Licensed Practical Nurses Week  
(Last Week in September)

Licensed Practical Nurses (LPNs) are a vital part of the health care system and participate in a variety of different work settings. They perform duties that may include giving injections, taking vital signs, performing basic diagnostic tests, observing patients, dressing wounds, and administering medication. They also assist patients in daily living activities such as eating, dressing, exercising, and bathing. LPNs usually work under the supervision of registered nurses, physicians, and/or dentists. Additional training is available to allow LPNs to care for patients in specialized areas such as pediatrics, surgery/recovery, obstetrics, and psychiatry. Licensed practical nurses are often responsible for observing patients, recording their reactions to medications and treatments, and reporting the results to the registered nurse or physician in charge. Individuals interested in becoming a licensed practical nurse should be intelligent, tactful, caring, and possess good judgment. These skills, along with good health and physical stamina, are very important in this line of work. LPNs should also have a sincere interest in people and be able to maintain good interpersonal relationships with them.

**Work Environment:**
Licensed Practical Nurses work in various health care facilities that include hospitals, nursing homes, dental offices, mental health institutions, private homes, community health clinics, and public health departments.

**High School Preparation:**
Individuals interested in a career as a licensed practical nurse should take high school courses in biology, chemistry, algebra, psychology, emergency medical technology, first aid, physical education, foods and nutrition, child growth and development, health occupations/medical professions, computer skills, English, geometry, and history.

**College Requirements:**
Students entering a practical nursing program must have a high school diploma or the equivalent. An applicant must complete an accredited program and pass the National Council Licensure Examination for licensed practical nurses. Programs include classroom as well as supervised clinical practice in patient care. Individuals interested in becoming a licensed practical nurse should contact schools for information on admission and course of study.

**Career Outlook:**
Employment opportunities for licensed practical nurses are expected to be excellent in the years to come. There is an expected growth of 10%-20% through the year 2010 for this area of nursing. Nursing schools are graduating far more LPNs than they have in the past in order to keep up with the demand in the job market. As with most other professions, the need to replace current employees will continue to be the main source of job openings. The growing elderly population, which requires more care from trained personnel, and the general growth of health care will also cause this job market to expand. Another area of exceptional growth for LPNs will be in nursing homes. Long-term care of elderly patients will be an increasing concern to the nation's health care system.
Linda’s Notes

Dear Reader,

Thank you for visiting our website and reading/downloading Activity Director Today e-magazine. Bob puts in endless hours updating the website and preparing this free magazine for Activity Professionals like you. He does 90% of the work. I just advise him concerning activity department functioning.

Would you like to know a few little secrets? Bob and I are both retired, and we have no staff but ourselves. We set up a small bedroom in our apartment as an office. The entire website and e-magazine are written and published from there. Also, we do not make money from the site or from the e-magazine. Not a penny. It is all done out-of-pocket. (Of course, donations are always welcomed. We can use the help.)

Our pay is your use of the site. And your positive comments keep us going. You have made Activity Director Today the Internet’s largest free site for Activity Professionals. We thank you from the bottom of our hearts.

Best wishes,

Linda Lucas:
Linda is the owner of Activity Director Today website. She has been an Activity Professional since 1983.

Readers may contact Linda at: admin@theactivitydirectorsoffice.com

Activities You Can Do

By Linda Lucas, AD, Site Owner: Activity Director Today
http://www.theactivitydirectorsoffice.com

September is Apple Month

These are simple cooking club activities that can be done by the ladies and/or the men. Here are four simple recipes for you to try:

Easy Make an Apple Pie

Ingredients:
• one refrigerator biscuit per resident (or more if you like).
• a can of apple pie filling
• cinnamon
• sugar

Directions:
• Have each member press out their biscuit.
• Take one apple from the filling and place to one side.
• Sprinkle cinnamon and sugar over the apple.
• Fold in half.
• Sprinkle cinnamon and sugar over the top.
• Bake according to the biscuit package and enjoy.

Iced Apple Tea

Ingredients:
• 3 cups apple juice or cider
• 3 cups boiling water
• 6 tea bags
• 1/3 cup honey
• 1 tsp. allspice
• Apple slices, cut in circles, to garnish (optional)

Directions:
• Add tea bags to boiling water. Let stand 15 minutes.
• Remove and add allspice, honey and apple juice.
• Simmer over low heat until honey is blended, about one minute. Chill.
• Serve over ice with lemon slices.
• Prep time: 40 minutes
Recipe courtesy of US Apple Association

Harvest Apple Cheese Platter

Ingredients:
• Golden Delicious apples
• Granny Smith apples
• Red Delicious apples
• Choice of assorted cheeses: Cheddar, Blue, Brie, Edam, or Swiss

Directions:
• Arrange apples and cheeses on an attractive cheese board or platter. Set out apple cutters, if desired, and cheese knives.
• To serve, cut apples in wedges and serve with choice of cheese.

Easy Baked Apples

Ingredients:
• 2 Jonagold or Golden Delicious apples, cored
• 4 tablespoons favorite fruit preserves
• 2 tablespoons apple juice or water

Directions:
• Peel top 1/3 of apples; arrange, peeled end up, in microwave-safe baking dish; fill centers with preserves.
• Pour juice in bottom of baking dish; cover with vented plastic wrap. Microwave on high (100 percent) 5 to 6 minutes or until apples are tender.
The History of Labor Day

Labor Day: How it Came About; What it Means

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances.

