The Meaning of Easter

When you think of Easter, you probably think of the Easter Bunny, colored eggs and lots of candy... but to Christians around the world it is much, much more. Easter is the most important Christian holiday of the year.

Easter Day is the day Christians remember Jesus rising from the dead. After his brutal crucifixion, a large stone was rolled over his tomb. But shortly after his death when followers went back to honor Jesus, the stone had mysteriously been moved and only the cloth that wrapped Jesus' body was laying there. As the story goes, Jesus' body was no longer in the tomb and he had in fact risen from his death in order to save us all. An angel nearby this tomb told his followers of the miracle that had taken place.

The resurrection, as described in the Bible, means that at the very moment Jesus rose from the dead, was the very moment we would be given everlasting life. Christians would now receive new life after death. The Easter holiday celebrates this belief. Easter is therefore the last day celebrated during a 40 day Easter season.

The season begins with Lent, a 40-day period before Easter Sunday. During Lent, Christians prepare for Easter. Lent is considered a time for penance, a time to show sorrow for sins and to seek forgiveness.

One way many Christians show their sorrow is by fasting, which limits the kinds and amounts of food that are eaten. Christians may also give something up during this 40 week period as patronage to the suffering of Jesus. While not all Christians fast during Lent, those that do pattern their behavior after Jesus who prayed and fasted in the wilderness before his death on the cross.

Lent begins on Ash Wednesday and most churches hold specials services in the evening. At many of those services ashes are placed on the foreheads of worshipers to remind them to have a humble spirit. Lent continues until Holy Week, which is the final week of Lent and recalls the events leading up to Jesus' sacrifice and ultimate death, a death he freely accepted.

Holy Week begins with Palm Sunday, which celebrates the story of Jesus' entry into Jerusalem, where people spread palm branches and clothing before him. Good Friday is the day Jesus died on the cross and many believe it happened between the hours of 12 noon and 3pm. Many churches hold services during this time to reflect on the last three hours of darkness while Jesus suffered on the cross.

On Easter Sunday Jesus' resurrection is celebrated. Outdoor Easter services sometimes take place at sunrise to celebrate Jesus' resurrection. Just as Jesus rose from the dead, Christians believe they too will rise from the dead and ascend into Heaven. It's important to note that Easter is not a time to dwell on death and sorrow, but rather the fact that Jesus did rise just as prophesized in the Holy Bible. This miracle of renewed life has given Christians hope, faith and love since they know Jesus died willingly in order to save the human race.

Easter is also closely associated with the season of Spring. The new plant life that appears in spring symbolizes the new life Christians gain because of Jesus' crucifixion and resurrection. Easter is also considered a day of "white" because newly baptized church members wear white clothes at Easter observances.

Gleaned from Everything Easter: http://www.everythingeaster.com/

Linda’s Notes

Dear Activity Professionals,

Much of the e-mail we receive, and the message board questions ask “What can I do for Men’s activities?” This month we have an article from Debbie Hommel that addresses this problem. You will find it on The DH Special Services Page (page 3). Also, you will find an activity idea for men on the Activities You Can Do page (page 8).

If you will take time to tell us about your activities for men, we will gather the ideas together and dedicate a future Activity Director Monthly to that subject. Together we can come up with solutions to every problem. Send your ideas to Bob at rdlucas@insightbb.com. We will spell-check and edit all submissions that need some help.

Thank you so very, very much for your support and have a great Easter and Passover this month.

Sincerely,

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

Visit Our Party Store

http://www.theado.makesparties.com
The Legend of Easter Lily
©2005 by Dot McGinnis

Loveliest flower was I to see,
In the garden of Gethsemane.
My head erect, my pure white face
Such a delight for all to embrace.

For all who entered the garden gate,
I'd boldly lift my head and wait
'Til they gazed upon my beauty fair.
All who came would see me there.

On the night before he was crucified,
Jesus entered. He passed me by.
He wept and prayed in silence there.
All my friends bowed their heads in prayer.

In pity and sorrow they gathered round,
Except for me. I could not be found.
I would not join in. I was much too proud.
Bow my lovely head? No, I would not allow!

News spread quickly, the very next day.
All 'round the garden, I heard everyone say
Jesus was going to be crucified.
Oh, I wanted to run. I wanted to hide!

I'd been much too vain to hang my head low,
That first Good Friday; long, long, ago.
I would not join the others who prayed with our King.
Now, how can I bear such a sorrowful thing?

No longer will I proudly face the sun.
My head will hang lowly, ashamed of what I've done.
My blossom forever will down turned be,
In honor of Jesus; at Gethsemane.

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dot720@wpa.net
http://our.homewithgod.com/heavenlyinspirations
http://groups.yahoo.com/group/HeavenlyInspirations-originalwritings
This writing may be used in its entirety,

Marshmallow Peeps® History

1910 – Sam Born comes to US. Sam Born, who grew up in Russia, immigrated to the United States from France. Born introduced “French Chocolates” to New York City.

