When God Created Fathers
by Erma Bombeck

When the good Lord was creating fathers He started with a tall frame.
And a female angel nearby said, "What kind of father is that? If You're going to make children so close to the ground, why have You put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending, or even kiss a child without a lot of stooping."
And God smiled and said, "Yes, but if I make him child-size, whom would children have to look up to?"
And when God made a father's hands, they were large and sinewy. And the angel shook her head sadly and said, "Do You know what You're doing?" Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on ponytails or even remove splinters caused by baseball bats."
And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day ... yet small enough to cup a child's face in his hands."
And then God molded long slim legs and broad shoulders.
And the angel nearby had a heart attack. "Boy, this is the end of the week, all right," she clucked, "Do You realize You just made a father without a lap? How is he going to pull a child close to him without the kid falling between his legs?"
And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle, or hold a sleepy head on the way home from the circus."
God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do You honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"
And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to 'ride a horse to Banbury Cross,' or scare off mice at the summer cabin, or display shoes that will be a challenge to fill."
God worked throughout the night, giving the father few words, but a firm, authoritative voice; eyes that saw everything, but remained calm and tolerant.
Finally, almost as an afterthought, He added tears. Then He turned to the Angel and said, "Now are you satisfied that he can love as much as a mother?"
The angel shuteth up.
Dear Activity Professional,

There are some great articles in this month’s issue of Activity Director Monthly and on our website The Activity Director’s Office. I especially want to draw your attention to a special article by Kimberly Grandal, Executive Director of Re-Creative Resources, Inc. It is about activities for men. The article is entitled, Don't Be Lost. Read the M.A.P.! Men’s Activity Programs in Health-Care Facilities. It can be found on page 8 of this issue. I know you will find it extremely useful to your activity program.

I am pleased to announce that Bob’s novelty store is back in business by popular request. Activity Department Novelties features many of Bob’s original designs for you and your department. He talks about it on page 3. On page 17 is a giant advertisement for the shop so you can see up close the quality of his work. You can visit the store at this address: http://www.cafepress.com/adnov He has everything from clothing to mugs (and much, much more)

Wishing you the best,

Linda Lucas:
Linda is co-owner of The Activity Director’s Office website. She has been an Activity Professional since 1983.

Readers may contact Linda at: admin@theactivitydirectorsoffice.com

CAN YOU REMEMBER?

This orientation activity is great for long term memories. If possible, allow the residents to keep score. The results of the score are listed at the end of the memory questions.

1. Candy cigarettes?

2. Wax coke-shaped bottles with colored sugar water inside?

3. Soda pop machines that dispensed glass bottles?

4. Coffee shops with tableside juke boxes?

5. Blackjack chewing gum?

6. Home milk delivery in glass bottles, with cardboard stoppers?

7. Party lines?

8. Newsreels before the movie?

9. P. F. Flyers?

10. Butch wax?

11. Telephone numbers with a word prefix? (Drexel-5505)

12. Peashooters?

13. Howdy Doody?

14. 78 RPM Records?

15. S&H Green Stamps?

16. Hi-fi's?

17. Metal ice cube trays, with levers?

18. Mimeograph paper?

19. Blue flash bulbs?

20. Beanie and Cecil?

21. Roller skate keys?

22. Cork popguns?

23. Drive-ins?

24. Studebakers?

25. Wash tub wringers?

Now add up your score If you remembered 0 to 5, you're still young If you remembered 6 to 15, you are getting older. If you remembered 16 to 25, you are older than dirt.
Robert’s Ramblings

By Robert Lucas, H.F.A. (retired)

Executive Director: The Activity Director’s Office
http://www.theactivitydirectorsoffice.com

Owner: Activity Director Novelties
http://www.cafepress.com/adnov

Our Novelty Store is Back!

First of all I thank everyone for their e-mails asking what happened to the apparel and gift store. A few months ago we announced that we were no longer going to have our own advertising on The Activity Director’s Office website nor in Activity Director Monthly. What were we...NUTS!!!

For the next couple of months we were flooded with your e-mails. So we decided to put it back on the site and in the e-magazine. During the interlude I was able to create a whole bunch of new designs and post them to our new site ACTIVITY DIRECTOR NOVELTIES. Included will be designs for Activity Directors, Assistants, Volunteers and many humorous and pithy graphics. This site is for you

My first design is the one I chose as my logo. Activity Director - Certifiable (to the right) was one I came up with when I received an e-mail from an activity director who complained that her co-workers were driving her crazy.

I have also received many, many, many e-mails and prayer requests in which Activity Directors told me they believed their position was a ministry. It was the place God put them to do a good work. I created the large blue design for them (bottom left). I’m sure we all can relate to what it says: “Directing Activities is My Ministry: Residents are My Flock”.

(Visit page 17 for more designs)

About Bob

Robert Lucas is a retired Nursing Home Administrator and is married to Linda Lucas, a retired Activity Director. Bob has a B.A. degree in Ministry and is an ordained minister. He has served the elderly community more than 35 years. His many talents include portrait artist, musician, writer and website designer (learned after his retirement).

Having a special place in his heart for Activity Professionals, Bob began building The Activity Director’s Office website. His goal was to create a hub on the Internet where Activity Professionals could find meaningful and current resources. That goal has been achieved and continues growing yet today.

For more information visit the website at: http://www.theactivitydirectorsoffice.com/ADO_Beginnings.html
An open letter to those in the Activities Profession, from Bill Freiberg, Publisher, Current Activities

**Surprise...! The CMS really is going to enforce their new Activities Guidelines (and their many other new changes as well)!** So we, at Current Nursing, weren’t crazy to be writing about them, after all! And we think you’d better get on the bandwagon... fast!

(And hey... you can stop sending us all those hate-emails! The just don’t make any sense to us at all anymore!)

Read on...!

Dear AD, (or DON):

For a long time, we’ve been wondering if we’re living in another dimension here at Current Activities, and just couldn’t face reality.

Reason: In 2006, the CMS published its new surveyor Guidelines for Activities, and Guidelines for Psychosocial Outcomes, that looked revolutionary... even earthshaking... to us. They require:

- Personalized activities for each and every resident... even those in the later stages of Alzheimer’s.
- That the Activities program be responsible to make sure that each and every resident has proper visual aids, eyeglasses, hearing devices... whatever else they need for supportive equipment.
- That activities need to be effectively therapeutic whenever needed... designed to help with problems or disabilities of each and every elder. And, says the CMS, these activities need to be proven effective.
- Lots more.

That all sounded like a huge deal to us... we thought these new Guidelines would make major, exciting, changes in the Activities profession and would hit like a bombshell out there. So we started publishing lots of information on it. We were really enthused.