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Themed Scrabble

Up to four persons with early to middle dementia

Benefits:
- Helps maintain cognitive skills
- Enhances social interaction
- Promotes communication

Materials needed:
- A set of cards (approximately 3"x3"), each one with a letter written on it. Cards can be in a variety of different colors, or all of the same color.
- Pens and paper for all participants.

Steps to follow:
Invite participants to choose a theme for the game (e.g., seasons, colors, holidays, persons’ names, etc.).

Start the game with the longest word related to the chosen theme, and invite participants to build out from it, connecting other words.

Write down all the words, and at the end of the game, encourage the elders to use them to create a poem.

This activity can be extended by having a person read the poem aloud and then encouraging participants to share memories and feelings elicited by the reading. You may want to stimulate the elder’s memory by asking questions like:
- How does the reading make you feel? [Happy, joyful, relaxed, hopeful?]
- Does it bring back memories of a person or event in particular?
- Can you describe this person/event?

Notes:
Arrange for volunteers to read letters and words for residents who have poor eyesight, so that they, too, can enjoy participating in the game.

A growing body of evidence shows that engaging in leisure mental activities—including Scrabble, checkers, and chess—helps preserve cognitive functions longer and improves the overall quality of life of older adults suffering from dementia.

For more activities such as this, check out Research-Based Person-Centered Therapeutic Activities, by Lorena Tonarelli, M.Sc. Sold at www.care4elders.com.

Want more Alzheimer Activities? Subscribe to Current Activities today and download them from Activity-Pro!
Episodic Entries for the Activity Professional
By Debbie Hommel, ACC, CTRS

In last month’s article, routine progress notes were discussed. In addition to regular entries documenting progress toward care plan interventions, the activity professional may need to enter episodic entries. Episodic entries are also known as focused charting, clinical notes or incident charting, depending your facility policy and protocol. In all cases, such notes are entered in response to something that occurs in between the time frames for routine progress note charting. In nursing homes, episodic charting substantiates changes to section N of the MDS, for quarterly reviews and necessary changes to the care plan. To arrive at the care plan meeting, with significant changes to the MDS noted without any substantiating documentation is not good practice. Additionally, episodic charting shows progress (positive or negative) toward defined problems (behavior, response levels, and health issues) as they occur throughout the quarter.

One big question is when should I document an episodic note? The following is a listing of suggested incidences to consider for episodic notes:

- Demonstration of unusual or out of the ordinary behavior, difficult or negative behavior which may not be part of the typical nature of resident. On the other side of the coin, a ceasing of a particular behavior which is the “norm” for resident should also be noted. Any change in behavior that is noticeable should be documented. Chances are the nurse is documenting such changes. However, in terms of behavior management, the more documentation that is noted, the better and the activity professional can offer significant information regarding the success or lack of success of non-pharmacological interventions and responses.

- Significant responses to a targeted intervention should be noted, as relevant. A resident who doesn’t respond to sensory approaches or suddenly responds to a cue is significant. A resident remains awake through a program when generally they generally sleep is significant. Being able to complete a task, when they were never able to complete a task or focus on a task is significant.

- Negative responses to targeted interventions should be noted. When the activity professional’s efforts to engage the resident in the written interventions are met with consistent refusal, and obvious negative responses, there should be some documentation. When the resident usually attends or pursues activities and suddenly stops or becomes reluctant, that should be noted. To wait until the quarterly note is due, to document refusals or difficult responses is not good practice.

- When providing some sort of diversion or approach previously requested or noted in the care plan, it should be noted that it was provided and the initial response. Specific cases may include noting that a cassette player was requested from the family and was provided; a special craft project was found for the resident and provided; specific 1-1 activities were requested or defined and provided; and any specific interventions for a behavior.

- Any aggressive act or encounter in an activity or during a 1-1 visit should also be noted.

Another question that comes up is...

- What should I include in the note?

- Define the incident or episode; describe what actions, responses and behaviors occurred.

- Include when and where the incident, episode or behavior occurred.

- Include what you found on the scene, if you were first to arrive to the incident.

- Describe what care was provided to the resident, upon arrival to the scene and after the incident occurred.

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ABOUT DEBBIE
Debbie Hommel is a Certified Activity Consultant on State and National level, with over twenty-seven years of experience in providing direct care and consultation to long term care, medical day care, assisted living, and ICF/MR facilities throughout New Jersey, New York, Maryland, and Pennsylvania. She is an experienced trainer and workshop presenter, conducting a variety of seminars throughout the Tri-State area for the Activity Professional, Administrator, and allied healthcare professional. She is ACC certified through the NCCAP.
Seasonal and Themed Ideas Are a Better Way To Plan Calendars

By Sandra Stimson CALA, ADC, CDP
Alternative Solutions in Long Term Care
http://www.activitytherapy.com

The most important aspect of the Activity Directors job is planning and implementing a calendar. It is important to know your residents through a population analysis. Once you know your population, the next task is to plan your calendar. Many directors have gotten into the habit of planning and printing their calendars by the 15th of the month. If the calendar is due September 1st, many directors have their calendars completed by August 15th. But what is the best way to plan a calendar?

The Director should be sitting down with the staff a good 45 days out to begin the planning process. Waiting till the last minute is very stressful. The director should provide to her staff the calendar, Creative Forecasting, activities to be included and a theme for the month. Ask your staff to come prepared with three ideas each for crafts, cooking, and discussions and one idea for a special event. Involve the resident council and activity planning committee in providing ideas and themes.

