

ACTIVITY DIRECTOR MONTHLY

Newsletter of The Activity Director's Office Website



Volume 01, Number 09

Providing Online Resources for Activity Professionals

November 2005

You Pays Your Money:

A Thanksgiving Meditation

by Dr. Ralph F. Wilson

<http://www.joyfulheart.com/thanksgiving/pays.htm>

"Let's go over the list once more," I mutter to myself at the check-out stand. "Oatmeal, frying chickens, and a half gallon of rocky road. Yuban® coffee and a couple loaves of Roman Meal® bread. A gallon of milk about rounds it out." The register whirrs. I plunk down my money.

"Thanks," I say to the checker.

"Don't thank me," the grocery checker chuckles. "You pays your money, you takes your choice."

No thanks needed? Your forefathers' hands caressed hard

seed grains as they sowed freshly-turned furrows. They knew whom to thank.

"A man scatters seed on the ground," Jesus observed. "Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain-- first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come." (Mark 4:26-29)

No wonder Pilgrims gave thanks.

But the average person lives too far from the soil to awe at amber waves

of grain. I had glanced at my watch and tapped my foot while the checker worked slowly through the loaded grocery cart ahead of me. So what's to be thankful for? Shorter lines?

Yes, for starters. Women stand in lines for hours in Moscow to buy fresh fruit. The selection on our supermarket shelves would boggle the mind of a Mexican villager.

We thank God for a job to pay for our food-- thousands are out of work. We thank God for a

warm home and a table to eat at-- the homeless live out of their cars at the park.

"But I work hard for what I have," you object. Yes, so does the Chinese peasant bending over in a cold rice paddy.

You pays your money, but you can't buy health. You pays your money, but you can't buy a son or a daughter. You pays your money, but you can't buy rain to water crops in Peoria and Des Moines.

Thank you God, for the gifts you've given which I have no inherent right to. Make me genuinely grateful. Amen.



Linda's Notes

Hi, AD's!

The ADO is pleased to announce that it has acquired and incorporated Newsletter-Express.com. You can now order your premium 4-page, personalized monthly facility newsletter at the budget friendly price of \$12.95 per month. You can order it monthly or you may subscribe for 12 months and get one month free. The ADO accepts all major credit cards through PayPal. You can find our newsletter offerings in The Newsletter Shop. Items offered include our personalized facility newsletter, our free 2-page facility newsletter Health Care Express, and our free monthly newsletter for Activity Professionals, Activity Director Monthly.

Be sure to take advantage of our popular new feature titled Monthly Events which is still under construction. We are attempting to compile a list of recurring monthly observations and provide activity suggestions with each occurrence. The suggestions are only seedlings (brain storming) to help motivate your activity creativeness. You will notice that each month has a submission form so you can share your ideas with us and we can pass them on to others. We know you will find this to be a useful tool. ---- Linda



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

Readers may contact Linda at:
admin@theactivitydirectorsoffice.com



<http://www.theado.makesparties.com>



Bob's Monthly Journal

By Robert Lucas, H.F.A. (retired)
 Owner/Editor of The Newsletter Shop
[http://www.theactivitydirectorsoffice.com/
 TheNewsletterShop.html](http://www.theactivitydirectorsoffice.com/TheNewsletterShop.html)

HOW TO PRODUCE A NEWSLETTER

In many facilities the job of writing and publishing the facility newsletter goes to the Activity Director. Some AD's love to write the newsletter while others loathe it. It's true, your newsletter is a powerful marketing tool for your facility. From time to time potential clients may actually choose your facility over another because of the quality of your newsletter. If that happens, even one time, your newsletter has earned its weight in gold.

Also, the newsletter is your representative to the community. It's look and it's content reflect upon the quality of service your facility is perceived to give. It's as important as the facility's polished floors and being odor free. Besides that, a properly marketed newsletter can go places a marketing representative cannot; and it does it month after month. It is a great tool for you to mail to all of your "gatekeepers".

Here are a few basic tips for you to follow in order to produce an effective newsletter.

CONTENT

First you need to consider your readership. Who is your intended target? What is their age and their interests? Does your newsletter only circulate within your facility? Do you only mail it out to responsible parties? For a suggested marketing readership see "Distribution."

Once your readership is determined you will need to consider content appropriate to that reader's interest.

For the most part, nursing home newsletters today are read by people aged 50+. It is people their parents' age who are your residents. So you need to ask yourself what is it that interests the Baby Boomer Generation.

