National Nursing Home Week
May 8-14, 2005

Source: American Health Care Association website

(AHCA) - National Nursing Home Week will begin on Mother's Day, May 8 and continue through May 14, 2005. AHCA established the week-long celebration in 1967. Go to http://www.NNHW.org for more information.

Taking Center Stage is this year's theme for National Nursing Home Week. Recognize all of the people that play their unique parts that make up the success story for the quality care performed at your nursing facility. In Shakespeare’s play, As You Like It, he writes, "All the world's a stage, And all the men and women merely players: They have their exits and their entrances." True, some of them are grand entrances or extraordinary exits, but it is all the small parts and players that lift and hold together the magical moments that give glory to the story’s telling.

Let Shakespeare’s statement be your inspiration as you plan the week and give center stage to all of the players for their contributions. Focus the spotlight daily on individuals, or clusters of people in specific departments, and honor what they do that makes your facility shine as a place of special care giving. Look in every department, and the behind-the-scene jobs, seeking out those who have not yet been in the limelight. There are seven full days to honor all involved: the residents, family members, volunteers, community, and staff, such as your CNA’s and licensed nurses. Reward them with recognition and thanks; give them center stage for the day, the week, for without all of these "players" the play - a facility - could not even begin much less run smoothly. Everyone's parts are important, and remember: there are no small parts.

AHCA offers a planning guide to help facilities develop their own National Nursing Home Week program. Activities are designed to foster intergenerational relationships, collect and preserve patient's reminiscences, strengthen relationships with family members, celebrate quality, and recognize all staff members who demonstrate excellent care giving.

If you are looking for a nursing facility or some information on how to choose one please visit our consumer web site at http://www.LongTermCareLiving.com. Help preserve long term care by becoming a "Ray of Light" and joining the growing ranks of the Families 4 Care Alliance http://www.families4care.org.

For more information, please contact astarkey@ahca.org

Further National Nursing Home Week information and products may be found at: http://www.nnhw.org/index.cfm.

Hi, AD’s!

The Activity Director’s Office (The ADO) has added another new element to the site. For your convenience we have added a party supplies store, The ADO Makes Parties . Our new party store contains all the supplies you need for that themed party, special event or birthday party. Also, many items can be personalized. You may pay by credit card and your order will be delivered to your door. So visit The ADO Makes Parties at: http://www.theado.makesparties.com.

Thanks for all of your e-mail. Because of your many suggestions, several other ideas are being considered for posting to The Activity Director’s Office. If you have any suggestions as to how we may better serve your needs, please drop me an e-mail to: admin@theactivitydirectorsoffice.com. My door is always open.

Thank you for subscribing to Activity Director Monthly and have a great month doing the job you love.

Happy AD’ing.

Linda Lucas, A.D.

Linda Lucas is the owner of The Activity Director’s Office website. She has been an Activity Director in Indiana since 1983.

Readers may contact Linda at: admin@theactivitydirectorsoffice.com

http://www.theado.makesparties.com
Do You Really Miss Those "GOOD OLD DAYS?"

Source: Suddenly Senior
http://www.suddenlysenior.com

HOLDING A WAKE
Back then, cups made of lead were used to drink ale or whiskey, because nobody knew that lead is a pretty strong poison. The combination of lead and liquor could even knock the imbibers out for a couple of days.

Quite often, a passer-by would take them for dead and prepare them for burial. The 'corpse' would then be laid out on the kitchen table for a couple of days and the family would gather around, eat and drink, and wait and see if the person would wake up... as some would do. And so the custom began of holding a "wake".

SAVED BY THE BELL
England is ancient, small, and has always been well populated. In the 1500's they started running out of places to bury people. So, they would dig up coffins and would take the deceased's bones back home and re-use the grave.

On reopening these coffins, one out of 25 coffins were found to have scratch marks on the inside and they realized that some didn't awaken at the wake and they had been burying people alive (modern medicine wasn't that modern).

To prevent this reoccurring, the undertaker would tie a string on the body's wrist and lead it through the coffin and up through the ground and tie it to a bell. Someone would be employed to sit out in the graveyard all night to listen for the bell. Hence, being on the "graveyard shift" where occasionally someone would be "saved by the bell" and who would become known as a "dead ringer".

JUNE WEDDINGS
Back then, most people got married in June, for two reasons. Firstly, it is the most clement and warmest month in England and, secondly, because it was customary for people to take their yearly bath in May (whether they needed it or not!).

