



The Rec-Room

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

To download a pdf. version of The Rec-Room visit www.recreativeresources.com/newsletter-archives.htm

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Kim's Corner

Hi everyone! I can't believe it is August already-the summer goes by so fast here in NJ! As you can

see, I've been busy this summer working on various projects such as the Activity Resource Center. When you get a moment, please check it out. I know you will just love it! Much of the items in the Activity Resource Center are items that I have used as an Activity Director and Consultant. Created by an Activity Professional FOR an Activity Professional!

I'd like to personally thank Kimba Livesay, Program Director of the Inner Rhythm Activity Program (IRAP). It was because of Kimba's suggestion that I created the Activity Resource Center. Please be sure to visit the IRAP website at www.irap.us, for they offer a fantastic library, home study courses, and great holistic resources.

In addition, I'd like to thank Charlie



Re-Creative Resources Inc.
 Invites You to Join the New

**Activity
 Resource Center!**

What is the Activity Resource Center?

Re-Creative Resources' **Activity Resource Center** is a service that offers members **UNLIMITED** access to a **LARGE** variety of downloadable activity resources, tools, training materials, management resources, sample reports, forms, documentation tools, print-n-implement activities, promotional items, and so much more! Also included in the **Activity Resource Center** are several items, which if purchased separately at <http://www.recreativeresources.com/forms-manuals.htm>, would cost over \$50! Over 150 items are currently available and that number will grow, for new resources will continuously be added. Members will notices when new materials are available. Resources are in a variety of formats including Word documents, PDF, PowerPoint and Excel. For a complete list of resources currently available, visit <http://www.recreativeresources.com/resourceroom-titles.htm>

Who is the Activity Resource Center Designed For?

The **Activity Resource Center** is designed specifically for Activity Directors, Activity Professionals, and Recreation Therapists. The focus is on long-term care, however, many of the materials may be utilized for other populations and settings as well. MEPAP instructors, presenters, and consultants are invited to join, however, must contact **Kim Grandal**, for additional fees may apply to utilize the resources for commercial use.

What are the terms of use for the items in the Activity Resource Center?

Dixon, from [compuTR Web Studios](#) for doing a fantastic job of setting up this resource center. Visit his amazing site the [TR Directory](#).

With all that being said, I do hope you are getting some R and R! Enjoy the rest of the summer! Life. Be in it! *Kim*



News

On June 20, 2008 CMS provided an advance copy of the guidance and protocol on Nutrition F-tag

325 and Sanitary Conditions F-tag 371. Although the regulatory language remains the same, F-tag 326 has been merged with F-tag 325 and F-tag 370 has been merged with F-tag 371. Areas of great importance for Activity departments include: unavoidable weight loss, weight change, nutrition and interventions, therapeutic diets, sanitary conditions, food preparation, food storage, food distribution and handling, cleaning kitchen equipment and utensils, "ready to eat foods", potentially hazardous food such as eggs, and physical contaminations such as hair, and nails. All Activity Directors should discuss the revised guidance with the facility Food Service Director and Dietician to ensure that the Activity staff is adhering to the regulations. This revised surveyor guidance for surveying Nutrition and Sanitary Conditions in LTC facilities will become effective on September 1, 2008. At that time, a final copy of this new guidance will be available at <http://www.cms.hhs.gov/Transmittals> and ultimately incorporated into Appendix PP of the State Operations Manual. [Click here](#) for an advanced copy of the guidance and training slides.

Quote of the Month

"Real success is finding your lifework in the work that you love."
- David McCullough

Need some inspiration right now? Click the banner to see what's playing!

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What does it cost to join the Activity Resource Center?

Re-Creative Resources Inc. is offering an introductory fee of just \$ 45.95 for the first year membership. After that, it is only \$9.99 a year! You will be sent an annual renewal notice to remind you that your membership fee is due.

How do I join the Activity Resource Center?

It's simple. All you have to do is [register and pay on-line via PayPal](#). You will then receive a password and have 24 hour a day access to the Activity Resource Center. You may also print out an [Activity Resource Center brochure](#), complete the order form and mail in your registration and payment.

