Dear Activity Professionals,

Our theme for July is...what else?...Independence Day! You will find several articles of interest to share with your residents as you celebrate the Fourth of July. Also, we have created a special present for them on page 15.

The Activity Director’s Office (ADO) is happy to announce that the National Certification Council of Activity Professionals (NCCAP) has agreed to sponsor a web page on our site, and will become a monthly contributor to Activity Director Monthly E-magazine beginning in August. Be sure to visit their ADO webpage at http://www.theactivitydirectorsoffice.com/NCCAP.html.

Looking forward to a great month in the Activities Department...

Sincerely,

Linda

Declaration of Independence Signers

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army, another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War. They signed, and they pledged their lives, their fortunes, and their sacred honor. What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners, men of means, well-educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags. Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar (Continued on page 8)

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
HISTORY of OLD GLORY

The United States Flag is unique in the deep and noble significance of its message to the entire world, a message of national independence, of individual liberty, of idealism, of patriotism.

It symbolizes national independence and popular sovereignty. It is not the Flag of a reigning family or royal house, but of 205 million free people welded into a Nation, one and inseparable, united not only by community of interest, but by vital unity of sentiment and purpose; a Nation distinguished for the clear individual conception of its citizens alike of their duties and their privileges, their obligations and their rights.

It incarnates for all mankind the spirit of Liberty and the glorious ideal of human Freedom; not the freedom of unrestraint or the liberty of license, but an unique ideal of equal opportunity for life, liberty and the pursuit of happiness, safeguarded by the stern and lofty principles of duty, of righteousness and of justice, and attainable by obedience to self-imposed laws.

Floating from lofty pinnacle of American Idealism, it is a beacon of enduring hope, like the famous Bartholdi Statue of Liberty enlightening the World to the oppressed of all lands. It floats over a wondrous assemblage of people from every racial stock of the earth whose united hearts constitute an indivisible and invincible force for the defense and succor of the down-trodden.

It embodies the essence of patriotism. Its spirit is the spirit of the American nation. Its history is the history of the American people. Emblazoned upon its folds in letters of living light are the names and fame of our heroic dead, the Fathers of the Republic who devoted upon its altars their lives, their fortunes and their sacred honor. Twice told tales of National honor and glory cluster thickly about it. Ever victorious, it has emerged triumphant from eight great National conflicts. It flew at Saratog, at Yorktown, at Palo Alto, at Gettysburg, at Midana bay, at Chateau-Thierry, at Iwo Jima. It bears witness to the immense expansion of our national boundaries, the development of our natural resources, and the splendid structure of our civilization. It prophesies the triumph of popular government, of civic and religious liberty and of national righteousness throughout the world.

The flag first rose over thirteen states along the Atlantic seaboard, with a population of some three million people. Today it flies over fifty states, extending across the continent, and over great islands of the two oceans; and two hundred and five million owe it allegiance. It has been brought to this proud position by love and sacrifice. Citizens have advanced it and heroes have died for it. It is the sign made visible of the strong spirit that has brought liberty and prosperity to the people of America. It is the flag of all us alike. Let us accord it honor and loyalty.

Courtesy Happy Birthday America at http://www.usacitylink.com/usa/?file=/citylink/usa/history.html
Themes for Life

One of the first programming techniques that activity professionals learn about is how to plan theme activities. We learn to integrate seasonal, holiday and life themes into our monthly programs and daily routines. We read about theme based activity ideas in publications like Creative Forecasting and web sites like Activity Connection. But do we really understand why theme programming is effective or therapeutic? Or is it the “thing to do” because it makes our calendars look interesting?

As we enter the summer season, many activity professionals begin planning patriotic activities focusing on Independence Day: decorating in red, white and blue, playing patriotic music during exercise programs, making blueberry recipes in cooking class, creating red/white and blue sensory boxes and making firecracker centerpieces in crafts groups. We lead reminiscent groups where we generate discussion about Independence days from the past, favorite picnic foods, and other activities related to traditional holiday celebrations. What begins to happen is almost magic. Although everyone has led different lives, at different times, with different people – we are connecting through constants. Constants are events or actions that happen consistently in response to a regular occurrence (date, holiday or season). In our country, fire works are traditional and symbolic of Independence Day. Most everyone has been to a fireworks display at some point in their life. In discussing fireworks, almost everyone can relate and respond. We all have our favorite fireworks or personal fireworks story, which celebrates us as individuals. As the topic of fireworks is discussed amongst the group, it connects the individuals in the group as it is something they can all relate to. Your age or mental status does not matter, constants are familiar, make us feel safe and connect us with others.