The best way to get everyone thinking about ideas is to provide a theme for the month that is related to the season. It makes planning the calendar a lot easier when you have a theme. Ideas for themes are endless and with many opportunities to expand your calendar and try new ideas. Once you have come up with a theme for the month, you can build your programs such as cooking, crafts, trivia, discussions, speakers, trips, movies and special events around the theme. The director should take the time to go on the internet and look for ideas to present to the staff.

A good example is February. The theme for February might be Love & Romance. The theme name should be placed on the top of the calendar. You could kick off the month with a planned proposal. Cooking ideas might be decorating a wedding cake and preparing hors d'oeuvres served at a reception. Crafts might include making decorations for a wedding. A horticulture idea might be to make wedding bouquets. The special events could be a bridal shower complete with gifts, a bachelor party, a formal wedding and reception. The entertainer could play the traditional songs played at weddings. You can make the wedding really interesting by having a wedding that honors another culture. Often times a resident, staff member or volunteer will renew their vows. You might even find someone who cannot afford a wedding and would be thrilled to have it at your facility.

Discussions might include “Where were you married, Where did you go on your honeymoon, What did your wedding cost, How did you meet your husband and Tips for the Bride”. You could have a wedding bulleted board and ask staff and residents to bring in their wedding photos. A trivia game could be famous couples. You can rent movies about famous weddings such as Princess Dianna and funny wedding bloopers. You could invite speakers from a travel agency on honey moon destinations, a hair salon to show different hair styles and an owner of a local wedding store to host a fashion show. You could

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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.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, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.
"Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life." ~Henry L. Doherty

Class Acts: A+ Educational Activities for the Elderly in Healthcare Facilities
By Kimberly Grandal BA, CTRS, ACC Executive Director, Re-Creative Resources, Inc

Introduction
Whoever said “You can’t teach an old dog new tricks” certainly wasn’t referring to the elderly of today. Many elderly individuals demonstrate great interest and ability to learn new information. Aging should not be seen as purely a time of decreased abilities but rather as an opportunity for growth, increased wisdom, and the attainment of new skills.

Recreation programs in healthcare facilities offer a diverse program of activities and that should include educational opportunities. Educational programs can range from out-of-facility classes, to less formal learning activities and may be beneficial to residents regardless of their age, gender, ethnicity, physical abilities, and even, cognitive status.

Benefits and Purpose
Mortimer Adler said, “The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.” Educational programs are designed to offer residents an opportunity to learn something new whether it is a fact, an idea, information, or a skill. These types of programs greatly enhance self-esteem, motivation, and independence, as well as offer opportunity for cognitive stimulation and socialization.

Many individuals that enter a long term care or other healthcare facility have not been exposed to a vast array of ideas, cultures, beliefs, technology, etc. and may feel alienated. Offering classes to increase their knowledge or learn new skills can be enlightening and rewarding for the student and the teacher as well!

Learning Environment
Educational opportunities may occur in numerous ways and in various places. Sessions may be offered on a one to one basis or in a group setting. They may be formal and planned or provided spontaneously. Educational opportunities may also be provided in an out-of-facility classroom such as at a county or state school/university, or in a community center. In any case, it is important to create or provide an environment that is conducive to learning. The Aguirre Institute, November, 2000 suggests the following classroom characteristics:

- Good acoustics (easy to hear conversation)
- Sufficient table space for writing
- Sufficient space for wheelchairs, canes, and walkers
- Adequate heating and cooling system
- Non-slip stairs and floors
- Chairs that provide needed back support and that students of different physical sizes can sit in comfortably
- Short distance to accessible bathrooms

Learning Barriers and Adaptations
There are many barriers recreation professionals, “teachers”, may have to overcome before an elderly person has a successful learning experience. Many of the adaptations utilized for traditional recreational programming can be utilized for the elderly learner as well.

The most obvious of these barriers are the physical changes that often occur as we age. Individuals with hearing or vision loss, decreased mobility, motor coordination, and so on, will need their learning experience adapted. For those with visual impairments, utilize large print materials with appropriate thickness, simple styles, and contrasting colors such as black on white; speak slowly, repeat main points and paraphrase; utilize verbal and physical cues; provide bright, non-glare lighting; and utilize other forms of sensory such as touch, sound and smell.

For individuals with hearing impairments it is important to maintain an environment that has the least amount of outside noise and distractions as possible. The facilitator or “teacher” should speak slowly and clearly, facing the learner; speak normally and be cautious not to shout; and use ges-

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The NAAP
National Association of Activity Professionals
“Founded by Activity Professionals for Activity Professional”
http://www.thenaap.com

Mission Statement: To provide excellence in support services to activity professionals through education, advocacy, technical assistance, promotion of standards, fostering of research, and peer and industry relations

SKILL'S FAIR
by Mae Petty

A great way to get to know what every department in the facility does is to have a Skill's Fair. All of the departments design a booth and display everything that they do. It can become a lot of fun and there can be a prize for the best booth. You can also have a theme so everyone can use their imagination to see how well they can decorate but still educate. The theme we used was red, white, and blue. It was held on Monday and Tuesday from 1:00 p.m. to 4:00 p.m. This is a great way to get everyone inserviced by having everyone that visits your booth sign a sheet that you have inserviced them on what you do. All of the sheets can be placed in a booklet and given to the State Surveyors when they are doing your survey. You can also invite other vendors to set up booths in your facility like Hospice, Home Health, Alzheimer's, etc. We are a seventy-eight bed facility and had around thirty booths.

For the activity booth, staying with the theme of red, white, and blue, I placed a sky background on the wall, a blue tablecloth on the table for a se look, and red, white and blue stars hanging from the ceiling with physical, mental, spiritual, etc.