1917 – Sam Born opens retail shop in New York City. Born opened a small retail candy store in New York. He displayed daily-made candy in his store window, marketing its freshness with a sign that declared, “just born.”

1923 – Sam Born starts his own manufacturing company. Born opened a small factory in Brooklyn, New York. Additionally, Born’s brothers-in-law, Irv and Jack Shaffer, joined the company shortly after the retail store opened.

1932 – Just Born relocates to Bethlehem, PA. Just Born moved its operations to an empty printing factory in Bethlehem, Pennsylvania.

1953 – Just Born acquires the Rodda Candy Company. Just Born acquired Rodda Candy Company of Lancaster, Pennsylvania. Although better known for its jellybean technology, Rodda also made a small line of marshmallow products that fascinated the Just Born family. A three-dimensional marshmallow Easter Peeps was made by hand-squeezing marshmallow through a pastry tube.

1954 – Just Born mechanized Peeps forming process. Bob Born, who joined the company in 1946, helped to mechanize the Marshmallow Peeps forming process. As a result, Just Born has become the world’s largest manufacturer of novelty marshmallow candy.

(Continued on page 5)
BOY’S NIGHT OUT: Ideas for Men’s Activities

The male resident or client can sometimes pose a special challenge to the activity professional in terms of developing programs of interest and motivation to attend programs. Male residents in long term care communities are in the minority and in most cases, their needs and interests are different than the masses of female residents who reside in the facility. The activity professional and program should reflect some effort to address these needs through tailored and group programming.

To first understand the male resident, one must understand what generation they have come from. Growing up during the 1920’s through the 1960’s was much different than it is today. The men of that generation were a dominant force in all aspects of life. They were the bread winners, bosses, managers, owners, mayors, and overall decision makers in the home and society. They equated their worth with their accomplishments, their strength and ability to protect others. They had jobs that had a tangible outcome and other people often depended upon them for a service, support or protection. Even in the family, the husband or father assumed a dominant role. This was before women’s liberation and the wife and mother often deferred to the husband in all decisions regarding money, raising the children or home. This was the life they knew.

Today, these male residents are now residing in a community because they need help. They have lost their independence and are no longer the provider or protector. To make matters worse, they are being cared for by women (for the most part, as male care givers in health care are also less in numbers). The male resident sometimes reacts by withdrawing from the mainstream of events. They see a facility filled with women and make the decision they cannot or won’t fit in. In other cases, they may become argumentative and demanding, possibly as means to reassert their authority and control. And then there are the few men who do adjust and join programs easily.

To address the needs of the male resident, the activity professional can develop “gender specific” activities. Our calendars abound with activities for women –cooking, crafts and the infamous “Red Hat Society”. We must also make sure there are ample activities for the men. Scheduling separate activities for men is sometimes not easy because of staffing or space. However, ensuring that the men have a role within regularly scheduled activities as well as special groups is important.

Craft groups: Having a workshop area for the men who come to crafts is important. When the men see a group of women working with yarn, pompoms and the typical feminine craft items, they may not even enter the room. Defining a “workshop” for the men with appropriate male oriented crafts is encouraged. Working with wood, paint, tile, leather and similar items may be more welcome. Most craft catalogs are filled with pages of more manly oriented crafts.

Discussion groups: Providing the male resident with a leadership role within daily programs is a successful approach. Possibly the male resident could be responsible for obtaining the newspaper from the front lobby and delivering it to the program area. During current events, having a male resident be the “weatherman” and report on weather conditions could be another role. We think of many “hostess” oriented roles for our female residents, we need to think of suitable “leader” roles for our male residents.

Exercise programs: Scheduling a “men’s gym or workout” might be of interest to the male residents. Introducing light weights or light gym equipment would be more appealing to the male resident. Focusing on

(Continued on page 11)
New! Alzheimer’s Calendars

When each issue of ElderCare Activities Guide comes out subscribers have the ability to login online. When logged in we have two different kinds of calendars available for print. One is the general holiday calendar and the other is our new Alzheimer's Calendars. These calendars will contain 2 Alzheimer's activities per week and all the other days are left blank where you can type your own schedule. All of the Alzheimer activities are included in the printed in the magazine and then again with the calendar online. Here is an example of an Alzheimer’s activity:

Adapted Multisensory Exercise

Up to 6 residents with moderate to severe Alzheimer’s

What follows is an adaptation of a multisensory exercise intervention that, through the combination of music, movement, and imagery, has been shown to elicit important positive effects in nursing home residents suffering from Alzheimer’s disease.

Developed at the University of Texas Medical Branch, Texas, this group activity improved significantly the residents’ overall mood and their resting heart rate, and helped maintain functioning.(1)

Materials needed:
- A portable audio cassette player.
- Audio cassette with gentle, uplifting music.
- A portable audio cassette player.
- Audio cassette with gentle, uplifting music.

Also, consider that, if your group includes residents with severe Alzheimer’s, you need the same number of volunteers, so that each elder receives one-to-one attention.

