

Activity Director Today



Formatted for 3-ring binding

Dog Days



LUMINOSITY

by Robert Lucas, B.A., H.F.A. (retired)
Executive Director, Activity Director Today
Editor, Activity Director Today E-magazine
<http://www.theactivitydirectorsoffice.com>

"Dog Days" Data

"Dog Days" (Latin: diēs caniculārēs) are the hottest, most sultry days of summer. In the northern hemisphere, they usually fall between early July and early September. In the southern hemisphere they are usually between January and early March. The actual dates vary greatly from region to region, depending on latitude and climate. Dog Days can also define a time period or event that is very hot or stagnant, or marked by dull lack of progress. The name comes from the ancient belief that Sirius, also called the Dog Star, was somehow responsible for the hot weather.

The name

The Romans referred to the dog days as diēs caniculārēs and associated the hot weather with the star Sirius. They considered Sirius to be the "Dog Star" because it is the brightest star in the constellation Canis Major (Large Dog). Sirius is also the brightest star in the heavens besides the Sun. The term "Dog Days"

was used earlier by the Greeks (see, e.g., Aristotle's Physics, 199a2).

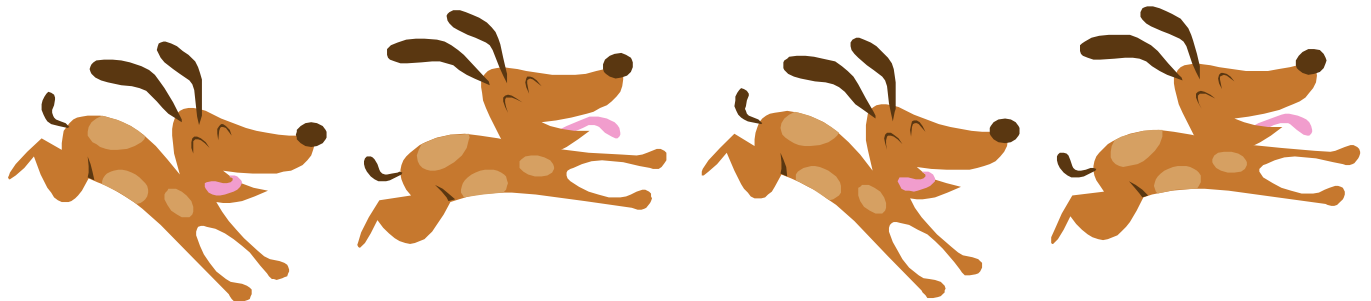
The Dog Days originally were the days when Sirius rose just before or at the same time as sunrise (heliacal rising), which is no longer true, owing to precession of the equinoxes. The Romans sacrificed a brown dog at the beginning of the Dog Days to appease the rage of Sirius, believing that the star was the cause of the hot, sultry weather.

Dog Days were popularly believed to be an evil time "when the seas boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing to man burning fevers, hysterics, and phrensies" according to Brady's Clavis Calendarium, 1813.

The dates

In Ancient Rome, the Dog Days extended from July 24 through August 24 (or, alternatively July 23-August 23). In many European cultures

(Continued on page 20)



About Bob: Robert Lucas is a retired Nursing Home Administrator and is married to Linda Lucas who is a retired Activity Director. Bob has a B.A. degree in Ministry and is an ordained minister. He has served the elderly community more than 35 years. After retirement he created the Activity Director Today website and Activity Director Today E-magazine. He is also half nuts; hence, this page!



DH Special Services

By *Debbie Hommel, BA, ACC, CTRS*
Executive Director of DH Special Services
<http://www.dhspecialservices.com/home.htm>

"Mans Best Friend" Pet Facilitated Therapy in Long Term Care - Part I

by Debbie Hommel, ACC/MC/EDU, CTRS
Walking into the lobby, my eyes are drawn to the small poodle who greets me. "His name is Tootles", says the gentleman seated in a wheelchair by the front door. "He's our guard dog", he added with a chuckle. I reached down to pet Tootles and I was officially welcomed to the home. Residential pets contribute to creating homes in our care facilities. Whether your facility has a resident pet or visiting pets, the therapeutic value of pets in care facilities is well documented. The relationship between man and animal can be traced to the Ancient Romans, who had domesticated dogs and birds as companions. Today, many people view their pets as members of the family. Providing opportunities to continue a human/pet relationship into our care facilities provides countless benefits.

Pet therapy is also called animal assisted therapy by researchers and physicians. According to Wikipedia - "**Animal-assisted therapy (AAT)** is a type of therapy that involves an ani-

mal with specific characteristics becoming a fundamental part of a person's treatment. Animal-assisted therapy is designed to improve the physical, social and cognitive functioning of the patient." Formal pet facilitated therapy programs were introduced into long term care facilities in the 1970's, with the intent to humanize health care.

There has been much research regarding the benefits of the pet/human relationship. The earliest study can be traced back to England in 1792 where caring for birds and rabbits was introduced to the mentally ill at the York Retreat. In the 1800's, Florence Nightingale, known as the Mother of Hospital Recreation - stated in her Notes on Nursing that "a small pet animal" as an "excellent companion for the sick." Florence was the owner of a pet owl and she also stated, "A pet bird in a cage is sometimes the only pleasure of an invalid confined for many years to the same room". In the 1970's, a study in Australia was one of the first studies to document that pet owners were less likely to suffer from heart disease; that pet owners had lower blood pressure and pet owners exercised more. More recent studies in nursing homes in NY, Missouri and Texas docu-

(Continued on page 22)

DH Special Services Independent Study Programs

Gain continuing education credits at your leisure and in your own home. Build your professional library of popular activity and recreation books while accruing hours for certification. If you already own the book, the program can be purchased at a discounted price. If more than one person from your facility wants to take the course, additional participants are also offered at a discounted price.

Contact: info@dhspecialservices.com
Visit: <http://www.dhspecialservices.com/independentstudypage.htm>

About Debbie: Debbie Hommel ACC, CTRS, 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.



Re-Creative Resources

By Kimberly Grandal, CTRS, ACC, Executive Director

<http://www.recreativeresources.com/>

Recreation Safety Tips

- ALL arts and craft supplies (markers, glue, etc.) will be non-toxic and will remain in a locked closet when not in use. For residents who enjoy independent use of these items, a locked drawer or area will be provided on an individual basis.
- Sharp objects, such as scissors, needles, knitting needles etc. will be kept in a locked area when not in use. These sharp objects will be closely monitored during use in an activity.
- Nail polish remover, aromatherapy oils, etc. will be kept in a locked area when not in use.
- A Material Data Safety Sheet (MSDS) must be available for all potentially hazardous supplies that may be ingested such as glue, paint, Aromatherapy oils, etc. Please do not purchase or bring in supplies such as these, without getting approval from the Director of Assistant Director of Recreation. We must have an MSDS for each product. A Recreation MSDS book is available in the Recreation Office.
 - Resident limitations will always be considered and monitored closely during activity programs.
- Monitor residents closely during a cooking program to ensure residents do not get burned or injury themselves with knives, potato peelers etc.

(Continued on page 24)

Re-Creative Resources' Activity Resource Center is a new service that offers members UNLIMITED access to a LARGE variety of downloadable activity resources, tools, training materials, management resources, sample reports, forms, documentation tools, print-n-implement activities, promotional items, and so much more! Also included in the Activity Resource Center are several items, which if purchased separately at <http://www.recreativeresources.com/forms-manuals.htm>, would cost over \$50! Our new Activity Resource Center has over 150 items which are currently available and that number will grow, for new resources will continuously be added. Resources are in a variety of formats including Word documents, PDF, PowerPoint and Excel. The majority of the materials, however, are Word and PDF documents. For a complete list of resources visit www.recreativeresources.com. Re-Creative Resources Inc. is offering an introductory fee of just \$45.95 for the first year membership. After that, it is only \$9.99 a year! So subscribe today and take advantage of this great resource for Activity Directors, Activity Professionals and Recreation Therapists.

Note: MEPAP instructors, presenters, and consultants are invited to join, however, must contact Kim Grandal for additional fees may apply to utilize the resources for commercial use.