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NAAP MEMBERSHIP
WHY NOT JOIN 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.

About NAAP

Founded by Activity Professionals for Activity Professionals...NAAP is the only national group that represents activity professionals in geriatric settings exclusively. NAAP serves as a catalyst for both professional and personal growth and has come to be recognized by government officials as the voice of the activity profession on national issues concerning long-term care facilities, retirement living, assisted living, adult day services, and senior citizen centers. NAAP is nationwide in scope with a growing membership in Canada and Bermuda. The National Association of Activity Professionals recognizes the following values: The quality of life of the client/resident/participant/patient served is the primary reason for our services. The strength of NAAP lies in the diversity of its members. NAAP recognizes the rich cultural, and educational backgrounds of its members and values the variety of resources represented. The strength of NAAP also lies in the development and promotion of scientific research which further defines and supports the activity profession. NAAP values the development and maintenance of coalitions with organizations whose mission is similar to that of NAAP's for the purposes of advocacy, research, education, and promotion of activity services and activity professionals. NAAP values members who become involved at the state and national level to promote professional standards as well as encourage employers to recognize them as professionals. NAAP affords Activity Professionals across the country the opportunity to speak with a common voice...NAAP successfully worked with members of Congress to secure a change in the nursing home reform title of the 1987 Omnibus Budget Reconciliation Act (OBRA). Through our efforts, it became mandatory that an activity program, directed by a qualified professional, be provided in every nursing home that receives Medicare and/or Medicaid funds. NAAP was the only professional activity association to participate in HCFA's workgroups that revised OBRA's interpretive guidelines now in effect. NAAP provides assistance at the state level to promote certification of activity professionals, working toward uniform professional standards for activity practice.
The NCCAP
National Certification Council
of Activity Professionals
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.

Continuing Education...
Clock Hours, where to find them
Kathy Hughes, ADC, NCCAP President

Many people struggle to get their clock hours for their NCCAP renewal on a regular basis. Here are some ideas that will make that struggle a little less stressful.

**#1.** Find your state activities association. Each year state activities associations hold annual conferences, either in the spring or fall. Some hold two conferences. They are a great resource for getting those clock hours on a regular basis. You can use the [www.nccap.org](http://www.nccap.org) website and find the NCCAP State Rep who will let you know about their upcoming conferences. Also listed are the various state activities association links to go directly to their websites. Most state associations have enough hours available for you to get everything that you need. Also keep in mind that if you write an article that is 400-600 words in length, about activities and have it published in your state association newsletter, well that would count for one hour of continuing education.

**#2.** Find a community continuing education opportunity. The [www.nccap.org](http://www.nccap.org) website has a “Sample Certificate” posted under the “Downloads and Requests” link from the homepage that you can copy off and use for those opportunities that fall within the NCCAP Body of Knowledge. A computer course at your local high school, a craft class at a local craft store, as well as your local library has many continuing education opportunities. Even your local Toastmasters (toastmasters.org) group has workshops on management subjects and there is one in your area.

**#3.** Don’t forget that you can also use 20% of your continuing education for facility inservices. Take the “Sample Certificate” and fill it in at each of your inservices. If your facility sponsors a workshop you can attend.

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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):

   - workshops, seminars, college courses that keep the activity professional abreast of present trends. NCCAP's Body of Knowledge contains 27 areas of education with many subheadings that are applicable.
   - CONSULTING EXPERIENCE May include: advising a group, working one to one, teaching a class, conducting workshops, publishing professional articles, supervising students and/or managing 5 or more activity staff persons.

**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](http://www.nccap.org)

MONTHLY OBSERVANCES

All American Breakfast Month
Apple Month
Cable TV Month
Cholesterol Education Awareness Month
Classical Music Month
Emergency Care Month
Healthy Aging Month
Library Card Sign
Life Long Learning Month
National Chicken Month
National Clock Lovers Month
National Coupon Month
National Courtesy Month
National Hispanic Heritage Month
National Honey Month
National Piano Month
National Rice Month
National Sewing Month
Newspaper Month
Organic Foods/Harvest Month

FAMOUS WEEKS IN AUGUST

Week 1
Self-University Week

Week 2
Mental Health Worker's Week
National Assisted Living Week
Celebrate! Celebrate! Celebrate!
Banners, balloon launches, carry in lunch, music programs, invitations to the community. Use your activity professional imagination. Involve the whole facility staff.
National Health Care Housekeeping
Honor your Housekeeping staff by sending them a card signed by the residents. Invite them to share in an activity that honors them.

Week 3
National Health Care Housekeeping
Honor your Housekeeping staff by sending them a card signed by the residents. Invite them to share in an activity that honors them.
Hearing Aid Awareness Week
National 5-A-Day Week
National Adult Day Services Week
National Laundry Worker's Week
National Rehabilitation Week

Week 4

SEPTEMBER HOLIDAYS

Labor Day: The first Monday of September, this holiday honors the nation's working people, typically with parades. For most Americans it marks the end of the summer vacation season, and for many students the opening of the school year. Be sure to fly our flag!
Rosh Hashanah (Jewish New Year), Check calendar for date. This day marks the beginning of the Jewish year and opens the Ten Days of Penitence, which closes with Yom Kippur.
Yom Kippur (Day of Atonement), Check calendar for date. This day marks the end of the Ten Days of Penitence that began with Rosh Hashanah. It is described in Leviticus as a “Sabbath of rest,” and synagogue services begin the preceding sundown, resume the following morning, and continue to sundown.
First Day of Ramadan, Check calendar for date. This day marks the beginning of a month-long fast that all Muslims must keep during the daylight hours. It commemorates the first revelation of the Qur'an. Following the last day of Ramadan, Eid al-Fitr is celebrated in late October.