While most people still smelled comparatively okay, brides began the tradition of carrying a bouquet of flowers, to hide any body odor.

DON'T THROW THE BABY OUT WITH THE BATH WATER
Yes, baths in the 1500s were rare but when they were taken it was in a big tub filled with hot water. There was, naturally, a pecking order. The man of the house had the privilege of the nice clean water (and he was probably the dirtiest), and then came all the other sons and men, then the women and finally the children. Last of all were the babies.

By then the water was so dirty you could actually lose someone in it. Hence the saying "Don't throw the baby out with the bath water".

RAINING CATS AND DOGS
Those lucky enough to have houses, had houses with thatched roofs made from thick straw, piled high, with no wood underneath. This was the only place for animals to get warm, so all the pets... dogs, cats and other small animals like mice and rats, lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall from the roof. Hence "It's raining cats and dogs."

DON'T LET THE BEDBUGS BITE
Despite the skills of the best thatcher there was really nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed (relatively speaking). So, they found if they made beds with big posts and hung a sheet over the top, it addressed the problem. Hence those beautiful big 4 poster beds with canopies. "Good night and don't let the bed bugs bite"...

PEAS PORRIDGE HOT
In the kitchen they cooked in a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They mostly ate vegetables and didn't get much meat. They would eat the stew for dinner leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been in there for a month. Hence the rhyme: "peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

UPPER CRUST
Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or...
Adapting Activities for Success

One of our goals as activity professionals is to offer our residents or clients an opportunity to continue life long interests and leisure pursuits. Unfortunately, most of our residents and clients arrive in our centers and facilities with a variety of limitations – both physical and cognitive. The activity/recreation profession has always taken a positive approach to this concern. While the medical profession focuses on the losses and disabilities – we tend to focus on what strengths are remaining and what they can still do. This is accomplished, in some cases, through adaptation or modification of the activity.

In order to appropriately change activities to address the individual needs of each resident or client, we need to address two important areas prior to adapting the activity or program. The first area is knowing the resident or client’s strengths, abilities and skills are imperative when offering any therapeutic approach. Adaptation is one example of a therapeutic approach. A thorough assessment will assist the activity professional in understanding the client’s abilities as well as where they will need modification of the approach or activity to succeed. The second area is to know the activity well. There are many facets of each activity we conduct and being able to analyze the activity will allow breaking it down into specific parts for adaptation.

There are four standard methods for adapting activities:

- **Materials**: This is altering or changing the materials or supplies utilized in the activity. Using large print bingo cards, built up handles on brushes or pencils; and larger designs in crafts are examples of material adaptation.

- **Procedure or rules**: Changing the rules or how you do the game in order to make it simpler or less complicated is considered Procedural adaptation. An example of procedural adaptation would be to take the direction cards out of a deck of Uno. This would make the game simpler and easier to follow for the cognitively impaired. Another example would be during Bowling games. Allowing the resident to stand closer to the pins and take as many throws as they need would be altering the game so the resident can succeed.

- **Skill sequencing**: This process requires the activity professional to break the activity into smaller tasks or sections for completion. Residents would be grouped according to their ability or how much they could accomplish. This is commonly called “assembly line” adaptation – as the tasks are organized into an assembly line of sorts. Crafts, cooking and other task sequencing activities lend themselves well to this adaptation.

- **Lead up activity**: This process is incorporated into the therapeutic process and allows the activity professional and the resident to work together to rebuild lost skills. The activity professional needs to determine one activity or action which would prepares the resident for a bigger or more complex activity or action. For example, certain exercise steps in exercise group prepare the for many ADL or ambulation programs.

Finally, when modifying the activity, REMEMBER ......
- Keep the activity as close to the original form as possible
- Modify only parts of the activity needing changing to adjust to a particular limitation in the resident/client
- Individualize as much as possible.
- Keep the project or approach as adult like as possible.

Keep in mind – our overall goals are to allow for success, prevent sense of failure and maintain resident/client participation in tasks and activities of interest.

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**ABOUT DEBBIE**

Debbie Hommel is a Certified Activity Consultant on State and National level, with over twenty-seven years of experience in providing direct care and consultation to long term care, medical day care, assisted living, and ICF/MR facilities throughout New Jersey, New York, Maryland, and Pennsylvania.