And we were truly amazed... flabbergasted is more like it... at the response we got: It ranged from a dull thud, to occasional bits of “hate mail.”

For sure, we have gotten praise for our coverage of all this, and from some very highly respected consultants and managers in the business. But, what shocked us, was the negative emails from Activity Directors, telling us things like:

- “Nothing will change.”
- “AD’s don’t to therapy, so I wish you would quit writing about all this.”
- “Surveyors won’t pay any attention to it...”
- “I don’t think any publication should write about the new Guidelines... no one is equipped to handle them.”
- “I don’t like to read magazines that write about all those changes.”
- “They won’t be enforced.”
- “There’s no money available to do all these things, so reading about them is a waste of time.”

That sort of thing. Plus, for whatever reasons, many of the various AD associations really didn’t react with the challenge and excitement we expected, and the very low turnout at most of their events continues, with a few exceptions.

And teachers in the various AD college programs out there seemed mostly

(Continued on page 10)
WRITING CARE PLAN INTERVENTIONS

By Debbie Hommel, ACC

Last month, we discussed the basics of writing therapeutic goals. This month we will follow the therapeutic process through to care plan interventions. One important point to revisit is to remember that the goal is always something the resident or client will do (action, response, behavior) and the interventions are actions the staff takes to assist the resident/client to achieve the defined goal.

Interventions are NOT:
* Typical approaches that are standardized and offered to the general population.
* Standard of practice approaches which are part of professional technique for all residents (i.e. "encourage attendance", "provide calendar", "and praise participation").

When to we intervene?
- When triggering in activities (as noted on the MDS), we should determine if the activity concern is a result of a larger problem (i.e. cognitive status, immobility, declining physical status, etc.). If so, we would intervene in the larger problem, with interventions.

- If we trigger in activities and there are no problems where we can intervene, we can add a problem or need ". If this is the case, we would define the problem or need and add a goal and interventions.

- If we do not trigger, we should review the care plan and determine areas we may assist through activities. Just because we do not trigger, does not mean we do not need to support other issues on the care plan, if relevant.

The activity professional can intervene in many interdisciplinary issues such as:

Communication: How we may adapt programming and 1-1 visits for activity communication; special approaches we may use in activities to foster improved communication.

Behavior: Specific diversional tasks and activities that may assist in minimizing the behavior, diverting the behavior or preventing the behavior from occurring. If any activity or situation causes or contributes to a behavior, it should be included also, as something to avoid.

Falls: If the falls are occurring during daytime and program areas, involving the resident in activities for diversion and supervision. Specific tasks which could be offered to distract the resident during non-activity periods.

Cognitive: Specific types of activities that may provide routine and support the resident needs; methods to adapt and approach the resident; how the activity needs to be broken down and adapted for success; signs to look for in determining overload.

(Continued on page 13)
Volunteers and Dementia Units

Many facilities have volunteers but most do not assist on the Dementia Units. Some times it’s because of the stigma associated with the dementia unit. The dementia units perhaps are the one area of the community that needs the most help. We recommend that you reach out to your current volunteers and explain ways they can volunteer on the dementia unit. When recruiting new volunteers, it is recommended that you advertise the many ways volunteers can assist on the dementia unit. Some suggestions are, Friendly Visitor, Walking buddy, Reminiscence Volunteer, sing a longs, spirituality, crafts and cooking volunteer, horticulture volunteer. Volunteers can also assist in the dining programs with either passing trays, tray set up and sitting with residents who need queuing to eat.

Volunteers should receive extensive training in Dementia, just like the front line staff. The volunteers need to know how to respond to difficult behaviors, repetitive questions, breaking down tasks, communication, etc. All volunteers should be introduced to any resident with a history or potential for elopement and the interventions in place should be explained to the volunteer. However, the volunteer should never be shown the resident’s chart.

One great resource is a book called Best Friends and it’s available through the National Alzheimer’s Association web site www.alz.org

We recommend this newsletter at www.activitytherapy.com as they have a wealth of information, free resources and products for dementia. In the last newsletter they wrote about toxic plants and toxic aroma therapy that are used in sensory rooms. We recommend that every facility read their latest issues on these topics.

Upcoming Seminars:

For upcoming seminars please see www.nccdp.org and go to the calendar. The calendar is updated daily by the NCCDP approved instructors who are now nationwide. You can view the complete list of instructors at the web site and click on Instructors.

Show Your Support for Education: For those facilities that support dementia education of their front line staff are welcome to post their support by adding their facility name to our home page. Simply email us the name of the facility and the web site to http://www.nationalccdp@aol.com

Please feel free to post this newsletter on your web site or email it to a colleague.

Best wishes,

Lynn Biot Gordon LCSW, CDP
Sandra Stimson CALA, ADC, CDP
Lisa Reidinger LNHA, CSW, CTRS, CDP

- END

JOIN YOUR LOCAL ORGANIZATION

We encourage all Activity and Recreation Professionals to join their local, state and national organizations. You can contact your national organizations to find the name and location of your local meetings. You do not have to be a manager or hold certifications to attend the meetings. Additionally, almost all state organizations hold a yearly convention that is open to all staff. If you have not attended the conventions and would like to go in 2006, be sure to let your supervisor know of your interest. Most Directors will encourage their staff to attend if they express a desire to do so.

Links to national associations of interest to Activity Directors:
ATRA - http://www.atra-tr.org
NTRS - http://nrpa.org/content/default.aspx?documentId=530
NAAP - http://www.thenaap.com/
NCCAP - http://www.nccap.org/

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.nccdp.org

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, reminiscse videos for dementia, activity books, and dates to remember, party supplies, resources and links.
Special Holidays to Celebrate in June

Fresh Fruit and Vegetable Month

Celebrate this month by taking advantage of all the fresh fruit and vegetables available this time of the year.

Celebrate With Fun:

Make a point of visiting a farmers market or U-pick farm. Talk with the sellers at the market, asking how they grow their produce. Purchase an unusual fruit or vegetable. Have residents ample an apple grown organically. Does it taste different than a commercially grown apple from the store?

Local food banks appreciate fresh fruit and vegetables to give to their clients. If your facility’s garden has too many zucchinis or raspberries, donate what you can to the food bank. Did you go overboard picking strawberries at the U-pick farm? Think how good those fresh berries will taste to needy people coming to the food bank.

Growing pumpkins or zucchini? Cut a piece of contact paper in the shape of several hearts. Stick the hearts on your developing squash. After several weeks, remove the sticky heart. You’ll have a light colored heart imprint on the skin because the sun didn’t hit it.

Set out a variety of inexpensive artificial fruit. Have a contest to make Carmen Miranda type fruit and vegetable hats.