Constitution Week

Licensed Practical Nurses' Week
Honor your LPN's this week (and don't say LPN stands for "little play nurse"). As you know, you need all the PR help you can get to keep on the good side of nursing. How about a button that says "The Activity Department Loves LPN's"...or something to that effect.

National Singles Week
Clipart for the Month

[Various images and illustrations related to school and health care, including an apple, a wrench, a school bus, a nurse, people laying on a flag, a syringe, and a book with a sun.
**AMISH REPAIR**

An Amish woman was driving her buggy to town when a highway patrol officer stopped her. "I'm not going to cite you," said the officer. "I just wanted to warn you that the reflector on the back of your buggy is broken and it could be dangerous."

"I thank thee", replied the Amish lady. "I shall have my husband repair it as soon as I return home."

"Also," said the officer, "I noticed one of your reins to your horse is wrapped around his testicles. Some people might consider this cruelty to animals so you should have your husband check that too."

"Again I thank thee. I shall have my husband check both when I get home."

True to her word when the Amish lady got home she told her husband about the broken reflector, and he said he would put a new one on immediately.

"Also," said the Amish woman, "The policeman said there was something wrong with the emergency brake."

**THE BLIND MAN AND THE BLONDE**

A blind man enters a Ladies Bar by mistake. He finds his way to a bar stool and orders a drink. After sitting there for a while, he yells to the bartender, "Hey, you wanna hear a blonde joke?" The bar immediately falls absolutely quiet. In a very deep, husky voice, the woman next to him says, "Before you tell that joke, sir, you should know five things -

1. The bartender is a blonde girl.
2. The bouncer is a blonde gal.
3. I'm a 6-foot tall, 200-pound blonde woman with a black belt in karate.
4. The woman sitting next to me is blonde and is a professional weightlifter.
5. The lady to your right is a blonde and is a professional wrestler.

Now think about it seriously, Mister. Do you still wanna tell that joke?"

The blind man thinks for a second, shakes his head, and declares, "Nah, not if I'm gonna have to explain it five times."

**THE SUPER-BOWL FANATIC**

A man had 50-yard-line tickets for the Superbowl. As he sits down, another man comes down and asks if anyone is sitting in the seat next to him.

"No, "he says. "The seat is empty."

"This is incredible!" said the man. "Who in their right mind would have a seat like this for the Superbowl, the biggest sporting event in the world, and not use it?"

He says, "Well, actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first Superbowl we haven't been to together since we got married."

"Oh ... I'm sorry to hear that. That's terrible. But couldn't you find someone else -- a friend or relative, or even a neighbor -- to take the seat?"

The man shakes his head. "No. They're all at the funeral."

**THE WISDOM OF WILL ROGERS**

1. Don't squat with your spurs on.
2. Good judgment comes from experience, and a lot of that comes from bad judgment.
3. Lettin' the cat outta the bag is a whole lot easier 'n puttin' it back in.
4. If you're ridin' ahead of the herd, take a look back every now and then to make sure it's still there.
5. If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
6. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him... The moral: When you're full of bull, keep your mouth shut.
7. Never kick a cow chip on a hot day.
8. There are two theories to arguin' with a woman. Neither one works.
9. If you find yourself in a hole, the first thing to do is stop diggin'.
10. Never slap a man who's chewin' tobacco.
utilize it just like a regular workshop. Make sure that all the information needed can be found on the certificate.

**#4. Need just a couple of hours?**
NCCAP sponsors a “NCCAP Chat” on Wednesday nights at 8:00PM EST, everyone is welcome and the chat lasts one hour. Information, as well as a form that you need to complete for NCCAP can be found on the [www.nccap.org](http://www.nccap.org) web site as well. The $10.00 fee is our fundraiser for our scholarship fund. Share ideas with activity professionals from all over the world. Many folks join in just to chat with others while some have earned their entire clock hours by joining the chat. It is a chat room just for activity professionals.

**#5. Online and home study courses are always a non-traditional form of continuing education.** Keep in mind that all online and home study course have to be NCCAP pre-approved. Always ask the company for their NCCAP pre-approval number prior to taking the course. We encourage companies to post their online and home study courses on the NCCAP Bulletin Board. Several members have also posted ideas on obtaining continuing education courses on the NCCAP Bulletin Board to inspire and help you get your hours.

**#6. Make sure that the certificate that you receive has all of the required information on it.** The following information needs to be on your certificate, if the course or session was not NCCAP pre-approved:

- name of the attendee
- title of the educational session
- date of the session — Sessions/
  - workshops over 8 hours need to include a time outline verifying the number of hours attended
  - d) clock hours spent in the session
  - e) instructor's name and credentials
  - f) signature of instructor or sponsor
  - g) sponsoring agency

Earning clock hours for your continuing education is as varied as our credentialed members. There are many possibilities and many ways to learn. We encourage a life long updating of your skills and education. - END

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**September is National Apple Month**

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**Some final helpful hints regarding documentation, in general...**

- Use behavioral language. Describe the resident’s actual actions, responses, reactions, facial expressions, body language, posture, and general movement as opposed to labeling response.
- Ensure consistency of information. This is not to say your entries must agree with all others, however if your perception and description is different from other professionals, be sure to explain what you mean and how this impacts upon the consistency of observations. Documenting from a behavioral perspective supports your observations.
- Use meaningful versus vague phrases. Stick with behavioral and observable language. Vague phrases include "seems" or "appears". If the resident is crying, you would note they were crying rather than note "resident seems sad". Instead of saying "resident seems to enjoy group activities", it is more effective to note "resident shows signs of enjoyment at morning social through smiling, interacting with peers and verbalizing actively during discussion time".
- Be accurate. Don’t document anything you are unsure of and did not directly observe or encounter. If documenting what another professional reported to you, note that it was reported by that individual.
- Follow medical record guidelines. Remember grammar, spelling, legibility, and corrections.
- Follow facility policy regarding each entry. Note department, focus, time, date, full name, job title or certification.
- Consider follow up notes as pertinent.

