



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.

Education, Consultation, and Resources for
Recreation and Activity Professionals

January/February, 2008

Volume 2, Number 1

Editor

Kimberly Grandal BA, CTRS, ACC
Executive Director

Inside This Issue

- *Article: Gaining Professional Respect
- *Activity Professional's Week
- *NCCAP News
- *Caring Crafts Inc.
- *Monthly raffle
- *Home study courses
- *ProActivity Reports
- *Free national/international job

Holiday Wishes

Re-Creative Resources Inc. hopes that you had a wonderful holiday season and wishes you the best of health and happiness in the new year! Take some time for yourself to enjoy your favorite hobbies or just relax! **ILLUMINATE IN 2008!**



Activity Professional's Week January 20-25, 2008 "Activities-Believe"

Re-Creative Resources Inc. wishes you all a fabulous NAP week! This is a great time to promote the activity department as well as the profession, educate others, and celebrate. Congratulations to you all! For some great ideas and promotional items, check out the following sites:

*[Fun Recreation Training Games by Re-Creative Resources](#)

*[An Interdisciplinary Approach to](#)

Gaining Professional Respect

By Kimberly Grandal, BA, CTRS, ACC

Throughout my 15 year career in the field of therapeutic recreation and activities in long-term care, I have encountered many obstacles, one of which has been the challenge of gaining professional respect for the field and the role of recreation and activity professionals. As a former recreation assistant, director, and even at times, as a consultant, there continues to be a need to demonstrate my professional abilities and value. At many seminars, conferences, networking opportunities, and in numerous emails, other therapeutic recreation and activity professionals have expressed this concern and frustration as well.

Years ago I worked in a facility in which a VIP told me that he did not see the full value of recreation within the healthcare system. Needless to say, I was stunned by such an abrupt comment. I thought perhaps this bold statement was made to motivate me to revamp the therapeutic recreation department that I was just hired to manage. So, I accepted the challenge. Several years later, this same VIP approached me and said, "Now I understand the value of therapeutic recreation. You are great at what you do." Not only did I change the opinion of one VIP, but many throughout the entire corporation, and within the facility itself. How did I do it? In this article I share with you my secrets to success and gaining the professional respect we desire and deserve.

Respect others

It sounds so simplistic, but if we want to be treated with respect, we first must treat others with respect. Get to know the role of the department heads, and other facility staff. It is important to be aware of the responsibilities of the other healthcare workers so that we can better understand their challenges, goals, qualifications, and so on. We must follow the chain of command, not step on others toes, and speak to others in a respectful manner. There are times we must advocate for the residents and for ourselves, but there is always a time and a place. Choose your battles wisely, and confront others calmly, have all the facts, and be willing to listen to all sides.

Portray a professional image

Speak, write, act, and dress professionally. Recreation and activity professionals have been branded the "party people", "bingo callers", "Miss Mary sunshine" and so on. With these stereotypes it is often easy to lose our professional footing. Although it is our role to be "the fun people", we still have to portray a professional image. Dress comfortably, but professionally. Keep in mind the appearance and portrayal of the entire department, not just the director. It is really hard to respect someone who wears baggy jeans, sweatshirts and t-shirts to work every day! Every time we interact with facility staff, management, etc. we have an opportunity to portray a professional image. Meetings are a prime time to dazzle others. Present a professional and impressive report at the quarterly QA meeting; utilize clinical dialogue during an IDCP meeting; discuss happenings and successes during the monthly department head meeting, and keep everyone informed during the daily morning meeting. Ensure that all memos, reports and other correspondences are checked for correct grammar

Quality Life In-service by Re-Creative Resources

*Send FREE online greeting cards

*Progressive Gifts and Incentives

*Positive Promotions

*Activity Director Today

*Activity Stuff Store

*Read the article:

**The Most Comprehensive Manager:
Responsibilities of the Recreation
Director in LTC**

*Poems about activities

*Inspirational stories and poems

*If you are a NAAP member, a free NAP Week information packet is available from the NAAP office by calling 865-429-0717 or email thenaap@aol.com.

NCCAP News

NCCAP recently announced the indefinite inclusion of ADC Track 5. Individuals that wish to apply for NCCAP Certification using ADC Track 5 need to complete the ADC Track 5 form, in addition to the NCCAP application, and follow the NCCAP standards accordingly. For more information visit www.nccap.org or [click here](#) to download a track 5 form.