About Kimberly: Ms. Kimberly Grandal, Founder and Executive Director of Re-Creative Resources, Inc., is a strong advocate for the field of Therapeutic Recreation, with over fifteen years of experience working with the elderly in numerous administrative and consultant positions. She is an Activity Consultant Certified by the National Certification Council for Activity Professionals (NCCAP), and a Certified Therapeutic Recreation Specialist by the National Council of Therapeutic Recreation Certification. Ms. Grandal is a recipient of the Kessler Institute of Rehabilitation 1997 Triumph of the Human Spirit Award. She is a speaker for various state and local activity associations, colleges, and community groups, and provides educational workshops and consultation to long-term care facilities in New Jersey.



Susan Berg's

Activity Ideas Galore

By Susan Berg, CDP, AD, BS(COTA/L)

<http://www.activitiesdirector.blogspot.com>

CELEBRATE CLOWN WEEK

I can not believe August is almost here. Here are some great activity ideas that will help you and your residents celebrate a special week in August.

The first week in August is clown week. To celebrate this week residents can draw a simple clown face using a paper plate. You can make it simple by using magic markers to draw the clown faces or you can add a big triangle for a hat, a red pompom or circle for the nose and yarn for hair. For me a clown brings to mind a couple of things.

One is laughter and jokes. Laughing is good anytime because as you know, laughter is the best medicine. Telling silly riddles usually brings a smile to most residents' faces. For some simple riddles go to <http://activitiesdirector.blogspot.com/2010/06/laughter-is-best-medicine-easy-riddles.html>

You may want to choose a clown leader from your audience. Print some of the riddles in large print and let the residents take turns being the clown leader. You can make or buy a simple clown hat. The riddle teller leader can wear the hat as she or he asks the riddles.

Also you can talk about some famous clowns. Two that come to mind are Bozo the Clown and Clarabell the Clown from the Howdy Doody Show. As you may or may not know Clarabell was a mute and communicated by honking a horn. Not only can you have a discussion about Clarabell, go to http://en.wikipedia.org/wiki/Clarabell_the_Clown but you can also talk about communicating without talking, go to

<http://activitiesdirector.blogspot.com/2010/06/activities-directors-and-other.html>

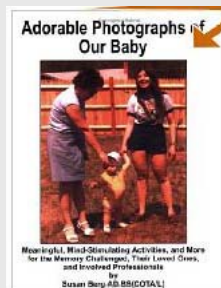
Other good ways to do this are to play charades, pictionary or a similar game.

For information on Bozo go to http://en.wikipedia.org/wiki/Bozo_the_Clown

Clowns also bring to mind the circus. For some ideas on writing a poem about the circus go to

(Continued on page 25)

About Susan: Susan Berg has been a healthcare professional and educator for over 20 years. She is the, activity director, of many years, at Hunt Nursing and Rehabilitation Center in Danvers. While there, she has gained much dementia care and activity experience and knowledge. She has had special training in dementia care and dementia activities through the Alzheimer's Association and other educational forums. Berg is the author of *Adorable Photographs of Our Baby-Meaningful, Mind-Stimulating Activities, and More for the Memory Challenged, Their Loved Ones, and Involved Professionals*, a book for those with dementia and an excellent resource for caregivers and healthcare professionals.



Look for Susan's
book at

www.amazon.com

You will also want
to purchase the
accompanying
illustration cards



Marge Knoth's

DOWN MEMORY LANE

By Marge Knoth,
Valley Press Books

Putting Reminiscence to Work in Your Newsletter

by Marge Knoth

Unless you are one of those gifted people who naturally love to write, editing a newsletter can be a real chore. But it doesn't have to be! You have within your facility access to fascinating, untapped information, information that your community and even your nation would greatly enjoy reading. Just where do you find this information? It is hidden in the hearts of your residents. It is in their unique memories of days gone by. Their recollections can be a vital link between your facility and the outside world. Even if you have never before done a newsletter, here is a way to promote your facility as well as to win some desired brownie points with your boss. Once community members begin to talk about the nostalgic stories and the first-hand accounts of historical events in your newsletter, they will be hooked. They will pass it onto their relatives and friends (often in different states), and your facility will shine. And you can take the bows!

So how do you access this priceless data? Begin by listening closely to residents, by asking the right questions, and by carrying a note pad and pencil as you go about your regular duties. You never know when you will pick up a fascina-

tion story. Besides these accidental findings, what better place to gather copy than a lively reminiscent group? There you can quiz residents about quilting bees, the old country store, their first autos, and having babies at home. Ask about past Presidents, the Great Depression, the WPA, and the early days of radio. As you begin your research, you may well discover some "celebrities" in your facility. In a facility in which I worked in the 1980s, I found several "celebrities".

- Helen, who at just five years old, sat on the lap of the President of Panama and cut the ribbon at the opening of the Panama Canal. Her father was an engineer with the U.S. Government, and they lived there at the time.
- Edie's grandfather took her to the circus and told her to watch carefully because "Here comes history!" Edie, looked up to see none other than Buffalo Bill Cody, riding on a tall horse. She was over 100 years old when she told me this story.
- Clarence, a former professor, personally talked with President Truman in the President's study.
- Betty attended one of Amelia Earhart's lectures at Purdue University. A short time later, Amelia left from Purdue, attempting her unsuccessful round-the-world flight.
- John was a bootlegger and George was a

(Continued on page 23)

About Marge: Marge attended Purdue University and took her activity director training at Indiana University and her social service at Ball State. She is the author of ten books for activity professionals which have been used as teaching guides in colleges, trade schools, and in activity director courses throughout the U.S. and Canada. They have won both national and state awards from the National Federation of Press Women and Women's Press Club of Indiana. She has been published in Family Circle, Lady's Circle, Women's Circle, Indianapolis Woman, Christian Science Monitor, Event, various Christian and craft publications, and other magazines and newspapers. She wrote a weekly newspaper column called "Do You Remember?", and wrote and recorded a long-running series of nostalgic radio commercials. Also, she is a motivational speaker having traveled the United States and Canada speaking at many state/province activity conferences.



FUNdamentals of FUNctional FITness

Nikki Carrion MA, Co-Owner, FitXpress LLC

<http://www.fitxpress.com/>

Move it...or Lose it

"Welcome back!" Last month we discussed exercise and chronic conditions. So...what are the options for the resident/patient (RP) who wants to something...but can't do much? A great option that will empower this RP is a mind and body (MB) discipline such as Easy Tai Chi (ORI, 2005) or chair yoga. This type of a discipline takes the participant through a series of gentle movements intended to take the major joints through their range-of-motion while simply getting their body moving is a slow, gentle fashion. These disciplines have been researched in recent years and found to have a host of benefits including increased range-of-motion of the major joints, improved flexibility of the major muscle groups, enhanced sleep patterns, as well as reduced levels of anxiety and depression. Participants of such mind and body disciplines usually have mixed reactions, with most reporting the experience to be relaxing and enjoyable.

Researchers suggest that MB disciplines such as tai chi, yoga and meditation have been found

to benefit the heart by helping to maintain and/or lower blood pressure and cholesterol levels. One specific study done at the Johns Hopkins Medical Center (2003) found that tai chi can lower an individual's blood pressure almost as much as moderate aerobic exercise can. This affect on the body is thought to take place as the energy between the mind and body become balanced with tai chi's slow, methodical movements. Negative toxins are also released from the body as breathing is done in a conscious and purposeful manner.

People of all ages, regardless of their functional level, find an active lifestyle difficult to master. They find it even more difficult to maintain, and the percentage of sedentary Americans is on the rise (ACSM, 2010). The health challenges that accompany the aging process make efforts seem impossible for most. However, when introduced to MB disciplines such as Easy Tai Chi, a new window is opened. Those who are encouraged, and who face the challenge by becoming physically ac-

(Continued on page 30)

About Nikki: Nikki Carrion is co-owner of Fit Xpress Consulting Services in Waterloo, IA. She has over 25 years of experience in the field of health promotion and says her passion for her work comes from her desire to practice preventive health and promote positive lifestyle changes. Although she works with a wide variety of ages, from college students to older adults, she says her focus is on empowering older adults to higher levels of functional fitness.