Celebrate With Crafts:

Your residents have probably played with Mr. Potato Head, sticking plastic eyes and ears onto a plastic head. Try making a Mr. (or Mrs.) Potato Head using real potatoes. Cut up small pieces of carrot, green peppers or zucchini. Use toothpicks to attach assorted vegetables to a baking potato. Strips of peeled apple skin make lovely ringlets. Add a bowtie by cutting a piece of jicama in the shape of two triangles, points touching. Display all the creative vegetables in the dining room.

Celebrate With Food:

Serve a meal of stir-fried vegetables with a side dish of fresh fruit salad. Ask residents if they want to participate in chopping some fruits and vegetables.

Donald Duck’s Birthday, June 9

Yes, even a duck needs to celebrate his birthday. Have a quacking-fun time with this birthday party.

Celebrate With Fun:

Who has the best Donald Duck voice in your facility? Take turns doing Donald Duck impersonations.

Have a waddle contest with some of your active residents. Set up a modified obstacle course so people have to walk around. Hold a loaf of bread between your knees. (Ducks eat bread, you know) Time each other to see who can waddle through the course in the fastest time. If the bread falls, go back to the starting line and begin again. Have spectators quack like a duck while watching the races. Sing the “Rubber Ducky” song.

Get a few yellow rubber ducks from the Dollar Store and hide them throughout the facility. Residents can find them and turn them in for a prize.

Celebrate With Crafts:

Plan a “Design a Wardrobe for Donald” contest. Give everyone a

(Continued on page 13)
Getting Started

Although “all men are created equal”, Recreation Professionals face the trials and tribulations of meeting the needs and interests of a diverse population. Traditionally there are many more women than men in health care facilities. Activity calendars often reflect an abundance of activities that are female-oriented such as crafts, cooking, domestic activities, and beauty groups, with the occasional Men’s Club making an appearance. It is extremely important to overcome this challenge and provide programming that is specially designed for the male population.

Morris Mandel once said, “No two men are alike, and both of them are happy for it.” Men, just like women, have a variety of leisure and recreational interests so it is impossible to develop a “one-size-fits-all” approach. However, the men in our health care facilities may find interest in some of the following: sports, cars, trucks, trains, boats, planes, outdoor work, building, woodworking, painting, politics, military, police, fire and rescue workers, fishing/hunting, nature and outdoors, animals, music, movies, physical games, exercise, community trips, children, board games, collections (coins, stamps, sports cards, matchbox cards, model trains, etc.) and parlor/casino games. Many of these activities need to be adapted for the individual male participant, but if we are creative we can accommodate these needs and leisure activity interests. The first place to start is with a Population Analysis. How many men reside in your facility or attend your day program? What is the percentage? Then look at your Activity Calendar and compare the percentage of female-oriented activities versus male oriented activities. Many activities, such as physical games, exercise, socials, parlor games, and music are of interest to both genders, however, chances are you are not offering enough activities that truly appeal to men.

Next, review the initial Activity Assessments of all the men to determine their leisure interests, needs, and abilities. Organize a men’s committee or council that meets once a month to discuss programming ideas, options, funding, resources, etc. Create an organized group for the men such as the MACs (Men’s Activity Council), or ask the men to come up with an official name. It could be something that just sounds good with the facility name such as the Kessler Kings, the Bayside Bulls, or the Ocean View Vikings.

The Planning Phase

With the establishment of an official men’s council or club underway, begin planning a series of activities, special events, fundraisers, and trips in accordance with the council’s ideas, and the functional abilities of the male population. Determine how often male-oriented programs should be provided. Many activities can be incorporated into the regular calendar of events with the men in mind. For example: word games, discussion groups, and trivia can easily be adapted to interest the men simply by offering various themes (Sports Hangman, Famous Men Discussion, Automobile Trivia) etc. Adapted physical games such as putting, bowling, basketball, target games, shuffleboard, and horseshoes are often of interest to the men and may be incorporated into the schedule of activities for men and women as well.

Although many regularly scheduled activities may be adapted or altered to meet the interests of the men, it is also important to have separate “men-only” activities such as the Men’s Club. Some facilities have monthly, bi-monthly, or weekly meetings. How often this program is offered is based on the unique needs and interests of the men in your facility. Have the men organize and implement fundraisers to raise money for special outings (sporting events, bowling, fishing, putting greens), equipment, special games, supplies, Men’s Club t-shirts and hats, etc. Fundraising examples include car washes, craft sales (birdhouses and other wood projects, leather crafts, etc), raffles of sporting event tickets, etc.

(Continued on page 14)

About Kimberly

Ms. Kimberly Grandal, Founder and Executive Director of Re-Creative Resources, Inc., is a strong advocate for the field of Therapeutic Recreation, with over fifteen years of experience working with the elderly in numerous administrative and consultant positions. She is an Activity Consultant Certified by the National Certification Council for Activity Professionals (NCCAP), and a Certified Therapeutic Recreation Specialist by the National Council of Therapeutic Recreation Certification.

Ms. Grandal is a recipient of the Kessler Institute of Rehabilitation 1997 Triumph of the Human Spirit Award. She is a speaker for various state and local activity associations, colleges, and community groups, and provides educational workshops and consultation to long-term care facilities.

Don’t Be Lost. Read the M.A.P!

Men’s Activity Programs in Health-Care Facilities

By Kimberly Grandal, CTRS, ACC, Executive Director

http://www.recreativeresources.com/
Laying the Foundation for Successful Intergenerational Programs
By Brenda Scott/NAAP Vice President

All activity professionals know how most elders enjoy seeing and interacting with children. However for the children this may be their first time experiencing being with individuals in wheelchairs and walkers. They may not understand that dementia causes some individuals to answer questions inappropriately or have unusual behaviors. It is our responsibility to educate the group coming to the geriatric setting. School, church, businesses, and civic organizations need orientation before visiting any geriatric setting. This article will provide information necessary for developing a comprehensive yet time limited orientation. The result will assure a mutually satisfying experience for all.

You want the visitors to be well prepared. The first thing needed is to evaluate how much preparation and orientation does the group need. How old are the visitors? Are they going to be entertaining or interacting with elders one to one? Will they be going on the wings or staying in a common area. Will this be a one-time visit or an ongoing relationship? What is the purpose of the visit? Once this is all decided you will know if you need to go to them with an orientation or simply mail information.

If you are not going to them for an orientation send ‘Guide for Visiting” to the organization in plenty of time for distribution to the members before the visitation date. It is a good idea to send a map or directions as well.

