



The Rec-Room

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Re-Creative Resources, Inc.

Education, Consultation, and Resources for
Recreation and Activity Professionals

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Kim's Corner

Hi! I hope you are all having a wonderful summer so far. I've been so busy lately that I just didn't have

the time to get the July issue of the Rec-Room out on time, so I am combining July and August into one issue.

I had the wonderful opportunity of presenting at the NAAP Convention in Orlando, Florida. It was a great experience and it was such a pleasure to meet Activity Professionals from all over the country. I would like to thank NAAP for giving me the opportunity to be a part of their fabulous convention. They did a fantastic job in organizing and facilitating the event! Also, I thank all of the individuals who attended my sessions. Everyone was so friendly and enthusiastic! After the convention, my family and I spent a week in



An MDS 3.0 Overview for Activity Professionals and Recreation Therapists

By Kimberly Grandal BA, CTRS, ACC
Executive Director, Re-Creative Resources, Inc

The Centers for Medicare & Medicaid Services (CMS) held an Open Door Forum (ODF) regarding the Minimum Data Set, Version 3.0 (MDS 3.0) in Baltimore, Maryland on January 24, 2008 from 1:00 pm to 3:00 pm EST and reported on the findings of a 5-year CMS Nursing Home MDS 3.0 Validation Study.

There are many advantages to the MDS 3.0 such as:

- Increased resident's voice
- Increased clinical relevance for assessment
- Increased accuracy, both validity and reliability
- Increased clarity and efficiency
- 45% reduction in the average time for completion
- Supports the movement of items toward future electronic formats

A section with significant revisions is the "Customary Routine and Activity Section". The customary routine staff assessment is replaced by the MDS 3.0 Preference Assessment Tool. Residents are to be interviewed for their activity interests and routine preferences. The residents are to rate the level of importance by using the following codes:

1. *Very important*
2. *Somewhat important*
3. *Not very important*
4. *Not important at all*
5. *Important, but can't do or no choice*
9. *No response or non-responsive*

Some of the questions to ask the residents include:

Disneyworld. Although exhausting, we had a blast! Despite my fear of falling, I went on the Tower of Terror – what an exhilarating experience!

I also had a very successful and busy seminar season this Spring and I thank everyone for their support and attendance. As I mentioned previously, I will not be offering any seminars this Fall. Please check out Debbie Hommel's [independent study programs](#) for additional ce's. I will be busy preparing to teach the MEPAP 2nd edition and several other projects. I look forward to seeing everyone again next Winter.

On a personal note, June has been such a hectic month for me. For the first time, I experienced the end of year school activities and numerous kiddie birthday parties. Also, it was the month of celebrations. My daughter had her 5th birthday, my husband had his 40th birthday, and my parents, celebrated their 50th anniversary! I can't possibly eat another piece of ice cream cake! In addition, we are preparing for major renovations on our home. I will be displaced much of the summer but will continue to check my email regularly. If you need to contact me, email is the best method at this time.

Please stop by my guest book to say hi and don't forget to enter the raffle drawing. Happy Summer! *Kim* ☺

Quote of the Month

"When you were born, you were crying and everyone around you was smiling. Live your life so at the end you're the one who is smiling and everyone around you is crying."
- Anonymous



An excerpt from [No Glass Ceilings, Just Blue Sky from Simple Truths](#)

FREE Patriotic Sensory Planning Form

For a free Patriotic Sensory Planning Form, courtesy of Re-Creative Resources, tell us how your last survey went. Post your survey experience on

- a. How important is it to you to have books, newspapers, and magazines to read?
- b. How important is it to you to listen to music you like?
- c. How important is it to you to be around animals such as pets?
- d. How important is it to you to keep up with the news?
- e. How important is it to you to do things with groups of people?
- f. How important is it to you to do your favorite activities?
- g. How important is it to you to do things away from the nursing home?
- h. How important is it to you to go outside to get fresh air when the weather is good?
- i. How important is it to you to participate in religious services or practices?
- j. If your doctor approves, would you like to be offered alcohol on occasion at meals or social events?
 0. No
 1. Yes
 5. Yes, but can't or no choice
 9. No response or non-responsive answer

For residents who cannot answer the questions, a staff assessment of activities and daily preferences is available. Staff is also instructed to observe the resident's response during activity programs. A variety of routine and activity preferences are listed and staff is to check off each item as it applies. Some of the recreational items include:

- Reading books, newspapers, or magazines
- Listening to music
- Being around animals such as pets
- Keeping up with the news
- Doing things with groups of people
- Participating in favorite activities
- Spending time away from the nursing home
- Spending time outdoors
- Participating in religious activities or practices
- None of the above

In a sample of individuals that completed the revised Customary Routine and Activity Section, findings indicated that:

- 81% rated the interview items as more useful for care planning
- 80% found that the interview changed their impression of resident's wants
- 1% felt that some residents who responded didn't really understand

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Re-Creative Resources' Inc. June Raffle Winner

Congratulations to the winner of the Re-Creative Resources Inc. June raffle, **Stephanie Chambers** from Richcreek, Virginia. Stephanie won a **Melody Lane sing-along DVD Heroes & Homefires (Vol 4)**, courtesy of **Melody Lane** (www.melodylane.ca)

Enter July/August Raffle

Enter the July/August raffle for a chance to win a variety of **Recreation Training Word Puzzles**, courtesy of Re-Creative Resources Inc. (not yet available for purchase). The winner will receive the following word puzzles:

- *Adapted Equipment Word Scramble
- *MSE Crossword Puzzle
- *Responses to MSE Word Scramble
- *Medical Abbreviation Crossword
- *Essential Oils Fill-In Word Search
- *Multi-Sensory Equipment Word Search.

Simply enter the raffle drawing by contacting [Kimberly Grandal](#). Please

the items

- More likely to report that post-acute residents appreciated being asked

Another section of special interest to Activity Professionals and Recreation Therapists is that of “Special Treatments and Therapies”. Recreational Therapy is included as a therapeutic service, beyond the general activity program, as it is currently in the MDS 2.0. Under the section of Recreation Therapy, however, it is indicated that Music Therapy is included as well.

Although this is a still a “draft” it is important for Activity Professionals and Recreation Therapists to keep abreast of these changes. Please take a moment to visit CMS’s website to read further about the MDS 3.0. CMS plans to implement MDS 3.0 changes nationally on October 1, 2009. To download the transcript, audio files, power point presentation, word presentation and the timeline, visit http://www.cms.hhs.gov/nursinghomequalityinits/25_nhqimds30.asp.

Knowledge + Power = Activity Professional

By [Debbie Hommel, ACC, CTRS](#)

Executive Director, [DH Special Services](#)



As a paid profession, the world of therapeutic activities is a new one, having been in existence only thirty four years. The term “activities” was introduced in the 1974 federal regulations for nursing homes which officially introduced our service. Our professional status was strengthened by the development of the [National Association of Activity Professionals](#) in 1981, followed by the development of the national activity certification program through the [National Certification Council for Activity Professionals](#) in 1986. Our current job title, Activity Professional, was coined in 1992 when revisions to the federal regulations adopted the title. Having just celebrated my thirtieth year as an activity professional, I am proud to see how far we have come as “professionals”. However, the truth remains we are still working to earn respect for our programs and the positive outcomes evident in our approaches. Although we have grown tremendously as a profession, we still have a long way to go.

What can you do to ensure our continued growth as a profession and to work toward gaining respect for the work that we do? The first step is to get certified. National Certification through the [National Certification Council of Activity Professionals](#) is the only certification program which certifies individuals providing therapeutic activities for elders in long

be sure to put **Raffle Drawing** in the comments section. A random winner will be selected. The deadline for entry is **July 20th, 2008**. Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!

Happy National Therapeutic Recreation Week!

This year TR week is July 13th- 20th. The theme is **Passion, Purpose, and Progress**. For more information, a sample press release, ways to celebrate, and more, visit the [NRPA website](#)

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term care settings. The certification is recognized in the Federal regulations for nursing homes as a qualifying credential, as well as in many State regulations. If you are not currently certified, develop an education plan to help you in achieving certification. If you have not yet taken the MEPAP (Modular Education Program for Activity Professionals) course, [find a local instructor](#) and information about their course schedules. If such programs are not available in your area – the internet has become the new educational meeting place.

Once you are certified and have taken the basic and standard coursework for the activity professional – you need to maintain your certification and professional status. Many activity professionals share difficulty getting out to classes and seminars. Independent study courses are becoming a popular choice for the busy activity professional as the work can be done around a busy schedule. To maintain your national certification, individuals must attend 2–4 (10–20 contact hours) classes per year. My website offers [independent study programs](#), approved by the National Certification Council for Activity Professionals. Current topics include professional development, quality assurance and documentation. New programs are added monthly.