Nikki has a graduate degree in Community Health Education with an emphasis in Gerontology from the University of Northern Iowa. She also has a number of certifications including balance training, chronic disease self-management, exercise for hip & knee replacements, group exercise instruction, personal training, yoga and Pilates. You may contact her at:

nikki@fitxpress.com

RESOURCE BOX

Nikki Carrion's primary passion and mission is to empower older adults to higher levels of functional fitness. Besides the Relax & Breathe CEU module, FitXpress has a series of chair exercise DVDs as well as a training module for activity professionals. FitXpress methods are safe and effective AND demonstrate how to put the FUN into FUNction!

For more information go to: <http://www.fitxpress.com> check out the product page.

Empower yourself with FitXpress!!

Contact: nikki@fitxpress.com or call 1-800-481-7449 .



A+ Activities with Jolene Ewert

By Jolene Ewert, Executive Director, A+ Activities
<http://activityideas-ivil.tripod.com/aactivities>

Make your own Games!

Let's face it, Activity Directors are on a tight budget! Any way to save while still providing fun activities is much appreciated. Sometimes we need to take a break from that hot summer sun and find activities indoors. Making your own games is a fun way to spend an afternoon and stay cooled off!

How to make a homemade checkers game:

Necessary Supplies:

To make a homemade checkers game you'll need to save the caps from 24 jugs of milk or juice, 12 of one color, and 12 of another color.

To make a checkerboard using a woven rug you'll need 2 new square or rectangular shaped sponges, a pair of sharp scissors for trimming the sponges, and latex craft paint in the 2 colors as that match the plastic caps you've collected.



Procedure for a Cloth Checkers Game:

Begin by washing the woven rug and drying it completely. This will soften and shrink the material while preparing it for the latex paint. While the rug is drying, cut 2 new sponges into the shape of exact squares. Stack them to make sure they're equal. They will be used to stamp the squares for the checkers game.

More than likely the solid-colored woven rug is rectangular in shape. Fold the rug in half in both directions to determine the location of the center, and mark it with a dot of paint. This will be the center of the game, and it won't matter if the squares cover the entire length or width of checkerboard. If you want to practice before stamping the squares on the rug, use an open paper bag or a poster board.

When you're ready to stamp the squares on the rug, begin in the center on one side. Create alter-

(Continued on page 31)

About Jolene: Jolene has enjoyed working in the healthcare field in such capacities as Marketing Director, Activity Director and Coordinator of Dementia programs. She currently holds an Administrator's License and works as an Activity Consultant. She is the author of A+ Activities and owner and operator of the A+ Activities website, a website dedicated to Activity Professionals that has been in circulation for over 12 years.

The *A+ Activities E-Newsletter* is available for only \$1.50 a month or \$18.00 for a year. Each month you will be emailed a newsletter with activity planning ideas such as sensory stimulation, men's groups, crafts, trivia and many more! Don't pass on this great resource! Visit the A+ Activities website at <http://activityideas-ivil.tripod.com/aactivities> for more information or email Jolene at jolenerae1975@yahoo.com



Christine's Activities

By Christine Jennings
Author, Activity Professional

Holiday/Celebration: National Golf Month

Overview: In honor of National Golf Month which for most states is August, however some states celebrate it whenever the golf tournaments are scheduled in their state. There are so many people that play golf for fun recreation or just enjoy watching the games. You may find that a lot of your residents will fall into one of the categories when it comes to golf. The activities will bring up funny golf stories, fond memories or be a whole new learning experience for some. I have provided five main activities, plus seven additional activity suggestions to use as alternatives or to extend the theme for a week or a month.

Object:

- Learning
- Reminiscing
- Cognitive skills
- Physical movement
- Sensory skills
- Social skills

Activities: (Activity name suggestions)

1. Golf anyone? OR Tee Time!
2. "What's that?"
3. Hole in one meatball
4. Stretching it the golfers way
5. Silly Golf Balls

Activity 1 - Golf anyone? OR Tee Time!

(Learning/reminiscing)

Materials: Research information from Wikipedia.com



Instructions: Set up room in either a round table discussion setting or have this activity in a relaxing area such as a living room or sun room.

Review golf history information from Wikipedia.com. Read some of the important highlights of the history of golf to the residents and discuss the game of golf. This will be a learning time for some and a refresher time for others. If you don't know any golf terms then read over

the most common used terms on tipsforbeginnergolfers.com/golf-terminology to discuss with the residents.

Questions to get the discussion started:

- Has anyone played golf?
- Did you play for fun or friendly competition?

(Continued on page 28)

About Christine: Christine received her North Carolina State AD qualification through Rowan-Cabarrus Community College, Continuing Education Health Occupations Program in November 2007. She has been volunteering at living assistant and adult care facilities since 2007. Christine writes for The Rec-Room and compiles fantastic monthly theme-related activity ideas for *Christine's Column* found on the Re-Creative Resources' website by going to <http://www.recreativeresources.com/SpecialEventsandThemes.htm>.

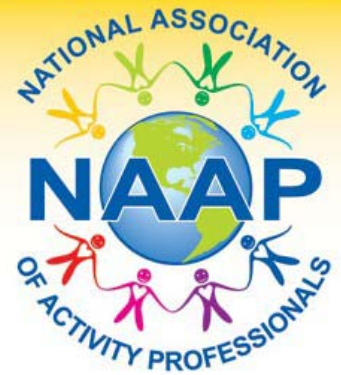
The NAAP

National Association of Activity Professionals

"Founded by Activity Professionals for Activity Professional"

<http://www.thenaap.com>

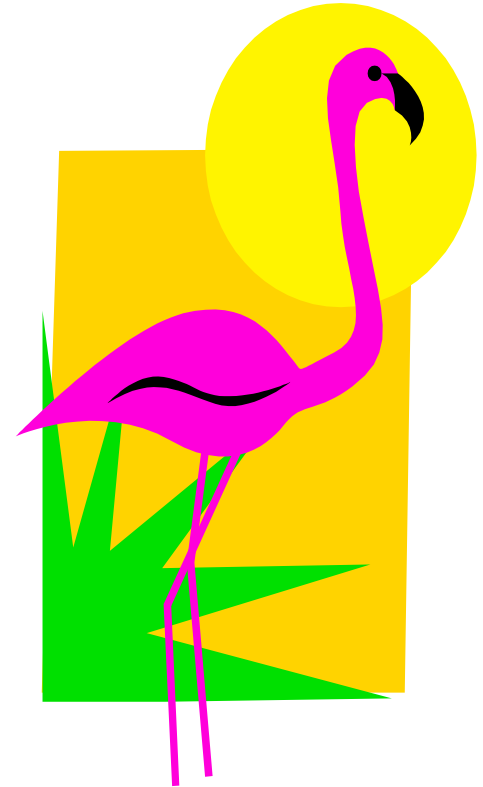
Mission Statement: To provide excellence in support services to activity professionals through education, advocacy, technical assistance, promotion of standards, fostering of research, and peer and industry relations.



Creative Activity Programming/ Not the same old Theme

Linda Amoroso ADC

Whether you are looking at your first or 300th blank activity calendar, there are some months you can just get stumped, but creative programming ideas can come from everywhere. Creativity consists of looking at the same thing everyone else does and thinking of something different. A big part of being an Activity Professional is being creative and maybe a little bit different as well. The creative person wants to be a know it all. They want to know about history, how things work.....they have eclectic tastes and always wants to learn. There are always mental blocks to creativity but there are ways to resolve them:



(Continued on page 33)

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.



Dear Debbie:

By *Debbie Hommel, BA, ACC, CTRS*
Executive Director of DH Special Services
<http://www.dhspecialservices.com/home.htm>

Question: our population of Residents that smoke has grown in the past year. All smoking material is stored until scheduled smoke time. This has become a problem, because Nursing has said the smoking is an activity, and Activity staff is responsible for all smoke times which is every two hours during the day. That leaves little time for other duties. Is smoking considered a true activity?

Answer: I think for people who smoke, they consider it an activity. But from a therapeutic activity/recreation perspective, my opinion is that it is not a therapeutic activity as defined in state and federal regulations. I agree with you - the time it takes to manage the safety needs of residents who smoke does take away from the required duties of the department such as running programs. I also find that if residents who smoke see the activity department as the ones distributing cigarettes, they frequently ask for a cigarette throughout any programs we might conduct.