A “guide for visiting” should include the following:
- Who the contact will be, Activity Coordinator, Volunteer Coordinator, or Manager on Duty
- Best times for programming

(Continued on page 12)
unaware that anything had happened… and they’re supposed to be the thought leaders of any profession!

Wow. If these kinds of rules were advanced in any other occupation we can think of, they’d hit like an atomic bomb!

Why not in the Activities profession, we wondered? Maybe the profession knew something that we didn’t… that the CMS was just “blowing smoke” with all this stuff, and we were too naïve to see it.

Well, I finally got a chance to check all this out with the CMS regulators themselves, in person, at the recent SORIM/LTC seminar in Tampa. This stands for “Symposium on Regulatory Issues for Management in Longterm Care.” Several top regulators from CMS were there to explain all these new rules and regulations… in person.

The seminar was designed for DONs, and other managers in nursing homes, and involved explanations of a host of new CMS rules and Guidelines… in Activities, Pharmacy, Medical Director, and “Culture Change” programs, among others.

I personally asked one of the CMS regulators there “What’s going on here?… apparently, the word is out that the CMS isn’t really going to enforce these rules…. Right?”

“That’s baloney,” was the quick reply from one top regulator. They will be strongly enforced…. Congress is demanding it, they’re a basic part of the Code of Federal Regulations… and we fully intend to enforce them!

“This is a new era of “Culture Change” for the nursing home industry, and everyone better get used to it!”

And, she told me that she didn’t have any idea why there hasn’t been a bigger reaction in the Activities profession… that everyone should be taking all this very seriously, indeed.

Not only that, but regulators there told of a new computerized survey system that will eventually be instigated in all states, that will require strict enforcement of all these new rules, and will equalize surveys and enforcement among all the states.

We heard this message over and over again at this 2-day meeting… in both prepared speeches, and personal conversations. (And they even mentioned the possibilities of increased civil penalties for homes not in compliance. They’re really serious, this time!)

So, folks, unless the CMS is running one of the biggest bureaucratic con-games I’ve ever seen in my journalistic career… I think we think the times they are a-changin’!

And, as the result, we think the Activities profession could well become one of the most important in the long-term geriatrics care industry, as it will be at the center of the new culture change, quality-of-life factors that the CMS is instigating.

So:

For you associations who are already taking this seriously, and have packed, enthusiastic members at your meetings and seminars: congrats, you’re ahead of everyone else, and your members will be professionally competent and very successful in their new future.

And for you college educators who are already getting up to speed on all this… congratulations… you’re producing the ADs of the future. For those of you who are not… I think you’ll eventually become irrelevant.

For you nursing home administrators who are already incorporating many of these new guidelines and regs into your activities programming… that’s great. You’re elders must be very happy to be in a home like that! For those of you who are not doing this… and still treating your ADs and their program with a “second-class attitude” well… you may well find yourself in real danger of not surviving in the years ahead.

And to all you CMS regulators and advisors, who have had the courage and foresight to make things a whole lot better for our elders… you really have my heartfelt congratulations… and strong encouragement to “keep hanging in there!”

And who will be the greatest beneficiaries of all this? Our elders, of course, who are depending on all of us to provide the best possible quality of life for their remaining years… as a fitting reward for a long and productive “life-well-lived!”

Stay tuned! There’s much more to come!

And… guess what?… you WILL need to know how to do “effective therapeutic activities” in the future! So you can cease with all those types of emails… get used to it!

Sincerely,

Bill

Subscribe to Current Activities Today! Feature Story coming up in the July/August Issue: Get ready… “Culture Change” is on the way, and ADs will be centrally involved…

-END

National Certification Council of Activity Professionals
The NCCAP
http://www.nccap.org

Mission Statement: The National Certification Council of Activity Professionals is a credentialing body, which sets standards and criteria to ensure that those we serve have optimal life experiences.

You Don't Know What You Got Until It's Gone
By Nancy Best, ACC, CTRS
NCCAP Special Projects Trustee

In reference to a Don McLean Classic "America Pie", the infamous line "The day the music died" refers to the death of four of the 50's greatest Rock and Rollers. Buddy Holly, Ricky Valance, the Big Bopper, and Buddy Knox. My music died December 24, 2002.

Flashback to July 1976. America is celebrating its bicentennial I return to my small western PA hometown, unemployed. Thank God for parents, free rent, good food, and a roof over my head. I received a call about a job opening for Activities in our local nursing home. With my degree in Parks and Recreation, I decide to apply. I was hired as the Activity Aid at a whooping $2.40 an hour.

I have the usual jitters for my first day on the job. On my way to work I wonder what I have gotten myself into? What kind of programs can you plan for old sick people? A few months into my job I realized my residents are not any different than other people I would plan programs for. They enjoy activities tailored around their interests and needs. You just have to be creative and adapt the activities to their abilities.

My parents always taught me to treat others, as you would want to be treated." Those in my care became my extended family; their families and loved ones became my aunts, uncles, and the residents become the grandparents I never had.

I put my heart and soul into my residents, not my job. As many of you do, I put in many long hard hours. However, if someone asked to go boating, we went, a roller coaster ride, no problem!

As I grew to know and love my extended family, they grew to love me as well. They became almost my whole life. I woke in the morning for the sole purpose of caring for "my people."

Fast-forward December 2002. After 27 years, I had to make a hard decision to quit. I told no one of my decision, except my immediate supervisors. December (Continued on page 20)

Why Become NCCAP Certified?

1. Federal Law, OBRA, states that an activity department must be directed by a “qualified professional.” One of the ways to become qualified is to become a Certified Activity Professional.
2. NCCAP certification is recognized by HCFA (Health Care Financing Administration) as an organization that certifies activity professionals who work specifically with the elderly.
3. NCCAP certification assures administrators and surveyors that you have met certain professional standards to become certified.
4. Many administrators will only hire activity professionals who are already certified.
5. Some administrators offer a higher salary to a certified professional.
6. Become NCCAP certified so others will know that you are nationally qualified and giving quality activity service to residents/clients.

QUALIFICATION DESCRIPTION:

A. ACADEMIC EDUCATION May derive from a wide variety of curricula: Social Work, Recreation, Education, and Business degrees. These are a few of the educational backgrounds that represent our certified members.
B. ACTIVITY EXPERIENCE Activity work experience with elderly populations, where at least 50% are 55+ years of age. Some volunteer work with elderly clients may be applied.
C. CONTINUING EDUCATION Current education (within past 5 years):

FEES: The cost of being certified initially ranges from $45 to $65 depending upon the level. Renewal is required every two years with 20-40 hours of continuing education and a fee of $40.

For further information visit http://www.nccap.org
NAAP MEMBERSHIP...WHY NOT JOIN NAAP TODAY?

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.