Things to consider for content include personal health care articles, Alzheimer's/Dementia articles, lighter subjects like recipes and poetry and jokes, word search games, crossword games, facts about the month, the Activity Calendar, special events, a management personnel roster, equal opportunity employment and admission statement, the activity donations wish list, etc.

It is most helpful if you can get each department head to be responsible for making a submission from their department. Give them a byline (i.e. attach their name to the submission). Be sure to notify them in writing and verbally at least two weeks before you intend to write your newsletter. You will be surprised. They will come up with some great things.

WRITING THE NEWSLETTER

The old way of writing a newsletter included typing each article on a separate sheet of paper; collecting paper clip art; cutting everything out; moving it around on a large sheet of paper; taping or gluing it down. It took hours

of work. Do you still do it this way?

The new way is much easier. It involves the use of a computer and a good software package. Although there are many excellent desktop publishing software packages available to you, I recommend using Microsoft Publisher. Publisher is extremely easy to understand, master and manipulate. It also allows a broader latitude for creativity. Another way, and we highly recommend that you check it out, is to order a pre-written newsletter which is personalized for your facility. It works like a taco shell. All you have to do is prepare your calendar as a separate insert. It saves you a lot of time and energy, and it allows you to get back to the important things like activities and charting. You can get a great looking newsletter for as low as \$12.95 per month at The Newsletter Shop... [http://www.theactivitydirectorsoffice.com/
 TheNewsletterShop.html](http://www.theactivitydirectorsoffice.com/TheNewsletterShop.html)

The size of your newsletter can range from one side of an 8 1/2" x 11" sheet of paper, to an infinite number of pages. However, 4 to 8 pages is a good size. It can be easily read from cover to cover in 10 to 15 minutes. We prefer to have our newsletters printed on 17" x 11" (tabloid size) paper. On one side, from left to right, are pages 4 and 1. On the other are pages 2 and 3. (Please visit our site to download an example of a proper newsletter layout). Half of page 4 must be reserved for your mailing labels.

PREPRINT

For a 4 page newsletter we recommend you also 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" x 11" 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

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The DH Special Services Page

By Debbie Hommel, BA, CRA, ACC

Executive Director of DH Special Services

<http://www.dhspecialservices.com/home.htm>

How to Prepare for Departmental Inservices

Being asked to do your first departmental in-service can be a stressful and daunting experience. It isn't that we don't know what we are talking about – it is the idea of standing in front all those people. In the book of lists, public speaking is listed as the #1 fear of most people (above fear of dying, insects and falling). Knowing that we are not alone in our fear might help you or not. Even if we get beyond our fear, we know in many cases the audience is forced to attend by the in-service coordinator and that always makes for a willing and interested group. On other occasions, when the staff hear what the topic is "Activities", they say "why do I have to be here, I don't do activities". We approach these in-services with dread and upset stomachs, praying they will be cancelled at the last minute. With proper preparation and a different attitude, in-services can be fun and an informative way to inspire others.

In-services are generally conducted late in the day, at the change of shift. People who are at the end of their shift are tired and those arriving for their shift don't look much spunkier. Knowing that, we need to keep these people awake through creative and more active means. Nothing puts people to sleep quicker than sitting in a warm in-service room and have someone read to them from note cards.

We can take some basic lessons from public speaking classes. I remember one professor said "A speech is like flying a plane. You need a good take off and landing, the rest is easy sailing". There is a lot of truth to that advice. Start with a snappy opening. Do something unexpected, start with a game, start with a raffle, or ask a controversial question and start a debate.

Anything to make people take notice and listen. The same principle applies to your ending. Leave them with a challenge, some hope, and inspiration or at the very least a smile.

Once you have your beginning and ending down, how do you fill 20 minutes of air time. One of the biggest mistakes we make in our in-services is to try and cram too much information into the defined time period. There is no way you can effectively communicate all the value and benefits of activities in a 30 minute in-service. Pick one or two points and think of various ways you can communicate those points to the group. Hearing the same idea in varying formats allows the individual to process it and actually keep it for future reference.

Another helpful hint is to make the in-service experiential. Sitting and listening to someone talk for a half hour (especially at the end of a shift) is difficult, no matter how interesting a speaker they might be. A better approach is to conduct the in-service through some sort of experience or activity. Not necessarily a recreational activity, but a task, group work, role play, game or event which will communicate your points. If you want to demonstrate the value and benefit of certain activities, have the staff participate in activities and you can point out the benefits through staff participation. Various games and role play activities can be created to show technique, outcomes and reasons for what we do. Using props or visuals always contributes to the success of the in-service. Create a video of your residents participating in activities and then interview them regarding the benefits they feel through participation. If you have a PowerPoint program on your computer, creating an in-service using photos of activities and specific residents enjoying programs would be effective.