NCCAP is in the process of conducting research by reviewing deficiencies focusing on F248/249. This research is to determine if the individuals that received the deficiency held an activity credential or not. The research will also indicate what types of citations are being written, to whom, how many, etc. The results should be in by April, 2008.

Re-Creative Resources' Inc. December Raffle Winner

Congratulations to the winner of the Re-Creative Resources Inc. December raffle, **Nannette Gile** from Wyoming. Nannette won \$50 worth of free merchandise from www.recreativeresources.com

Enter January/February Raffle

For a chance to win \$25 worth of FREE

and spelling as well.

Become certified

Professional certification is so important not only for your own professional respect, but for the entire profession. There are various certifications available these days, with ADC and CTRS being the most prominent in our field. If you are already certified, consider another certification. You can become certified in just about anything these days, such as validation therapy, horticultural therapy, remotivation therapy, aroma therapy, laughter therapy and much more. Secondary certifications only add to your value! Consider having other members of the department become certified as well.

Join professional organizations

Being an active member of a therapeutic recreation or activity professional organization portrays that you are involved, serious, and supportive of the profession. Whether local, state or national, these organizations help keep you informed and provide networking and educational opportunities.

Educate yourself

Knowledge is everything! The more you know, the more confidence you will have, the greater your clinical skills and abilities will be, and in turn, you will have increased professional dialogue. This is a sure fire way to gain respect from one co-worker at a time! Take a class on-line, attend the MEPAP course, register for several on-line newsletters (read them!), subscribe to professional magazines, read books, and so on. Use the information that you have learned during conversations, report writing and meetings. Let co-workers and supervisors know that you are taking a class or reading book. They will be impressed! In addition, inquiring minds want to know, so don't be afraid to ask questions. You can learn a great deal from asking questions at IDCP meetings, and regular numerous Q and A sessions with supervisors and managers.

Educate others

Talk to anyone and everyone about the role of and the benefits of therapeutic recreation and activities. Consider everyone a target to listen to your pitch. Co-workers, department heads, supervisors, corporate VIP's, family members, residents, volunteers, etc. may all benefit from your knowledge and expertise. Remember to educate the recreation staff and facility staff as well. Consider including the recreation department as part of the facility orientation program and mandatory in-services for all staff. Get involved in the facility education day or a health fair. Another great idea is to host a Recreation Fair, setting up a variety of booths with prizes, demos and educational displays. Such booths may include: physical activities, creative activities, sensory stimulation, cognitive games and so on. Whatever you do, incorporate hands-on experiences and fun.

Promote the department

Although it can be very time consuming, continuous promotional strategies help in your quest for respect. Activity calendars, newsletters, flyers, brochures, displays, bulletin boards, and photo albums are just a few ways in which recreation directors can promote and advertise. Ensure that all calendars, newsletters and other promotional displays are attractive and purposeful. Many brochures, flyers, banners, etc. can easily be done by the recreation staff with appropriate computer software, and equipment, however, it is often recommended that the large calendars and newsletters be professionally printed. Department brochures or booklets are also a great way to promote the department. Often times, recreation professionals have little input into how the department is portrayed in marketing materials, so be sure to work closely with the marketing or public relations department for newspaper opportunities, local cable TV, radio, the facility brochure, facility DVD, website, etc.

Be a team player

With the revised F248 CMS guidance, there is great focus on an interdisciplinary

craft products courtesy of Caring Crafts Inc., 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 March issue of The Rec-Room. The deadline for entry is **January 15, 2008**. Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!

FREE Job Post

Did you know that Re-Creative Resources Inc. offers a **FREE** national and international job post? [Click here](#) to visit our newly designed job post.

Danny Pettry's Continuing Education Program For Recreation Therapists and Allied Healthcare Professionals

Need CEU's during the winter months but can't find any seminars to attend? Well Danny Pettry has a vast line of affordable, accessible, flexible, enjoyable, easy-to-complete courses. For more information [click here](#).