The National Certification Council for Activity Professionals offers an opportunity for experienced activity professionals who may have taken a course prior to the introduction of the MEPAP to become certified. [Track 5 requirements](#) include completion of a basic course between 36 and 90 hours between the years 1991 and 2001; six years experience (12,000 hours) in activities in a geriatric setting within the past ten years; and thirty hours of continuing education within past five years, [six of which is focused on activity documentation](#). If you meet these requirements, you may become certified without taking the MEPAP course, which is now required for all new applicants.

Is certification the only answer to professional growth of the individual and our profession as a whole? Obtaining national certification is just the beginning and will provide the activity professional with a foundation of knowledge and understanding to continue moving our profession forward. We each need to become the expert on therapeutic activities and person centered care in our communities. This does not mean become a “know-it-all” but someone who is knowledgeable about the interventions, outcomes and current status of our profession. Knowledge and power are best intermingled. Sir Francis Bacon said it first in the 1600's – “Knowledge is Power”. Being knowledgeable and sharing that knowledge in a positive, productive way is influential. Power is the ability to influence others to act.

Another way to contribute to the strength of our profession is to join the activity professional associations in your local area as well as state and national associations. They have conventions, seminars, newsletters and web sites to support the activity professional. Nationally, they represent the activity professional in legislative matters and keep us informed of regulatory changes, survey processes and news. Locally, our State and regional groups allow active networking and communication amongst working activity professionals. [I have a listing of National and State associations on my website.](#) If your state has a group that is not listed, feel free to send me information and I will include it in the listing.

The activity profession will continue to grow and prosper if we nurture our never-ending desire to seek out new ideas and to provide the best programs for our elders; participate in continuing education whether you have been in the profession one year or twenty; work cooperatively with fellow activity professionals and interdisciplinary staff; and continuously commit to the values of our profession.

Recreational Programming at the Naval Engineering Station

By Sue Gajewski



With July 4th approaching, I thought I'd take this opportunity to tell the Rec-Room readers about my new career at the Naval Air Engineering Station in Lakehurst NJ. Needless to say I was apprehensive after 30 years working with seniors in various long term care facilities and retirement communities. Working with an entirely different population was going to take some getting used to!

I've been working with the Military for over a year now. This past year has been one of the happiest in my entire working career. I cannot believe the joy I have felt and the sheer privilege I feel working with the Military and their families. Although the programming I provide is somewhat different, these young men and women love to have fun just as much as our senior population does. But now, the programming is geared to young sailors between 18-25 and to officers and of course all military families, wives and children.

We provide so many fun activities. For example, June was the Base picnic which was attended by 2500 people! There were pony rides, petting zoos, a ten piece band, dunk tank, and so much more. We also have the Duathlons and all 5k Fun Runs. In the Fall, there is the

Pumpkin Patch for all the kids which is huge field covered with pumpkins. The kids gathered and decorated the pumpkins and were assisted by scarecrows and clowns.

The first ever Lakehurst Army vs Navy football games was also held. The Toms River High School band (all 90 of them with instruments!) performed. What a terrific day! The Tree Lighting on the base was just magical. It was held at 4:00 in the afternoon with a light snow falling, the Lakewood High School band playing Christmas Carols, Santa and Mrs. Claus arriving on the Base, the Fire Department fire engine was serving hot chocolate to all the military and families, etc.

There are so many wonderful events here at the base. Some other examples include: the NJ Devils Hockey players, Valentine Day dinner and dance, Bagpipers for St. Patrick's Day, Spades Cards Tournaments, Chili Dog and Bowling at our Base bowling alley, the fishing tournament for the kids, various ceremonies and pageantry, visits by the Admiral and so much more! I have even opened up a Cyber Cafe Coffee shop on the base which is attached to the Cyber Cafe computer center. Now these young men and women can contact their loved ones out of state.

There are so many joyous things to be a part of at the base and I feel so fortunate and so blessed to have this opportunity to work with our service men and women every day. To provide special events and activities for them is just wonderful. It is such an incredible job! In addition to all the fun I'm having, I recently received an award for the most successful manager within the five branches of the service. I am so very happy to be a part of providing our young service men and women an opportunity for some fun in their lives, and to provide families of our deployed service men and women a chance for happiness while their loved ones are away. I am in the process now of creating a volunteer group of Military to visit local LTC centers to provide some camaraderie for residents and veterans that live there. If anyone is interested in having us come visit in the southern NJ area, please feel free to call my office at 732-323-2405.