As activity professionals, we are well aware of how quickly the months go by. It seems we have just put away the springtime decorations and now we are planning summer picnics and Luau. We sometimes lose sight of the connected nature of these themed programs. Indirectly, one theme carries us into the next and that one prepares us for the following one. We are recreating life or the circle of life through our themed programs. The circle of life or the Mandela celebrates the fact that the sun will always rise and the seasons will always change. That is another constant we can count on. Keeping our residents connected to the circle of life is critical to their quality of life and well being. Upon admission, they are sometimes sad and defeated. They have lost their place on the circle of life. The routines and traditions they followed in their own home are often lost. Through theme programs and the opportunity to become re-involved in traditional, familiar activities that accompany theme programs, the resident can re-enter the circle of life.

Theme programs are rich in traditions, rituals and customs. Every theme program can integrate a practice from the past. Many of the activities we plan are meant to be catalysts for provoking long lost memories, awakening lost skills or generating reminiscence. We have all seen residents with memory loss be able to share all the ingredients to their famous potato salad recipe and guide the rest of the group in making a tasty batch. We have all seen physically frail residents sit up a little straighter and move their right hand over their heart when hearing the National Anthem played at a social.

(Continued on page 8)
Senator wants tougher nursing home surveys, compliance enforcement

(The following is a brief summary of much longer articles from our recent issue about an area that's of huge interest in the AD profession: the new Activities Guidelines and Psychosocial Outcomes. Subscribers can read the entire articles in the current issue of Current Activities in Longterm Care. And there's more to come, including several articles about what may be required with the new guidelines from well-known consultants, plus early readings on what's being expected with the initial surveys.)

Two reports critical of CMS enforcement: Will this have an impact on the new CMS activities surveyor guidelines? (Reprinted from Current Activities in Longterm Care, July/August 06)

Sen. Chuck Grassley (R. Ia.) has some ideas that may help clarify the situation.

Grassley is clearly very unhappy, in general, with the way nursing home compliance surveys are being conducted.

And he recently wrote a letter to the Centers for Medicare and Medicaid Services (CMS) strongly suggesting that they need to toughen their surveys, and increase enforcement of guidelines.

And when Sen. Grassley speaks, the CMS will most likely listen.

Reason: He’s chairman of the Senate Committee on Finance...

one of the most powerful positions in Congress, and is the person who sits on the purse strings of many agencies, including the CMS.

Questionable surveys
And he’s not at all happy with the findings in a recent General Accounting Office (GAO) report on nursing home conditions, surveys and compliance.

In his letter to the CMS, Grassley mentioned several items in that report that he was not at all happy about.

For example, Grassley told about one instance of a longtime surveyor reporting that often the findings in surveyors’ reports are “toned down, and even removed by the state director of long-term care.” And that there is ongoing “tampering with surveyor reports.”

He also said there were “serious inconsistencies in the results of state surveys, the continual understating of negative findings, and an imbalance in the effectiveness of CMS oversight initiatives.”

“It is evident that there is ques- (Continued on page 5)
tionable data resulting from state surveys in terms of both its accuracy and consistency,” Grassley wrote.

“Often, the information is understated, misconstrued, or just plain untrue.”

Make them really random
Also, Grassley wants to make sure that random surveyor visits are truly “random.”

“‘Random’ nursing home surveys are many times not random at all,” he wrote. “The level of predictability of these visits are sometimes all too predictable and this permits nursing home staff to conceal instances of poor quality care.

“Please provide a detailed description of current CMS initiatives aimed at resolving this problem and the improvements that you have documented resulting from any such initiatives.”

Toughening activities surveys?
It remains to be seen how much impact the Grassley initiative will have on the new activities guidelines, but it could be substantial.