Education can also occur informally. Organizing an educational "fair" where tables are arranged with information on various topics. The

staff visit the tables and can obtain information and participate in independent learning tasks are effective. Manning the tables with residents who participate in the particular activities would provide direct testimonials regarding the benefits of certain programs. Using National Activity Professionals Week or National Therapeutic Recreation Month as occasions to create informational display boards or bulletin boards to provide information is effective as well.

The next time you are approached to do that in-service, take a deep breath and meet the challenge like the activity professional you are. And if that does not work...remember what Mark Twain said about public speaking... "There are two types of speakers: those that are nervous and those that are liars."

Websites for Public Speaking Tips

Public Speaking Website
http://wps.ablongman.com/ab_public_speaking_2

Advanced Public Speaking Institute
<http://www.public-speaking.org/>

How to Conquer Public Speaking Fear
<http://www.stresscure.com/jobstress/speak.html>

Public Speaking
<http://www.fenstysforum.org/pubspeak.htm>

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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.

ElderCare Activities Guide Page

By Kate Lynch, Editor
ElderCare Activities Guide magazine
<http://www.activities4elders.com/>

Musical Tree Painting

Materials needed:

Watercolor paper
 Paper tape
 Small sponge
 Poster paints
 Small dishes
 Eyedropper
 Drinking straw
 Small boom box for music

Preparation:

Choose a piece of music that participants will know.
 Participants will be asked to draw to the music.

Steps to follow:

Lay old tablecloths on the work area.

Set out small dishes and fill with paint and a few with water. To make the paint runny you may need to add water.

Lay a sheet of watercolor paper in front of each participant.

Using the sponge dampen both sides of the paper.

Then tape the paper down to the table to keep it from moving.

Allow time to dry; this would be a good time to explain the project and let participants know that they will be asked to draw to the

music.

When the paper is dry, use the sponge and dip into the paint, then dab the sponge all over the paper to create a background.

Then have participants get the eyedroppers full of paint and start the music.

You may need to demonstrate your own movements to the music to get participants started.

Encourage participants to let go and have fun!

ElderCare Activities Guide
 (formerly *Activity Director's Guide*)
 is a bi-monthly magazine that provides useful activities, calendars, therapeutic activities and programs, feature stories, specialized activities for Alzheimer's patients and other disease conditions, professional news, medical news and much more!
 Special Internet subscription price:
Only \$24.00

To order yours today:

PHONE: 1-800-354-3371

FAX: 319-553-0644

MAIL: Freiberg Press, Inc.
 P.O. Box 612
 Cedar Falls, IA 50613

ONLINE: <http://www.activities4elders.com/>

Email: klynch@cfu.net

THE PURPLE HAT

A Beautiful Woman:

Age 3: She looks at herself and sees a Queen.

Age 8: She looks at herself and sees Cinderella.

Age 15: She looks at herself and sees an Ugly Sister (Mom, I can't go to school looking like this!)

Age 20: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"- but decides she's going out anyway.

Age 30: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"-but decides she doesn't have time to fix it so she's going out anyway.

Age 40: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"-but says, "At least, I am clean" and goes out anyway.

Age 50: She looks at herself and sees "who she really is" and goes wherever she wants to go.

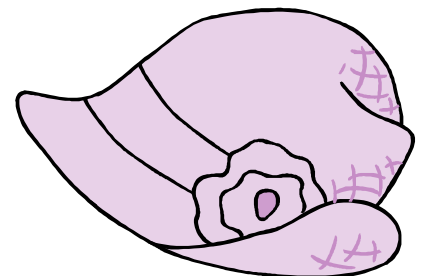
Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself & sees wisdom, laughter and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.

Maybe we should all grab that purple hat earlier.

Used with permission
Alternative Solutions
<http://www.activitytherapy.com>



The Alternative Solutions Page

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

What About Music?

By Michael Hoy, Executive Director, Recordings for Recovery

How important is music? Music has been a part of most people's lives for as long as they can remember. Music is there in all stages of life. During childhood, teen years, young adult and senior years, music plays a role.

With the shrinking dollars for recreation, music can provide a lot of bang for the dollar. Music can make any activity more enjoyable and draw your people into the activity more successfully. The mellow sounds of music can bring in a person who seldom participates. It can make him or her into a toe-tapper.

