



The Rec-Room

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Re-Creative Resources, Inc.
 Education, Consultation, and Resources for
 Recreation and Activity Professionals

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Editor

Kimberly Grandal BA, CTRS, ACC
 Executive Director

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Kim's Corner

Welcome to Kim's Corner. This is the place where I'd like to speak directly to the Rec-Room

subscribers and share in recent experiences! In April, the NJ Activity Professionals Association held their annual spring convention. Congratulations to NJAPA for a wonderful and educational convention! Cindy Bradshaw, Executive Director of NCCAP, was there to receive the Friends of NJAPA Award. At the Awards Ceremony, Cindy announced that NJ has the 3rd largest number of certified activity professionals in the country, which is quite an achievement for such a small state! I am so proud to serve as the legislative chair person for NJAPA and be part of an outstanding, proactive group of activity professionals! Great job NJAPA and congratulations Cindy!

I am also excited to announce that I will be presenting at the NAAP annual

The New Guest Book!

All Rec-Room subscribers are PERSONALLY invited to sign my new guest book. Please stop by, say hi, tell us who you are, network etc. I would really love to hear from you. To visit the guest book simply goes to <http://www.recreativeresources.com/gb.htm>. I can't wait to meet you! Also, please remember to change my email address to kimgrandal@aol.com. Life. Be in it! *Kim*

Aromatherapy in LTC Communities

By Kimba Livesay, BS, ACC, HHP
 Inner Rhythms Activity Programs

In 1994, I attended an aromatherapy class at a local health food store. As I was listening to the presentation I began to think how aromatherapy could serve elders living in long-term care communities. As I sat in class, I began developing my Aromatherapy and Activities program and that's how it all started fourteen years ago. Personally, I think every long-term care community should use aromatherapy. The benefits are incredible. Did you know that aromatherapy can reduce infections? In fact, European countries use aromatherapy in their hospitals to fight infections. Studies have also proven that aromatherapy can boost the immune system for overall well-being. Aromatherapy can balance the central nervous system and harmonize moods and emotions. And at the very least aromatherapy can promote relaxation. That's a lot of bang for one activity. So where did aromatherapy come from?

It may surprise you to know that aromatherapy is an ancient healing tradition dating back thousands and thousands of years. India and China were probably the first cultures to use aromatherapy but it was Egypt that brought aromatherapy to the Mediterranean world. From there aromatherapy was introduced to the Romans as they occupied the Mediterranean world. Eventually though, Rome fell and that meant the decline of knowledge and the beginning of the Dark Ages. During this period, as with so many holistic healing traditions, aromatherapy was only practiced by very few healers. In the 1920's aromatherapy experienced a comeback and during World War II aromatherapy was used by Army surgeons. Today, aromatherapy is almost common place. It can be found in

conference this year. The conference will be held April 30th-May 3rd in Orlando Florida. The theme this year is Activities Believe! Visit <http://www.thenaap.com> for more information. I hope to see you there!

NCCAP Instructor of the Year

I am proud to announce that NJ's very own **Debbie Hommel**, BA, ACC, CTRS, is the recipient of NCCAP's Instructor of the Year Award! Debbie is a mentor and inspiration to countless Activity Professionals in the tri-state area and nationwide.

Congratulations!

Spring 2008 Seminars in NJ

A Quality Assured Recreation Department: Quality Monitoring Methods for Recreation Directors

Speaker: Kimberly Grandal, BA, CTRS, ACC
May 22, 2008
Clifton, NJ
3 contact hours/.3 CEU's

Taking the Write Path: Recreation Documentation for Quality of Life (meets documentation requirement for NCCAP track 5)

June 10, 2008
Speaker: Kimberly Grandal, BA, CTRS, ACC
Basking Ridge, NJ
7 contact hours/.7 CEU's

All sessions are pre-approved by NCCAP for Activity Professionals and have approved CEU's for CTRS's from PRPS.