Steps to follow:
With the music playing softly in the background, invite participants to perform the following movements:
- Arm rolls.
- Swimming.
- Cycling with hands.
- Marching.
- Flying.

Importantly, you need to use imagery to help participants visualize the movements and increase their involvement in the exercise. For example, you may want to encourage them to imagine that they are:
- Swimming in the calm sea.
- Marching on the fields.
- Flying with the birds in the blue sky.

Ideally, the activity should be carried out after lunch for approximately 15 minutes.

Tip:
During the intervention, provide constant, additional verbal cues about tasks to perform. Say things like, “Listen to the music,” or “Let’s move our arms/hands together!”

(Continued on page 5)
References:


Alternative Solutions in Long Term Care National Nursing Home Week Activity Department Contest

PRIZE: $100.00 in party supplies at wholesale prices.

Submit the following information:

1. Your Theme for National Nursing Home Week
2. Pictures and description of each event held during the National Nursing Home Week
3. Name of Facility
4. Your name and title
5. Address
6. Phone number
7. Email address.

Send it to:

National Nursing Home Week Contest
103 Valley View Trail
Sparta, N.J. 07871

Your submission and pictures will not be returned.

If selected, your name will be posted on the http://www.activitytherapy.com web site as well as your winning submission.

Winner will be contacted via email. The winner will select $100 worth of products from www.activitytherapy.com party catalogue.

Winner of the contest will be based on the following criteria.
1. Theme for National Nursing Home Week
2. Originality for each days event honoring Nursing Home Week
3. Pictures and description of each event.

Please submit to receive no later than June 15th 2006.

(Continued from page 2)

1960’s – Just Born introduces Seasonal marshmallow products. Just Born produced marshmallow trees and snowmen for the Holiday season and pumpkins & cats for Halloween under the Rodda Candy brand name.

1978 – Born and Shaffer legacy continues. Cousins Ross Born and David Shaffer joined Just Born. After more than a decade of shared responsibility with their fathers, they became Just Born’s co-presidents.

1980’s – Peeps Giant Bunny Introduced. As the demand for Just Born's Peeps product increases so does its size. Peeps Giant Bunnies are now available.

1995 – Just Born introduces new color Peeps. A new color Peeps was born...Lavender! It was the fourth color added to the Easter lineup, which already included Yellow, Pink and White.

1998 – Just Born turned 75 and launched Blue Peeps. Blue Peeps were introduced to celebrate Just Born’s 75th Anniversary. Now there were five colors available during the Easter season (Yellow, Pink, Lavender, Blue and White).

1999 – Just Born rolls out first-ever flavored Peeps. The first-ever flavored Peeps were introduced – Vanilla Crème Eggs. Additionally, Peeps Jellybeans hit the shelves for the first year. Peeps also launched their first national television advertising campaign during the Easter season, as well as the Marshmallow-peeps.com website, and the Peeps Fan Club.

2000 – New packaging for Peeps is revealed. Marshmallow Peeps were marketed in new colorful packaging. All shapes for all seasons were called Marshmallow Peeps. Additionally,
Spirituality and Aging

As we age, for many, religion and spirituality become much more important. For many, the religious service becomes one of the most important weekly events.

“Spiritual well being is not something achieved once and for all at a younger age. Instead we constantly must work to maintain spiritual health.”

“Just when you think you know what you believe, you find there is so much more. Edward Powers.”

There are other religious/spiritual activities that should be added to the calendars and services offered by the facility.

1. JCAHO requires a spiritual assessment but even if your not joint commission, every facility should be conducting spiritual assessments.

2. If the religion is not documented on the chart, the staff should go back and interview staff. If you conducted an audit, statistics show that about 25% of your charts have no documented religion. There should be a strong attempt by administration to find out all religions for every resident.

3. The calendar should offer Group Study and Educational Opportunities.

4. Offer taped sermons for those who are unable to make the weekly services. You could tape the sermon each week.

5. Prayer, Meditation and Personal Reflection. Do you provide a place for this? It could be a garden, chapel or a quiet room.

6. Church services to fit all the needs. Do you offer services for the different religions in your building? You could contact the church and ask for a volunteer, even if they only come monthly, would address the needs of those who are not attending church.

7. Add Bible reading, Bible Study and daily affirmations.

8. Are their Bibles on Tapes, Bibles in the rooms and other reading religious materials offered. There are many organizations that offer free religious materials.

9. Bereavement Services

10. Support Groups with your volunteer clergy to talk about spirituality. The support groups could talk about the positives of growing old, such as freedom to pursue hobbies, prayer, study. The support group could provide support for spiritual development.

The facility should post the names of the clergy, their church affiliation and their phone number. The clergy should be provided a list of all new admissions so the clergy can keep an up to date list of residents. It is important that the religious lists be kept current and updated.

It is important to nurture someone spiritual side which can be through gardening, activities, reflection and volunteering.

“God’s gift of long life brings with it gains and losses, both of which can lead to the continued development of our spirituality.
“You can’t take care of others if you don’t first take care of yourself.” I’m sure everyone has heard that statement more than once in his or her lifetime. Activity Professionals are very good at taking care of others, but often fall short on taking the best care of themselves. (I’m guilty myself.)