There are a great deal of directives in those guidelines, and areas of effectiveness and accountability, that perhaps many AD’s are not used to dealing with, or don’t have the staffing resources to effectively accomplish.

But a strict CMS compliance could be highly beneficial to these programs, relative to increased budgets, better equipment and facilities, and improved quality-of-life issues for the elders.

Alzheimer’s Care Guide, and its associate publication Current Activities in Longterm Care, will keep you informed as this very important situation continues rolling out of the offices in Washington.

Inspector General report
And still another recently-issued report brings even more pressure on nursing homes to comply with survey results.

The Office of Inspector General, of the Department of Health and Human Services, has issued a report that says enforcement of nursing home non-compliance to the Centers for Medicare and Medicaid Services (CMS) safety and health regulations is inadequate, and needs strengthening.

Current CMS regulations require that CMS terminate their contract with the nursing home, or deny payment for new admissions (DPNA) within certain timeframes if deficiencies are not corrected.

The report states that “CMS is required to terminate nursing homes that fail to return to ‘substantial compliance’ within 6 months, or have unabated immediate jeopardy deficiencies for 23 days.”

The report states that CMS contracts should have been terminated at 55 nursing homes between 2000 and 2002, due to noncompliance with health and safety regulations, but the contracts were not terminated in 30 of those cases.

The report also stated that, of 706 cases requiring denial of payment for new admissions (DPNA) in 2002, due to deficiencies at the residence, 28 percent were never applied, and 14 percent were applied late, due to late referrals of cases by state survey agencies.

In some cases, the report said, states did not enforce the regulations, as required by federal law, because they were reluctant to displace the residents.

However, inspector General investigators stated in their report that the deadlines for compliance are not flexible, regardless of the reasons.

“The 6-month termination requirement is statutory,” said the report, “and the 23-day termination is in current regulation.”

Grassley said the findings show a lack of proper enforcement of nursing home regulations by the CMS.

“Residents in immediate jeopardy at a nursing home need to be somewhere safer,” the Senator said.

“Termination has to be real and enforced, or troubled nursing homes may have no other incentive to clean up their act.”

“CMS should ensure that facilities facing termination either reach compliance or are terminated within required timeframes,” the report states, as well as requiring “stronger adherence” by states in meeting required reporting deadlines.

The CMS responded to the report by saying that the agency has made “significant improvements”
Violence in the Workplace

One out of every four Americans workers will be attacked, threatened or harassed at work in their lifetime by another human being. That is a staggering number!

I remember all to vividly the horror of watching my Dietary Supervisor being wheeled out on a stretcher. She had been attacked (this tiny 5-foot woman) by our (over 6-foot tall) cook, during a disciplinary meeting with the HR director. The cook was placed in a chair next to a wall. They were in a tiny office. The HR director was sitting in front of the cook with a desk between the HR director and the Cook. Sitting next to the cook was the Supervisor. Weather they realized it or not, they had completely blocked the cook in the office. Not only did they place the cook in a confrontational situation, they had placed themselves in harms way. Once the disciplinary meeting began, the cook jumped on the Dietary Supervisor, pinned her to the ground and began pummeling her. The tiny office door was closed and blocked by her body, which was now on the floor. The HR Director also could not escape the blocked doorway. It was a tragic event.

Work place violence is any physical assault, threatening behavior or verbal abuse occurring in the work setting to employees or clients. This can be the building, surrounding perimeter, parking lots, client’s homes and traveling to and from assignments. This includes assault, criminal mischief, disorderly conduct, harassment, larceny, menacing recklessness endangerment, robbery, and sex offense. These offenses can range from beatings, stabbings, robbery, rapes, intimidation, verbal threats, bodily harm and territories activity. There are many new catch phases that we hear, “Desk Rage, Terrorist Activity and one of them is “going postal” which Sienfield coined.

Violence can be by strangers, customers, clients, and co-workers and by personal relationships, such as an estranged boyfriend. Social workers and nurse’s aides are assaulted more often and in greater numbers. OSHA requires employers to maintain a safe work place.