Have you done a time study of your staff

and how much time is devoted to assisting with smoking vs. running activities? Can you prove that your hours are deficient in terms of meeting minimum guidelines for activities because of the time devoted to assisting with smoking?

In some facilities, they have hired a person just to assist residents with smoking. They are called "Smoke aides" and their function is to distribute and light cigarettes and monitor smoking area. That has solved the problem for activities.

But, I agree with you - I would not be happy if my department were responsible for monitoring the smoking needs of the residents.



DO YOU HAVE A QUESTION FOR DEBBIE?

Contact her at:

<http://www.theactivitydirectorsoffice.com/DearDebbie.html>

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 health-care professional. She is ACC certified through the NCCAP.



EASY EATS

Recipes for the Cooking Club

By Linda Lucas, AD, Site Owner:

Activity Director Today

<http://www.theactivitydirectorsoffice.com>

AUGUST RECIPE

AUGUST IS NATIONAL PEACH MONTH

Here are two recipes you can try with your cooking club.

Fresh Peach Ice Cream

Source : Delicious Decisions

Serving Size : 12

Ingredients:

- 3 cups peach pulp and juice
- 1 large orange - juice from
- 3 lemons - juice from
- 3 cups sugar
- 1 teaspoon vanilla
- 1 quart milk
- 1 pint cream

Directions:

Mix together peach pulp, all juices, sugar, and vanilla. Let stand at room temperature three hours. Mix with milk and cream and pour into an ice cream maker. Freeze

Shaker Peaches

Recipe By :

Betty Crocker's Old-Fashioned Cookbook

Ingredients:

- 3 tablespoons butter
- 4 large firm ripe peaches, peeled -- halved & pitted
- Rose water
- 8 teaspoons brown sugar

Directions:

Place butter in round microwavable dish, 8 x 1 1/2 inches. Microwave uncovered on high 30 to 45 seconds or until butter is melted. Omit water. Place peach halves, hollow sides up, in dish. Place 1 drop rose water and 1 tsp brown sugar in each hollow. Cover tightly and microwave 4 to 6 minutes, rotating dish 1/4 turn every 2 minutes, until peaches are tender.

YIELD: 8 peach halves

NOTES : Serve with lightly whipped cream or vanilla ice cream for a dessert.

August 26th is National Cherry Popsicle Day

To make the Popsicles you can either purchase Popsicle molds from any of your local department stores, you can use ice cube trays or you can even use small paper cups. If you choose to use ice cube trays or paper cups, you can also purchase Popsicle sticks from the craft section in most stores. You

can easily use the ice cube trays or paper cups with Popsicle sticks by allowing the fruit juice to freeze to a slushy consistency and then you would insert a Popsicle stick in each cube or cup. After they freeze your residents can share memories of their "popsicle days".

I like to use Kool-Aid as my juice. Use pre-sweetened Kool-Aid and add $\frac{1}{4}$ more mix than the recipe calls for (gives a richer taste).

August Observances

For more activity idea nuggets visit us at:

<http://www.theactivitydirectoroffice.com/ActPlannerIntro.html>

- National Inventor's Month
- Get Ready for Kindergarten Month
- Aug 1, 1770 William Clark's Birthday
- Aug 1, 1990 Birth of World Wide Web
- Aug 1, 1868 U.S. Purchases Alaska from Russia for \$7.2 Million Dollars
- Aug 1, 1944 Anne Frank's Last Diary Entry
- Aug 1, 1790 First US Census
- Aug 1, 1779 Francis Scott Key's Birthday
- Aug 1, 1791 Emancipation of 500
- Aug 2, 1939 Albert Einstein's Atomic Bomb Letter to President Franklin Roosevelt
- Aug 2, 1776 Declaration of Independence Signed
- Aug 3, 1492 Columbus Sails for New World
- Aug 3, 1949 President Harry Truman Signs Act of Congress Designating June 14 National Flag Day
- Aug 6, 1945 Atomic Bomb Dropped On Hiroshima
- Aug 7, 1990 Operation Desert Shield begins
- Aug 9, 1974 President Nixon Resigns
- Aug 10, 1846 Smithsonian Act of Organization Passes Congress and is Signed by President James K. Polk
- Aug 12, 1981 IBM Launches PC
- Aug 12-13, 2010 Perseids Meteor Shower
- Aug 13, 1961 Berlin Wall Erected
- Aug 13-29, 2004 Athens Olympics 2004
- Aug 14, 1777 Hans Christian Ørsted's Birthday
- Aug 14, 1984 PowerPoint First Released
- Aug 14, 2010 Sand Castle Day
- Aug 15, 1914 Opening of Panama Canal
- Aug 15, 1870 Completion of Transcontinental U.S. Railway
- Aug 16, 1867 Wilbur Wright's Birthday
- Aug 18, 1774 Meriwether Lewis' Birthday
- Aug 18, 1920 Nineteenth Amendment Ratified
- Aug 18, 1945 Paula Danziger's Birthday
- Aug 19, 1871 Orville Wright's Birthday
- Aug 19, 2010 National Aviation Day
- Aug 22, 2010 Monarch Butterfly Fall Migration Begins
- Aug 24, 2006 Astronomers Demote Pluto to Dwarf Planet
- Aug 25, 2005 First Landfall of Hurricane Katrina
- Aug 25, 1916 National Park Service Established
- Aug 25, 1939 "Wizard of Oz" film Released
- Aug 26, 2010 National Dog Day
- Aug 26, 1920 19th Amendment Signed into Law
- Aug 26, 2010 Women's Equality Day
- Aug 28, 1963 Martin Luther King Gives "I Have a Dream" Speech
- Aug 29, 2005 Hurricane Katrina Devastates Gulf Coast
- Aug 30-Sep 12, 2010 U.S. Open Tennis
- Aug 31, 1997 Diana, Princess of Wales' Death



