



The Rec-Room

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Kim's Corner

What a summer!
For those of you affected by Hurricane Irene, I hope that you are doing well and

were able to bail out all of that water! Back to school came and went as well. I hope that your children are loving their new teachers, friends and activities! I took a break this summer, really spending time with my children and it was truly wonderful. But now it's back to work. The September and October webinar schedule has been posted-plus I am working on pre-recording the sessions so that they are available on-line. Also keep an eye out for in-service materials! Welcome Fall!

Activities: Life: Enhanced

Kim ☺

Balancing Quality of Life and Quality of Care: A Position Statement

By the Quality of Life Executive Council on
Recreation/Activity Assessment

Balancing quality of life with quality of care is the driving force behind the comprehensive recreation/activity assessment, and ultimately, the programming that is offered. The focus of recreation and activity services in long term care has changed due in part to the influx of short-term stay patients and the expansion of specialty services offered. The purpose (and value) of this department has transformed over the years, from one mostly concerned with keeping residents busy or entertained, to one that now must balance the needs and preferences of the population with the achievement of clinical goals and functional abilities. The days of the large group, one-size-fits-all activities are in the distant past and with them the predominant use of leisure interest inventories as the only "assessment". In order to adequately address the individual's needs, wants, and preferences, the assessment must focus on all functional areas, including physical, cognitive, emotional/coping, social, creative, and religious/spiritual, while still maintaining the focus on the individual's preferred routines. The resident/patient's involvement in assessment and goal setting is integral; only when we obtain their input can we assure the relevance of the services and truly provide opportunities for meaningful engagement.

In the "Guidance to Surveyors" for FTag 248 released by CMS in 2006, residents reported that activities were most enjoyable when they were meaningful. *"Activities are meaningful when they reflect a person's interests and lifestyle, are enjoyable to the person, help the person to feel useful, and provide a sense of belonging."* There is still a place for the identification of previous leisure pursuits and hobbies from the past, but the current assessment process must move beyond checklists and information gathering tools to include an *analysis* that captures the essence of the individual. To achieve the greatest outcomes, a

Current Webinar Schedule



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

September 22, 2011

Decreasing the Barriers to Recreation and Activity Pursuits Through Adaptation

12:00 p.m.

3 ce's

[Learn More/Register](#)

September 27, 2011

Never Too Old to Learn: Educational Activities for the Elderly

12:00 p.m.

3 ce's

[Learn More/Register](#)

October 4, 2011

Train the Trainer: Staff Development Tips for Recreation Directors

8:00 p.m.

1.5 ce's

[Learn More/Register](#)

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

collaborative approach to assessment with other disciplines such as nursing, dietary, and rehabilitation therapies is also required. This information will then enable us to create a plan of care that addresses elements that support attainment of a higher functional status and also adhere to the individual's preferred routines. The Quality of Life Executive Council supports this focus on the delicate balance of quality of life and quality of care.

The August 2011 STARS Winner

Brenda Deckman, ADC, CDP

Over the past decade, Brenda has dedicated her life to serving the elderly. She is a nationally certified Activities Director, a Certified Dementia Practitioner, and a Certified Validation Worker. She is currently employed at an Assisted Living Community as the Program Services Coordinator, in Wilmington Delaware. Brenda has found that she especially loves working with the memory care residents who are living with Alzheimer's and other types of dementia. Her future goals are to continue her education, learning as much as possible regarding this population. She strives to make sure that the residents have active bodies, engaged minds and fulfilled spirits.



Brenda is known for her "staycation" programs. She takes the residents to multiple destinations by "train". Each day of the week the train stops at another station to explore. The train was even robbed by outlaws and rounded up by the sheriff.

She has also done cruises with multiple excursions and destinations. Some of her events include:

- Native American Pow Wow with traveling museum.
- Country Western Hoe Down and Chuck Wagon BBQ
- Jamaican Me Crazy Party
- Doggie Fashion Show
- Disney Lunch with the Characters
- Louisiana River Boat with Tall Tales
- A Day in Paris
- Italian Festival of Food and Dance

[Learn More/Register](#)

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

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 Week](#)

KNOW YOUR RIGHTS BINGO



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

	K	N	O	W
7	15	27	37	
We want about	Know services	Free time	Room changes	
2	18	30	45	
Needs and preferences	Right to resident's personal health	Participate in discharge	Personal property	
1	16	28	38	
Personal Address	Know changes	Refer work	Activities	
5	13	32	47	
Resident Council	Privacy	Private and isolation	Facility survey materials	

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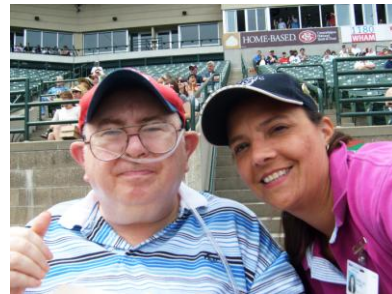
[Download for FREE](#)

Recreation Therapy is mentioned!

The September 2011 STARS Winner

Shelley Evans MT-BC, ACC/MC/ALF/AD, CDP

Shelley is the Director of Long Term Care Therapies at the DeMay Living Center in Newark New York. She has worked ten years with the elderly in an outpatient mental health program before moving to the long term care environment, eleven years ago. She has had articles published in Current Activities, Creative Forecasting, Re-Creative Resources newsletter and The Activity Director's Quarterly. She presented at the 2009 NAAP conference in Albuquerque New Mexico and is the President of the Finger Lakes Regional Activity Association in upstate New York.