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ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer’s Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer’s support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of National Council of Certified Dementia Practitioners

http://www.activitytherapy.com offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.
Your facility / employee is at risk if you have one or more of these factors:

- Working alone at night and during early morning hours
- Performing public safety functions in the community
- Working with patients, clients known or suspected of having a history of violence.
- Employees with a history of assaults who have exhibited belligerent, intimidating or threatening behavior to him/her or staff.
- You are an authority figure

Additionally, you need to look to see if you have a “toxic work place culture.” The Nursing Assistants Web site list some common sense things to look for:

- High turnover and absenteeism
- High amount of agency staff use
- Uptight staff
- Gossip Groups
- No Team Work
- Hostilities between shifts

If your work place is toxic, what is the management doing to address these issues? Because it cannot be allowed to fester, knowing full well that it is a bomb waiting to go off in your building. It is a myth that “people suddenly snap.” He may have just snapped but if you look back there were warning signs. All the staff saw the signs but maybe the culture of the building is not to report things. It is another myth that situations will resolve themselves and just have a cooling off period will resolve it and the problem will go away. If there is a situation, address it head on. If you wish to begin a violence prevention program there are many components that should be included and these are:

- Clear policies about violence and prevention. The policy needs to be clearly spelled out to your employees, visitors and residents. The policy should clearly state that you have a “zero tolerance for violence.”
- Ensure that employees who report incidents that they do not experience reprisals.
- Clear Documentation Forms that not only has space to document incidents, assess risks but also can measure progress.
- Develop a liaison with law enforcement and others who can identify ways to prevent violence.
- Provide resources to carry out training.
- Affirm management commitment to a worker supportive environment that places the importance on a safe work environment.
- Let your staff know that you are starting this program and what it will involve, which includes preserving employee safety, supporting those employees that have experienced violence and recovery.

Finally, the 5 components of a violence prevention program are:

1. Management Commitment and Employees Involvement
2. Work Site Analysis
3. Hazard Prevention and control/ responding
4. Health and Safety Training
5. Record Keeping.

As a final note, all management teams should receive extensive training in hiring, firing and disciplining. There are many signs to look for in a violent employee and these are traits that the supervisors should be trained to recognize and handle. If you are a non-profit facility, please visit the OSHA web site where they provide grants for safety and health training.

Obviously this is a huge topic but we hope we have touched upon some key elements that should be addressed in your violence protection programs.

References: http://www.osha.gov

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THE BALD EAGLE

Benjamin Franklin, John Adams & Thomas Jefferson served on the committee that picked the eagle for the national seal.

(Franklin wanted the turkey.)

Bald eagles have few natural enemies & live only in North America.

Bald eagles get their white head & tail feathers about 4-5 years of age.

The only other kind of eagle in North America is the golden eagle.

Bald eagles mate for life, but if one dies, the survivor will accept a new mate.

It is a felony to shoot an eagle.

Source - and for many, many more eagle facts, see: www.keokuktourism.com/New_Site/Eagle_Days_2004.htm
in enforcement since the 2000-2002 period that the report covered, and is working with nursing homes to improve their response to deficiencies.

Subscribers to Current Activities in Longterm Care can get the full text of Sen. Grassley’s letter, plus the GAO report, plus the Inspector General’s report, online at http://www.activities4elders.com/. Order Now for only $49.00!!

So as you are planning your summer (and fall, winter and spring) activities, keep in mind the therapeutic value these programs potentially can provide. Providing our residents with opportunities to remain engaged in the circle of life through theme based activities is priceless. The joy of biting into a fresh watermelon, surrounded by your loved ones at a family picnic, with a string band playing in the background is immeasurable. The delight in making a familiar recipe using fresh ingredients of the season, just as they did in their home is beyond description. The simple happiness of remaining an active part of life as it comes around again and again is something we all deserve.

“Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.”

-Albert Schweitzer

They gave you and me a free and independent America. The history books never told us a lot of what happened in the Revolutionary War. Our forefathers didn't just fight the British. They were British subjects at that time, and they fought their own government! Some of us take these liberties so much for granted...and we shouldn't.