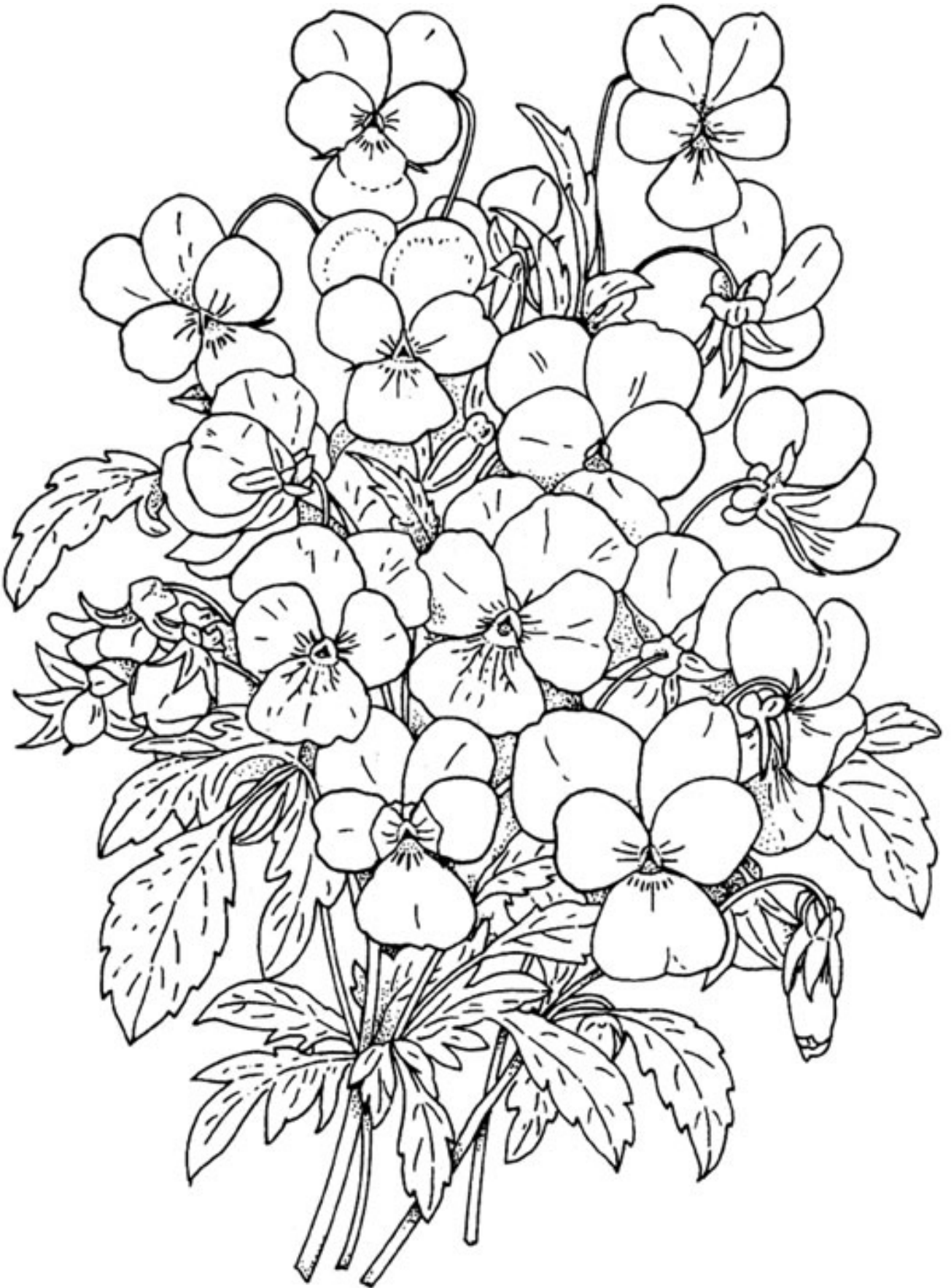
August 2010

Activity Director Today
<http://www.theactivitydirectorsoffice.com>

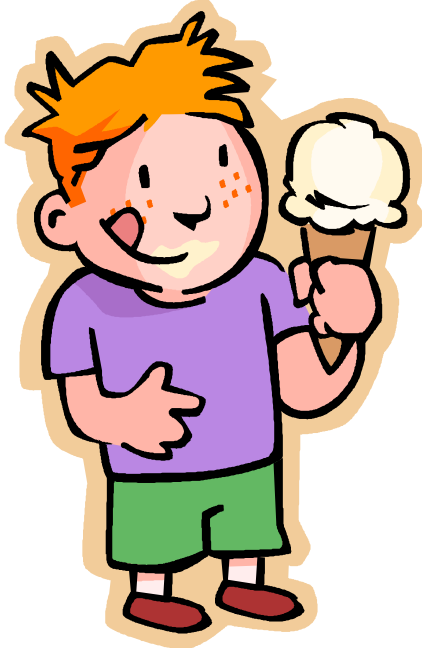
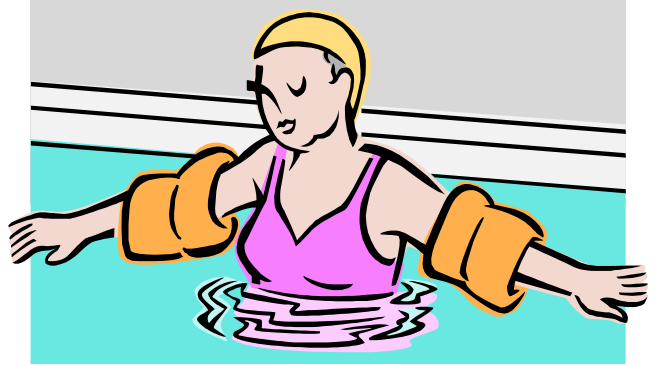
August Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Friendship Day						
8	9	10	11	12	13	14
			Islamic Ramadan			
15	16	17	18	19	20	21
Assumption Day				National Aviation		
22	23	24	25	26	27	28
				Women's Equality		
29	30	31				

