



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.

Education, Consultation, and Resources for
Recreation and Activity Professionals

April, 2008

Volume 2, Number 4

Editor

Kimberly Grandal BA, CTRS, ACC
Executive Director

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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

Spring 2008 Seminars in NJ

Spring Blooms: Growing Your Horticultural Therapy Program

Speaker: Patricia Czarnecki
Certified Horticultural Therapist, MBA
March 13, 2008
Berkley Heights, NJ
3 CEU's

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

Speaker: Kimberly Grandal, BA,
CTRS,ACC
May 22, 2008
Clifton, NJ

Success-Oriented Sensory Stimulation Part 2 - Kits and Themes

By Kimberly Grandal BA, CTRS, ACC

As stated in the last issue of the Rec-Room, sensory stimulation programs are a critical component of an activity program in long-term care facilities. To have the greatest impact on your residents, sensory stimulation programs and interventions must be individualized and meaningful. The two easiest and effective ways of developing successful sensory programs is by creating individualized sensory boxes and theme-related sensory kits.

Individualized sensory boxes can be one of the most effective ways to elicit responses from lower functioning residents, or residents with Alzheimer's disease or related dementias. The important thing is to gather items that are of greatest interest and importance to the resident and utilize these items during sensory sessions. Once a sensory box is created, label it with the resident's name and determine the appropriate location to keep the box (resident's room, nurses' station, day room, etc.) Maintaining these boxes takes commitment and organization, but is well worth the effort.

The most challenging aspect of creating these personalized sensory boxes is gathering the appropriate materials. One way is to purchase items based on the resident's initial activity assessment. The dollar store is always a good option; however, some of the greatest sensory boxes I have created came from items of interest for a particular resident, but it also a method of informing family members that the activity department is providing specialized programming for their loved one. The following is an example letter that you may send to the family members:

Dear Family Member,

The Recreation Department of (name of facility) offers sensory stimulation programs, one of the most common types of activities found in long-term care facilities. Simply stated, sensory stimulation is a technique that provides meaningful and common smells, movements, feels, sights, sounds, and tastes through the stimulation of all six senses. There are many benefits to providing sensory stimulation such as increased communication, environmental awareness, relaxation, cognitive stimulation, opportunity to build rapport, enjoyment of a leisure experience, increased quality of life and much more.

We would like to offer a personalized sensory stimulation program for your loved one by creating a Sensory Box. The Sensory Box will be filled with your loved one's favorite items and is generally used with those residents who are in the later stages of Alzheimer's disease or other dementia-related disorders. The box will be utilized by the staff but is also a great tool for you to use during your own visits, making your visits more meaningful.

We really need your assistance in organizing these personalized Sensory Boxes in order to increase your loved one's quality of life. The more personal, the better!. We ask that you please take a few moments to gather some of your loved one's favorite items and bring them into the facility so that we may begin this very important project.

**Some suggested items include but are not limited to:*

- *Personal family photos*
- *Favorite poems, stories, quotes or books*
- *Favorite music*
- *Knick-knacks*
- *Awards or achievements*
- *Favorite perfume or cologne*
- *Religious items*

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 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](#)



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Re-Creative Resources' Inc. March Raffle Winner

Congratulations to the winner of the Re-Creative Resources Inc. March raffle, **Mary Ellen Carr** from Iowa. Mary Ellen won a **Songs of Ireland sing-along DVD**, courtesy of **Melody Lane** (www.melodylane.ca).

*Pictures or items related to their favorite color, recipes, season, food, hobbies, etc.

*Holiday memories

*Items or pictures related to their former occupation

*Items that identify your loved one as a special, unique person

*Recorded voices of family members on a CD or cassette tape

*Family videos or DVD

We really hope that you can help us create a very individualized Sensory Box for your loved one. Please bring in items at your earliest convenience. It is important to remember that items may be lost or damaged, so please do not bring in items that cannot be replaced. You may drop them off with the receptionist or ask for me personally. I am here (available times). If you have any questions regarding this project, please feel free to contact me at (phone number). Thank you!

Theme-related sensory boxes or kits are another creative way of providing a success-oriented sensory program. Themes may be based on just about anything: holidays, seasons, cultures, religions, gender, hobbies, colors, celebrations, and so on. Most activity calendars reflect a theme or several themes throughout the month and it is very simple to incorporate theme-related sensory into the monthly calendar. There are many ways in which to gather items for these sensory kits:

- 1) Ask for donations (advertise: "Your junk may be our treasure!")
- 2) Look around your office and storage areas
- 3) Look around your own house
- 4) Dollar store
- 5) Or you can purchase kits from Nasco, S & S etc.