With a new year, you’re supposed to start anew physically, emotionally, spiritually. It’s time for a fresh start. Many people make New Year’s resolutions that quickly fall by the wayside. Personally, I don’t make them. Instead I am goal driven. You are far more likely to be successful in anything if you set manageable goals for yourself. Goals should be ongoing and not just once a year.

A lot of how we take care of ourselves is in our attitude. I challenge you to make one of your goals for this year to be the ultimate attitude makeover. Start by expecting great things each day. Have high hopes and great dreams. Believe that life is good, can only get better and that the best is yet to come. You just may get what you expect! Our beliefs tend to be self-fulfilling prophecies.

Next, stop worrying and start living! Visualize a good day each morning as you get out of bed. Each night when you retire write down 10 successes from your day. Remember the successes and learn from the missed opportunities, don’t view them as failures. Remember, it’s all in the attitude! If you are a worrier (I’ve got that down to a tee!), allow yourself a short period of time each day to think about it and then put it from your mind. Most things we worry about never come to pass or end up not being as bad as we think they will be. Focus on the world around you. Notice sights, sounds and smells (sounds like sensory stimulation, doesn’t it?) Really take time

(Continued on page 13)

MEMBERSHIP WHY NOT JOIN NOW?

There are so many benefits when you belong to NAAP! Each member will receive a newsletter which will give the updated reports on Government Relations, Special Interests, International Updates, Professional Development, Nominations, Standards of Practice, Financial Updates and a Membership Report. Along with this comes an update from our President, Diane Mockbee, and our Executive Director, Charles Taylor.

Members will also receive a discounted rate at the Annual Conference which is held in March/April of each year.

Membership dues are only $70.00 per year. If you are a student in the 90 Hour Basic or Advanced Courses, your dues are only $50.00 for the first year.

Email us for more information at membership@thenaap.com.

Join Now! You can download and mail in this application with your payment or use our new online registration.
Men’s Breakfast

Having an activity that men will attend is not an easy task for any Activity Professional. I discovered one that brought our all of the men who were able come and participate. I served a monthly Men Only Breakfast which was cooked to order (restaurant style). You can do it too, and the results will amaze you.

What you need:

- A room and a setting that gives the men some sense of a restaurant style meal.
- Electric skillets or griddles (i.e. equipment you can use to do the cooking in front of the men).
- Toaster (4-slice or greater).
- Plates, cups, silverware, napkins.
- Food: sausage, bacon, eggs, bread, hash browns, coffee, milk, juices, water.
- Place cards for seating.
- Lots of volunteers to be waitresses and cooks.

How you do it:

1. Send each man an invitation to the Men Only Breakfast.
2. Set up tables with six to eight men at each.
3. Use place cards.
4. Set up their drinks.
5. Set up a table for cooking.
6. Pre-cook the sausage, bacon and hash browns.
7. At each table ask the men how they want their eggs cooked.
8. Serve one table at a time.
9. Have other waitresses (i.e. volunteers) serve coffee and circulate for refills.
10. Allow a lot of time for the men to talk.

Tip: Be sure to set men with similar backgrounds and life experiences together (i.e. farmers with farmers, business men with business men, hunters with hunters, etc.)

Believe me, it is well worth the effort...you’ll see.
### Wacky Days of: April

Provided by Activity Directors Network
Pennie Bacon, Site Owner
http://activitydirector.net

### Monthly Observances

- Alcohol Awareness Month
- Cancer Control Month
- Child Abuse Prevention Month
- Community Services Month (California)
- Freedom Shrine Month
- Grass Month
- Holy Humor Month
- International Amateur Radio Month
- International Guitar Month
- International Twit Award Month
- Keep America Beautiful Month
- Listening Awareness Month
- Mathematics Education Month
- Month of the Young Child
- Multicultural Communication Month
- National Anxiety Month
- National Florida Tomato Month
- National Food Month
- National Garden Month
- National Home Improvement Month
- National Humor Month
- National Knuckles Down Month
- National Occupational Therapy Month
- National Parkinson's Awareness Month
- National Sexually Transmitted Diseases Education and Awareness Month
- National Welding Month
- National Woodworking Month
- Pets Are Wonderful Month
- Philatelic Societies Month
- Prevention of Cruelty to Animals Month
- Sea Cadet Month
- Sports Eye Safety Month
- Stress Awareness Month
- Thai Heritage Month
- VA Awareness Month

### Famous Weeks

#### Week 1

- Consider Christianity Week
- Hate Week
- Medic Alert Week
- National Bake Week (begins 1st Mon)
- National Birth-parents Week
- National Healthcare Consumer Advocacy Week
- National Public Health Week
- National Reading a Road Map Week
- Publicity Stunt Week
- Straw Hat Week
- Week of the Young Child

