



The Rec-Room

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Re-Creative Resources, Inc.

Education, Consultation, and Resources for
Recreation and Activity Professionals

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Lane



Kim's Corner

Autumn is my
favorite time of year.
Football,
sweatshirts,

cornstalks, pumpkins, fall colors,
scarecrows and the crisp, cool air. The
very important Election 2008 is almost
here and Americans will be celebrating
Thanksgiving before we know it.

In regards to the 2008 Presidential
Election, I've never been one to be
involved in politics. Nor have I ever
been interested in learning about the
candidates or issues. Until of recent
years, that is. I've become involved in
Legislative issues as the Legislative
Chairperson for the [NJ Activity
Professionals Association](#) and I am
a member of the Government
Relations Committee for [NAAP](#) and
[NCCAP](#).

Like many Americans, I have taken
much interest in the 2008 U.S.
Presidential Election. Please take a



Elect to Educate-Elect to Vote: Voting and Election Day Activities in Healthcare Facilities

By [Kimberly Grandal BA, CTRS, ACC](#)
Executive Director of [Re-Creative Resources Inc.](#)

With Election Day 2008 just around the corner, it is important for facilities to provide opportunity for residents to vote. This is portrayed as one of the most crucial election years of our time and we must remember that our seniors and residents have the constitutional right to exercise their voting privileges.

Many residents should be brought to the polls and special arrangements for transportation may have to be made. Be sure to utilize all possible sources of transportation such as family members, volunteers, county vehicles, ambulance services, facility buses, etc. Voting should be taken seriously and it is the responsibility of the entire facility to make it happen.

For those residents who cannot go to the polls to vote, they still have the right to vote by absentee ballot. Each individual that chooses to vote via an absentee ballot must complete an absentee ballot request application of some kind. He/she will then receive their absentee ballot and can vote for their candidates and mail in the completed ballot. The process and time constraints for voting this method vary from state to state. There are a variety of forms, deadlines and instructions, so be sure to investigate this carefully for each resident who chooses to vote with an absentee ballot. For a simplified way to obtain this information and absentee ballot applications, visit the following website:
www.govoteabsentee.org/vasteptwo.php?s=44&r=3757. It is necessary to know where the resident is registered to vote as well as the zip code.

Educating the residents about the upcoming election, the candidates and the issues is equally important. Activity Professionals should be incorporating election-related activities into the program. There are many types of activities that may be offered such as:

- Election Current Events-start off each day off with a brief review of the election headlines
- Election Trivia-you can find a lot of trivia online related to past

moment to read my election article, "Elect to Educate-Elect to Vote". There are many issues that may potentially affect Activity Professionals, Recreation Therapists and the individuals we serve. Some of the issues include health care, taxes, social security and economics. Research the 2008 issues and candidates so that you may vote in accordance with your beliefs and what's important to you and the residents/clients.

"People often say that, in a democracy, decisions are made by a majority of the people. Of course, that is not true. Decisions are made by a majority of those who make themselves heard and who vote - a very different thing."
Walter H. Judd

Lastly, Thanksgiving is one of the most family-oriented holidays celebrated in America. It's a time for us to be thankful for our family, friends and our freedom. Many American families gather together for a traditional Thanksgiving dinner with all the trimmings. The Macy's Day Parade and football games are the favorites on t.v. as well. I would like to personally wish you, your loved ones and your residents/clients, a healthy and happy Thanksgiving!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
John Fitzgerald Kennedy

Life. Be in it! *Kim* ☺

Thanksgiving Activities

Check out the following websites for some great Thanksgiving activities.



[Thanksgiving Crafts](#)
[Edible Cornucopia](#)
[100 Thanksgiving Recipes](#)
[Thanksgiving Poetry](#)
[Thanksgiving Quotes](#)

elections, presidents, etc.

- Elections of the Past-discuss prior elections, who won, what were the issues, etc.
- Election Word Puzzles-crossword puzzles, word searches, hangman, etc.
- Mock Election-Create a ballot box and place it in a prime location in the facility. Invite residents, staff, volunteers and family members to cast their vote. Tally the vote and announce the mock winner. Note: this shouldn't replace offering the residents the opportunity to legally vote. A Mock Election Ballot is available in the Re-Creative Resources Activity Resource Center.
- Debates-Set up debate teams with several residents debating the current governmental issues. Have residents that represent both political parties and even a 3rd party independent, if warranted.
- Election Day Crafts-have residents make the Mock Election Ballot Box, promotional signs that can be used during the debate, election scrapbook, flags, buttons, hats, and patriotic crafts.
- Election Scavenger Hunt-have residents cut out campaign-related articles, photos, headlines etc. and paste onto poster boards or tri-fold displays. These can then be placed throughout the facility to educate others about the election, the candidates and the issues at hand.
- Meet the Candidates-obtain a brief bio about each major candidate and share with residents. The presidential candidates are John McCain (Republican) and Barack Obama (Democrat). The Vice President Candidates are: Sarah Palin (Republican) and Joe Biden (Democrat). For complete bios, visit the campaign websites at www.johnmccain.com and www.barackobama.com.
- Create an election bulletin board in a prominent location of the facility
- Election Day Quotes-there are many quotes available online. Simply search Election Day Quotes and print your findings. Quotes are great conversation starters.
- Plan and facilitate party conventions. Have residents give campaign speeches.
- Daily Announcement-each morning announce something related to the election such as breaking news, issues, a quote, etc.
- Presidential Qualities-have residents discuss what they look for in a presidential candidate.
- Invite local politicians to come in and speak to the residents regarding local issues.
- Issue at Hand-Educate the residents about the issues and the various views of the presidential candidates. Some of the main issues are: Abortion, Afghanistan, Cuba, Economic stimulus, Education, Energy, Environment, Free Trade, Health Care, Homeland Security, Housing, Immigration, Iran, Iraq, Israel, LGBT issues, Social Security, Stem Cell Research, Taxes. Visit www.cnn.com for a great overview of the issues and the candidates' views.