She is an experienced trainer and workshop presenter, conducting a variety of seminars throughout the Tri-State area for the Activity Professional, Administrator, and allied healthcare professional. She is ACC certified through the NCCAP.
The Art of Cyclical Programming Will Promote a Healthy Activity Program

(Reprinted from the February 2004 issue of ElderCare Activities Guide)
By Becky Flanagan, ADC

All activities programming takes place in a cycle. Your planning should evolve in much the same way each month. It takes a process, or cycle, to ensure that all bases are covered when planning an activity program.

Ask yourself the following questions. (1) Is there a system of checks and balances in our programming? (2) Do I find myself scrambling to pull everything together when it comes to planning activities and producing a calendar? (3) Do I continually forget to complete certain tasks when planning the monthly calendar? (4) Do I understand all that must be done to ensure a successful monthly program and calendar?

If you answered “no” to any of the questions, you may need to consider cyclical programming. This is an approach to monthly activities planning and calendar production that teaches you to remember every single task that must be completed in order to ensure you have thought it all through. After a couple of months, it will be easier for you to remember, but for now, use this reference to jog your memory.

The first step is to create your skeleton calendar. This initial draft of your monthly activity calendar lists only the activities and events that occur on a monthly basis.

These may include Sunday school, morning exercise, and the like. Please note that if your skeleton calendar is very full, you may need to re-think some of your planning. It could be that your efforts to maintain consistency have stifled possibilities for enough creative planning.

Step two is to develop a theme for the month. This means that you will create a central theme for the activity calendar this month.

You can develop a theme that will be obvious to your residents, such as “Nautical Month,” with which most of your activities will be planned, and a very evident emphasis on the theme will be carried out.

You may choose to develop a theme that is only for the purpose of helping your staff to plan, i.e., “outdoor therapy,” which will help your staff to plan activities that meet the need for therapy, but in an outdoor setting.

The third step is to plan the special events for the month. These activities are your big-scale activities that are either campus- or unit-wide and reach many levels of residents. An example is a captain’s party aboard a mock cruise. Or you may choose to plan a summer celebration during the month of July. Be sure to keep your theme in mind when planning these events.

Step four is to plan your creative activities. Keep the monthly theme in mind as you plan these activities, which will be the largest part of your calendar. These are the daily activities that are separate from the activities you listed on the skeleton calendar.

The creative activities will encompass those events that you plan this month for this theme that you may or may not plan next month. For example, a December creative activity would be “Creative Crafts: Christmas Wreaths.”

The fifth step is to type your calendar. Using Calendar Creator, Illustrator or Microsoft Publisher, begin to fill in each date, day by day, until you are finished with what you have listed in steps one, three and four. On the same day that you type your calendar, call the scheduled entertainers to confirm that they are coming.

Never assume that even a “regular” will remember your schedule. Do not put the entertainer’s name on your calendar until you call to confirm. If you get in the habit of doing this, you will always be assured that you confirmed the listed entertainer, and if he or she does not show, it will never be because of your irresponsibility. You never want surprises in this area of your program.

Next is step six, which is to fill in the gaps, check needs, and make changes. You will print out a copy of your calendar, and check to see if there are spaces that need to be filled.

Have you planned activities for every day of the week, including Saturday and Sunday? Are there morning and evening activities?

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Dementia & Nutrition: Recommendations for Activity Professionals and Recreation Therapists.

Excerpts from the new book, Dietary Concerns and Recommendations for Alzheimer’s and Dementia. A Guide for Long Term Care Facilities and Special Care Units. Sold only at http://www.activitytherapy.com/

Plan and prepare all cooking events. Have all your products available and set up prior to beginning your program. Keep all sharps out of sight and locked up. You should have a finished sample of what you will be making. It is recommended that all cooking programs be offered in the afternoon, as you have more time in the afternoon and are not restricted by lunch hour. Offer 2 exercise programs a day, which will increase appetite, aid in digestion and increase desire for fluids. Before every activity, clean resident’s hands with wipes (if possible take the resident to the sink and wash hands) and offer scented lotions such as coconut. This is a nice way to segway into a program and offer stimulation to the resident.

Provide fluids at every activity.