The activity professional is an important member of the treatment team. Documentation, and our role in the process, plays a significant part of fulfilling our responsibility. - END
(Plan Calendars—Continued from page 6)

have a Tuxedo shop conduct a male fashion show. Movies could be famous honeymoon destinations. You could reminisce using a veil, wedding dress, tuxedo, flowers, etc. As you can see, once you have a theme the ideas are endless. Try making the entire month about a theme vs one day.

Once you come up with a theme for the month, it makes planning the calendar so much fun. One year I planned it around old time houses. The month included history of the Sears House, History of Toilet Paper, History of Out houses. Discussion on how things were done in the past and modern conveniences from washing clothes and old irons you heat on the stove to the microwave. We had games to try to identify old gadgets. It was a lot of fun and residents had a blast remembering all kinds of things from the past. Did you know it was fashionable at one time to have pineapple wall paper!

Try this idea out at your next calendar planning and see if you don’t agree, how much fun planning a calendar can be when you have a interesting theme. - END

Breakfast Out

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for $1.99.
"Sounds good," my wife said. "But I don't want the eggs."
"Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.
"You mean I'd have to pay for not taking

(Labor Day—Continued from page 3)

passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker. - END

I just wanted you to know I have entered the snapdragon part of my life.
Part of me has snapped...and the rest of me is draggin'!
Some additional adaptations and tips for teaching the elderly include:

- Use mnemonics. Mnemonics is a formula or rhyme used as an aid in remembering information (i.e. “I before E except after C” is a great spelling trick and for history, “In 1492 Columbus sailed the ocean blue.”) For a large variety of mnemonics in many subjects, visit www.netnaut.com/mnemonics.html

- Provide sufficient time for recall
- Use of multiple choice or true false to help with retrieval of information
- Offer morning classes

Make it fun!


Educational Activity Ideas
The following is a variety of educational-type activities that may be offered to residents and patients in healthcare facilities. Think outside the box, take advantage of all the potential resources and let the learning begin.

College Courses
Offer opportunity for residents to enroll in a college courses at a county school, or state college/university. These courses may be taken on-line, home study, or on the school campus. It is important to remember that residents, especially younger residents, may wish to continue their education regardless of their current health status. The Social Service department should be able to coordinate such educational opportunities through the state, county or town.

Speakers and Specialists
Residents in healthcare facilities benefit from educational sessions provided by a vast array of experts. JCAHO emphasizes resident education and requires documentation of these services. Utilize all the resources available in your facility. For example:

- Staff Educator/Nursing: flu shots, infection control, aging, Alzheimer’s, cancer, smoking, medications, various diagnosis/critical pathways such as stroke, heart disease, pain management, and other health education
- Social Worker: Resident Rights, Advanced Directives Living Wills, PNA, dealing with difficult residents, adjustment to facility life, cultural diversity, getting along with a roommate, coping with loss and grief, etc.
- Hospice: death and dying
- Clergy: religious/spiritual support and education
- Food and Nutrition: cooking demos or cooking tips, nutrition, various types of diets, diabetes, etc.
- Rehabilitation Department: physical fitness and exercise
- Maintenance staff: fire and safety
- Ombudsman: Resident Rights

Language and Culture
There are so many traditions, languages, cultural information, etc. that can be shared with your residents. Teach your residents how to say “hello” and “good-bye” in twenty languages or basic words in various languages. For example, if you have a large percent of Spanish speaking residents, offer the residents the opportunity to learn some basic words. In reverse, offer the Spanish speaking residents the opportunity to learn some words in English. For a great article on teaching ESL to the elderly, visit Bright Ideas: Tips for teaching ESL to the elderly coalition of limited English speaking elderly, Aquirre Institute, Nov 2000 at www.clese.org/Products/Tips%20for%20Teaching.doc.

Offer classes on culture and traditions as well. Contact community culture clubs and invite them to do presentations and travel clubs. Utilize a variety of pictures, props, clothing, and food to

(Continued on page 16)
Technology Classes
It is important to provide the residents with the opportunity to keep up with today’s evolution of technology. Web TV, internet access, and computer use are great ways in which the elderly can maintain contact with friends and family, enable them to have greater access to current events, as well as a chance to expand their leisure skills. More and more facilities are creating computer labs to meet this need. IN2L has developed a revolutionary program for the elderly which accommodates their special needs. For more information, visit www.in2l.com. To create an inter-generational program, contact the local schools for volunteers. There are many high school and college students that would be interested in teaching the elderly how to use computers and the internet.

Another unique idea is to contact your local Senior Net program. Senior Net provides adults 50+ access to and education about computer technology and the Internet. It is an international non-profit organization for Seniors, taught by Seniors, for a low-cost, in small classes, at a speed and in language that Seniors can understand and follow. For more information visit: SeniorNet at www.seniornet.org.

