss

### **Contact Hours/CEU's**

\*4 contact hours

\*NCCAP Approved

\*CTRS's: NCTRC does NOT pre-approve sessions. Read about [NCTRC's new Pre-Approval Process](#)

### **Cancellation Policy**

Cancellations are refundable less a \$15 administrative charge within 4 days of the seminar. No refunds will be given after the cancellation deadline.

### **Cost**

\$90 per person. Note: There is a \$5 off per person for facilities that send 2 or more individuals to the same session.

### **Registration**

You can register on-line via credit card or Pay Pal, or by check/money order via mail-in registration. Register at

[Click here to register for this MDS 3.0 seminar in NJ](#)

### **BACK TO SCHOOL SPECIAL!**



Register for a Re-Creative Resources Inc. MDS 3.0 Webinar and receive two [Recreation Training Crossword Puzzles for FREE](#). Puzzles include the brand new MDS 3.0 Section F Crossword Puzzle (\$5) and the Medical Abbreviation Crossword Puzzle (\$5) To register for the webinar (or to learn more about this webinar), [click here](#).

This great offer ends September 20, 2010.

[REGISTER TODAY](#)

### **Resident Rights Week**

Resident's Right's Week is celebrated the first week of October each year to

the use of Cue Cards during the interview process. Here are two cue cards you can download.

With anything, change can be challenging. Mistakes will be made, new questions present themselves, turf wars may arise, and so on. Take a deep breath and just remember one thing, "It's about the residents". Whether you like or dislike the MDS 3.0, doesn't really matter anymore because it's going to happen on October 1, 2010. Focus on what you need to do and before you know it, it will become part of the norm and we'll all be saying, "Remember when we had to do that section N?". I personally would like to invite you to register for the [MDS 3.0 webinars](#) by Re-Creative Resources Inc. because these sessions are specifically created for you, the Activity and Recreation Professional. This is a great place to share, brainstorm, and do what we do best, ADAPT!

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## **Give My Regards to Broadway**

By [Christine Jennings](#)

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

Broadway Musical Day is September 29, 2010. Here are some great activities!

Learn & Listen - Read through the history of Broadway theatre on [Wikipedia.org](#). Share some of the highlights during the history of Broadway with the residents. Ask if the following questions:

- Have you ever been to see a Broadway show in New York?
- What year did they attend?
- What was the name of the show?
- Do you remember who played the starring role? If they have never been to NY, have they ever seen a Broadway show preformed by a local theatre group or a movie based on a Broadway show?


Get the residents geared up for a fun day based on Broadway.

Game - Broadway Musical Hits - This is a true or false game. You can either divide the residents in teams or keep score by placing each residents name on a white board when they give the correct answer. However you want to keep score or just do this as a group for a fun way to learn about the hit musicals on Broadway. Below are some questions with answers to start the game with.

honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living, board and care and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident.

[Click here for great ideas.](#)

**KNOW YOUR RIGHTS BINGO**



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

## MEPAP 2<sup>nd</sup> Edition

DH Special Services will be offering the MEPAP 2<sup>nd</sup> edition in NJ

MEPAP Part I begins September 22, 2010 in Riverview NJ

MEPAP II begins September 23, 2010 in Lakewood NJ

[Learn more/Register](#)

## 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
- \*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

## Contact Kimberly Grandal

\*Phone: 732-340-1210

\*Email:



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Join today for just \$45.95 for the first year and \$9.95 annually thereafter!

1. The Broadway musical "110 in the Shade" was based on the 1954 play "The Rainmaker". (True)
2. The musical "13" was based on the life of 13 year old Evan Goldman as he moves from NY City to Appleton, Indiana. His dilemma is

when the move conflicts with the celebration of his Bar Mitzvah.

This musical premiered in 2007 in Los Angeles and transferred to Broadway in 2008. (True)

3. The musical "All Aboard" was a 1974 Broadway musical. (False, the year was 1913, not 1974 when it was on Broadway)
4. The year the Broadway musical "All-American" by Charles Strouse and Lee Adams was 1962. (True)
5. "Birds of Paradise" was a 1987 Off Broadway musical. (True)
6. The 1942 Broadway musical "By Jupiter" music was written by Lorenz Hart and the lyrics by Richard Rodgers. (False, the music was written by Richard Rodgers and the lyrics by Lorenz Hart)
7. In 1960 "Camelot" the Broadway musical was filmed by Warner Brothers in 1976. (False, this musical was filmed in 1967)
8. "Christine" was a Broadway musical in 1960. (True)
9. "Cats" opened first on Broadway in 1981 and then in the West End in 1982. (False, is opened in the West End in 1981 and then on Broadway in 1982)
10. In 1955 the book "Damn Yankees" was on Broadway as a musical. (True)
11. Dr. Seuss "How the Grinch Stole Christmas" was not a Broadway musical. (False, it was on Broadway in 2006)
12. In the 1982 Broadway musical "Dreamgirls" a notable song is "And I am Telling You I'm Not Going". (True)
13. In 1954 Harold Rome wrote the music and lyrics for the Broadway musical "Fanny". (True)
14. Zero Mostel was cast in 1964 as Tevye in the Broadway musical "Cat on the Roof". (False, it as "Fiddler on the Roof")
15. The notable song "Comedy Tonight came from the 1962 Broadway musical "A Funny Thing Happened on the Way to the Forum". (True)
16. In 1939 Marvin Hamlisch wrote music for the Broadway musical "The Goodbye Girl". (False, he wrote the music in 1993)
17. "Hair" was Off-Broadway in 1967 and Broadway in 1968 and the most notable song was "Aquarius". (True)
18. The 1971 Broadway musical "Jesus Christ Superstar" had no

notable songs. (False, it had three notable songs: Superstar, Heaven on their Minds and Everything's Alright)

19. "Little Women" was on Broadway as a musical with music by Jason Howland in 2005. (True)

20. George Abbott's book "New Girl In Town" was a musical on Broadway in 1957. (True)

If you need more or want different questions check out the List of musicals A to L and M to Z on Wikipedia.org.

Food – Since Broadway is in New York, then cook up some NY food. Here is a list of easy foods that the residents can help make that Wikipedia.org notes as Cuisine\_Of\_New\_York\_City which identifies its origins with NYC:

- Hot dogs served with sauerkraut, sweet relish, onion sauce, ketchup and/or mustard.
- Baked pretzels
- Italian Ice
- Waldorf Salad
- Doughnuts
- New York-style cheesecake (make the mini version so each resident can make their own to eat)

Exercise – Select your exercise music based on the Broadway musical or Songs about New York.

Creative writing/Craft – Ask the residents to think about their life and make up a title for a Broadway musical which describes their life. Have them draw, paint, or cut out pictures from magazine to paste on poster board along with the title. While they create their posters let them talk about their title and why they choose it to describe their life.

Game – With the Broadway musical titles used in the first game create a word search for the residents to do on their own, or use it as a conversation starter when you do your one on one activity.

Staff/resident activity – To get your staff involved with the residents or just to have a staff activity to entertain the residents ask them to perform songs or a short skit from a Broadway musical. Their performance can be held during a family night at the facility or during a social hour while serving light refreshments.

Movie – There are so many movies that came from Broadway musicals that there are just too many to list, but here are a few of my favorites: Fiddler on the Roof, Cats, Oklahoma, The King and I, My Fair Lady, Funny Girl and Grease.

Read more about this fantastic themed activity on the September (2) Themed Activities free download available at <http://www.recreativeresources.com/SpecialEventsandThemes.htm>

The October theme activities are available for download as well.



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