So, let's take a few moments while enjoying our 4th of July holiday and silently appreciate these patriots and thank the God who moved them. It's not much to ask for the price they paid.
The Importance of an Orientation Program for New Residents

By Myrtle Klauer, ADC, CAP

Facilities have orientation programs for new staff and volunteers to acquaint them with the physical layout of the facility, key staff members, policies and procedures they must adhere to, job duties, etc. However, few facilities dedicate time to providing a formal orientation program for new residents that could benefit from such a program. By having such a program in place, the facility can ease the resident’s transition to the facility, answer questions about and encourage participation in facility life, and help develop trusting relationships within the small group of participants.

The admission process should not serve as the resident’s only introduction to their rights and obligations while living in the facility. An orientation program consisting of several new residents can begin to build their first friendships because of the common bond they share. Inviting their family members to participate adds another dimension -- many have the same questions and needs as their loved ones.

To be successful, the interdisciplinary team must support the New Resident Orientation Program and take responsibility for a group on a rotating basis. Since residents are admitted on a daily basis, new groups must be formed each week. The quicker a new resident is incorporated into the group, the easier the transition becomes.

The best way to begin developing a resident orientation program is to involve the residents in the facility. Ask for their input about what life was like for them during the first few weeks at the facility. Determine what common questions and frustrations surface and how best to address these during the orientation program. Ask the residents for ideas about what they feel are most important to share with new residents and when. Encourage their involvement in the orientation program as mentors to the new residents. Prioritize the dissemination of information and incorporate it into a four-week program.

Expect to spend at least one hour per week with a small group of new residents. If possible, limit the group to members from the same floor/unit. This will help the residents form friendships within their “living space.” Invite at least one established resident from their floor/unit to serve as a mentor to the group. Resident participation is an essential part of this program, as he/she can provide firsthand insights that the staff cannot.

This first session should take place within a few days after admission. If possible, have the first meeting in a quiet place on the floor/unit so the residents are in somewhat familiar surroundings.

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Introduce the residents to each other as they begin to gather. Once all are present, have everyone introduce him/herself and share one of their favorite things to do, i.e., knitting, going out to dinner, visiting with grandchildren, etc.

Begin with a short tour of the facility. Include activity areas, the dining area(s), the beauty/barber shop, administration, garden, snack shop, rehab, etc. Make sure to have enough volunteers on hand to provide “rides” for the residents and family members needing assistance. Be careful not to tire the residents and others taking the tour.

When you return, answer any questions about what they saw during the tour. Provide the activity calendar and highlight important upcoming activities. Provide a list of hours when the beauty/barber shop, snack shop, dining room, etc. are open. Explain how the suggestion boxes work and review their locations.

Invite the officers and staff designee of the Resident and Family Councils to participate in the second session. Ask a delegate from each to share the importance of participating in these forums as well as where and when the meetings are held. Provide information about the regulations governing these entities and the confidential provisions surrounding what is shared during these meetings. This is also an excellent time to distribute the Residents Rights booklet and highlight the contents. Answer any questions that arise or make sure to get the answers before the next meeting.

During the third session introduce the key staff members to the participants. Schedule a specific time slot for each key staff person and stress the importance of being on time. Ask each person to introduce him/herself and explain what his or her role is within the facility. Provide the participants with a list of these key people reporting, where their offices are, and how to get in touch with them.

The closing session should include required information about abuse and neglect, the care plan process, resident trust fund information, support groups, making use of rehab services, right to privacy information, and other important facility specific information. Invite the social worker, care plan coordinator, privacy officer, etc. to participate in these presentations.

Helpful Hints for a Successful Resident Orientation Program

- Utilize resident and/or outside volunteers to help with session preparation, nametags, lists, invitations, agenda, protocols, etc.
- Send an invitation reminding the participants of the next meeting date and time. Other residents or volunteers can do this on the computer.
- Have nametags available for each participant, including the session leader(s). Make sure all names are printed in bold lettering to make them easy to read.
- Encourage the participants to write down questions that arise between sessions. Establish a question

(Continued on page 11)
and answer period during each session.

• Before the meeting ends, set the date and time for the next meeting. Put this in writing for each participant.