#### Week 2

- Be Kind to Animals Week
- Harmony Week
- National Building Safety Week
- National Garden Week
- National Guitar Week
- National Home Safety Week
- National Library Week
- National Medical Laboratory Week
- National Patient Advocacy Week
- Private Property Week (10th-16th)

#### Week 3

- Astronomy Week
- Bike Safety Week
- Boys and Girls Club Week
- Crime Victims Week
- Lefty Awareness Week
- Library Forgiveness Week
- March of Dimes Walk America Week
- National Bubblegum Week
- National Coin Week
- National Minority Cancer Awareness Week

### Week 4

- Administrative Professionals Day and Week
- Big Brothers/Sisters Appreciation Week
- Consumer Protection Week
- Egg Salad Week
- Forest Week
- Grange Week
- Intergenerational Week
- Jewish Heritage Week
- Keep America Beautiful Week
- National Give-A-Sample Week
- National Lingerie Week
- National Pain Management Week
- National Volunteer Week
- National YMCA Week
- Professional Secretaries Week
- Reading Is Fun Week
- Sky Awareness Week
- T.V. Turn-Off Week
- Teacher Appreciation Week (begins Last Mon)
- Week of the Young Child

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http://www.theado.makesparties.com
Clipart for April
repetitions and increasing strength, and monitoring progress on a chart is often appreciated by the male resident.

Active games: Games that have a tangible quality and equipment are often well received by the male population. Bowling, basketball, target toss and similar games with equipment are effective. Keeping the equipment adult-like and as close to the original format as possible is recommended. Many of the senior catalogs such as S & S, Nasco, Sea Bay and Sportime have great supplies.

http://www.sportime.com/
http://www.enasco.com/senioractivities/
http://www.seabaygame.com/index.html
http://www.ssww.com/

Creating teams and keeping score are also more appreciated by the male resident. Creating a men’s bowling league and contacting nearby care facilities for a shared tournament has also been successful.

Trips into the community: Locations for trips of interest to men include local sporting events, fishing expeditions, museums with male oriented topics (war, sporting, nature), and a local “man’s” bar for lunch. One of the more successful trips for my male residents was taking them to the local Ford or Chevrolet car dealership when the new car models arrived. I would make pre-arrangements with the salesmen and they were willing to spend time with the residents showing the new models and looking under the hood.

Sensory/Diversional Programming: Ensuring there are male interest oriented sensory baskets which include fishing, sports, cars, and other items of interest to the cognitively impaired man should be developed appropriately. Having diversional items of interest for men such as bolt boards, pipe works, sorting baseball cards, and sanding wood should also be available as defined by the resident interest.

Interest clubs: Scheduling a “Men’s Club” is one way, but not the only way, to offer programs of interest to the male resident. A regular men’s club is recommended for every calendar. Seeking a male staff member or volunteer to coordinate the program is also highly recommended. The club content can be self directed, defining topics of interest or directed by the group leader. Louise Whitley, (LWhitney@JewishHomeRoch.org) a social worker in NY State, introduced a program called the “Plaid Flannel Shirt Society” for her male clients. Of course, this evolved in response to the “Red Hat Society” for the women. She wrote a wonderful poem “When I am an old man…” as a motto for the group. http://www.dhspecialservices.com/oldman.htm

There are two books about programming for male residents in long term care. Gentlemen’s Gatherings which can be obtained from Gary Grimm Publishing:
http://www.ggapublishing.com/
Barbers, Cars and Cigars which can be obtained from Eldersong:
http://www.eldersong.com/shop/key/mens-activities.html

Many companies have lots of trivia and reminiscent materials of interest to male residents also. Creative Forecasting has a monthly column which lists a variety of activity ideas focusing on male interests. They often follow a seasonal or holiday theme.
http://www.creativeforecasting.net/
HUMOR PAGE

What's Easter?

Three blondes died in a car crash trying to jump the Grand Canyon and are at the pearly gates of Heaven. St Peter tells them that they can enter the gates only if they can answer one simple religious question. The question posed by St. Peter is "What is Easter"?

The first blonde replies, "Oh, that's easy! It's the holiday in November when everyone gets together, eats turkey and are thankful..."

"Wrong!, you are not welcome here, I'm afraid. You must go to the other place!" replies St. Peter.

He turns to the second blonde, and asks her the same question: "What is Easter?"

The second blonde replies, "Easter is the holiday in December when we put up a nice tree, exchange presents, and celebrate the birth of Jesus."

St. Peter looks at the second blonde, bangs his head on the pearly gates in disgust and tells her she's wrong and will have to join her friend in the other place. She is not welcome in Heaven.

He then peers over his glasses at the third blonde and asks, "Do YOU know what Easter is?"

The third blonde smiles confidently and looks St. Peter in the eyes, "I know what Easter is."

"Oh?" says St Peter, incredulously.

"Easter is the Christian holiday that coincides with the Jewish celebration of Passover. Jesus and his disciples were eating at the last supper and Jesus was later deceived and turned over to the Romans by one of his disciples. The Romans took him to be crucified and he was stabbed in the side, made to wear a crown of thorns, and was hung on a cross with nails through his hands and feet. He was buried in a nearby cave which was sealed off by a large boulder."