On-line MEPAP Course

Are you interested in taking the MEPAP course but can't take time off from work to attend? Well, this course is for you! Theresa Thorland, ACC/CTRS, offers affordable Home Study Courses that are approved by the National Certification Council of Activity Professionals (NCCAP). For more information visit www.ltcsupportservices.com

Products and Services

- [*Free Job Post \(national\)](#)
- [*Activity and TR Resources](#)
- [*Forms and Manuals](#)
- [*Recreation Department Review Manual \(a must!\)](#)
- [*Interdisciplinary Approach to Quality of Life In-Service \(just \\$15\)](#)
- [*Free Forms and Materials](#)

ProActivity Reports

FTag 248 has changed. ProActivity Reports helps you prove that you

approach to quality of life. We all must learn to work together, often outside of the realm of our department. Recreation departments are known to be fantastic team players and often times the dumping ground, so remember to ensure that you are in fact being a team player, not merely doing someone else's job. Some great team player ideas include: special feeding programs, fall prevention programs, assisting with public relations, working in conjunction with the therapy department doing a wheelchair Olympics or walk-n-wheel-a-thon, health fairs, assisting with snacks and hydration, and so on.

Have confidence/be proud

Many recreation professionals do not know how to define what they do or why they do it. A critical component to gaining respect of others is respecting oneself and being proud of the recreation profession. Have confidence that the profession is worthy and an integral aspect of healthcare and quality of life. Talk about the profession in a positive manner and don't be afraid to speak out.

In conclusion

The therapeutic recreation and activity profession has evolved tremendously over the years. Standards, regulations, qualifications and expectations have become more stringent; however, many recreation and activity professionals still feel they lack professional respect. By making some changes within ourselves and our departments, we can gain the respect we are looking for, one person at a time!

Welcome Judith Zausner and Caring Crafts Inc.

I would like to take this opportunity to introduce Judith Zausner from Caring Crafts. Judith is a contributor to the Re-Creative Resources Inc. website and The Rec-Room. She is the founder and owner of Caring Crafts Inc., a company that offers beautiful and easy-to-complete craft kits at affordable prices as well as associated supplies and tools. For great information about craft therapy and free craft ideas, visit <http://www.recreativeresources.com/programming-crafts.htm>

Craft Therapy and Caring Crafts

By Judith Zausner
Caring Crafts, Inc.

Craft therapy is healing and invigorates the mind as well as the body. Robert Reiner, PhD, a New York University psychologist, says that crafts reduce stress. "The act of performing a craft is incompatible with worry, anger, obsession, and anxiety. They're stress-busters in the same way that meditation, deep breathing, visual imagery, and watching fish are."

So whether the need to craft is because of an illness or accident, crafting not only exercises physical skills but also reduces stress and enhances well being and self esteem. It provides a sense of accomplishment and pride that triggers positive feelings and promotes a can-do attitude toward other situations. And that is a real benefit of crafts; feeling purposeful in life.

There seems to be an endless amount of projects that can be created with limited fine motor skills and/or concentration issues. A large variety of materials can be used from clay to paper to beads to wood to leather; it is simply a matter of interpreting the function of the piece and stepping back to create the technical solution and design.

Caring Crafts is an online source that can provide craft kits that are simple to create, do not require refined fine motor skills or precision and yet are elegant.

comply with the new Interpretive Guidance to Surveyors and manage your Activity Department more professionally. And you can try it for 60 days-**FREE!** To learn more about ProActivity Reports and download a 60-day free trial version of the software, please visit

www.maturesolution.com

Re-Creative Resources Inc. is an authorized trainer and consultant for ProActivity Reports and can help you get the most out of the system. Mention Re-Creative Resources when you purchase the ProActivity Software and you'll get an additional two weeks free! (A \$25 value!).

Contact Kimberly Grandal

*Phone: 732-340-1210

*Send an E-mail

*Visit our website

www.recreativeresources.com

Caring Craft kits are designed with this consideration; they are attractive, easy to make and do not contain small parts.

WORKSHOPS: Caring Crafts offers morning workshops for a minimum group of 6 or more people within a 1 hour driving radius from Philadelphia. Although there is no charge for their time, the participating organization will be responsible for travel expenses (gas@\$0.50 per mile)) and all materials for the workshop must be purchased from Caring Crafts in advance.

Please stop by and visit and become part of the Caring Crafts community at www.caringcrafts.com. If you have any questions or comments, please feel free to email Judith at judith@caringcrafts.com or call 1-888-246-1104.

SPECIAL OFFER for Re-Creative Resources Inc. viewers!

Enjoy a 15% discount on craft kits and craft supplies through February 2008 with the coupon code **recreate07208**. This offer does not include sale items, Amazon purchases, Presto or the Jitterbug phone. Also, don't forget to enter the Re-Creative Resources monthly raffle for a chance to win a \$25 Gift Certificate from Caring Crafts!



© Re-Creative Resources, Inc. All Rights Reserved.