An important aspect of creating these theme-related sensory kits is to ensure that each kit is meaningful and appropriate for the residents. For instance, men's sensory programming is often challenging for activity professionals. The following are some examples of male-oriented kits:

- 1) **Men's Kit** (a general kit)
 - **Olfactory**-cologne, shoe polish, shaving cream, woodchips (cedar, hickory, mesquite) etc.
 - **Tactile**-sandpaper, necktie, pocket watch, comb, work gloves, paintbrush, etc.
 - **Auditory**-marching or military music or favorite genre, sounds of nature/animals, etc.
 - **Visual**-nostalgic and family photos, personal memorabilia, etc.
 - **Gustatory**-various food and drinks in accordance with the resident's diet
 - **Kinesthetic**-simple jigsaw puzzles, variety of balls, blocks of wood for sanding, etc.
- 2) **Tool Box**-fill a plastic tool box with items such as a paintbrush, tape measure, large nuts/bolts, sandpaper, different types of wood such as oak or hickory, leveler, wood chips, etc.
- 3) **Backpack**-fill a backpack with camping/hiking gear such as a mess kit, canteen, compass, flashlight, binoculars, pine cones, pine aromas, etc.
- 4) **Tackle Box**-fill a plastic tackle box with items such as fishing lures, reels, small rod, bobbers, etc. (remove all hooks), vanilla extract (often used on hands to cover-up fishy smell)
- 5) **Cooler**-fill a small cooler with sporting event items such as: water bottle, binoculars, pictures of sports teams, sunglasses, vintage beer ads, baseball cap, a variety of small, soft sports balls (soccer ball, baseball, basketball, hockey puck, etc.). smell of popcorn, peanuts, etc.

The most creative kits are created in advance and incorporate all of the senses. The following is an example of a **Sensory Planning Form**

Title/Theme: Fruit

Recommended supplies, props and techniques for the following senses:

Olfactory (smell): fresh fruits, fruit-scented aroma oils, fruit-scented hand lotion, fruit

Enter April Raffle

This month's lucky winner will receive a **BigBand Fitness System**, containing the winner's choice of BigBand style, a 30-minute exercise DVD, and a large-print color wall chart. This great prize, a value of \$42.95, is courtesy of BigBand, LLC (www.bigbandfitness.com). To enter, contact **Kimberly Grandal**. Please be sure to put **Raffle Drawing** in the comments section. A random winner will be selected and announced in the May issue of The Rec-Room. The deadline for entry is **March 20th**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**

National Nursing Home Week May 11-17th, 2008 "Love is Ageless"

National Nursing Home Week, established by the American Health Care Association in 1967, is a week-long observance recognizing nursing homes. It begins on Mother's Day, the 2nd Sunday of May. It is important to start planning now. For some great ideas, products and resources, visit

- *[American Health Care Assoc.](#)
- *[Positive Promotions](#)
- *[Advance Healthcare Shop](#)
- *[Faithful Friends](#)



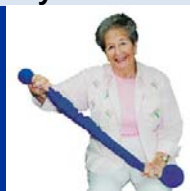
ProActivity Reports

Activity computer software
www.maturesolutions.com

Mention Re-Creative Resources when you purchase the ProActivity software and you'll get an additional two weeks free! (A \$25.00 value!)

The BigBand Fitness System

The BigBand Fitness System is a low-cost, user-friendly product designed specifically for older adults. The all-in-one product consists of: 1)



BigBand, a large, comfortable resistance loop with two soft rubber balls attached-the entire device is covered in soft, plush fabric, 2) a motivational 30 minute DVD with exercises performed to big band era music-each easy exercise is designed

scented candles

Kinesthetic (Movement): fruit-shaped shakers, squeeze a lemon to make lemonade, pull grapes off of the stems, etc.

Tactile (Touch): variety of plastic fruits, fresh fruits (peaches especially), familiar objects with fruit designs (towels, oven mitts etc.)