St. Peter smiled broadly with delight.

The third blonde continued. "Every year the boulder is moved aside so that Jesus can come out and, if he sees his shadow, there will be six more weeks of winter.

I Hit the Easter Bunny

A man was blissfully driving along the highway when he saw the Easter Bunny hopping across the middle of the road. He swerved to avoid hitting the Bunny, but unfortunately the rabbit jumped in front of his car and was hit. The basket of eggs went flying all over the place.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road and got out to see what had become of the Bunny carrying the basket. Much to his dismay, the colorful Bunny was dead.

The driver felt guilty and began to cry.

A woman driving down the same highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained. "I accidentally hit the Easter Bunny and killed it. There may not be an Easter because of me. What should I do?"

The woman told the man not to worry. She knew exactly what to do. She went to her car trunk and pulled out a spray can. She walked over to the limp, dead Bunny and sprayed the entire contents of the can onto the little furry animal.

Miraculously the Easter Bunny came back to life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved, and hopped on down the road. Another 50 yards, turned, waved, hopped another 50 yards and waved again!

The man was astonished. He said to the woman, "What in Heaven's name is in your spray can? What was it that you sprayed on the Easter Bunny?"

The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."
to smell the roses. When you do feel bad, choose to imagine the best and act as if you feel good. (Remember, it’s all attitude.) Ban the words always, never and forever from your vocabulary. Think more realistically, and use the words sometimes and maybe. (I also think we should remove the word if from our vocabulary and replace it with the word when; i.e. instead of: If I had a better job; when I have a better job. It’s a more positive outlook.) Most importantly, fill your mind with encouraging thoughts, magnify the positive, minimize the negative and remind yourself that you can handle even the worst situation.

Happiness comes from our attitude. Give yourself credit for tasks, no matter how small, done throughout the day. Really take note of what you accomplish. (It is O.K. to give yourself that pat on the back; sometimes it’s the only way to get it!) Silence your inner critic. Generally speaking we are far harder on ourselves than any one else is. Learn the art of acceptance. The serenity prayer is a good problem-solving technique. (I keep a framed copy on my desk as a constant reminder.) “God grant me the serenity to accept the things I cannot change, to change the things I can and the wisdom to know the difference.” Learn to accept things and to move on. Always remember to look at the big picture. There are three types of activities that make us happy (according to positive psychologists): pleasant, engaged, and meaningful. (Sounds familiar, Activity Professionals know that too!) Our culture emphasizes the pleasurable, but research shows that engaged and meaningful activities make a much more significant contribution to a happier life. Seek activi-

(Continued from page 7)

(APRIL FOOL SIGHTINGS)

Fool Sighting #1:

I was at the airport, checking in at the gate, when the airport employee asked, "Has anyone put anything in your baggage without your knowledge?" I said, "If it was without my knowledge, how would I know?" He smiled and nodded knowingly, "That's why we ask."

Idiot Sighting #2:

The stoplight on the corner buzzes when it is safe to cross the street. I was crossing with an intellectually challenged co-worker of mine, when she asked if I knew what the buzzer was for. I explained that it signals to
(Polly Anna. It means we choose to be happy and content despite what comes our way by having a genuine, positive outlook on things. In closing, some food for thought in a quote from Dolly Parton: “We cannot direct the wind, but we can adjust the sails.” How true!

- Idiot Sighting #3:
  At a good-bye lunch for an old and dear coworker who is leaving the company due to downsizing, our manager spoke up and said, "this is fun. We should have lunch like this more often." Not another word was spoken. We just looked at each other like deer staring into the headlights of an approaching truck.

- Fool Sighting #4:
  I worked with an Individual who plugged her power strip back into itself and for the life of her could not understand why her system would not turn on.

- Fool Sighting #5:
  When my husband and I arrived at an automobile dealership to pick up our car, we were told that the keys had been accidentally locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door. As I watched from the passenger's side, I instinctively tried the door handle and discovered it was open. "Hey," I announced to the technician, "It's open!" "I know," answered the young man. "I already got that side."

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

Our e-mail address is:
admin@theactivitydirectorsoffice.com

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Following is Your Free Facility Newsletter

The following four pages contain a pre-written facility newsletter which you may use as your own. It is intended to help make your departmental responsibilities time saving and cost effective. All you need to do is put your title on the front and your address on the back.

Suggestions for the Effective Use of Your Newsletter

This newsletter concept is the result of several years of preparation and the generous support of the sponsors whose advertisements are contained within its pages. Because all of the material in the newsletter is copyright free, you may feel assured that the publishing and distributing of your free newsletter is legal.

PREPRINT

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

- First type or paste the title of your newsletter into the blank area of the front page mast.
- On the mailing page insert your facility’s name and address in the upper left corner where it says “From:”.
- 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

- 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).
- 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.
- 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)

- To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
- 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).
- Write or stick your address labels where it says “To:”.
- Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5”x11” insertions.
- 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

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.
The Meaning of Easter

When you think of Easter, you probably think of the Easter Bunny, colored eggs and lots of candy... but to Christians around the world it is much, much more. Easter is the most important Christian holiday of the year.