Music can improve any activity. Holidays, birthdays and other life-changing events flow better with music. By playing appropriate music, you can make even an exercise session into an entertaining activity. Just don't tell them it was good for them and they will ask when the next time is.

One way to find out what kind of music meets people's fancy is to ask what they listened to when they were young. Everyone had his or her favorite 78's and 45's, or favorite radio station that played the top 40. People who were in their teens in the 1940's danced to the sounds of Benny Goodman or the Dorsey brothers. Younger people remember Perry Como, Elvis Presley, the Beatles or the Rolling Stones.

Group leaders can lead discussions on music. They can encourage people to talk about where they were the last time they heard a piece of music. Or, what they think about when they hear musical pieces or even nature sounds.

Giving people back their past with music can be a real pleasurable experience. Music can be what gets someone started, keeps him or her involved, or makes an activity fun and stimulating. There is no special formula for having

a successful activity. Every group is different just as every person needs to feel special. One way to reach people is through music.

There are a number of ways to find music for recreational activities. Your facility has music, although sometimes you have to search for it. Individuals can bring in their own music. Or you can call Recordings for Recovery at 1-800-798-1192. R4R is a non-profit music library with more than 1200 different musical titles. It is available to both activity directors and individuals. Our address is 5103 Eastman Place, Suite 101, Midland, MI, 48640-6723. You can also contact us on the web at www.r4r.org or by e-mailing us at staff@r4r.org.

National Certifications for Health Care Professionals

The National Council of Certified Dementia Practitioners was formed to promote standards of excellence in Dementia education to professionals and other caregivers who provide services to dementia clients. The number of cases of Alzheimer's and other dementias continues to increase both nationally and worldwide. While there is a tremendous focus on research for causes, treatment and possible cures for dementia, there is no national standard for dementia-specific education. The goal of the NCCDP is to encourage comprehensive standards of excellence in direct-care skills, education, and sensitivity in the area of dementia care. The NCCDP offers a national certification (Certified Dementia Practitioner/C.D.P) to those individuals who successfully complete comprehensive Alzheimer's / Dementia curriculum. The courses, seminars and workshops must be submitted for review and approved

by the NCCDP. Certification is for a two-year period, during which time, the individual must continue to further their dementia education/ training in order to become re-certified. The NCCDP also offers a quarterly newsletter with current research, news, special features and upcoming education events. In addition to certification, associate memberships are available to those individuals not seeking certification and corporate sponsorships are also available. The NCCDP also offers comprehensive dementia training as well as the train the trainer course to health care facilities. For more details, please contact the National Council of Certified Dementia Practitioners by phone at: 1877-729-5191 for information about upcoming Alzheimer's / Dementia 8 hour seminars and Train the Trainer information, or visit our web site at www.nccdp.org or email us at nationalccdp@aol.com.

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.

Activity Suggestion for November

By Linda Lucas, AD
The Activity Director's Office
admin@theactivitydirectorsoffice.com

Count Your Blessings

Thanksgiving is upon us. With all of the family and friends that visit our facility it is difficult for residents to think about all they have to be thankful for. This group activity allows residents to express the joys they have encountered in their lives. You will be surprised at the results.

Supplies Needed:

- Chalk board or some way to write a list for everyone to see
- Light refreshments similar to "tea time"

Directions:

1. Sit the residents in a semi circle so all of them can see the chalk board.
2. Ask each resident to state at least one thing they are thankful for. Write that blessing on the chalk board.
3. Pass the refreshments
4. Give everybody a chance to list as many things as they are thankful for.
5. Later, type and make copies of the list to pass out to staff and family at the Thanksgiving Dinner (Warning: Because of privacy issues, do not put residents' names with the list).

Grandma's Baked Apples

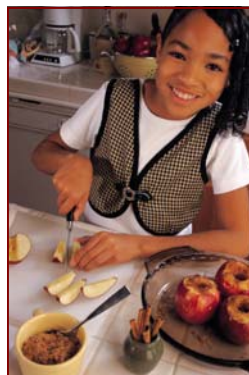
Nothing smells better than apples and cinnamon. Try this treat and your department will be the most popular place in the facility. This is an excellent activity for a small group.

Supplies Needed:

- 4 large apples peeled and halved
- 1/4 cup brown sugar
- 1 tablespoon butter
- 1/2 teaspoon cinnamon

Directions:

1. Mix the brown sugar and cinnamon together.
2. Dip the apple halves into the mixture.
3. Place a dab of the butter into the middle of each apple and
4. place in a baking dish; cover with plastic and microwave on high for 6-9 minutes.
5. Let stand for 5 minutes before serving. Serves 8.