Visual (Sight): pictures of fruit, plastic fruits, fresh fruits, familiar objects

Auditory (Sound): music (*In the Shade of the Old Apple Tree, Life is Like a Bowl of Cherries*), fruit-shaped shakers

Gustatory (Taste): fresh fruits, fruit juices, lemonade, fruit Jell-O, applesauce, sherbet, fruit smoothies, fruit pies: fruit-flavored lip balm or lemon glycerin swabs for NPO

Sample Questions:

- What is your favorite fruit?
- Did you ever have a fruit tree? (Cherry, Peach, Apple, Pear, etc.)
- Did you ever have a grape vine?
- What is your favorite way to eat fruit?
- Have you even seen an orchard?

Fruit Sayings:

- There's no comparing apples and oranges
- An apple a day keeps the doctor away
- You're a peach
- Life is like a bowl of cherries
- The apple of your eye
- She's some tomato
- That's a peachy idea
- Nutty as a fruitcake
- Peachy glow
- You're bananas
- American as Apple Pie
- That car is a lemon
- The fruit of thy womb

Save the day by creating these fantastic sensory boxes and kits based on the residents' interests and various themes. It takes some planning and organization at first, but if maintained and stored appropriately, less preparation will be needed in the future. The residents will benefit from your SOS (success-oriented sensory program) more than you can imagine!

Older Adults Training: Improving Strength and Balance to Maximize Independence By Carol Levy, Co-owner/Creator of the BigBand Fitness System, BigBand Fitness LLC

Despite all we know about the benefits of exercise, approximately 60 percent of older adults remain inactive. As inactive individuals age, they lose balance, joint mobility and strength, which eventually impedes their ability to perform everyday activities such as walking, cleaning, shopping and dressing. This loss of ability to perform every day tasks hastens loss of their independence.

The statistics on aging and strength loss paint a shocking picture. Between age 30 and 50, the average individual loses more than 40 percent of strength in their hand, trunk and leg muscles, and more than 30 percent in their arm and back muscles. After the age of 50, strength continues to decline at a rate of 12-15 percent a decade. It's no wonder that 20 percent of men and 66% of women past age 74 can't lift a ten pound bag of groceries!

Weak muscles also make it hard to balance the body, thus increasing the likelihood

to improve upper or lower body strength, range-of motion or balance, and 3) a large-print exercise poster. It's ideal for those with mobility challenges, arthritis, delicate skin, memory impairment, frailty or other limiting conditions. BigBand comes in three fabric choices. For more information visit www.bigband.com. Volume discounts are available. To discuss your specific requirements, call 240-483-5655.



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Mention Re-Creative Resources when you purchase the IN2L system and receive a copy of "Breaking Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service" (A \$15 value!)

Contact Kimberly Grandal

*Phone: 732-340-1210

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www.recreativeresources.com

falling. As people age, they often lose flexibility and experience decline in kinesthetic awareness, the ability to know where the body is in space. Many older adults will tell you that their biggest fear is falling. This fear is not unfounded - thirty-three percent of those over the age of 65 fall each year, and the risk of falling increases to 300% in the year following a fall. Twenty-five percent of those who suffer a fracture as the result of a fall never re-gain their independence and 10 percent die.

Here's the good news. . . Studies show that people of ALL ages can improve their strength, balance and range of motion, thereby maximizing their independence. In study involving nursing home residents age 80 and over, the residents progressed from using walkers to canes after just ten week of simple exercises. Several studies have shown that both healthy older adults and those with balance problems can make moderate to great improvements in their balance and mobility and reduce their risk of falling.

Older adults KNOW they should exercise, yet most choose to remain sedentary. When asked why they avoid exercise, many sedentary individuals say they are fearful of getting started in an exercise program – they try to reduce their risk of injury by avoiding any situations that might result a fall. Unfortunately, the long term effect of this strategy has just the opposite result.

An effective way to overcome reluctance to exercise is to educate the older adult about the specific "real world" benefits that come from various activities. They should know: (1) increased ankle range of motion makes stumbling less likely and shoulder range of motion allows them to comb the back of their hair; (2) strengthening the trunk and neck means better posture and strengthening leg muscles keeps them able walk, climb stairs, and get in a out of a chair; and (3) strengthening the arms makes it possible to carry packages. Regarding balance training, older adults must know that exercises that make them feel unstable ultimately help to improve balance. Once older adults understand the connection between exercise, the ability to perform daily tasks, and their desire to maximize independence, they gain an appreciation for the life-enhancing benefits of exercise.

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