• Provide simple refreshments after each meeting. This encourages the residents and families to socialize with each other and the staff that are present. The leader should make his/herself available to answer questions during this time and to join in the conversations as appropriate.

• Have the department heads pass out their business cards as a handy reference for the participants.

• If possible, the participants should sit in a circle. This setup allows everyone can see each other and encourages comments from all participants.

The time of transition to a nursing home can be a bewildering, confusing, lonely, and even fearful experience for a new resident. Studies have shown the importance of having a positive outlook. Each resident’s frame of mind is critical to his or her health and life satisfaction. The more the staff can help promote self-esteem, self-satisfaction, and a “sense of family” for the new residents the easier the transition and grieving process will be. A New Resident Orientation Program is an important step in promoting quality of life for new residents and their families.

(Continued from page 10)

1. Look for positive things to celebrate each day.
2. Focus on making new friends with other residents, volunteers, and staff.
3. Push aside the “small stuff” and try to make decisions that will help reduce conflict.
4. Remain open to new experiences and activities.
5. Recognize the limitations of others and accept them.
6. Create a “circle of friends” whose company you enjoy -- even if it's only during meals or an activity.
7. Remain active and participate to the best of your ability.
8. Accept that there may be times when an element of compromise is needed and identify these areas.
9. Speak up for yourself and make your needs and wishes known.
10. Serve as an ambassador of good will.

Activity Director Apparel & Gift Store

http://www.cafepress.com/theadoshop

All graphics are available in a large variety of apparel and gift items.
Wacky Days of July
Provided by Activity Directors Network
Pennie Bacon, Site Owner
http://activitydirector.net

MONTHLY OBSERVANCES

Almanac Month
Anti Boredom Month
Hay Month
Hitchhiking Month
National Baked Bean Month
National Blueberries Month
National Hot Dog Month
National Ice Cream Month
National Purposeful Parenting Month
National Recreation and Parks Month
National Tennis Month
Tahiti Awareness Month

FAMOUS WEEKS IN JULY

Week 1
Be Kind to New Jersey Week
Man Watchers Compliment Week
Music For Life Week
National Canned Luncheon Meat

Week 2
National Character Counts Week
National Prevention of Eye Injuries Awareness Week
Nude Recreation Week
Pleasure Week

Week 3
Mosquito Week
National Therapeutic Recreation Week
Special Recognition Week
Take Charge of Change Week

Week 4
Backwards Masking Awareness Week
Captive Nations Week
Lyme Disease Awareness Week
National Avoid Boredom Week
Space Week

National Animal Agriculture Week
National Hospitality House Week

FLAGS
These are some of the national flags of our readers. Can you identify them?

Visit Our Party Store
http://www.theado.makesparties.com

Answers: A. USA; B. Canada; C. Australia; D. Great Britain (Not included: Ireland, Israel)
Have a Fourth of July Barbecue

Nothing gets the Residents involved in a group activity like food. Especially if the food is not the same old institutional stuff. Make this Independence Day special to your residents through music, fireworks and a super-duper barbecue.

The key ingredient to any Fourth of July cookout or picnic is simplicity. There is something compelling about the smell of food being cooked over a charcoal pit, open flame or barbecue that seems to link us to the holiday's roots as well as our own ethos.

The male figure of the family, beverage in hand (usually alcoholic), fussing with meat on the grill is a common sight in many American backyards on the Fourth of July.

While menus may have become more exotic (reflecting the diversity of the cultures which have made America home), and the activities more elaborate (if less patriotic), the main theme is enjoyment of the freedom to partake of "life, liberty and the pursuit of happiness."

In a very real sense, this celebration has retained its intent and origin. Even though not consciously called to mind by most, it still is a profound and human expression of independence and how essential it is to all of us.

Menus

The Fourth of July has become synonymous with the barbecue, outdoor cooking and summer fun. While variations are as numerous as the stars in the sky, there are still dishes and foods which immediately come to mind when one thinks of Independence Day. Below is a sample menu suitable for any Independence Day cookout.