(Newsletter - continued from page 2)

If you decide to print your newsletter on your facility copier you may print the newsletter on 8.5" x 11" 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 copiers). If you use a print shop have them print your newsletter on 17" x 11" paper. They will have a variety of colors for both your paper and ink. You can expect to pay more for color ink. If you decide to print your newsletter on color paper, avoid using dark colors and extremely bright colors (e.g., fluorescent), they are too difficult to read.

If you take it to the print shop they will also print and insert your extra material and fold your newsletter for you. One fold keeps your newsletter ready for hand outs. Two folds prepares the newsletter for mailing.

MAILING

1. To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
2. Each piece you plan to mail must be sealed twice on the loose page edge. Use 1/2" pieces of transparent tape (you can purchase seals at most office supply stores if you wish). Write or stick your address labels near the center of the space.
3. Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5" x 11" insertions.
4. Your newsletter is now ready to mail. The Post Office appreciates it if you would 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

(Continued on page 7)

(Newsletter - continued from page 6)
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 should be published by the last week of the preceding month and mailed prior to the first of the month the newsletter is dated.

HOW TO AVOID MOST OF THE WORK

Consider using a pre-written newsletter. At The Newsletter Shop we offer a premium quality, 4-page, pre-written newsletter which you may have personalized with ...

- Your choice of title
 - Your facility name and address
 - Your facility phone number
 - Your facility e-mail address
- All you need to do is stuff it with some personal items such as...
- Your activity calendar
 - Your department head roster
 - Special event announcements
 - Or many other things (be creative)
- The Newsletter Shop will personalize

the pre-written newsletter and mail it to you for the budget saving price of \$12.95 per month. You can order monthly, but if you order a 12 month subscription you will get one month free.

Download a FREE SAMPLE
at <http://www.theactivitydirectorsoffice.com/TheNewsletterShop.html>

(Inservices - continued from page 3)

Presentation Tips for Public Speaking
<http://www.aresearchguide.com/3tips.html>

National Association of Activity Professionals

<http://www.thenaap.com/index.php>

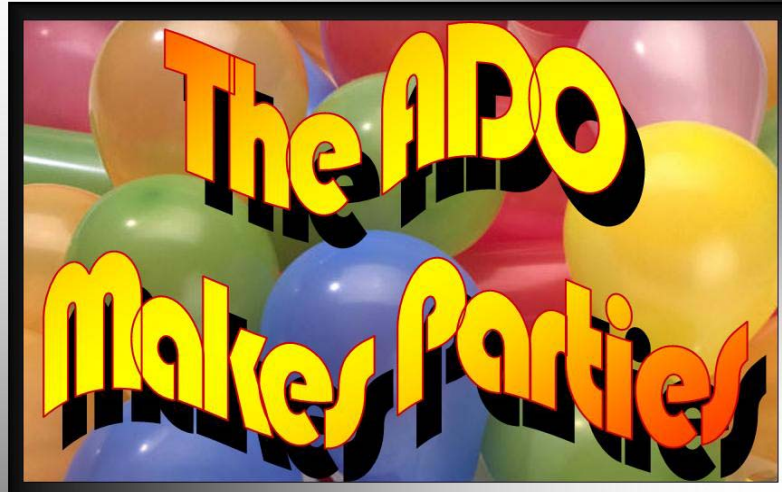
- If you are a member of NAAP, you can access a section which lists sample activity outlines and materials.

The Newsletter Shop

YOUR SOURCE FOR READY-TO-GO NEWSLETTERS

Go to: The Activity Director's Office
Click on The Newsletter Shop

Visit Our Party Store



The Activity Director's Office offers party items online to help you create memorable events & enhance your themes. Browse our unique selection of novelties, accessories, gifts and favors.

<http://www.theado.makesparties.com/>

Wacky Days of: November

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

MONTHLY OBSERVANCES

- Aviation History Month
- Christmas Seals© Campaign
- Diabetic Eye Disease Month
- Flu Awareness Month
- Friendship Month
- Geography Month
- Good Nutrition Month
- International Drum Month
- Jewish Book Month
- Jingle Bell Run For Arthritis Month
- Leftover Month
- National Adoption Month
- National Alzheimer's Awareness Month
- National American Indian Heritage Month
- National Caregivers Month
- National Diabetes Month
- National Epilepsy Month
- National Giving Thanks & Living In Harmony Month
- National Home Health Care Month
- National Hospice Month
- National Peanut Butter Lover's Month
- National Pepper Month
- National Raisin Bread Month