In summary, voting is a constitutional right as well as a resident right. It is likely that facility surveyors may be looking closely at voting this year due to this important upcoming election so be prepared to show all records,

History of Thanksgiving

Thanksgiving Time

Author Unknown

When all the leaves are off the boughs,
And nuts and apples gathered in,
And cornstalks waiting for the cows,
And pumpkins safe in barn and bin,
Then Mother says, "My children dear,
The fields are brown, and autumn flies;
Thanksgiving Day is very near,
And we must make thanksgiving pies!"

Re-Creative Resources' Inc. October Raffle Winner

The winner of the Re-Creative Resources October raffle is **Tami Crawford** from Kentucky. Tami won one free year access to the **Activity Resource Center**, courtesy of Re-Creative Resources Inc., a value of \$44.95. Congratulations Tami!

Enter November Raffle

Enter the November raffle for a chance to win the **"Country Classics" DVD from Melody Lane Productions**, their newest sing along DVD release. Check out both new volumes, "Country Classics" and "Songs from Around the World" at 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 November issue of The Rec-Room. The deadline for entry is **October 25, 2008**. **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**

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policies, activities, etc. related to voting. It is also recommended that you address voting in the comprehensive care plan, progress notes, assessments, etc. If a resident declines voting or shows no interest in voting, be sure to document that. For those residents who are interested in voting, document all attempts to provide transportation to the polls or to obtain absentee ballots. Lastly, don't forget to cast your vote as well. You will find that by educating the residents on the issues, you will be better prepared to make an informed decision at the polls this year!

The Re-Creative Resources Activity Resource Center has a variety of Election Day Activities including the following:

- *Election Ballot-Mock Election
- *Election Day Spelling Bee
- *Election Day Word Scramble
- *Election Day Word Search
- *Election Day Fill In Blank Word Search
- *Election Day Kriss Kross
- *Election Day Word Search Easier
- *Election Day 2008 Issue Compare Form
- *Election Day Crossword
- *Election Day Trivia
- *Travel Club: Washington D.C.



Our Thanksgiving Day Story

By **Denise Lima-Laskiewicz** AAC, CRmT1

Families and friends enjoy knowing about the lives of their grandparents, friends, great uncles, and great aunts. Through creative writing techniques it is possible to record their client's biographical history and combine it with scrap booking techniques. This can be done in a group setting with a facilitator with a variety of topics.

The facilitator asks the appropriate question related to the topic at hand. For example if the topic is Thanksgiving Day the facilitator asks the following questions.

1. Who did you celebrate Thanksgiving Day with?
2. What did you do on Thanksgiving Day?
3. Who cooked the Thanksgiving Day meal?
4. Did you have any family Thanksgiving traditions?
5. What was your favorite Thanksgiving dish?

Also the facilitator can ask those who are low functioning or have a diagnosis of Alzheimer's disease the same questions. However, remember to keep it simple and use open ended questions. For example:

*DH Special Services

*Danny Pettry

*LTC Support Services

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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!)**

Products and Services

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*Forms and Manuals

*Recreation Department

Review Manual (*a must!*)

*Interdisciplinary Approach to Quality
of Life In-Service (*just \$15*)

*Free Forms and Materials (*over 30*)

*Guest Book (*Say hi!*)

*Activity Resource Center

*Re-Creative Resources' Blog

*The Rec-Quest (*Q&A Forum*)

Contact Kimberly Grandal

*Phone: 732-340-1210

*Email:

kimgrandal@aol.com

*Visit our website

www.recreativeresources.com

1. Do you like Thanksgiving Day?
2. Did you go spend Thanksgiving with family?
3. Where did you have Thanksgiving dinner?
4. Did you ever make a Thanksgiving Day dinner?

Whatever the resident says, record it then write it up. Type it up on stationary that reflects the holiday. Any office supply store has the appropriate stationary. Give the piece a title and the client the byline.

This is a great way to pass on the memories to the family members and is a tangible connection to the client. In fact as the facilitator, you can combine the stories to create a portfolio and a biography of the client which will be an eternal keepsake for family members.

About the Author

Denise Lima-Laskiewicz, AAC, CRmT 1 is the owner of Heal Through Words, a NJ-based Therapeutic Writing program for Nursing Home and Assisted Living residents. For more information, please visit www.members.aol.com/healthroughwords

Three stars at the top. Text: ENDORSED BY CREATIVE FORECASTING. Title: Melody Lane Sing Along! Quote: "Better than Karoke! The Seniors love Georgina Rae." #1 Choice of 2,500 Activity Directors. Text: Engage and entertain Residents and Clients of LTC and ADP with these toe-tapping and sentimental favorites filmed "live" with an audience of seniors! Features: On-Screen Lyrics! FREE Large Print Songbooks! Each Volume 45-55 Minutes of Fun! Endorsed by Alzheimer Society. Suitable for High & Low Functioning. Royalty Rights paid for Newer Favorites! British Isles & World DVD's feature Slide Shows! Also Available through NASCO. Videoclips, Songlists & Order Info: www.melodylane.ca 519-453-9095