To register click here

Quote of the Month

"The one extra degree of effort in business and in life separates the good from the great"

Simple Truths, 212, the extra degree



Recreation Orientation Manual

Many states in various types of healthcare facilities require an orientation program for new employees. Orientation programs are

shampoo, make-up, perfume and healing teas. Most people have heard of aromatherapy, but what exactly is aromatherapy?

Aromatherapy is the use of essential oils. The essential oils are made from flowers, plants, herbs and shrubs. Essential oils can be used individually or they can be combined into a blend. To obtain the benefits of essential oils they need to be diffused in the air or massaged into the skin. There are thousands of essential oils, but when starting an aromatherapy program, I suggest the use of one essential oil, lavender. When used properly, lavender has a calming effect and can reduce tension and irritability. So, how can you use lavender essential oil with your elder population?

Lavender is a universal essential oil. It is best used for palliative care, elders in pain, elders suffering from Alzheimer's and for any elder who needs to relax. When working with elders I prefer to use lavender massage oil. I like this method for two reasons. The first is that I am applying the essential oil directly to the intended elder. Yes, the smell of the lavender will travel within the room but not necessarily all the way down the hall. The second reason is that human touch is very important and our elders (like all of us) need human touch. To make the massage oil I mix eight drops of lavender essential oil and five oz. of almond oil in a glass bottle. I tend to use different massage techniques depending on the elder. For palliative care elders, elders in pain and elders who want to relax I will gently massage their hands, arms and feet. For the Alzheimer elder I will gently massage the oil into their feet. Most of these elders are on their feet all day and the lavender massage oil soothes away aches and pains.

For in-room visits I may offer a massage or leave a lavender reed diffuser in the room. A reed diffuser is simple to make. Take a small "juice glass" and place wooden craft sticks in the glass. Then add a mixture of four drops of lavender and two oz. of water to the glass. The wooden sticks will "suck up" the essential oil and water and distribute the aromatherapy throughout the room. This type of diffusion is not appropriate for any elder who might drink from the glass.

Hopefully, I have given you a couple of aromatherapy ideas. There are hundreds of ways to use aromatherapy in long-term care communities. If you would like to learn more about aromatherapy and activities please visit me at www.irapinfo.com.

IRAP provides holistic activity ideas for elders living in long-term care communities. For more information visit their web site at www.irapinfo.com.

Reaching Out! Community Program Ideas for Healthcare Facilities

By Kimberly Grandal BA, CTRS, ACC

Community programming is instrumental to enhancing the services of any activity department. With the implementation of the revised CMS



crucial to ensuring that services are being provided safely and properly. Re-Creative Resources offers a 19 page **Recreation Orientation Manual** along with accompany checklists. The manual covers everything from personnel information, programming, techniques, working with other departments, infection control, safety, supplies and equipment, and more. You receive this product via email which is to be downloaded onto your computer. At that point you may make any necessary changes to customize the program for the unique needs of your facility! **This ready-to-go orientation program is just \$18.** Why re-invent the wheel? [Click here to purchase.](#)

Re-Creative Resources' Inc. May Raffle Winner

Congratulations to the winner of the Re-Creative Resources Inc. May raffle, **Eileen Fredman** from NJ. Eileen won a **Songs of the Heart sing-along DVD**, courtesy of **Melody Lane** (www.melodylane.ca)

Enter June Raffle

Enter the June raffle for a chance to win the Melody Lane Sing Along DVD Heroes & Homefires (Vol 4), a wonderful collection of favorites from the WWII era, performed "live" in front of an audience of Veterans! (www.melodylane.ca). 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 June issue of The Rec-Room. The deadline for entry is **May 20, 2008**. Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!