> Offer fluids after all exercise programs.
> Invite residents to assist with lunch set up and meal clean up.
> Offer home made milkshakes and prepare with the residents.
> Use bread machines and bake bread often.
> Watch your sharps. During the activity program, keep knives in your pocket at all times or out of sight. It only takes a second for an accident to happen.
> Use aromatherapy machines and electric candle warmers while setting up for programs.
> Play soft music before and after programs.
> Incorporate more cooking programs, using: Portable ovens, Otis Spunk Meyer Cookie Ovens, Blenders and Microwaves Oven.
> If you have the use of a kitchen, prepare small meals with the resident in the kitchens.
> Bring in recipe books for the resident’s to look at. Ask them to share their favorite recipes.
> Begin a recipe book of their favorite recipes.
> Offer snacks at all special events.
> Food related word games and trivia games.
> Food Bingo
> Invite to watch cooking shows on television or video, especially the 30 minute shows.
> Ask the resident to identify items such as squash and apples (many kinds) and their uses.
> Plan special events, breakfast buffets, pancake breakfasts, pizza parties, luaus, barbecues, elegant dining, cultural events, monthly parties and birthday parties.
> Plan special meals for religious holidays.
> At club meetings serve nutritious snacks.
> Offer hydration stations that are attractive, such as clear pitchers with floating fruit. Clear cups with lids at bedside. Eliminate Styrofoam pitchers and cups at bedside because they cannot do this three-step process of picking up the pitcher and pouring liquid into the cup.
> Offer nutritious snacks during reminisce and relaxation videos.
> Provide short lunch trips to restaurants such as McDonalds, Cafes and Diners.
> Offer tea samplers and unique condiments.
> Display different grocery items

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out one copy of your finalized calendar for the upcoming month's events. Next, as step eight, you will make a calendar and grammatical correctness of your department, and that as unfair as it may seem, you are judged on the accuracy and physical need.

Remember that some activities meet more than one need, but do not stretch it too far; bingo does not meet a spiritual need just because your residents pray that they will win before they come.

Based on your additions to the calendar, as well as the assessment you have completed in order to decide if all five needs have been covered in your planning, proceed to make changes if necessary.

This includes adding more activities where there are still gaps. Also, check to see if your calendar has too many activities that meet only one or two needs. If this is the case, replace some of those activities with others that meet different needs.

You must completely assess your calendar so that all of the activities listed are ones that you and your staff plan to carry out in the upcoming month. A printed calendar is only as good as the activities on it that are actually carried out.

The seventh step is to proofread and edit the calendar. You must now proofread your calendar for any misspellings, unintentional changes in font, wrong times, lack of times posted, and any omissions.

Then, edit the calendar so that you have a finished product that is ready to “go to the printer.” Remember that your calendar is the showpiece for your department, and that as unfair as it may seem, you are judged on the accuracy and grammatical correctness of your calendar.

Next, as step eight, you will make a list of supplies and props needed for the upcoming month’s events. Print out one copy of your finalized calendar and begin with the first day of the month. Make a list, by date, of every supply or prop you will need to carry out each activity. Even if you can go downstairs to the supply closet and get the item, you should still be sure to put it on your list. If an item is not currently in your office, you need to have it on the list to remind you to make a trip down to the supply closet or the store. After you have completed your list for the entire month, schedule a day to gather and/or purchase supplies before the first of the upcoming month.

Step nine involves printing and distributing your finished calendar. When you distribute the calendar before the first day of the month, you are showing your fellow employees, your residents, family members, and your administrator that you are on top of things. Be sure to make enough copies to hand one to each resident (or post it in his room). If there are two residents in one room, make sure there are two calendars for that room.

Also, print enough calendars to hand to each department manager in your facility (don’t forget the dietary manager), the weekday and weekend receptionists, the admissions department, your administrator, and the D.O.N.

Make sure there are enough calendars to post on each bulletin board, at each nursing station and in your office. Then have a stack of calendars in your office to hand to family members that may ask for one.

The tenth step is to decorate the bulletin boards. If you have chosen a theme for the month, make sure that your bulletin boards declare that theme, and use that theme on all of your bulletin boards throughout the facility. Use colorful motifs that your residents and family members will find attractive.

Post a calendar and daily flyers that alert residents to upcoming activities. Keep in mind when creating bulletin boards and posting information on them that you are marketing your facility’s activity program to current residents, their families, staff members, and prospective clients. Make sure to quickly remove any outdated information and replace it with current information. Then, follow calendar times closely. This is step 11. If you post on your calendar the time an activity will begin (and you should), you should closely adhere to that time.

Consider your calendar your alarm clock. However, remember that preparation is necessary before the scheduled activity. If you have an event that is supposed to begin at 2:30 p.m., you should be ready at 2:00 p.m. because you must gather residents to come to the event, and that may take you 20 to 30 minutes.