- Hamburgers/ Cheeseburgers
- BBQ Ribs (Beef or Spare)
- Hot Dogs
- BBQ Chicken
- Cole Slaw/Potato Salad
- Baked Beans
- Chips (various flavors) and Dip
- Pies (Cherry or Blueberry, but especially Apple)
- Corn on the Cob
- Ice Cream (any flavor)
- Sliced Tomatoes

A 4th of July present for your Residents -
From: The Activity Director's Office

AMERICA

GOD BLESS
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. fluorescent), 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 handouts. 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 Nursing Shortage:
How Today's Nursing Students Are Trained to Help the Aging Population

(ARA) - As the United States' population grows and ages, nursing homes and assisted living facilities will become a reality for many. And, with the baby-boomer generation - one of the largest segments of our population - next in line to receive senior citizenship, the healthcare industry must prepare to provide medical and nursing assistance in the face of a major obstacle: a shortage of well-trained practical nurses.

"Practical Nurses are important individuals in our country's healthcare system, but we have recently seen that hospitals and nursing homes are in dire need for well-qualified healthcare providers," says Debra Fey, RN, BSN, Practical Nursing program administrator at Brown Mackie College - Northern Kentucky, in Fort Mitchell, Ky.

Fey is referring to a recent statewide professional survey that indicates that nursing vacancies exist in Kentucky hospitals. The shortage of well-trained, practical nurses is evident, especially in large urban areas throughout the Commonwealth.

Hospitals are not the only institutions in need of Practical Nurses. "As the baby-boomer population ages and more people are entering assisted living homes, the need for nurses is increasing, not only in Kentucky, but also across the nation," says Fey.

Schools such as Brown Mackie College - Northern Kentucky balance classroom instruction with clinical experience. Students receive a solid foundation in the areas of medical-surgical nursing, pediatrics, obstetrics, geriatrics and pharmacology, as well as mix of technical and professional skills to prepare them to succeed in the healthcare field and make a positive difference in people's lives.

"All of these skills are important for our future Practical Nurses to possess, because healthcare is more complex than being able to bandage a broken wrist or to monitor one's diet," says Fey. "Our school trains students in many different areas of health and medicine, so when they graduate and enter the nursing field, they will be able to make a meaningful contribution to a wide cross-section of our community." As well, the students at Brown Mackie College - Northern Kentucky are prepared for statewide industry tests, strengthening their qualifications even more.

As a result, today's Practical Nursing students will be able to help fill the void in many hospitals and assisted-living facilities. Caring for the aging and the sick is a promise which Practical Nursing students pledge to keep as they enter the healthcare industry. And with a serious need for healthcare institutions to staff more nurses to serve an aging population, nursing students are the caregivers of all of us, today and tomorrow.

For more information about Brown Mackie College - Northern Kentucky's Practical Nursing program, visit http://www.brownmackie.edu.

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Fireworks: A Very Brief History

"Fireworks were originally developed, according to most scholars, in the second century B.C., in China.

The loud explosion was perfect for frightening off spirits, celebrating weddings, battle victories and eclipses of the moon. It was used in religious ceremonies and later adapted for military use during the Middle Ages in the form of flaming arrows.

The original skyrocket used a long wooden or bamboo stick to provide stability through flight.

The popularity of fireworks has grown in recent years due to spectacular effects of colors and sounds. Fireworks have evolved into an emotional experience that includes choreographed music with precise launch timing to create a dazzling spectacle."

How to Maintain Healthy Joints

(ARA) - For years, many individuals have enjoyed major lifestyle changes with simple supplements. The most amazing results in recent years have been derived from glucosamine, chondroitin, MSM and tart cherry dietary supplements.

The tart cherry market has boomed recently, driven by people seeking to enjoy healthy and active lifestyles. In fact, recent research indicates tart cherries have substantial amounts of potent antioxidants including melatonin and anthocyanins. These and other compounds found in tart cherries are believed to maintain healthy joints and a healthy cardiovascular system, among other benefits.

Major studies indicate the health benefits of glucosamine, chondroitin and MSM may assist in helping to actually build cartilage and lubricate joints. People with comfortable joints are able to enjoy a more active, enriching lifestyle.