- National Stamp Collecting Month
- National Stroke Education & Awareness Month
- One Nation Under God Month
- Real Jewelry Month

WEEKLY OBSERVANCES

Week 1

- American Art Week
- French Conversation Week
- National Card & Letter Writing Week
- National Fig Week
- National Notary Public Week
- Tie One on for Safety Campaign
- World Communication Week

Week 2

- American Education Week
- Bladder Health Week
- International Week of Science and Peace (UN)
- Key Club International Week
- National Chemistry Week
- National Children's Book Week
- National Eating Disorders Week
- National Geography Awareness Week
- National Home Health Aide Week

- National Medical Records Week
- National Notary Public Week
- National Osteopathic Medicine Week
- National Radiological Technology Week
- National Split Pea Soup Week (NSPSW)
- Random Acts of Kindness Week
- Red Flannel Days (Michigan)
- World Mutual Services Week

Week 3

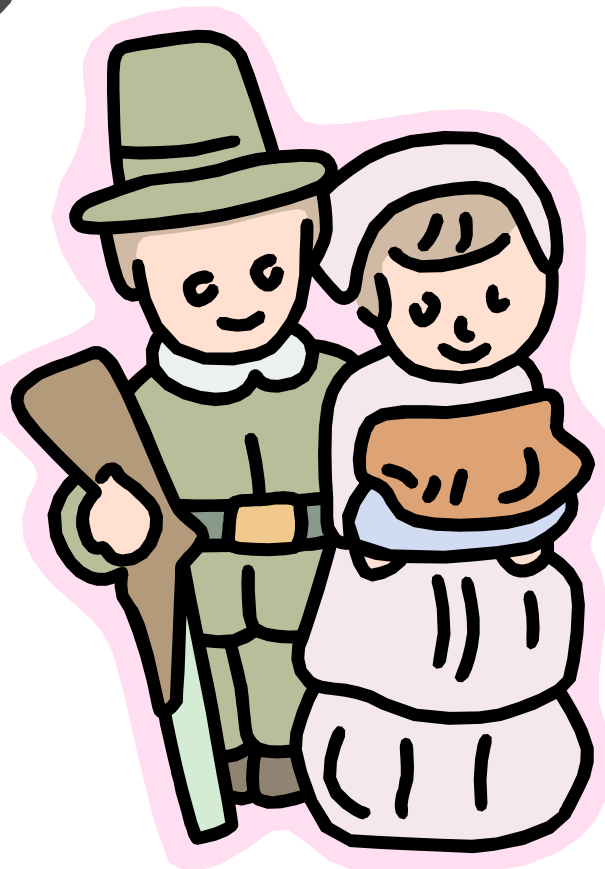
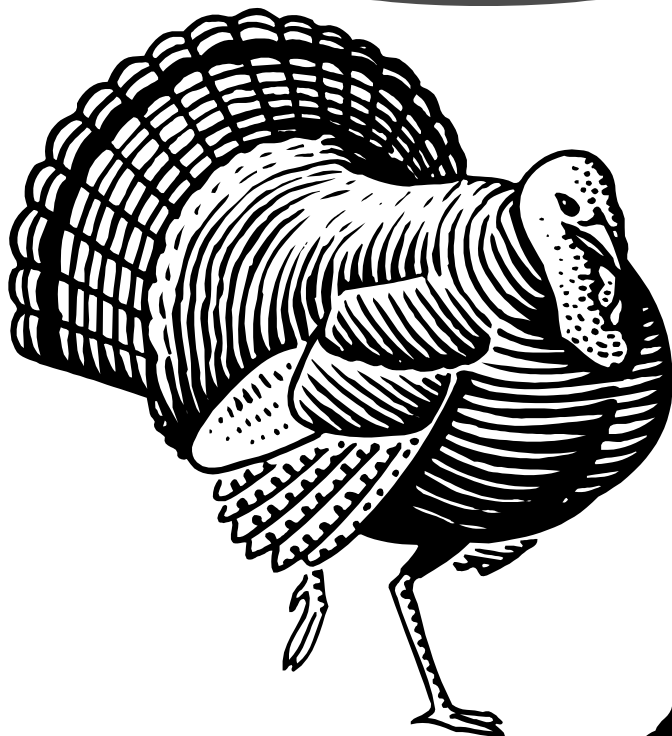
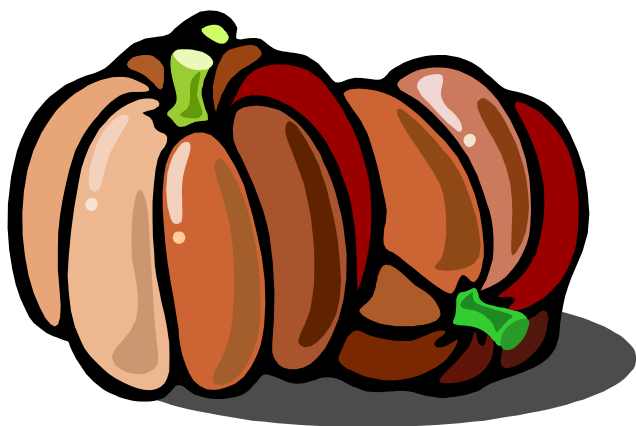
- Book Week
- National Adoption Week
- National Bible Week
- National Culinary Week
- National Family Week
- National Farm/City Week
- National Game and Puzzle Week
- National Geography Awareness Week
- National Leftover Awareness Week
- Operating Room Nurse Wee