You may also need to set up for the activity. In short, do not show up for a 2:30 p.m. activity at 2:30 p.m. Make sure that activities begin on time, unless there is an emergency. This shows your residents that you respect their time and you appreciate their coming to the event. Lateness tarnishes your professionalism, and conducting activities on time is the difference between an activity program and just “activities.”

It is also important to conduct the activity that is scheduled to take place. If a resident looks on his calendar and sees that bingo is scheduled and then he comes to the place where bingo is to be played, you and your staff should respect the resident’s time and make sure that he is offered the activity for which he came.

There are exceptions, however, when an activity must be changed. For example, when an entertainer does not show up for a scheduled performance, you must create a new activity (and fast!) so that your residents do not go home empty-handed.

For the most part, though, you should conduct the activity that is planned on the calendar. If you “bait and switch” your residents routinely, your program will not have any luster for your residents, and your planning and preparation are for naught.

Step 12 is to remember to conduct the activity with exuberance and excite-

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RAMBLINGS OF A RETIRED MIND

I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can't afford one, so I'm wearing my garage door opener. Now everyone thinks that I'm cool, too.

I was thinking that women should put pictures of missing husbands on beer cans!

I was thinking about old age and decided that it is when you still have something on the ball but you are just too tired to bounce it.

I thought about making a fitness movie for folks my age and call it, "Pumping Rust".

I have gotten that dreaded furniture disease.... that's when your chest is falling into your drawers!

You know when people see a cat's litter box, they always say, "Oh, have you got a cat?" Just once I wanted to say, "No, it's for company!"

Employment application blanks always ask who is to be notified in case of an emergency. I think you should write, "A Good Doctor!"

Why do they put pictures of criminals up in the Post Office? What are we supposed to do . . . write to these people? Why don't they just put their pictures on the postage stamps so the mail carriers could look for them while they delivered the mail?

Does a clean house indicate that there is a broken computer in it?

Why is it that no matter what color of bubble bath you use, the bubbles are always white?

Why do people constantly return to the refrigerator with the hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give their vacuum one more chance?

Why is it that no plastic garbage bag will open from the end you first try?

Is it true that the only difference between a yard sale and a trash pickup is how close to the road the stuff is placed?

In winter, why do we try to keep the house as warm as it was in summer when we complained about the

(Continued on page 10)
MONTHLY OBSERVANCES

- American Bike Month
- Asian/Pacific
- Better Hearing and Speech Month
- Better Sleep Month
- Correct Posture Month
- Date Your Mate Month
- Family Support Month
- Flower Month
- Foot Health Month
- Freedom Shrine Month
- Fungal Infection Awareness Month
- Good Car Keeping Month
- Mental Health Month
- National Allergy/Asthma Month
- National Arthritis Month
- National Asparagus Month
- National Barbeque Month
- National Egg Month
- National High Blood Pressure Month
- National Melanoma and Skin Cancer Prevention Month
- National Osteoporosis Prevention Month
- National Photo Month
- National Physical Fitness & Sports Month
- National Radio Month
- National Salad Month
- National Salsa Month
- National Senior Travel Month
- National Sight
- National Strawberry Month
- Older Americans Month
- Personal History Awareness Month
- Project Safe Baby Month
- React Month
- Revise Your Work Schedule Month
- Senior Citizens Month
- Steelmark Month
- Stroke Awareness Month
- Touring Theatre Month
- National Photo Month

WEEKLY OBSERVANCES

Week 1

- Be Kind To Animals Week
- Carpet Care Improvement Week
- Cartoon Art Appreciation Week
- Childcare Awareness Week
- Heritage Week (Utah)
- National Bathroom Reading Week
- National Bread Pudding Exchange Day
- National Family Week
- National Music Week
- National Photo Week
- National Self-Help Book Week
- Pen Friends Week International
- Public Service Recognition Week

Week 2

- Astronomy Week
- Be Kind to Animals Week
- Conserve Water/Detect-A-Leak Day
- Deaf Awareness Week
- Flexible Work Arrangements Week
- Golf Week
- Goodwill Industries Week
- International Online Romance Week
- National Herb Week
- National Historic Preservation Week

Week 3

- Alcohol & Other Drug-Related Birth Defects Week
- Art Week
- Emergency Medical Service Week
- Girls Incorporated Week
- Kiwanis Prayer Week
- National Bike Week
- National Educational Bosses Week
- National Historic Preservation Week
- National Nursing Home Week
- National Police Week
- National Salvation Army Week
- Public Relations Week
- Public Transportation Week
- Raisin Week
- World Trade Week