Leisure Education
Leisure Education is a service that is often overlooked in health care facilities. Peterson and Gunn, 1984, define Leisure Education as, “A broad category of services that focuses on the development and acquisition of various leisure-related skills, attitudes, and knowledge.” The primary purpose of Leisure Education is to “enable individuals to enhance their quality of life through leisure.” Many elderly individuals would greatly benefit from this type of programming, especially sub-acute patients, those with a new disability, those who are having adjustment problems and individuals who have little interest in leisure pursuits. Peterson and Gunn’s Leisure Education Content Model is as follows (see diagram below)

Many traditional activities can be transformed into a Leisure Education session. For example: Leisure Bingo, Activity A-Z (name an activity that begins with each letter of the alphabet), Leisure Word Scramble, and so on. Stumbo and Thompson’s book, Leisure Education A Manual of Activities and Resources, has a large variety of great Leisure Education ideas.

More A+ Ideas
Music Appreciation: Introduce various genres of music as well as singers and musicians. Those old record jacks are full of music information!
Art Appreciation: Discuss a variety of artists, paintings, sculptures, styles, and techniques.
Portrait in History: Chose a famous person in entertainment, history, politics, etc. and discuss their life and contribution to society.
Historic events: Remember important events such as wars, technology, space, inventions, etc.
Documentary movies: The library is filled with movies and videos of historic events and educational topics.
Book Clubs: Meet weekly to discuss a certain book or article.
Resident Council: Offer educational opportunities such as nutrition, health-related issues, safety, etc. at Resident Council Meetings. This will help to make the meetings more positive and productive.
FYI Group: Be creative and offer a wide variety of interesting topics!

Conclusion
Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty.” The benefits of educating the elderly are endless. Recreation professionals continue to face the challenge of providing a variety of stimulating activities to such a diverse population. Re-developing and transforming some of the traditional word games, trivia sessions and discussion groups is a great way to introduce education into the program of activities.

Once the barriers to learning have been identified and removed, the elderly will have the opportunity for continued wisdom and knowledge. In a study by Rodriguez and Barbeito, an elderly learner exclaimed, “Who could have told me that at this age I would still be able to learn so much!”

References
Here’s a little sign for you to cut out and hang in your office or kitchen...

“I only have a kitchen because it came with the house.”

Suggested Reading and Resources

AARP-Lifelong Learning and Education
www.aarp.org/learntech/lifelong/?sicon tenant=0&sicreative=742708561&siclientid=112&strackingid=356599&HBX_OU =50&HBX_PK=elderly_learning

Cornell University Food and Brand

Lab-Fun food psychology articles, studies, tips, cartoons, etc.
www.foodpsychology.cornell.edu

How to Do Things.com-Great articles on how to do many things like health, nutrition, exercise, gardening, recreation, etc.
www.howtodothings.com


Ohio State University Medical Center-Summary of Age-Specific Teaching Approaches
www.medicalcenter.osu.edu/pdfs/PatientEd/Materials/PDFDocs/general/agespecific-1.pdf

Senior Fitness Association-Fitness facts, tips and handouts
www.seniorfitness.net/sfafit.htm

Teaching Elderly Adults to Use the Internet to Access Health Care Information: Before-After Study
www.jmir.org/2005/2/e19

U.S. Department of Health and Senior Services- Variety of health conditions and topics
www.os.dhhs.gov/aging/#care - END


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Here’s a little sign for you to cut out and hang in your office or kitchen...

“I only have a kitchen because it came with the house.”
Following is Your Free Facility Newsletter

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

Suggestions for the Effective Use of Your Newsletter

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

PREPRINT

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

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

PRINTING

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

MAILING

(an excellent activity for your residents)

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

BULK MAILING

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

DISTRIBUTION

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

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

TIMING

For timely distribution, your newsletter will always be available to you at the first of the preceding month. It should be published by the last week of the month and mailed prior to the first of the month the newsletter is dated.
Options for Managing Menopause Naturally

(ARA) - Gone are the days when menopause was referred to quietly as "the change." Today, women are taking charge by managing their symptoms so they can feel like themselves again.

Common symptoms associated with menopause, from hot flashes and irritability to trouble sleeping at night, are different for every woman and can range from mild to severe. With so many women concerned about recent news on hormone replacement therapy (HRT) treatments, they are looking for natural options to relieve everyday symptoms. From dietary to lifestyle changes, Estroven -- the leader in the natural supplements category for menopause, offers simple ways to manage the symptoms of menopause:

Managing your Moods -- Mood swings can be unpredictable and stressful. If the slightest request from your husband or best friend sends you over the edge, it may be an early sign of menopause. While irritability is not a direct symptom of menopause, there are many factors such as stress, lack of sleep, and hormonal fluctuations that can lead to changes in behavior during this time. Some simple methods that will alleviate emotional symptoms include regular exercise, relaxation techniques, stretching or just simply talking to friends and family.

Beat the Heat -- Hot flashes are one of the most common complaints of women entering menopause. If you have had one there is no mistaking it -- the intense feeling of heat in the upper body followed by hot sweats and heart palpitations. While there is no one remedy that eliminates hot flashes there are plenty to ease the symptoms. Certain common triggers that might set off a hot flash such as alcohol, spicy foods, caffeine and smoking should be eliminated and you should take steps to reduce stress. Other lifestyle changes such as taking Estroven, an herbal supplement with a unique blend of clinically proven ingredients including soy and black cohosh, can also help ease the severity of a hot flash attack.