COLORING PAGE

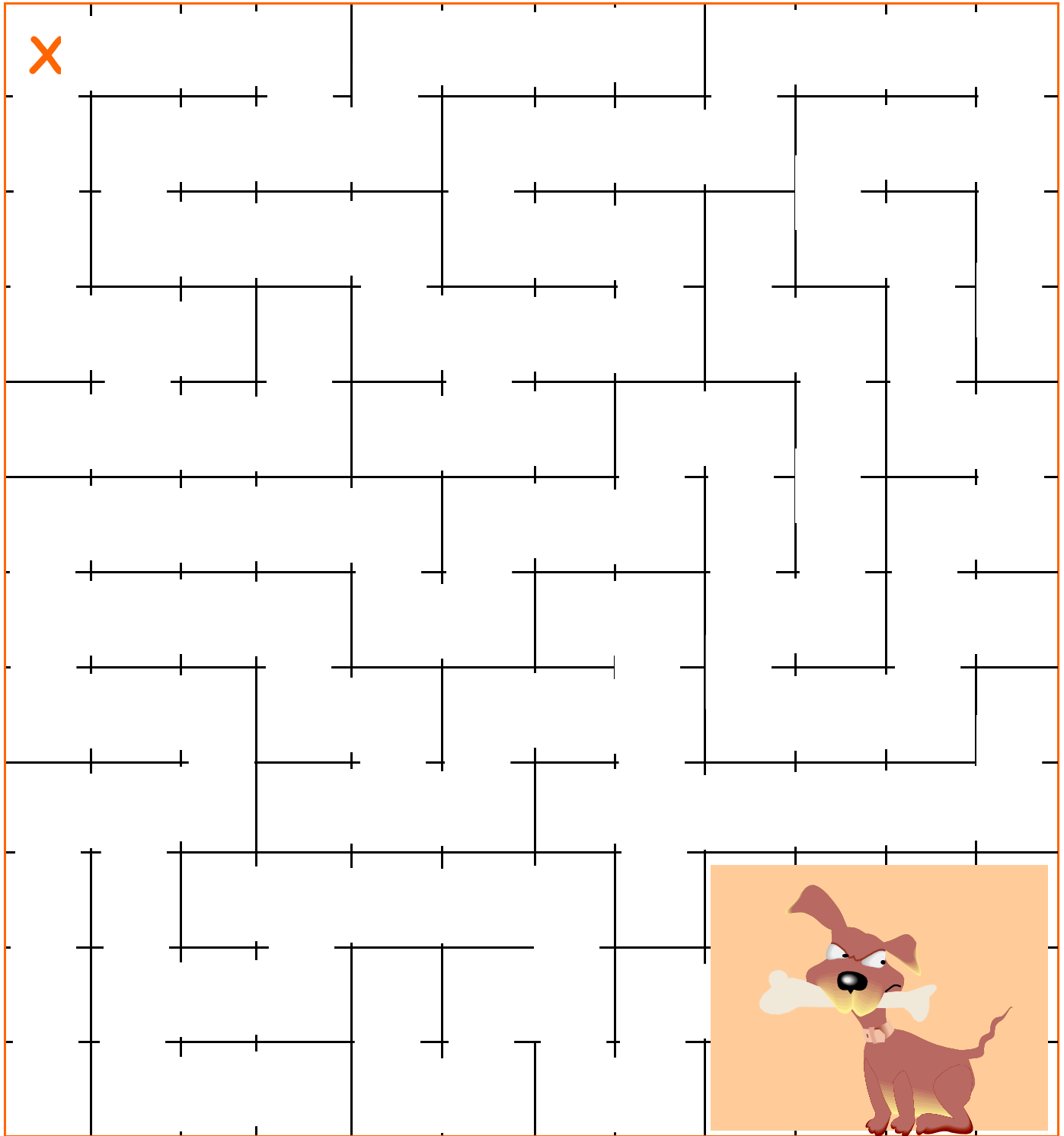


Clipart of the Month



AUGUST MAZE

DOG DAZE



Solution on Page 19

IT HAPPENED IN AUGUST

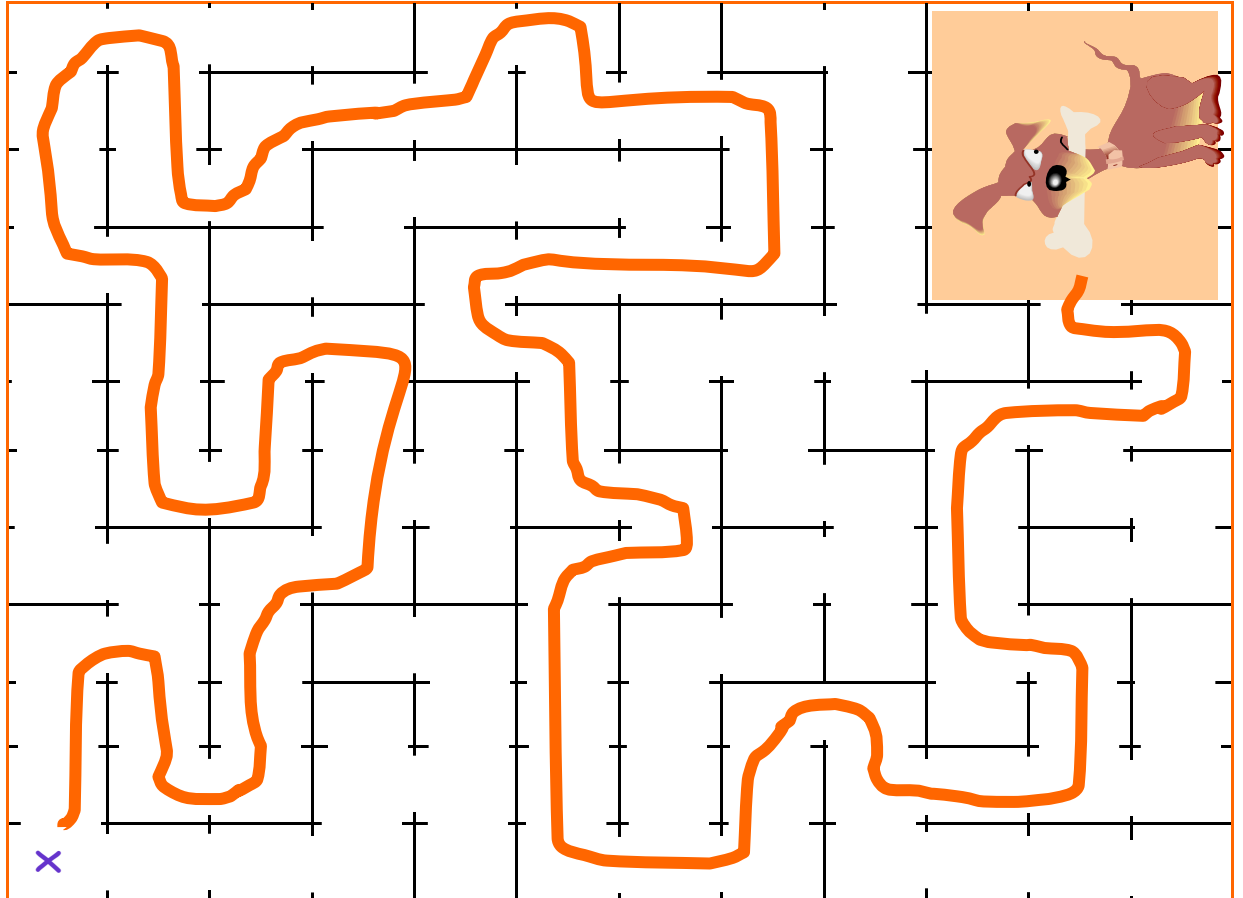
L L A N A C A M A N A P M V G
Y T Y D L L A Z H C R A N O M
E H N V N Z K N H Z T K K N M
K G G B E R L I N W A L L Z A
T I T W U L N M V E P G O N S
T R H D S H T H F P F F I D D
O W G S C A M I H S O R I H N
C R I R E Y Y M N D T E A E D
S U R O N E G R R A S M T N G
S B W T S Z L A K R K R J W K
I L E N U F Z T E G A F T F D
C I L E S I H P S G L E L Y O
N W L V W M T G R A N F G P G
A R I N Z M M E G N C N C C D
R Y V I T C D D I D B D J N A
F Q R J M N A S V D I A N A Y
T R O J I Y □ A L A S K A A M
W R D K V N O I T A I V A M S

Find these Events:

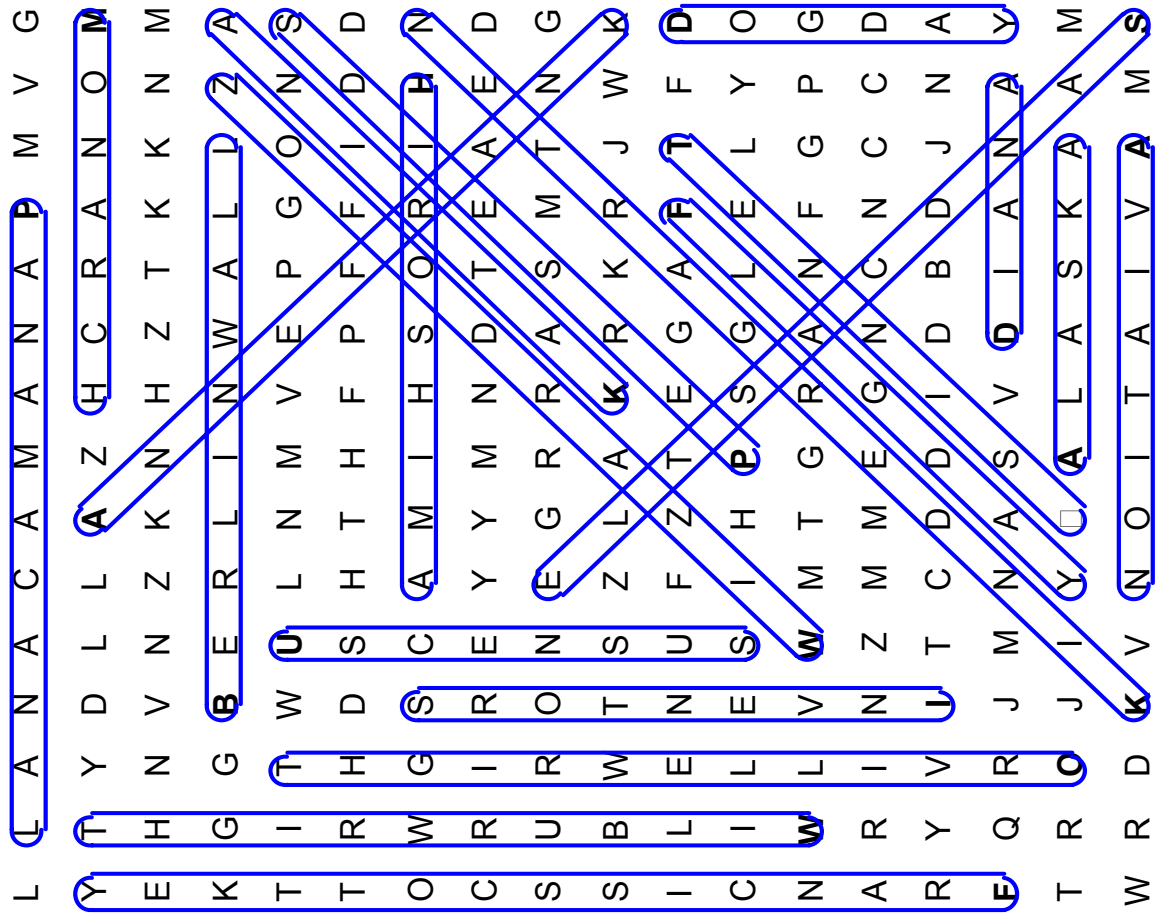
Solution on Page 19

- Inventors
- Kindergarten
- Alaska
- Anne Frank
- US Census
- Francis Scott Key
- Flag Day
- Hiroshima
- Perseids
- Berlin Wall
- Sand Castle
- Panama Canal
- Wilbur Wright
- Orville Wright
- Aviation
- Monarch
- Wizard of Oz
- Dog Day
- Katrina
- Tennis
- Diana

DOG DAZE Solution



SOLUTION IT HAPPENED IN AUGUST



(Dog Days - Continued from page 2)

(German, French, Italian) this period is still said to be the time of the Dog Days.