Week 4

- American Beer Week
- International Pickle Week
- Memorial Day Observation
- National Design Drafting Week
- National Frozen Yogurt Week
- National New Friends, Old Friends Week
- National Safe Boating Week
- National Surgical Technologists Week
- Poetry Week
- Poppy Week
Attention: Activity Professionals

You are invited to submit articles of interest, poems, humor, photos and just about anything else for publication in Activity Director Monthly. The only compensation we can offer you is credit for the submission. All submissions are subject to editing. We cannot guarantee that all submissions will be published. However, they definitely can't be published if you don't send them in. So be brave and fire your e-mail to us at: 
admin@theactivitydirectorsoffice.com

Or you can mail your information to:
Attention: Editor
The Activity Director's Office
103 Tami Lane
Williamsport, Indiana 47993

Main topic interests include: anything that will benefit Activity Directors; items which can be used in facility newsletters (i.e. original and/or public domain items); personal Activity Director/resident experiences.

Please send only copies of your submissions.

About Activity Director Monthly

Activity Director Monthly is a FREE monthly publication of the Activity Director’s Office website. Activity Professionals across the nation and around the world are invited to visit the website and subscribe to this publication.

Please visit us at...
http://www.theactivitydirectorsoffice.com

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admin@theactivitydirectorsoffice.com

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The reason a dog has so many friends is that he wags his tail instead of his tongue.

http://www.theado.makesparties.com
(ARA) - For many of us, sitting down to a sensible meal is more the exception than the rule. Some experts say it’s the go-go American lifestyle, on-the-run eating habits and inactivity that have made the United States an overweight nation.

Amid growing concerns over obesity in this country, the federal government recently issued new dietary guidelines that emphasize the importance of diet and physical activity in promoting health and reducing the risk of chronic diseases such as cardiovascular disease. The new guidelines recommend eating more fruits and vegetables, whole grains and fat free or low fat milk and milk products, choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt and alcohol and increasing exercise to at least 30 minutes of moderate-intensity most days of the week.

Of course it is one thing to set nutritional guidelines, quite another getting people to incorporate them into their lives. Naomi Judd, celebrated performer, bestselling author and health advocate, is a passionate believer in the power of nutrition, and has seen the results of a healthy diet in her own life. Now she is speaking out by promoting practical ways for people to take greater control of their health with a lifestyle plan that can help them shed weight and cinch some inches off their waist, all while reducing risk factors for heart disease.

It’s easy to see why Naomi cares so much about nutrition and exercise, considering she trained as a registered nurse and personally fought and survived the life-threatening disease hepatitis C.

One of the new guidelines that may help people with their weight and heart health goals is the call for choosing at least 3 or more one-ounce equivalents of whole grains per day. Making whole grains up to half the grains in a person’s diet can help achieve the fiber

(Continued on page 12)
The A, B, Sees of Vision

(ARA) - Will eating carrots help to improve your vision, or will sitting too closely to the television impair your eyesight? Here are a few facts and myths. Let’s see if you can determine which is which.

* **Vision loss from eye diseases will increase as Americans age.** This is a fact. According to the National Eye Institute, vision loss is becoming a major public health problem. Researchers have found that by the time a person is 60 years old, he or she needs up to 15 times more light than when that person was 10. Try using a metal halide reading lamp to see better and reduce eyestrain. Microsun makes beautiful lamps that offer a close simulation to the sun, creating a brighter, whiter light, and the lamp only uses 68 watts of energy, which is less than incandescent and fluorescent bulbs.

* **Eating carrots will improve your sight.** This too is a fact, according to the Cleveland Clinic. Carrots are high in vitamin A, which is essential for good vision; however, a person only needs a very small dose. Milk, cheese, egg yolk, nectarines and liver, to name a few, also contain vitamin A.

* **Sitting too closely to the television will damage your vision.** This is a myth. Although it may cause a headache, it won’t damage your vision. Reading in dim or dull light also can cause headaches. Metal halide lamps, though, provide an incredibly bright light for reading. In fact, until recently, metal halide lamps were only used on a larger scale, such as in malls, factories and at sports arenas. The manufacturers of Microsun lamps were able to package this light for consumer use.

* **There’s nothing a person can do to prevent vision loss.** This is a myth. Blurred vision or flashes of light should be brought to your doctor’s attention at the first sign. If an eyesight problem is detected early, there may be corrective treatments or at least the loss of vision can be halted or slowed.