Activity Resource Center Special Offer

The first ten (10) individuals to subscribe to the Re-Creative Resources' Activity Resource Center will receive an **additional year subscription for FREE**. That's two year's worth of unlimited access to great resources for only \$49.95! Don't let this offer pass you by. Click on the banner for more information!



RE-CREATIVE RESOURCES INC.
ACTIVITY RESOURCE CENTER
Resources for Activity/Recreation Directors
www.recreativeresources.com **JOIN TODAY!**



Bedside Harp - Therapeutic for the Dying

By Donalyn Gross, Ph.D., LCSW, CMP

Music touches everyone in a very personal way and offers diverse beneficial effects. Just as a person experiences the various rhythms of life, the end of life has its own cadence. As the final stages of dying approach, there is a diminished emphasis on "cure", and more attention



ProActivity Reports

Activity computer software

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

Memory Walk

This Fall you can be part of the movement to end Alzheimer's disease. To join the fight, [register](#) today for the Alzheimer's Association Memory Walk near you!

[Check out this video on You Tube](#)

New Jersey Activity Professional Fall Workshop

The 2008 NJAPA Fall workshop will be held on October 27th at the Masonic Home in Burlington, NJ and on October 28th at Christian Health Care Center in Wycoff, NJ. The speaker this year is Susan Lanza ACC, LNHA and she will be presenting the topic, The Dementia Tool Box. For information, visit <http://www.njactivitypros.org>.

Re-Creative Resources' Inc. July/August Raffle Winner

Congratulations to the winner of the Re-Creative Resources July/Aug raffle, **Annette Smith** from Australia. Annette won the following custom-made training word puzzles, courtesy of Re-Creative Resources Inc.

*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.

Several of these puzzles are available in the Activity Resource Center.

Enter September Raffle

Enter the September raffle for a chance to win the [Recreation Department Review Manual](#) (a \$39.95 value) courtesy of Re-Creative Resources Inc. Simply enter the raffle drawing by contacting [Kimberly](#)

is focused on providing comfort and dignity. Dying encompasses a myriad of physical and emotional states including pain, anxiety, anger, fear and depression. To alleviate these stressors, some providers have enlisted the services of Certified Music Practitioners to create a peaceful environment by playing harp at the bedside.

The Harp

The harp has always been an instrument related to comfort and peace. The resonance from the strings, the range of pitch and tones create a bond between sound and the recipient.

Live harp music offers several healing properties and can benefit:

- the temporarily, chronically, and/or critically ill
- Alzheimer's patients
- Patients before, during and after surgery
- Premature and healthy babies
- Birthing mothers
- The elderly, comatose, and the dying

Live music can encourage mental imaging, augments pain management, and can facilitate the transition from life to death. This also opens the way for grieving, and can relieve body tension.

Playing for the Dying

As an LCSW and Thanatologist in a local nursing home, I was always looking for something new in the field of death and dying. When attending an end of life seminar, I learned of the Music for Healing and Transition course that is given all around the country. It teaches you to use your voice or an instrument to play for the elderly, the critically ill, chronically ill and the dying. I had previously purchased a small lap harp, took a few lessons, and with the help of the course, became a Certified Music Practitioner. We learned that when playing music for the dying, you don't want to play recognizable music, because you don't want to bring that person "back". You don't want to interfere with the process of letting go by playing music that they might recognize. So, we improvise, playing along with their breathing patterns. People have often asked me to "play that pretty melody again", but I can't because I don't remember what I just played!

Certified Music Practitioners differ from Music Therapists, in that therapists actively involve or instruct the patient in the process of creating sound. Practitioners play directly for the actively dying to relieve stress and promote a gentle passing.

A fund for the terminally ill has provided grant money to create a

Grandal. Please be sure to put **Raffle Drawing** in the comments section. A random winner will be selected and announced in the October issue of The Rec-Room. The deadline for entry is **August 25, 2008.** **Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!**

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

Need CEU's but can't get away? Well Danny Pettry has a vast line of affordable, accessible, flexible, enjoyable, easy-to-complete courses. For more information [click here.](#)



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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!)