(Laying the Foundation - Continued from page 9)

and/or visits and how long.
- Room set & up-decorating to include what audio/visual equipment is available.
- Food-what can they bring
- Seating at the programs
- Staff and residents coming and going-do not stop program.
- Parking as to not interfere with family member’s parking
- Name tags will be provided and worn.

When you go to them (which I highly recommend) take some tools and resources such as a brochure with pictures, a slide show or power point presentation showing elders can benefit (add in a cartoon or two), a map or written directions, guideline letter, a basic do and don’t list, things to make your visit to them fun and yet informative. I use an aging quiz that sparks discussion. I have divided my presentation into four categories.

Preschool - 4th Grade They learn by experience-being actively involved. When speaking to them get on their level-even sit in their chair and ask questions. What are old people like? Do you have great grandparents? Use sensory tools, black glasses, cotton balls in ears. Tell them about some of the people. This age group loves stories so read Wilford Gordon MacDonald Partridge or Love You Forever. You might want to use the coloring book,”A Visit a the Nursing Home” published by Positive Promotions. (if you are a long term care facility).

5th grade - Junior High
This age group is testing their independence, their hormones are kicking in, and some will be very emotional and sensitive. Some will have experiences to share. Ask then “what is old?” Show them pictures of elders being active (either your clients or pictures from magazines). Ask about broken bones and discuss what it is like to not be able to use a arm, etc). This age group likes to experience the sensory exploration as well. Stories are helpful and one I use is The Fall of Freddie the Leaf.

Senior High
Many must do community service projects for Scouts, International Baccalaureate, National Honor Society. They may choose to do a group project—be ready to give them examples and suggestions, let them feel in control and realize that you need to follow-up with them, not the teacher/sponsor. You will need to explain in more detail about the ageing process.. Talk about some of your elders to make them more interesting to the teenager, such as “we have an elder who worked for the CIA as a spy in WWII” or “one of our gentlemen played major league baseball”, talk about the history to be learned first hand. Again use the book The Fall of Freddie the Leaf and Tuesdays with Morrie.

Adults
Ask about their feelings concerning elders. Ask for personal experiences. Give them facts; discuss dementia and how to recognize it. The aging quiz is good for this age group and they will be surprised how much they don’t know. Suggest books for volunteer to read.

Books and poems can add to the orientation of all these groups. Listed below is information on those books I mentioned plus a few other that are good resources. The important thing to remember is the better prepared the group; the more meaningful the visit will be for the seniors.

POEMS
“The Little Boy and the Old Man” by Shel Silverstein
“Minnie Remembers” Donna Swanson
(There is a video)
“Occupational Therapy” Elsie Maclay
“Green Winter Celebrations of Later Life”
“When I’m A Old Women” (Warning) Jenny Joseph from the book by the same name
“If I Had My Life to Live Over” Nadine Stair from the book by the same name

BOOKS
Wilford Gordon MacDonald Partridge by Mem Fox
The Fall of Freddie the Leaf by Leo Buscaglia, Ph.D
rubber duck. Set out an assortment of fabric scraps, markers, lace, etc. Ask people to create an outfit for their duck. Have you ever seen a duck dressed in robes as a biblical character? How about a duck in a bathing suit?

Celebrate With Food:

Naturally you’ll celebrate with a birthday cake. Use blue frosting for water and place a plastic duck in the middle of the “lake.”

Flag Day
June 14

Hooray for the red, white and blue! Bring out all your flags and display them proudly in honor of Flag Day.

Celebrate With Fun:

Play John Phillip Sousa music throughout the day. Instead of walking to the dining room, encourage residents to lift their knees and “march” to their tables. Get staff marching also!

Stand in front of a flag and say the Pledge of Allegiance as a group. If appropriate, take time to pray for the President and our country.

Ask residents if they know what the colors represent on the flag. (To refresh your memory: The 13 stripes represent the 13 original colonies. The red stands for bravery, white for purity, and the blue represent justice.)

Celebrate With Crafts:

How about a Flag Day wreath? Use a white paper plate as the base for your wreath. Cut out a 4 inch hole in the center of the plate. Cut red, white and blue striped ribbon into 4” strips. Glue each end of the ribbon shut, to form “doughnuts.” Randomly glue on the ribbon doughnuts to cover the entire paper plate, forming a red, white and blue wreath.

Make some Flag Day napkin holders. Cut cardboard wrapping paper tubes into 3” sections. Use each section to make a napkin holder. Paint the cardboard section with red or blue paint. Dip the hard plastic end of a small paintbrush into a contrasting paint color. Dab the paint on the cardboard. The end of the paintbrush forms perfect polka dots. Continue dipping the paintbrush ends to create a polka dotted napkin holder. Insert red, white and blue napkins.

Celebrate With Food:

Make some patriotic flagpoles. Melt 1 cup of almond bark or white chocolate chips. Dip a pretzel log halfway in the melted chocolate. Roll immediately in red, white and blue sprinkles. Let cool before eating your flagpole.

Further contact: www.flagday.org

Pain: Relaxation and soothing activities, diversional tasks and any activity that can distract the resident from chronic pain.

Ambulation and need to improve physical functioning: Physical activities to attend; define the area of the body that will be focused on and how the activity will be adapted to allow use of the body.

ADL functioning: Physical activities that may exercise the part of the body that needs strengthening; introducing ADL sensory approach to the more cognitively impaired; inviting to grooming activities; activities that allow problem solving and decision making.

Mood and psycho-social well being: Inviting to activities that will allow interaction and development of peer relationships; inviting to activities that allow accomplishment and expression.

If you work in long term care, the guidance for F-248 (which was introduced last June 1st, 2006) offers several pages of suggestions for interventions. Copying those pages of the guidance and using them during the care planning process is recommended. Look at every problem and think how activities services can compliment the goal or assist in any small way to resolve the problem. If we can help, specifically note what will be done and how. The care planning process is a means to communicate with the interdisciplinary team. The intent of the new guidance is to generate interdisciplinary involvement in quality of life. The care plan can be a vehicle to involve the team in this new way of thinking. - END
since the Activity and Recreation Profession is a female-dominated one, it is very important to recruit male staff and volunteers to assist in providing a program of activities for the men. Since the inception of the revised CMS Activity Guidance to Surveyors in June 2006, there has been a heightened focus on providing an interdisciplinary approach to quality of life. The revised interpretive guidelines for F248 indicate that all facility staff should be involved in providing meaningful activity. This is a great opportunity to get the male staff involved. Male staff may be able to contribute by bringing in old sports magazines, tapes of sporting events, and their own collections and can assist with facilitating the Men’s Club. The maintenance personnel (male or female) can assist in woodworking projects or even take a resident “on rounds”. In addition, many men would also love to see the boiler room or workshop if accessible and safe for the residents.