The Old Farmer's Almanac lists the traditional timing of the Dog Days as the 40 days beginning July 3 and ending August 11, coinciding with the ancient heliacal (at sunrise) rising of the Dog Star, Sirius. These are the days of the year when rainfall is at its lowest levels.

According to The Book of Common Prayer (1552), the "Dog Daies" begin on July 6 and end on August 17.

Other locations

By contrast, "Dog Days" as defined herein do not occur at all in the southern hemisphere, for there even when the Dog Star Sirius is least favorably placed for viewing (around July 1), it still will be briefly visible from the southern hemisphere both in the east before dawn and again in the west after dusk. Throughout most of Antarctica Sirius is circumpolar; that is to say, constantly above the horizon.

In the northern hemisphere, the farther north one goes, the longer Sirius remains invisible each year, and beyond a latitude of approximately 74°N (to the north of any part of mainland Europe or North America) the star never appears above the horizon at all.

The period from July 23 to August 23 is called "Rötmanad" in Sweden and "Mätäkuu" in Finland, both literally meaning "rotting-month", due to the risk of foodstuff spoiling due to the high temperature. In Finland the period is also known as a slow news period, with the term "mätäkuun juttu" signifying a manufactured news story contrived to fill an otherwise uneventful period.

In Tamil Nadu and some parts of India it is referred as "Kathiri veyyil"(sunlight that acts like scissors) or " Agni Nakshathram" (star of fire).

It lasts for 28 days in April or May.

Other references

For the ancient Egyptians, Sirius appeared just before the season of the Nile's flooding, so they used the star as a "watchdog" for that event. Since its rising also coincided with a time of extreme heat, the connection with hot, sultry weather was made for all time: "Dog Days bright and clear / indicate a happy year. / But when accompanied by rain, / for better times our hopes are vain."

The phrase is mentioned in the short story "The Bar Sinister" by Richard Harding Davis. The main character, who is a street dog, explains "but when the hot days come, I think they might remember that those are the dog days, and leave a little water outside in a trough, like they do for the horses."

In recent years, the phrase "Dog Days" or "Dog Days of Summer" have also found new meanings. The term has frequently been used in reference to the American stock market(s). Typically, summer is a very slow time for the stock

(Continued on page 21)

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, Susan Rauch and Executive Director Irene 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 \$59.00 per year. If you are a student in the 90 Hour Basic or Advanced Courses, your dues are only \$49.00 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.

(Dog Days - Continued from page 20)

market, and additionally, poorly performing stocks with little future potential are frequently known as "dogs."

A casual survey will usually find that many people believe the phrase is in reference to the conspicuous laziness of domesticated dogs (who are in danger of overheating with too much exercise) during the hottest days of the summer. When speaking of "Dog Days" there seems to be a connotation of lying or "dogging" around, or being "dog tired" on these hot and humid days. Although these meanings have nothing to do with the original source of the phrase, they may have been attached to the phrase in recent years due to common usage or misunderstanding of the origin of the phrase.

The feast day of Saint Roch, the patron saint of dogs, is August 16.

Icelanders refer to the Danish adventurer Jørgen Jürgensen as Jörundur hundadagakonungur ("Jørgen the dog-days King" in Icelandic) since he proclaimed himself lord protector for some months of 1809.

And there is this mention of "dogdays" in Charles Dickens' A Christmas Carol:

"Oh! But he was a tight-fisted hand at the grindstone, Scrooge! A squeezing, wrenching, grasping, scraping, clutching, covetous, old sinner! Hard and sharp as flint, from which no steel had ever struck out generous fire; secret, and self-contained, and solitary as an oyster. The cold within him froze his old features, nipped his pointed nose, shrivelled his cheek, stiffened his gait; made his eyes red, his thin lips blue; and spoke out shrewdly in his grating voice. A frosty rime was on his head, and on his eyebrows, and his wiry chin. He carried his own low temperature always about with him; he iced his office in the dogdays; and didn't thaw it one degree at Christmas."

Retrieved from

http://en.wikipedia.org/wiki/Dog_Days

-END

**ACTIVITY DIRECTOR TODAY
E-MAGAZINE**

STUDENT RATE

*You must be enrolled in a State or NCCAP
approved course;
or a Recreation Therapy course.*

\$15.88/year (Regular rate is \$19.95/year)

PLEASE FILL OUT THE FORM BELOW

Your Name: _____

Your E-mail: _____

Your Phone #: _____

Teacher's Name: _____

Teacher's E-mail: _____

Course Name or Certification #: _____

Name of State/Province: _____

College Name/State: _____

PLEASE SEND THIS FORM WITH YOUR CHECK FOR \$15.88
MADE PAYABLE TO "ROBERT LUCAS, EDITOR" TO:

Robert Lucas, Editor
c/o Activity Director Today
113 Edgewood Drive, Suite A
Attica, Indiana 47918

**Subscription Form
ACTIVITY DIRECTOR TODAY
E-MAGAZINE**

NEW PRICE: \$19.95

Name: _____

E-mail: _____

**SEND THIS FORM AND
YOUR CHECK FOR \$19.95
MADE PAYABLE TO
"ROBERT LUCAS, EDITOR" TO:**

**ROBERT LUCAS, EDITOR
c/o ACTIVITY DIRECTOR TODAY
113 EDGEWOOD DRIVE, SUITE A
ATTICA, INDIANA 47918**

**OR SUBSCRIBE BY CREDIT CARD AT:
[http://www.theactivitydirectoroffice.com/
Advertise_Subscribe.html](http://www.theactivitydirectoroffice.com/Advertise_Subscribe.html)**

(Man's Best Friend - Continued from page 3)

mented that elders in long term care facilities needed to see the doctor less frequently and medication costs dropped from \$3.80 per patient day to \$1.80 per day. The overall benefits of a pet therapy program include:

-Mental stimulation: Pets provoke reminiscence and discussion of personal pets from the past and pet caretaking tasks. It is interesting to observe residents with dementia who remember the names of visiting pets while they cannot remember what they had for lunch. Animals have provoked increased socialization amongst staff and residents and been described as "social lubricants".

-Diversion: A visiting or residential pet shifts the focus away from the individual's personal problems to something else. There is nothing like a cute kitten or dog to provoke a smile and change one's outlook.

Acceptance: A common benefit defined in the animal/human bond is the unconditional love offered from the pet. The pet offers affection freely, regardless of mental or physical status.

Physical: Reaching out to the pet, petting the pet, moving around to better reach and see the pet are motivated behaviors that the elder might not do otherwise. There have been many documented cases of residents who independently wheel themselves to the lobby daily to see the bird aviary or come to the activity room to see the facility cat. These are physical movements that would not be initiated without the motivation of seeing the pet.

Self Esteem: Involving the residents in caring for the pets gives them a sense of purpose. Not being needed anymore or not having to take care of anything is a devastating loss amongst the elderly. Many residents feel a renewed sense of being needed when involved in the daily care of facility pets.

Enjoyment: Watching the antics of residential or visiting pets is amusing. It is similar to watching children as you never know what they might do. It is hard not smile or laugh watching kittens playing with a string or when a dog wags his tail in response to a pat on his head.

Physiological: Petting animals releases serotonin, a mood elevating hormone and is known to lower blood pressure. There are some studies which indicate involvement with pets improves one's immune system and lower cholesterol levels.

Anyone who has introduced a pet facilitated therapy program within their community can attest to these benefits and more. In some cases, the benefits are like magic, appearing before your own eyes.

Next month's article will focus on how to facilitate a pet visiting program and what regulations must be considered.

"Animals are such agreeable friends. They ask no questions, they pass no criticisms." ~George Elliot

-END

DH Special Services Independent Study Programs

Gain continuing education credits at your leisure and in your own home. Build your professional library of popular activity and recreation books while accruing hours for certification.

If you already own the book, the program can be purchased at a discounted price.

If more than one person from your facility wants to take the course, additional participants are also offered at a discounted price.

Contact: info@dhspecialservices.com
Visit: <http://www.dhspecialservices.com/independentstudypage.htm>

(Reminiscence - Continued from page 6)

revenue officer who hunted down bootleggers.

- Henry was a hobo who hopped trains during the Great Depression.
- Joe rode with the cavalry in the First World War.
- Jack's family boarded Johnny Cash's horses.
- Sadie's grandfather fought in the Civil War.
- Lillian personally knew Clark Gable as a boy and said they called him "Stringbean."