* **Looking straight at the sun can damage your sight.** This is a fact. Looking directly at the sun will cause a headache, just like sitting too closely to the television, but it also can cause permanent eye damage. UV exposure has been linked to eye disorders such as macular degeneration, solar retinitis and corneal dystrophies. Be sure to protect your eyes with UV sunglasses.

* **The leading cause of blindness in adults is diabetic retinopathy, a complication of diabetes.** This is true. According to the National Eye Institute, the longer a person has diabetes, the more likely that person is to develop diabetic retinopathy. Diabetes can damage blood vessels inside the retina, and a healthy retina is vital for good vision. People with diabetes should have regular examinations through dilated pupils.

* **If you cross your eyes, they will stay that way.** This, of course, is a myth. Contrary to everything your elders threatened, if you cross your eyes, they won’t stay that way forever.

Ultimately, regular vision exams are the best way to keep those eyes a’ smiling, and good light is essential to ease the vision strain for older adults and those with glaucoma, diabetes, macula degenera-

When God Created Mothers

*By Erma Bombeck*

When the good Lord was creating mothers, He was into His sixth day of overtime, when an angel appeared and said, “You're doing a lot of fiddling around on this one.”

And the Lord said, "Have you read the spec on this one? She has to be completely washable, but not plastic; have 180 moveable parts, all replaceable; run on black coffee and leftovers; have a lap that disappears when she stands up; a kiss that can cure anything from a broken leg to a disappointed love affair; and six pair of hands."

The angel shook her head slowly and said, "Six pairs of hands ... no way."

"It's not the hands that are causing me problems," said the Lord. "It's the three pairs of eyes that mothers have to have."

"That's on the standard model?" asked the angel.

The Lord nodded. "One pair that sees through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another here, in the back of her head that sees what she shouldn't, but what she has to know, and of course the ones
here in front that can look at a child when he goofs up and say, 'I understand and I love you,' without so much as uttering a word."

"Lord," said the angel, touching his sleeve gently, "Rest for now. Tomorrow...."

"I can't," said the Lord. "I'm so close to creating something close to myself. Already I have one who heals herself when she is sick, can feed a family of six on one pound of hamburger, and can get a nine year old to stand under a shower."

The angel circled the model of the mother very slowly. "She's too soft," she sighed.

"But tough!" said the Lord excitedly. "You cannot imagine what the mother can do or endure."

"Can she think?"

"Not only think, but she can reason and compromise," said the Creator.

Finally the angel bent over and ran her finger across the cheek. "She's too soft," she pronounced. "I told you, you were trying to put too much into this model."

"It's not a leak," said the Lord. "It's a tear."

"What's it for?"

"It's for joy, sadness, disappointment, pain, loneliness and pride."

"You're a genius," said the angel.

The Lord looked somber, "I didn't put it there."

"Success in any weight loss program requires lifestyle changes and new ways of approaching eating, health, exercise and attitude," says Judd. Rather than relying on a particular diet or system, she recommends individuals embrace choices and make adjustments they can live with longer term that lead to a healthy lifestyle.

"Remember that the principles of this diet are a healthy way to eat longer term; eating a variety of foods, increasing fiber and whole grains, eating lean proteins and 'good fats.' Once you have a framework for healthy eating, the results will come and you feel much better about yourself. You have got to love that person in the mirror, and by getting to a healthier weight you'll likely give your self-esteem a big boost."

"Whole grain cereals such as Shredded Wheat, Grape-nuts and Raisin Bran are low in fat, high in fiber and rich in whole grain goodness, which means a bowl served with fat free milk and fruit can be both a filling and nutritious meal," says New York nutritionist Jackie Newgent, RD. "A bowl of whole grain cereal is all the better with sliced peaches, bananas or blackberries."

In a 24-week weight loss study by the Rippe Lifestyle Institute participants followed the Post Healthy Classics 3 step plan for 12 weeks. At the end of the 12-week "weight loss" phase, participants lost an average of 10 pounds and reduced some risk factors for heart disease; decreased blood pressure, lowered triglyceride levels and trimmed up to 3 inches off their waistlines.

During the second 12-week "maintenance" phase of the study participants switched to eating just one bowl of Post Healthy Classics cereal per day as part of breakfast and a reduced calorie, balanced diet. Most not only succeeded in maintaining their weight loss, but on average, lost an additional 2 pounds and maintained their reductions in heart disease risk factors.