Volunteer recruitment is also another way to enhance the facilities’ men’s program. There are so many local, state, and national clubs, groups, committees, etc. that can be contacted. Male volunteers may be found in churches (men in ministry programs), schools (debate club, sports, politics, wood-shop, auto-shop) universities (men’s clubs, fraternities, sports clubs), community groups (VFW, American Legion, Elks, Kiwanis, Jaycees, YMCA, Big Brothers, 4H Club, various culture-oriented clubs etc. Some national programs include the Federation of Jewish Men and the National Coalition of Free Men. Another suggestion is to contact various sports and hobbies organizations and clubs. For example, a local coin collection club or baseball card collector may be willing to show their collection and give a presentation. Many individuals who have a collection are more than happy to show off their treasures! There is a club and organization for just about anything (fishing, hunting, camping, model trains, all sports, various collections, etc.) and may have people who would be interested in providing demonstrations, educational sessions, or becoming friendly-visitors.

**Technology**

The use of arcade games, video games, and computers provide recreation professionals the tools needed to offer a large array of programs that are of particular interest to men. All types of leisure activities are now available in the form of video games and computer games such as all sports, driving a car, riding a motorcycle, jet skiing, flying a plane, casino games, etc. Technology has really made it more accessible for individuals with varying degrees of physical and cognitive abilities to engage in their favorite past times. It’s Never 2 Late is a company that offers state-of-the-art computer systems for health-care facilities throughout America. Their computers, adaptive devices, specially-designed programs, and technical support, are ideal for men and women in health care facilities. The facility can customize services to match the uniqueness of each individual. As demonstrated in the pictures to the left, the men are engaged in familiar and fun activities such as flying a plane and driving a car. For more information visit It’s Never 2 Late.

**Therapeutic Environments**

Creating an environment that is conducive to men is an innovative way to increase the quality of life of the men in health care facilities. There is a great article by Keith Bettany from the Alzheimer’s Association in Australia, entitled “Blokes and Sheds: Meaningful Activities for Men with Dementia in Aged Care Facilities”. This article discusses the importance of sheds for the male population and how many men enjoy “tinkering” with the tools and equipment in a shed. The article gives ideas on how to build a shed or create a “shed area” in your facility.

Another example of a male-oriented environment can be found in the Masonic Health Care Center in Michigan. The Masonic Health Care Center created Memory Lane, a series of open-ended rooms (bedroom, kitchen, living room, back/front porches, bathroom, and attic) in a long corridor. These “rooms” are representative of a 1930’s-1950’s home. Two areas of particular interest to men include a vintage Chevy truck that is literally “sticking out of the garage” and an attic area. Residents are able to get into the truck and sit behind the wheel, promoting reminiscence, range of motion and familiarity. The attic area is overflowing with vintage knick-knacks and ideal for residents who enjoy rummaging. These “rooms” demonstrate that if we think outside the box, we can create an atmosphere that promotes quality of life for everyone, especially the men. For more information visit Masonic Pathways and Time travel to the ’40s-Not-for-Profit Report

There are many other environmental techniques that can be implemented as well such as:

Create shadow boxes filled with familiar objects such as tools, fishing gear, camping gear, woodworking, electrical, plumbing etc. and display in various locations or in the resident rooms. Purchase (or build) interactive boards that have latches, doorknobs, faucets, nuts/bolts, pipes, etc. These can be displayed on portable boards or on walls, especially on a dementia unit. Assess the male resident’s room for personalization and stimulation. Display personal items via shad-
Cognitively Impaired Activities for the men and staff. Recruit volunteers, family members, and money, therefore it is important to require extensive planning, assistance, course, dining out. Community outings going to a movie or concert, and of organization such as the American Legion, playing pool, going to an arcade, a put-ting green, fishing, joining an organiza-tion such as the American Legion, going to a movie or concert, and of course, dining out. Community outings require extensive planning, assistance, and money, therefore it is important to recruit volunteers, family members, and staff.

Community Outings

Many residents, both men and women, of all levels of functional abilities, enjoy being out in the community. Outings can be costly for Recreation Departments, but with fundraisers and innovative strategies, the men can enjoy engaging in events and activities that occur in the community. As mentioned earlier, fundraising plays an important role in taking trips to the community. Engage the male residents in a series of fundraisers specially designed for male-bonding outings.

Although going to professional sporting events is ideal, it is not always an option for the facility. To increase outings to sporting events, recreation professionals may wish to contact the town recreation center, schools, and colleges to find out about local sporting events. Attending a minor league baseball game can be just as much fun, but a lot less expensive for everyone involved. Some facilities are located near a field or school and may have the option of wheeling the residents to a game as well. These local sporting events are free and require less transporting, travel, and time. The men may also enjoy bowling, playing pool, going to an arcade, a putting green, fishing, joining an organization such as the American Legion, going to a movie or concert, and of course, dining out. Community outings require extensive planning, assistance, and money, therefore it is important to recruit volunteers, family members, and staff.

Activities for the Cognitively Impaired

Providing activities for individuals with cognitive impairment is also challenging for Recreation Professionals, especially for the men. Activities must be individualized and adapted so that the male resident can participate at their highest level of ability. Recreation Professionals often ask: How can I take a male resident fishing or hunting? This is where the creativity and clinical knowledge comes into play.

As mentioned earlier, various shadow-boxes and interactive boards may be utilized for an individual with cognitive impairment. These boards and boxes would be reflective of an individual’s interests, affiliations and occupation. The facility can make these products or purchase them through a variety of manufacturers.

Memory or sensory boxes are also a great way to provide quality of life and person-appropriate activities for the male residents. There are numerous male-oriented kits available on the market or facilities can create their own individualized kits simply by requesting items and information from the resident’s family and friends. These homemade boxes should be unique to each individual. Items in a memory box may include: nostalgic photos, family photos, awards and honors, memorabilia, reminiscence questions, etc. A sensory box may include similar items as the memory box, but usually is geared toward stimulating all six senses. Such items may include:

- Olfactory-coligne, shoe polish, shaving cream, woodchips (cedar, hickory, mesquite) etc.
- Tactile-sandpaper, necktie, pocket watch, comb, work gloves, paintbrush, etc.
- Auditory-marching or military music or favorite genre, sounds of nature/animals, etc.
- Visual-nostalgic and family photos, personal memorabilia, etc.
- Gustatory-various food and drinks in accordance with the resident’s diet

Kinesthetic-simple jigsaw puzzles, variety of balls, jigsaw puzzles, blocks of wood for sanding, etc.