Shelley and her team were recognized by NCCAP in 2010 for Activity Department of the Year. The team is known for their inventive and creative programming. For one week every September they completely transform their nursing home for the ultimate camping experience. This includes

making all meals from scratch with resident assistance and using their recipes. The recreation team arrives at 5:00 in the morning to start making pancakes, bacon and fried potatoes and the day ends with evening camp fires, singalongs and smores. The department is known for their unique and all inclusive team theme weeks for National Nursing Home Week, Activity Professionals' week and Therapeutic Recreation week.

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.](#)

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

VENDORS WANTED

This year we are expecting approximately 200 attendees from New Jersey, Pennsylvania and the surrounding areas to attend the NJEPA TRA Conference. This is an affordable and fantastic opportunity for you to promote your products or services to those who are greatly interested and seeking new resources and ideas! To learn more about our organization, please visit the [NJ/EPA TRA website](#)

The deadline is October 1, 2011.

Email [Kim Grandal, CTRS,ACC/EDU](#)
NJ-EPA-TRA President-Elect for more information.

NJEPA TRA is now on Facebook
[CLICK HERE](#)

Activity Resource Center



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forms, training materials,
print-n-implement
activities and more,
specifically designed for
Activity Directors

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

New Jersey Activity Professionals Association Fall Workshop

*"New Programming Methods for
Persons with Dementia"*

Masonic Home in Burlington, NJ

October 21st, 2011

[Learn more](#)

GINGER'S CREATIVE COSTUMES AND ACTIVITIES: RAT PACK DAY

By [Ginger Bonner](#)

I would never write "Party with Joe" without having an adjective before the word "party". When I book my entertainment, I always ask if they specialize in any themes and if they tell me something general, I usually give THEM some ideas and see if they have a little imagination themselves. There are a number of entertainers who are willing to be creative and come up with songs related to the theme of the day.



In this case, I made it easy for the performer. For Rat Pack Day, I just asked him to sing songs by Frank Sinatra, Sammy Davis and Dean Martin! Just mentioning "Frank Sinatra" turns most of the women into teenage, young-fashioned bobby-soxers again! There is one very special woman who I call "Molly Sinatra." The story is that when she was 15, she somehow snuck into The Paramount and got up to Frank's room and he came to the door and kissed her on the cheek. She says she never washed her face again! At the sound of his name her head whips around and she points to her cheek. It was a moment she never forgot. Actually, when I met MeatLoaf, the singer, I told him about Molly and asked him to kiss me on the cheek! It was a moment I'll never forget! That led to Meatloaf Day-another column!

Anyway, all year round, I keep my eyes open at garage sales and when I approach the sale, I always mention that I'm an activity director and I am looking for costumes, decorations and bingo prizes for the residents. You will be surprised how many people hear that and practically give things away! Somehow, I got my hands on 2 mink stoles and a few hats from that era. I also had a faux fur collar around the neck of a gaudy, black sequin dress that I bought at the dollar store for \$4.99, a string of fake pearls and a pair of cat glasses from Sock Hop Day. My ladies come from a generation where mink stoles were the hottest thing. When I passed it around to take pictures, it was like I was letting them put on diamonds. They were all so honored that I let them try it on. I have the sweetest pictures of woman who were 25 that day!

In addition to the performer singing all of their songs, I also had fun fact sessions about the Rat Pack I found. For instance, did you know that it was well known that Dean Martin was a drinker; however it

DH Special Services

MEPAP I - Whispering Knolls
Assisted Living in Edison, NJ
(Middlesex County). Thursdays,
beginning October 6th

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

[Learn More](#)

Clark Retirement Community LipDub

Check is this fantastic video this
facility made with their residents. It's a
must see! [Watch on You Tube](#)

Products, Services & Info.

- *Free Job Post
- *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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www.recreativeresources.com

was really a rumor! He was drinking iced tea! You can learn all sorts of
trivia to share with your residents at

www.funtrivia.com/en/Celebrities/Rat-Pack-13772.html

I also had Biography Hour and told them about the life story of each
one of them. Did you know that when Sinatra was born in Hoboken, his
grandmother held him underwater because he wasn't breathing?
There's lots of trivia about his life and the lives of the rest of the crew at
www.ratpack.biz/frank-sinatra/biography.htm

At the end of the day, when things are winding down, I put "Rat Pack"
on the blackboard and they find little words within the letters. So,
basically the only thing different about this day besides having an
entertainer, is having the costume props that I had. If you keep your
eyes open and ask your own Moms and friends if they happen to have
an old unwanted mink stole or old Halloween costumes or clothes that
they don't need in the attic somewhere, you'll never know who may
come through for you!. I have posted requests for things on Facebook
and a lot of my friends have really come through! I even found my very
own disco clothes in my old bedroom at my Moms house! You know
that became a Ginger holiday too!

Happy Rat Pack Day and have a martini with 2 olives on me!

See more creative costumes by Ginger at

<http://www.recreativeresources.com/Gingers-Creative-Costumes.htm>

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resources!



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