Easter Day is the day Christians remember Jesus rising from the dead. After his brutal crucifixion, a large stone was rolled over his tomb. But shortly after his death when followers went back to honor Jesus, the stone had mysteriously been moved and only the cloth that wrapped Jesus' body was laying there. As the story goes, Jesus' body was no longer in the tomb and he had in fact risen from his death in order to save us all. An angel nearby this tomb told his followers of the miracle that had taken place.

The resurrection, as described in the Bible, means that at the very moment Jesus rose from the dead, was the very moment we would be given everlasting life. Christians would now receive new life after death. The Easter holiday celebrates this belief. Easter is therefore the last day celebrated during a 40 day Easter season.

The season begins with Lent, a 40-day period before Easter Sunday. During Lent, Christians prepare for Easter. Lent is considered a time for penance, a time to show sorrow for sins and to seek forgiveness.

One way many Christians show their sorrow is by fasting, which limits the kinds and amounts of food that are eaten. Christians may also give something up during this 40 week period as patronage to the suffering of Jesus. While not all Christians fast during Lent, those that do pattern their behavior after Jesus who prayed and fasted in the wilderness before his death on the cross.

Holy Week begins with Palm Sunday, which celebrates the story of Jesus' entry into Jerusalem, where people spread palm branches and clothing before him. Good Friday is the day Jesus died on the cross and many believe it happened between the hours of 12 noon and 3pm. Many churches hold services during this time to reflect on the last three hours of darkness while Jesus suffered on the cross.

On Easter Sunday Jesus' resurrection is celebrated. Outdoor Easter services sometimes take place at sunrise to celebrate Jesus' resurrection. Just as Jesus rose from the dead, Christians believe they too will rise from the dead and ascend into Heaven. It's important to note that Easter is not a time to dwell on death and sorrow, but rather the fact that Jesus did rise just as prophesized in the Holy Bible. This miracle of renewed life has given Christians hope, faith and love since they know Jesus died willingly in order to save the human race.

Easter is also closely associated with the season of Spring. The new plant life that appears in spring symbolizes the new life Christians gain because of Jesus' crucifixion and resurrection. Easter is also celebrated a day of "white" because newly baptized church members wear white clothes at Easter observances.

Gleaned from Everything Easter: www.everythingeaster.com/
Clip art courtesy of www.christart.com
Seniors Today Demand Greater Mobility

(ARA) - Seniors are more mobile today than ever before and with the Baby Boomer generation set to join the ranks of older Americans, the demand for greater mobility is expected to dramatically increase. Census Bureau projections indicate that by 2030 one in five Americans will be age 65 or older. This means by the year 2030 the senior population will have increased by 75 percent to more than 69 million Americans over age 65.

Studies suggest that Baby Boomers (typically defined as those born in the years 1946 to 1964) are more active, exercising more than ever before and paying critical attention to their long-term health. According to the Centers for Disease Control and Prevention, the baby boomer generation accounted for more than half of all visits to the doctor in 2001.

"We know seniors will be healthier but they will also live longer and there are just certain risk levels that increase with age. Mobility is one area often affected because seniors are at greater risk for falls, injury or certain diseases such as diabetes. The good news is that the market is responding with innovative products to help seniors stay active and get around more freely," says Dave Jacobs, president, Medline Durable Medical Equipment division.

Portable oxygen is excellent example of how senior demand is already driving innovations that enhance mobility. In the past, seniors who needed oxygen (such as those who had suffered from emphysema) were restricted by the oxygen delivery system which was often a large, difficult to transport, in-home machine. "Seniors today do not accept these types of restrictions. They wanted oxygen equipment that would allow them to maintain an active lifestyle," says Dennis Cook, a licensed respiratory therapist and president of Medline's Respiratory Division. "The market responded with the development of Oxygen Conserving Devices (OCD). These devices attach to a small lightweight oxygen cylinder and allow the patient to engage in mainstream lifestyle activities outside the home. Because OCD's are so light, a patient can easily carry their oxygen while using a wheelchair, scooter or rollator. This obviously increases their mobility and enhances their quality of life."

Walking aids such as rollators (which are essentially walkers with wheels and seats) and lightweight transport chairs were not available 10 years ago. Rollators were introduced to the market about five years ago and they allow seniors to walk more smoothly and independently again. Transport chairs are also relatively new to the market place. These are aluminum, extremely lightweight, affordable wheelchairs that have small wheels and fold back so they can be easily stored in the trunk of a car.

"Mobility aids are being updated and improved every year, from wheelchairs that have quick-release wheels to a wide range in scooters that are more attractive and more affordable. In addition, mobility aids are more accessible with many retail stores offering basic mobility items such as crutches, walkers and rollators," says Jacobs.