There are other types of kits the facility can create (especially with the help from male staff, family and volunteers). Kits and boxes can be made for any type of hobby or occupation. Please remember to create boxes that are safe for the residents! Some examples include:

- Tool Box-fill a plastic tool box with items such as a paintbrush, tape measurer, large nuts/bolts, sandpaper, leveler, etc.
- Backpack-fill a backpack with camping/hiking gear such as a mess kit, canteen, compass, flashlight, binoculars, etc.
- Tackle Box-fill a plastic tackle box with items such as fishing lures, reels, small rod, bobbers, etc. (remove all hooks)
- Cooler-fill a small cooler with sporting event items such as: water bottle, binoculars, pictures of sports teams, sunglasses, vintage beer ads, baseball cap, a variety of small, soft sports balls (soccer ball, baseball, basketball, hockey puck, etc.).
- The Feel and Describe Box-find a medium-sized cardboard box. Cut a hole (large enough for a hand to easily fit through). Paint or cover the box with contact paper (preferably paper with a wood-style). Fill the box with a variety of items such as those listed above. Have the men reach in and describe what they are feeling.

Other Activities of Interest

The following is a list of other activities men may enjoy:

- Table games (cards, dominoes, backgammon, checkers)
- Socials, parties, happy hour, spe-
cial events
Movies (Westerns, comedies, war movies, mysteries)
Humor activities
Political debates and discussions
Reminiscence of war times or military
Men’s health educational programs
(Men’s Health Week is June 11-17, 2007)
Ping pong and billiards
Competitions
Cognitive Games
Leather crafts, soap sculptures, men’s magazine scavenger hunt
Polishing shoes
Barbeques
Going to the Barber
Fantasy football and baseball, etc.
Comic Books
Leisure Education (learn new skill such as rope tying, how to play Chess, etc)

In conclusion

It is important for Recreation Professionals to identify the needs and interests of the male population and to formulate an activities component in the comprehensive care plan. Take advantage of those products out there that can help enhance programming and recruit as many male volunteers, family members, and staff as possible. There are so many activities that can be provided for the men in health care facilities. Many of the activities discussed in this article can be adapted to suit the various cognitive and physical abilities of the resident. Such examples include:

The fisherman may enjoy watching a fishing video, tinkering with a tackle box, playing a game of Monopoly Bass Fishing, or looking at the fish tank
The hunter/outdoorsman may enjoy watching the birds, listening to the sounds of nature, sifting through a Field and Stream magazine, investigating the backpack, or the aroma of pine.
The sports fan may enjoy adapted physical games such as bowling and basketball, watching sports on TV., trips to a game, playing a soccer video game, or looking up at the Yankee’s Mobile hanging above his bed
The trucks and car lover may enjoy remote controlled cars, watching auto racing, joining an on-line car club, going to a car show, sitting behind the wheel of a It’s Never 2 Late computer game, or doing a car puzzle.
The handyman may enjoy fiddling with wood blocks, helping the maintenance department in hanging a picture, sorting through an array of nuts and bolt in the toolbox, creating a pipe sculpture, building a model airplane, etc.
The business man may enjoy county fake money, organizing receipts, punching numbers on a calculator, balancing a checkbook, monitoring the stock market or reading the New York Times.

So, don’t be lost and afraid to ask for directions. Take out the M.A.P. and develop activities that are truly in the best interest of the men!

For more men’s programming ideas, resources, and links please visit www.recreativeresources.com/programming-mens-activity.htm.

References


ACTIVITY DIRECTOR NOVELTIES

Featuring all kinds of apparel for Activity Directors and their associates. All designs are original and cannot be found on any other website. For a list of products and many more designs visit the on-line store at http://www.cafepress.com/adnov

WARNING!!!

THIS IS CARE PLAN DAY
DO NOT DISTURB
The ACTIVITY DIRECTOR*
*I PROMISE...THEY WILL NEVER FIND the BODY!

(Love Ya’ With All My Heart)
Monthly Events

Summer Month
Adopt-A-Shelter-Cat-Month
Audiobook Month
American Rivers Month
Cancer in the Sun Month
Candy Month
Fight the Filthy Fly Month
Fireworks Safety Month
Flag Month
Gay and Lesbian Book Month
Gay Pride Month
National Accordion Awareness Month
National Aphasia Awareness Month
National Dairy Month
National Dream Work Month
National Firework Safety Month
National Fresh Fruit & Vegetable Month
National Iced Tea Month
National Patriots Month
National Pest Control Month
National Rose Month
National Safety Month
National Scleroderma Awareness Month
Own Your Share of America Month
Recycling Month
Seafood Month
Send A Rose Month
Turkey Lover's Month
Vision Research Month
Zoo and Aquarium Month

FAMOUS WEEKS

Week 1
National Aphasia Awareness Week
National Fishing Week
National Headache Awareness Week

Week 2
Nursing Assistants Day & Week
National Bathroom Reading Week
National Clay Week

Week 3
(No Listings)

Week 4
National Camping Week
Eye Safety Awareness Week
Helen Keller Deaf-Blind Awareness Week
National Sobriety Checkpoint Week
Clipart for the Month
(You Don’t Know - Continued from page 11)

24, 2002, I walked away from my family.

My music died.

I enjoy renewing old friendships and making new ones at each conference I am able to attend. It reminds me of what I once had and have not been able to gain, living in such a small town with no other near by facilities.

I still see families of residents whom I cared for. They continue to thank me for the love and care I provided them in their loved ones last years. I remember the days when I had a purpose, when I had a reason to wake up everyday. Then the light fades and I return to the real world.

I have a job - actually four, but not with the people I love to care for, "my people."

I write this account not for sympathy or pity, but rather to explain what a wonderful opportunity we have to work in activities. It's not simply a job; truly it's a privilege. So next time you are stressed out and wonder "is it all worth it? Do I really make a difference?" The answer is yes. Don't let your "music die." - END

What Is A Dad?

A Dad is a person who is loving and kind, and often he knows what you have on your mind.

He's someone who listens, suggests, and defends ~
A dad can be one of your very best friends!

He's proud of your triumphs, but when things go wrong, A dad can be patient and helpful and strong.

In all that you do, a dad's love plays a part ~ There's always a place for him deep in your heart.

And each year that passes, you're even more glad, More grateful and proud just to call him your dad!

Thank you, Dad ... for listening and caring, for giving and sharing, but, especially, for just being you!