Activities Guidance to Surveyors, there is a heightened focus on the individual needs and interests of the residents. Involving local communities and volunteers is an essential part of establishing a well-balanced, diverse program of activities. There are many organizations, clubs, and associations that can be contacted. Ask them to post an announcement in their newsletter, bulletins, flyers, or bulletin board, or announce at their next meeting, that community groups and volunteers are needed at your facility. Inform them of your specific needs i.e. you need a volunteer that speaks German that can read to a resident or you would like a volunteer who can do arts and crafts. Other methods of recruitment include word of mouth, media coverage, on-line, family members and visitors, community fairs/events and mailings.

Often times, Activity Directors are given the responsibility of developing and managing the volunteer and community outreach program. It can become overwhelming. Activity Directors often do not pursue volunteers and community groups because of the extensive work that goes into it. There is ongoing research, organization, planning, implementation, and follow-up. For that reason, it is suggested that each facility have a Volunteer Coordinator or someone who is primarily assigned to manage these responsibilities. But since it is not common practice to have a separate Volunteer Coordinator, here are some ideas and suggestions that will help you reach out to the community and expand your volunteer program.

School System

- Pen Pal Programs
- Adopt-A-Resident Program
- Educational Opportunities for the students (students may learn about Ellis Island, WWII, the Depression, etc.)
- Volunteer opportunities (Key Club, course requirements, independent volunteer services)
- Entertainment (school choir, bands, dance groups, drama club, art, poetry, specialty groups)
- Sporting events
- Special education opportunities (volleyball game with DD adolescents)
- Intergenerational Programs (holiday activities, craft projects, physical games, discussion groups)
- Cultural Clubs (Spanish, Italian, African American etc.)
- Day Care children
- College internships/field experience

Churches/Synagogues

- Rosary Groups
- 1:1 Communion (Sundays)
- Adopt-A-Resident Program
- Outreach programs (donations, community services)
- Choirs
- Bible Study
- Church intergenerational programs
- Independent volunteer opportunities
- Confirmation requirements
- Rabbi Visits

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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

Contact Kimberly Grandal

*Phone: 732-340-1210

*Email: **NEW!**
kimgrandal@aol.com

*Visit our website
www.recreativeresources.com

- Church Services

Community Groups

- Community public relations opportunities
- Cub/Boy/Eagle Scouts community service (special/holiday events)
- Brownies/Girl Scouts Community Service (special/holiday events)
- Clubs (VFW, Elks, Masons, Kiwanis Club, Eastern Star, 4-H, American Legion, Knights of Columbus, Lions, Chambers of Commerce)
- Cultural Clubs (Italian American Independent Club, Hispanic, Polish etc.)
- YMCA/YWCA
- YM-YWHA (Hebrew Association)
- Salvation Army
- Historical Society presentations
- United Way
- Joint community fundraising or community service programs (toy Drives, food drives, raffles, car washes, etc.)
- RSVP/AARP volunteer opportunities/donations/service projects
- Local dance groups/troupes
- Senior dancers
- Independent volunteer opportunities
- LTC resident service projects for the above mentioned groups

It is also important to bring the residents into the community as well. Before doing so, establish a well-developed policy and procedure that outlines all aspects of the outing, especially what to do in the case of an emergency or missing resident. Check with the desired site before bringing the residents to ensure appropriate parking, wheelchair accessibility, bathrooms, process, etc. There are so many places that you can bring the residents. Check the local newspapers for community events, special deals, and coupons. Assign a resident or group of residents browse the weekly newspapers. Some ideas include: community/school sporting events, parks and recreation, community flea markets, festivals, music events, movie theater/plays, local restaurants, historical sites/museums, zoos, visits to other facilities or organizations, churches, synagogues and other places of worship, school events and so on.

Organizing a community outreach program is an ongoing process and requires an abundance of creativity, time and commitment. Utilize as many resources as possible and don't hesitate to ask community groups and individuals to volunteer. By "reaching out" you will greatly enhance the lives of the residents in your healthcare facility. For more community ideas and links, visit <http://www.recreativeresources.com/linkscommunity.htm>.

Are you a nationally certified activity professional?
www.nccap.org