Week 4

- Make Up Your Own Week
- National Cookie Week
- National Games and Puzzles Week
- National Home Care Week



Clipart for November



Fresh Pumpkin

How to prepare real pumpkin for your recipes.

Why would anyone want to cook with fresh pumpkin when one can buy canned pumpkin from the store? That is easy; taste. Have you tasted the difference between tomatoes that come fresh out of a garden and tomatoes that you buy at the store? The difference is like eating real tomato tasting the way God meant a tomato to taste and eating cardboard. There is as big a difference between fresh pumpkin and the pumpkin you buy in a can from the store. You haven't had pumpkin pie until you have pumpkin pie made with fresh pumpkin.

There are several different ways to cook fresh pumpkin. This is my favorite method. It does take some time. I usually set aside an entire afternoon. Instead of making supper that night I send out for pizza. I know that pumpkin day will be a long one.

1. Wash the pumpkin.
2. Heat the oven to 500.
3. Cut the pumpkin open and clean out the inside. I usually cut it in half for this.
4. After cutting it into large pieces, put the pumpkin in a big turkey toaster. Add about a half inch to an inch of water. Bake until tender.
5. Let the cooked pumpkin cool completely. If you are going to can the pumpkin instead of freezing it, now is a good time to wash your jars and get things ready for canning.
6. Once the pumpkin is completely cool, peel of the rind. Baking it has made this much easier. Many times you won't even need a knife.

7. Now it is time for your food processor. If you don't have a food processor, you can use a blender. A blender will take about two times as long, but it will work. Puree the pumpkin.

8. Put the pumpkin in a strainer and let it drain. Get as much of the water out of it as you can.

9. All the books on home canning say that at this point you should simmer the pumpkin until well heated,. If that will make you feel safer, have at it. I never do this.

10. If you are going to freeze the pumpkin, put 2 cups in a freezer bag and put it in the freezer. That is it.

11. If you are going to can the pumpkin, put two cups of pumpkin into a clean pint jar. Cook at ten pounds pressure for 20 minutes. Quarts 40 minutes.

Remember: All the recipes that use pumpkin usually call for 2 cups.

When using real pumpkin for a pie, use less liquid when you are mixing the filling. This isn't necessary for cakes and cookies.

Fresh pumpkin will not be the dark orange of canned pumpkin. The canner uses food coloring to get that color. You can if it makes you more comfortable.

This recipe was found at <http://www.geocities.com/Heartland/Fields/8616/Thanksgiving/freshpumpkin.html>



<http://www.theado.makesparties.com>

Attention: Activity Professionals

You are invited to submit articles of interest, poems, humor, photos and just about anything else for publication in **Activity Director Monthly**.

The only compensation we can offer you is credit for the submission. All submissions are subject to editing. We cannot guarantee that all submissions will be published. However, they definitely can't be published if you don't send them in. So be brave and fire your e-mail to us at: admin@theactivitydirectorsoffice.com

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**Attention: Editor
The Activity Director's Office
113 Edgewood Dr., Ste. A
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Main topic interests include: anything that will benefit Activity Directors; items which can be used in facility newsletters (i.e. original and/or public domain items); personal Activity Director/resident experiences.

Please send only copies of your submissions.



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HEALTH CARE EXPRESS

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Prescription Checklist Helps in Choosing Medicare Drug Plan

(ARA) - During October, seniors will be receiving information in the mail about the new Medicare prescription drug benefit from both Medicare-approved private plans and from the Medicare agency. The Centers for Medicare & Medicaid Services is sending every beneficiary in the country a "Medicare and You" guide, which includes information about Medicare's new prescription drug benefit. How will you know which plan is right for you?