He adds that for a wider range of mobility and ambulatory aids, there are 10,000 home medical equipment (HME) dealers nationwide many of whom either work directly with hospitals and physicians or operate retail stores. At an HME store a senior can purchase anything from a scooter or powered wheelchair to bath safety items such as grab bars, to fashion quad-canes. (A quad-cane is a cane with four feet that offers greater stability.)

"These new mobility aids are so important. About 10 years ago, I suffered a very bad break in my left leg. I'll tell you, it wasn't easy being 70 and hopping around on crutches. When my mother suffered from a bad fall down some stairs at age 90, it was heartbreaking to see her struggle with a walker she had to use. She had great difficulty lifting it up and placing it down in front of her just to walk. I wish they'd had rollators and transport chairs then," says George Corral, a senior now living near Tucson, Ariz.

For more information about devices that can make your life easier call (800) MEDLINE (633-5463)

Courtesy of ARA Content
Redneck Medical Terms

- Artery......The study of paintings.
- Benign.........What you be after you be eight.
- Bacteria.......Back door to cafeteria.
- Barium..........What doctors do when patients die.
- Cesarean Section.....A neighborhood in Rome.
- Catscan...............Searching for Kitty.
- Cauterize.....Made eye contact with her.
- Colic................A sheep dog.
- Coma..............A punctuation mark.
- D&C........Where Washington is.
- Dilate.............To live long.
- Enema...............Not a friend.
- Fester......Quicker than someone else.
- Fibula......................A small lie.
- G.I.Series........World Series of military baseball.
- Hangnail.....What you hang your coat on.
- Impotent....Distinguished, well known.
- Medical Staff....A Doctor's cane.
- Morbid.........A higher offer than I bid.
- Nitrates.........Cheaper than day rates.
- Node..................I knew it.
- Outpatient......A person who has fainted.
- Pap Smear.......A fatherhood test.
- Pelvis......Second cousin to Elvis.
- Post Operative.....A letter carrier.
- Recovery Room........Place to do upholstery.
- Rectum......Darn near killed him.
- Secretion..........Hiding something
- Seizure...............Roman emperor.
- Tablet..............A small table.
- Terminal Illness...........Getting sick at the airport.
- Tumor..............More than one.
- Urine........Opposite of you're out
- Varicose...............Near by

Passover Humor

The Jews are camped in front of the Red Sea. They see the Egyptian chariots approaching. Moses turns to his PR man.

Moses - "Nu, where are those boats you got us?"
PR Guy - "Boats? You didn't say nothing 'bout no boats."
Moses - "So what do you want I should do? Part the waters and we can all just walk across?"
PR Guy - "If you can swing that, I'll get you your own chapter in the Bible!"

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Passover in Australia is either called Passunder or Downunder Passover.

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G-d said to Moses, "I've got good news and bad news. The good news is that I'm going to part the Red Sea and you'll all be able to go through on dry land."
"What's the bad news?"
"You have to write the Environmental Impact Statement..."

Who was the best businesswoman in the Bible?
Pharaoh's daughter, she pulled a profit out of the water. (the prophet Moses)

April Observances

- Alcohol Awareness Month
- Cancer Control Month
- Child Abuse Prevention Month
- Community Services Month
- Freedom Shrine Month
- Grass Month
- Holy Humor Month
- International Amateur Radio Month
- International Guitar Month
- International Twit Award Month
- Keep America Beautiful Month
- Listening Awareness Month
- Mathematics Education Month
- Month of the Young Child
- Multicultural Communication Month
- National Anxiety Month
- National Florida Tomato Month
- National Food Month
- National Garden Month
- National Home Improvement Month
- National Humor Month
- National Knuckles Down Month
- National Occupational Therapy Month
- National Parkinson's Awareness Month
- National Sexually Transmitted Diseases Education and Awareness Month
- National Welding Month
- National Woodworking Month
- Pets Are Wonderful Month
- Philatelic Societies Month
- Prevention of Cruelty to Animals Month
- Sea Cadet Month
- Sports Eye Safety Month
I Hit the Easter Bunny!

A man was blissfully driving along the highway when he saw the Easter Bunny hopping across the middle of the road. He swerved to avoid hitting the Bunny, but unfortunately the rabbit jumped in front of his car and was hit. The basket of eggs went flying all over the place.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road and got out to see what had become of the Bunny carrying the basket. Much to his dismay, the colorful Bunny was dead. The driver felt guilty and began to cry.

A woman driving down the same highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained. "I accidentally hit the Easter Bunny and killed it. There may not be an Easter because of me. What should I do?"

The woman told the man not to worry. She knew exactly what to do. She went to her car trunk and pulled out a spray can. She walked over to the limp, dead Bunny and sprayed the entire contents of the can onto the little furry animal.

Miraculously the Easter Bunny came to back life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved, and hopped on down the road., Another 50 yards, turned, waved, hopped another 50 yards and waved again!

The man was astonished. He said to the woman, "What in Heaven's name is in your spray can? What was it that you sprayed on the Easter Bunny?"

The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."

Happy Easter!
From Us to You