Feeling sexy again -- While menopause marks the end of a woman's reproductive cycle, it does not signify the end of her sexuality. To soothe the vaginal dryness and itching that comes with menopause, women can use a vaginal moisturizer as well as an intimate lubricant during intercourse to help replenish the body's natural moisture. In addition, communication is one of the most important factors in keeping your sex life alive. While your body may be going through some changes, you will never outgrow your need for affection and emotional closeness. Speaking openly and honestly with your significant other is key to bringing back that loving feeling.

Menopause is a huge transitional stage in a woman's life and fortunately there are now natural supplements that offer significant relief, that, when combined with lifestyle and dietary changes can help the body maintain a state of balance. For more information on natural options for addressing the symptoms of menopause, visit www.estroven.com.

Courtesy of ARAcontent
You've probably gone to the doctor to have your cholesterol levels checked at some point. If you haven't, now is the perfect time for you to learn more about the hidden heart dangers of cholesterol and other lipids, or types of fat in the blood. September is National Cholesterol Education Month, and results from a recent National Lipid Association (NLA) survey indicate Americans have a lot to learn.

You might have heard of LDL, "bad" cholesterol, and the health problems it can cause, but there are two more lipids the NLA wants you to know about: HDL, "good" cholesterol, and another important lipid, triglycerides.

Triglycerides are a type of fat produced by your body as it digests the things that you eat and drink. High levels of triglycerides (normal is below 150 mg/dL) can lead to serious illnesses including heart disease, kidney disease and stroke. The risk of developing heart disease doubles when triglycerides levels rise above 200 mg/dL. When triglycerides are above 200 mg/dL and HDL is below 40 mg/dL, the risk for heart disease increases four-fold.

Patients who are overweight or have other risk factors for heart disease, such as high blood pressure, low HDL and elevated blood sugar, are more likely to have high triglycerides.

This year, as part of National Cholesterol Education Month, the NLA is encouraging all Americans to talk to their doctor about "good" and "bad" cholesterol as well as their triglycerides.

Results from the NLA's recent "Moving Beyond Cholesterol" survey paint a troubling picture of lipid knowledge in the United States. The survey found that fewer than half of patients have ever discussed the subject of lipids with their doctors. Of those that did, the majority said the discussion lasted five minutes or less. Only a third of patients who walked away from lipid discussions felt well informed.

"We need to do a better job of educating patients about the dangers of cholesterol and triglycerides," says Dr. Jerome Cohen of St. Louis University Health Center. "Doctors and patients need to work together to ensure patients understand the results of their lipid profile, and their appropriate goals and treatment options."

High triglycerides, low HDL and high LDL levels are typically treated through a combination of healthy eating, increased exercise, and when necessary, one or more medications.

Visit www.lipid.org to learn more about cholesterol and triglycerides or to find a lipid specialist who can assess your lipid profile and set up a treatment plan that's right for you. The life you save could be your own.

Numbers To Know:
LDL: Less than 100 mg/dL
HDL: Above 40 mg/dL for men, above 50 mg/dL for women
Triglycerides: Less than 150 mg/dL

Courtesy of ARAcontent
Why Are They Making Child's Play Out of Presidential Politics?

(ARA) - If someone were to ask you who is running for President in 2008, lots of names would pop into your head, but have you heard of Susie Flynn? She has a single issue platform: America needs to offer health insurance to the 9 million children in this country who don't have it.

"Susie" is actually a fictitious character created by the Children's Defense Fund's advertising agency. "The purpose of this campaign is to raise awareness and get the dialog started by using a vehicle who will get people talking and acting now. What better way to achieve this than by having a child act as the voice for the 9 million children that don't have one?" asks Char Roseblade of Fallon Worldwide. The Minneapolis-based advertising agency is working with the Children's Defense Fund on a pro bono basis to raise attention for the cause.

So far, the campaign includes television, print ads and posters that all have the same call to action: log on to the Web site: www.electsusie.com and fill out a petition urging Congress to act now.

MARRIAGE QUIPS

Why Am I Not Married?
You have two choices in life:
You can stay single and be miserable,
Or get married and wish you were dead.

At a cocktail party, one woman said to another, "Arent you wearing your wedding ring on the wrong finger?"
"Yes, I am. I married the wrong man."

A lady inserted an ad in the classifieds: "Husband Wanted".
Next day, she received a hundred letters. They all said the same thing: "You can have mine."

When a woman steals your husband, there is no better revenge than to let her keep him.

A woman is incomplete until she is married. Then she is finished.

A little boy asked his father, "Daddy, how much does it cost to get married?"
Father replied, "I don't know son, I'm still paying."

A young son asked, "Is it true Dad, that in some parts of Africa a man doesn't know his wife until he marries her?"
Dad replied, "That happens in every country, son."

Then there was a woman who said, "I never knew what real happiness was until I got married, And by then, it was too late."

If you want your spouse to listen and pay strict attention to every word you say -- talk in your sleep.

Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

First guy says, "My wife's an angel!"
Second guy remarks, "You're lucky, mine's still alive."

AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel, smelling slightly of a good after shave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady, (mid eighties).

The gentleman walks over, sits along side of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"
Clean can be funny!

One day, a man came home and was greeted by his wife dressed in a very Sexy nightie. "Tie me up," she purred, "and you can do anything you want." So he tied her up and went golfing.

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!"

The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?" "Doesn't matter," she said. "Just get out."

Marriage is a relationship in which one person is always right, and the other is a husband.

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army.

On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair.

On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth.

On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years.

Celebrate Labor Day September 3rd