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 (*over 30*)
- *Guest Book
- *Activity Resource Center (*NEW!*)

Contact Kimberly Grandal

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*Visit our website
www.recreativeresources.com

position for me to play therapeutic bedside harp for the dying. Presently, I work with two nursing homes and a local hospital. The fund works through the Spiritual Care Departments. I am on call, 24/7, with a beeper. When a patient is actively dying, the nursing staff notifies the chaplains who will first speak with the family members to see if they would like the harp played for their family member. If they agree, the chaplain will beep me. They'll give me the information, and I will be on my way. The response from the families is 99% in favor of music. Many want to be there when I play. This is not a performance; I play 1-1 for the patient.

The first time I played for a patient, her two grandsons were there. They wanted to stay and listen. Fifteen minutes later, all three were snoring. For a moment I felt insulted, but then realized the music had the correct effect- they were relaxed and comfortable enough to let go and fall asleep. The woman died soon after.

A patient who had a day stay procedure said, "You'll never know how helpful and wonderful your music was for me. After you left I was so much more relaxed. I had been shaking uncontrollably during the test even though I had Valium and Benadryl. I had brought a CD player and meditation music with me, but the interesting thing was after I had listened for awhile, I turned it off and I could hear your harp music in my head, not the music I was listening to. Thank you so much".

One December day I played for a dying woman, her family crowded around and on the bed. Suddenly there was a flash of light and a crash of thunder. She died that moment. One of her daughters turned to me with a smile and tears in her eyes and said, "She died to your music."

Family members, nursing staff and other residents/patient derive benefits from live music. Music can soften stressful situations and allow them to express grief and achieve closure. I've been told by many nurses that they feel more at ease, making it easier to go about their jobs, when they know someone is there providing comforting music for their patients. "Half an hour of music produces the same effect as 10 mgs. of Valium", Raymond Bahr, MD, Head of Coronary Care Unit, St. Agnes Hospital, Baltimore, MD. Many time patients will stand by the doorway, or come in their wheelchairs to listen. The music brings such a calming atmosphere to the floor.

In nursing homes and hospitals when someone is actively dying, the radio is playing jazz, rock and roll, talk shows, or the television is on. Staff sometimes feel that there has to be some kind of music/talk in the room when there's no one there. Unless a person specifically requests

that there be a certain type of music while they're dying, (and I once sat with a man who wanted to die to rock and roll, and we listened to WDRC Oldies for 9 hours as he died), I **strongly** recommend Yanni, Enya, nature sounds (water, birdsong, wind, chimes), or New Age music be played. (no specific melodies, non-melodic and peaceful).

Bedside music is appropriate and beneficial in hospitals, hospice programs, nursing homes, clinics, and private homes. Referrals and requests for the services of a music practitioner can be made by administrators, medical staff, social workers, clergy or families.

“At Jewish Geriatric Services and the Julian J. Leavitt Family Jewish Nursing Home, we have strived to make these days and hours as positive for the individual and their families as possible. Last year, with support from the Albert E. and Lillian M. Marceau Fund, we enhanced our program dramatically when we introduced Donalyn Gross and her Therapeutic Harp into our program for actively dying residents. Dr. Gross is a unique individual who is a Thanatologist, and a talented musician. She also radiates a spiritual presence. Her program at JGS has been embraced by staff, residents and their families. Families are naturally offered the service and can accept or refuse. But when she appears at their bedside, harp in hand, all have found her music at this most critical moment in one's life remarkably comforting and even uplifting.

About the Author

Donalyn Gross' 30 year career as a Thanatologist includes working with hospitals, hospice, correctional systems, and long term care facilities. An Adjunct Professor, she teaches college courses in Death and Dying, and offers training workshops for healthcare professionals. The author of several books, therapeutic music CD's, and a video, she is the creator of the Good Endings® Program (www.goodendings.net). A professional musician, she is a graduate of the Music for Healing and Transition program (www.mhttp.org). Presently, she is the Director of the Vigil Team at Heritage Hall West Nursing Home in Agawam, MA, and Therapeutic Bedside Harpist for the Jewish Geriatric Services in Longmeadow, MA, and Baystate Medical Center in Springfield, MA.