Considering the strong demand for all these compounds, the Fruit Advantage fruit supplement brand has introduced the first capsule to combine all four ingredients. This revolutionary supplement, Cherry Prime, combines the natural health benefits of tart cherries with the joint lubrication and cartilage building benefits of glucosamine, chondroitin and MSM.

Cherry Prime is a proprietary formula delivering more than 2,145 mg of tart cherry, glucosamine, chondroitin and MSM into a convenient once-a-day dose. This convenient combination is a powerful asset to joint health and comfort.

Andrew LaPointe, director of marketing with Fruit Advantage, says Cherry Prime is the first of its kind. It is specifically designed to allow consumers to enjoy a more active and healthier lifestyle.

Fruit Advantage is the leading fruit supplement brand offering innovative products and is the first company that exclusively offers a complete line of fruit-based dietary supplements.

Fruit Advantage Cherry Prime is available directly from Fruit Advantage at www.fruitadvantage.com or by calling (877) 746-7477 and will soon be available in stores nationwide.
(ARA) - Summer just wouldn't be summer without spending some time in the sun or watching a great fireworks display on the Fourth of July. But without precaution and protection, these mainstays of summer can be harmful to your eyes.

The American Optometric Association (AOA) warns outdoor enthusiasts about photokeratitis - an eye condition much like sunburn to the skin. The symptoms cause the eyes to get red, tear excessively and have an uncomfortable sensation like that of something being in the eye. Photokeratitis is temporary and rarely causes permanent damage.

Long-term sun exposure can, however, cause more serious damage. Exposing eyes to the sun in small amounts over a period of years can increase the chances of developing cataracts and damage to the retina. These conditions are irreversible.

It is especially important for children, who may spend much of their summer vacation outdoors, to wear eye protection. Even the very young should have eye protection when outdoors.

Wearing sunglasses and a wide-brimmed hat or cap are excellent prescriptions for protecting one's eyes while soaking up the sunshine. AOA recommends that to be effective, sunglasses must:

* block out 99 to 100 percent of both UV-A and UV-B radiation;
* screen out 75 to 90 percent of visible light; and
* be perfectly matched in color and free of distortion and imperfection.

Neutral gray lenses are the best for maintaining color perception.

Consumers should look for lenses that have been awarded the AOA Seal of Acceptance for Ultraviolet Absorbers/Blockers, providing substantial protection of the eye from naturally occurring environmental UV radiation.

AOA also suggests that friends and families stay away from private firework use and instead enjoy professional displays to protect and preserve eyesight.

Each year over the holiday, thousands of adults and children are seriously injured as a result of fireworks and pyrotechnic devices. Many burns and injuries affect eyesight, permanently damaging, and in some cases blinding, the victims.

From a special study of fireworks-related injuries covering the period of June 19 to July 19, 2004, the U.S. Consumer Product Safety Commission (CPSC) estimates there were 6,600 emergency room-treated injuries, most involving firecrackers, rockets and sparklers. In total during 2004, the CPSC estimates 9,600 people were treated in hospital emergency rooms for injuries associated with fireworks. The CPSC estimates 1,400 fireworks injuries were to the eyes in 2004. Most of these eye injuries were contusions and lacerations.

About two-thirds of the fireworks-related injuries were burns, and most of the burns involved the hands, eyes and head or face. Almost 40 percent of the victims were under 15 years old, and three times as many males were injured as females.

Believe it or not, sparklers are the highest cause of fireworks injuries requiring trips to the emergency room. Sparklers can easily burn children since they heat up to 1800 degrees - hot enough to melt gold.

The sun and fireworks don't have to take the fun out of summer - just make sure your eyes and skin stay protected.

Courtesy of ARA Content
Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army, another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War. They signed, and they pledged their lives, their fortunes, and their sacred honor. What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners, men of means, well-educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags. Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

They gave you and me a free and independent America. The history books never told us a lot of what happened in the Revolutionary War. Our forefathers didn't just fight the British. They were British subjects at that time, and they fought their own government! Some of us take these liberties so much for granted...and we shouldn't.

So, let's take a few moments while enjoying our 4th of July holiday and silently appreciate these patriots and thank the God who moved them. It's not much to ask for the price they paid.

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