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26 True Things
1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. A pack-a-day smoker will lose approximately 2 teeth every 10 yrs.
3. People do not get sick from cold weather; it's from being indoors a lot more.
4. When you sneeze, all bodily functions stop even your heart!
5. Only seven (7) per cent of the population are lefties.
6. 40 people are sent to the hospital for dog bites every minute.
7. Babies are born without knee caps. They don't appear until they are 2-6 years old.
8. The average person over fifty will have spent 5 years waiting in lines.
9. The toothbrush was invented in 1498.
10. The average housefly lives for one month.
11. 40,000 Americans are injured by toilets each year.
12. A coat hanger is 44 inches long when straightened.
13. The average computer user blinks 7 times a minute.
14. Your feet are bigger in the afternoon than the rest of the day.
15. Most of us have eaten a spider in our sleep.
16. The REAL reason ostriches stick their head in the sand is to search for water.
17. The only 2 animals that can see behind itself without turning it's head are the rabbit and the parrot.
18. John Travolta turned down the starring roles in "An Officer and a Gentleman" and "Tootsie".
19. Michael Jackson owns the rights to the South Carolina State anthem.
20. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
21. Prince Charles and Prince William NEVER travel on the same airplane just in case there is a crash.
22. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
23. Most hospitals make money by selling the umbilical cords cut from women who give birth. They are reused in vein transplant surgery.
25. Humphrey Bogart was related to Princess Diana. They were 7th cousins.
26. If coloring weren't added to Coca-Cola, it would be green.
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PREPRINT

Now that you have downloaded your newsletter you have several choices to make before printing it.

1. On the mailing page insert your facility's name and address in the upper left corner where it says “From:”.
2. Prepare any printed material you may have for insertion into the newsletter. At a minimum we suggest you prepare your monthly activity calendar on one side of an 8.5”x11” sheet or paper. On the other side you may enter residents facts and figures (new admissions, birthdays, residents who went home, deaths). Also, on the back of the calendar page you may want to advertise upcoming activities and events, a management roster and other items of interest specific to your facility.

PRINTING

1. If you decide to print your newsletter on your facility copier you may print the newsletter on 8.5”x11” sheets of paper. However, it is far more professional looking to use 17” x 11” sheets (this size is larger than legal size paper, but can be hand fed into most modern printers).
2. If you use a print shop have them print your newsletter on 17”x11” paper. They will have a variety of colors for both your paper and ink. You can expect to pay more for color ink. If you decide to print your newsletter on color paper, avoid using dark colors and extremely bright colors (e.g. fluorescents), they are too difficult to read.
3. If you take it to the print shop they will also print and insert your extra material and fold your newsletter for you. One fold makes your newsletter ready for hand outs. Two folds prepares the newsletter for mailing.

MAILING  (an excellent activity for your residents)

1. To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
2. Each piece you plan to mail must be sealed twice on the loose page edge. Use 1/2” pieces of transparent tape (you can purchase seals at most office supply stores if you wish).
3. Write or stick your address labels where it says “To:”.
4. Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5”x11” insertions.
5. Your newsletter is now ready to mail. The Post Office appreciates it if you pre-sort your zip codes and bundle the newsletters with rubber bands.

BULK MAILING

1. With bulk mail you can save a bundle on postage. However, you must set up an account with the post office, mail at least 200 newsletters at a time, presort your mail, prepare a billing form and deliver the newsletters to the post office. Although it sounds complicated, it becomes routine after you have done it a couple of times.

DISTRIBUTION

For the most effective marketing of your facility, we recommend that you make an extensive mailing list including these listed below. The more newsletters you circulate, the more successful your marketing will be.

• All responsible parties
• Seniors at home
• Banks
• Hospital discharge planners
• Nursing homes
• Adult day care centers
• Churches
• Home health agencies
• Federal, State and local social service agencies
• Social organizations and clubs
• Business organizations
• Corporate headquarters
• Area schools
• Area radio stations
• Area television stations
• Area newspapers
• Area businesses

TIMING

For timely distribution, your newsletter will always be available to you at the first of the preceding month. It should be published by the last week of the month and mailed prior to the first of the month the newsletter is dated.
PERSONALIZE YOUR NEWSLETTER

I am a subscriber to *Activity Director Monthly* and I wish to take advantage of your special offer to personalize the FACILITY newsletter. Enclosed is my check/money order for $12.95 in U.S. Dollars. I understand that this offer is not a subscription** but a month by month offer, and that I am in no way obligated to make another purchase unless I choose to do so.

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