Happy Father's Day

Author Unknown

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Activity Director Monthly

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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, pre-sort 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.
World War II Veterans Connect Via Online Database

(ARA) - They call it six degrees of separation, but in this case, it was only two degrees. Jim O'Donnell came to work at the United States Navy Memorial in Washington, D.C., as he had for more than 10 years. As usual, he expected to help visitors with their various questions about the Navy Memorial and The Navy Log, the National Registry of Sea Service. The gentleman who approached him that day did not appear to be any different; Henry K. Bowers wanted help in finding the record of his Navy service in The Navy Log. What was curious to O'Donnell is that a portfolio Bowers carried with him contained a reference to the Liberty Ship SS Charles Morgan.

O'Donnell's father-in-law, James R. Conners, Sr., served as the Assistant Engineering Officer aboard the SS Morgan and survived the sinking of the ship. In the wake of the Normandy invasion, the SS Morgan was struck by a 500-pound bomb and a fatal fire ensued. The crew was forced to abandon the ship and her stern settled on the bottom of the ocean in 10 minutes. Then-Electrician's Mate 2nd Class Bowers was part of the boarding party from LCT (5) 474 that volunteered to come aboard and attempt to extinguish the fire and evacuate the crew.

"When I asked Henry [Bowers] for more details, he showed me photos he took -- with a Brownie camera -- of the Charles Morgan as she sank," O'Donnell recounts. "Further, the man he saw in the SS Morgan's engine room was an Assistant Engineering Officer of the build and appearance of my father-in-law." Conners had been a fire captain in his hometown of Everett, Mass., so his firefighting skills came in handy that day.

News of the sinking of the SS Morgan reached Navy Ensign O'Donnell, who at the time was the Officer-in-Charge of LCT (6) 1111 in the Marianas Islands' vicinity of the Pacific Ocean. The tragedy prompted him to write to his high school sweetheart, Captain Conners' daughter Jeanne -- to find out if her father had survived. He had. She wrote back to O'Donnell and their teenage romance blossomed into a marriage proposal. Jim and Jeanne O'Donnell just celebrated (Continued on page 2)
their 55th wedding anniversary, they just attended their first reunion of WWII LCT Flotillas in Baton Rouge, La., on April 19, 2007, and they will be celebrating Father's Day with their family. O'Donnell is still amazed at the small-world stories he encounters in his work at the Navy Memorial and The Navy Log.

As our nation continues to lose the aging World War II generation of veterans and as our Vietnam-era veterans start to retire and age, their stories of service and sacrifice are timeless. The impact their military service had on their personal lives, just like O'Donnell's and Bowers', is immeasurable. As Father's Day fast approaches, don't forget to give the veterans in your life -- your father, grandfather, brother, uncle, son, grandson or boyfriend -- a gift that lasts in perpetuity. Preserve their record of service for posterity by logging into...

www.navymemorial.org. The United States Navy Memorial offers Sea Service veterans (Navy, Marine Corps, Coast Guard and the Merchant Marine) the opportunity to register themselves or their family and friends in this free database -- which is then available to the general public forever.

* Do Your Kegel Exercises

As women age, their pelvic floor muscles start to weaken. Being pregnant and giving birth are also often contributing factors.

Performing Kegel exercises on a regular basis is one of the best ways to minimize stress incontinence because it strengthens the muscles that control urine flow and helps support abdominal organs.

To find the specific muscles, target the ones you would use to stop the flow of urine. Pull in or squeeze these muscles, holding for 10 seconds. Take a 10 second rest, and repeat.

Since this exercise is so discreet, do your Kegels whenever you get the chance -- sitting at a traffic light or watching your favorite show -- you can do them anywhere without anyone knowing. Ask your doctor or nurse for more information on how to do them correctly.

* Wearable Options

While people with severe incontinence issues have both disposable and apparel options to choose from, until recently, only the disposable panty-liner addressed the much more common issue of mild stress incontinence.

myLACYS provides a comfortable, environmentally friendly alternative for the millions of women who deal with minor leaking issues on a regular basis. The innovative women's underwear has a thin and discreet pad built into the garment and features an outer layer made from a moisture barrier fabric which protect the wearer's clothing from minor leaks.

Carol Barge, inventor of myLACYS, explains that mild stress incontinence is a very common issue that women deal with.

"In the market studies and extensive
I'M A SENIOR CITIZEN
And proud of it!

- I'm the life of the party... even when it lasts until 8 p.m.
- I'm very good at opening child-proof caps with a hammer.
- I'm usually interested in going home before I get to where I am going.
- I'm good on a trip for at least an hour without my aspirin, beano, and antacid.
- I'm the first one to find the bathroom wherever I go.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time because I can't hear a word you're saying.
- I'm very good at telling stories. Over and over and over and over.
- I'm aware that other people's grandchildren are not as bright as mine.
- I'm so cared for - long term care, eye care, private care, dental care.
- I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians.
- I'm positive I did housework correctly before my mate retired.
- I'm sure everything I can't find is in a secure place.

(Continued from page 2)

research we completed during the R&D phase of product development, we found that even though most women don't like to talk about it, minor leaking issues do happen, they can happen somewhat often, and it's much more common than anyone would expect," she says. "But people should also realize that it's normal -- it doesn't have to discourage women from feeling healthy, active and confident in going about their daily lives."

Information on myLACYS and Carol Barge can be found at www.mylacys.com.

* Adjust Your Diet
While you shouldn't decrease your daily intake of water, drinking an excessive amount of caffeine each day can contribute to mild stress incontinence. Try to cut down on alcohol, coffee, soft drinks and other diuretic beverages. Adding more fiber to your diet can also help.

* Maintain Your Overall Health and Fitness
The same advice goes with almost everything you hear about keeping healthy as you age, and helping to minimize stress incontinence is no exception to the rule. Women who keep in shape and maintain a healthy weight may be less likely to experience the issue, since excess weight can put pressure on the bladder.

Furthermore, women who smoke are also more apt to experience leaking because of constant coughing. Kicking the habit will lead you toward a healthier life overall.

Courtesy of ARA Content
When I was …

- Four years old: My daddy can do anything.
- Five years old: My daddy knows a whole lot.
- Six years old: My dad is smarter than your dad.
- Eight years old: My dad doesn't know exactly everything.
- Ten years old: In the olden days, when my dad grew up, things were sure different.
- Twelve years old: Oh, well, naturally, Dad doesn't know anything about that. He is too old to remember his childhood.
- Fourteen years old: Don't pay any attention to my dad. He is so old-fashioned.
- Twenty-one years old: Him? My Lord, he's hopelessly out of date.
- Twenty-five years old: Dad knows about it, but then he should, because he has been around so long.
- Thirty years old: Maybe we should ask Dad what he thinks. After all, he's had a lot of experience.
- Thirty-five years old: I'm not doing a single thing until I talk to Dad.
- Forty years old: I wonder how Dad would have handled it. He was so wise.
- Fifty years old: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

Author Unknown