Seniors advocates are urging Medicare beneficiaries to gather together all their prescription bottles and then write down with they are taking. Having a checklist of medications will help when reviewing the various Medicare-approved prescription drug plans, which begin enrollment on Nov. 15.

The checklist should include:

1. The name of each drug, precisely as it



Courtesy of Corbis Corporation

appears on the prescription bottle

2. Dosage (e.g. 75 mg)

3. How frequently the medicine is taken (e.g., daily, twice daily)

4. Cost

An option is to put all medications in a bag, and to simply have that bag at hand when attending an enrollment event.

Seniors are also encouraged to write down what pharmacies are convenient - - since different plans will have different pharmacy networks -- and to write down if they currently have prescription coverage, since they will want to compare what they have with what Medicare is offering.

In addition, beneficiaries are urged to collect all the Medicare drug benefit-related mail they receive in one place so that it is centralized and readily available when they review the information. That will also make it easier for children, grandchildren, friends and neighbors to help Medicare beneficiaries sort through the material. Helping with putting together the checklist (or gathering prescription drugs in a bag) is also part of the all-important preparation that is key to making the sign-up process go smoothly.

Representatives are available to answer questions about Medicare's drug coverage at (800) MEDICARE (633-4227) and at local state health insurance program offices, which can be reached through the Eldercare Locator at (800) 677-1116.

Courtesy of ARA Content

"After Thanksgiving"

I ate too much Turkey,
I ate too much corn,
I ate too much pudding and pie.
I'm stuffed up with muffins
and too much stuffin'
I'm probably going to die.

I piled up my plate
and I ate and I ate.
But I wish I had known when to stop,
For I'm so crammed with yams,
sauces, gravies, and jams
That my buttons are starting to pop!

I'm full of tomatoes
and french fried potatoes
My stomach is swollen and sore,
But there's still some dessert
so I guess it won't hurt
if I eat just a little bit more!

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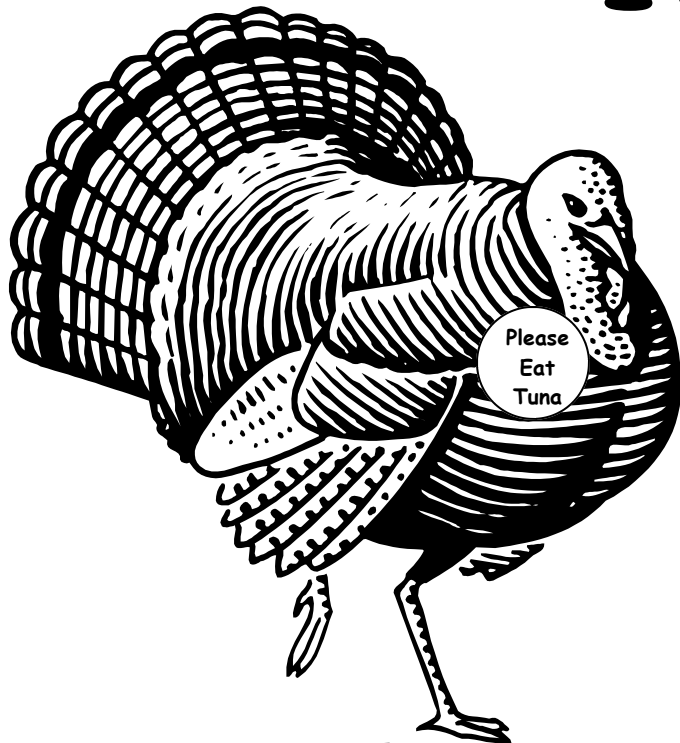
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Turkey Facts



Turkeys are domestic (farm) birds that were originally bred from wild turkeys (*Meleagris gallop*). The adult female turkey is called a hen, the adult male is called a tom, and the young are called poults. A group of turkeys is called a rafter. Over 300,000,000 turkeys are raised in the USA each year.

Anatomy: The tom turkey is larger and more brightly colored than the hen. Toms grow to be up to about 30 pounds (13.5 kg). Turkey eggs are tan with brown spots; they are a little bigger than chicken eggs. Poults are brown.

Diet: Turkeys have a varied diet. They eat insects, worms, fruit, seeds, acorns, grains, slugs, snails, and many other foods. They have a well-developed gizzard (a part of the stomach that contains tiny stones) that grinds up their food.

Predators: Many animals prey upon turkeys, including skunks, owls, hawks, bobcats, and snakes

Happy Thanksgiving!

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