In an assisted living facility where I later worked, a resident from Georgia told of knowing Jimmy Carter personally. They had farms close to each other, and she said at times, he would land on their property in a small plane. Another resident was a cook for General Patton during the Second World War. Another was a "Rosie the Riveter".

The list goes on and on. You probably have "celebrities" in your facility too. You will never know until you seek them out and discover what stories they are harboring, just waiting to be uncovered. Naturally before you print them, you want to secure permission from their families. Generally families are proud to see their loved one's story in print and sometimes even provide additional information. Once you have the facts, look for the best way to publish it in your newsletter. Try developing specific "columns" which run month after month. Let's look at some potential ones.

"Our Special People" might feature funny stories from the residents' past experiences. You



RE-CREATIVE RESOURCES, INC.
RE-CREATING MIND, BODY, AND SPIRIT

Included in 200+ downloadable forms, tools and activities, there are a large variety of Activity Professionals Week materials included in the

Activity Resource Center

More Than Just Bingo Game, activity word puzzles, print and paste tri-fold/storyboard resources, flyer, certificate, special event planning form, leisure education game, benefits of activities handout, and much more!

JOIN TODAY FOR JUST \$45.95 FOR THE FIRST YEAR AND \$9.95 ANNUALLY THEREAFTER

www.recreativeresources.com

can encourage the sharing of these stories by asking residents questions like:

What was your most embarrassing experience?

What is the most cantankerous thing you ever did?

What was the funniest prank you ever pulled?"

When you think of your childhood, what most makes you laugh?

What is one mischievous thing you did that you never told your mother about?

Be sure to ask them about fun times surround-

(Continued on page 24)

Clothing for Seniors and the Disabled

**Want Struggle Free Dressing?
Choose Easy Access Clothing.**



FIND THIS STORE & MORE AT OUR NEW FAMILY LIFE RESOURCE CENTER MALL
<http://www.theactivitydirectorsoffice.com/FAMILY-002.html>

(Reminiscence - Continued from page 23)

ing weddings and the tricks played on the newly-weds. Also, try to capture jokes residents tell, and report the funny side of the day-to-day happenings involving them.

One of my residents told of her little Catholic grandmother who was deathly afraid of storms. During one storm, the lights went out. Terrified, she quickly felt her way through the darkness for the holy water and sprinkled her sleeping children. When morning came, the kids were all covered with blue spots. She had grabbed, accidentally, the bluing instead of the holy water! When you put stories like this in your newsletter, you will find readers eagerly awaiting your next issue.

Most readers are interested in history. They like to read about famous people of the 30s, and 40s such as Frankie Sinatra, John Dillinger, Amelia Earhart, Charles Lindbergh, Shirley Temple, Will Rogers, and the Dionne quintuplets. Present several facts in your story about a celebrity, or an event concerning them, and then weave in a few of your residents' recollections amid the facts.

Perhaps you are fearful of writing "stories" or "articles". Relax! You don't have to. You can use the nostalgic information, but in a simpler way. As we said before, take good notes while reminiscing with residents. Use these notes along with a little research and create a column called "Do You Remember?" This column consists of short one-liners. Include 15 to 20 of

(Continued on page 26)

(Safety Tips - Continued from page 4)

- If an incident occurs, it will be reported to the Nurse Manager and Director or Assistant Director of Recreation. An incident report will then be completed.
- Recreation staff is to report to the Charge Nurse when leaving the day room for any reason. Residents are not to be left unattended in the dayroom!
- Follow all facility policies and procedures for fall prevention, abuse prevention, elopement prevention, fire drills, evacuation plans, smoking, etc.
- When in doubt-ASK! It's better to be safe than sorry!

-END

ACTIVITY DIRECTOR TODAY GIFT EMPORIUM



Buttons, Gifts,
Apparel &
Promotional
Items
For the Activ-
ity Department
*Original designs by
Robert Lucas*

<http://www.cafepress.com/adnov>



RE-CREATIVE RESOURCES INC.
ACTIVITY RESOURCE CENTER
Resources for Activity/Recreation Directors
<http://www.recreativeresources.com> **JOIN TODAY!**

<http://activitiesdirector.blogspot.com/2010/06/write-simple-circus-poem-or-story.html>

Besides writing a poem about the circus, you can reminisce about when members of your audience went to the circus. You may want to show a movie about the circus such as THE MARX BROTHERS AT THE CIRCUS (1938), THE GREATEST SHOW ON EARTH (1952), or THE CIRCUS (1928). Why not sing this old favorite, "The Daring Young Man On The Flying Trapeze". You can tell the story that went along with this song. For the story go to

<http://www.songfacts.com/detail.php?id=13967>

Here are some words about the circus

- ACROBATS
- BIG TOP
- CENTER RING
- CIRCUS
- CLOWN
- COTTON CANDY
- ELEPHANTS
- FUN
- HIGH WIRE
- LION
- LION TAMER
- PEANUTS
- TENT
- TIGER
- TRAPEZE

Have a discussion about these words. Ask, "Why do these words remind you of the circus?" For those with memory impairments simply tell the audience members why these words remind you of the circus. Remember those with dementia relate best to feelings and emotion. Talk about the excitement of going to the circus and the smiles on peoples' faces when they were at the circus.

You can make a word search using these words.

To make a word search draw a grid that has room for 20 letters across and 20 letters down. Have those who are able, write the words in the grid either horizontally, vertically or to make it challenging, they can write the letters diagonally or back words. Then have the participants fill in the blank spaces with random letters. Now you can make copies of a few of the word searches and hand them out for everyone to solve as a group or individual activity.

Making a crossword puzzle is a little tricky. You may need the aid of a crossword puzzle generator. One that is pretty good is <http://www.crosswordpuzzlegames.com/create.html>

All of these ideas that I presented here can be adapted and modified for other special or any day times throughout the year.

Now have fun creating your August activity calendar.

-END

(Reminiscence - Continued from page 24)

them in your column. Here is an example.

Do You Remember...,

- ...cylinder records?
- ...fountain pens?
- ...the old school bank?
- ...city bands?
- ... "Stockings in a bottle"?
- ...vulcanizing your tires?
- ...when you paid for your church pew?
- ...when people pierced their ears thinking it would help their eyes?
- ...when cars were called "devil wagons"?
- ...when physical education was called hygiene?
- ...when margarine was purchased white and came with a little red capsule of coloring?

One time I interviewed my residents about what they were doing during World War II. What an amazing column it turned out to be! Many of the men were in the military or overseas, and some of the women worked in defense plants, or in some way supported the war effort such as having a victory garden or raising chickens in their garage. Children collected old tires or scrap iron for recycling into military items. This is a column your readers can scan quickly if they like, but will look forward to reading each month.

Another possible reminiscent column is "Old Time Prices" Your alert residents can no doubt recall various prices from the 1930s—a quart of milk, a loaf of bread, a pound of butter, a bushel of corn, or a gallon of gasoline. They can remember the cost of their first home and their

first automobile (which may have been as low as \$395). With a little research you will locate more old time prices.* Then just list the prices in a column, and your readers will be fascinated. Here's an example:

1930s prices

Milk	5-10 cents a quart
Eggs	7 cents a dozen
Butter	11-29 cents a pound
Coffee	35 cents a pound
Bacon	35 cents a pound
Bananas	7 cents a pound

"Presidential Trivia" makes a delightful column, too. Consider something like this:

* Abraham Lincoln, though always pictured with a beard, did not begin wearing one until he was 51 and a little girl told him he would look better with one.

* President Cleveland's baby daughter, Ruth, had the Baby Ruth candy bar named for her.

* President Taft became Chief Justice after serving as President.

* James Madison was the first President to wear trousers rather than knee breeches. At 5'4" tall, he was the shortest President.

* Rutherford B. Hayes, the 19th President (1877-1881), held the first Easter egg roll on the White House lawn.

* President Wilson raised sheep on the White House lawn for their wool which would be sold and given to the Red Cross during WWI.

* Harry Truman would get up at five a.m. and spend two hours practicing the piano.

* George Bush is distantly related to Presidents Pierce, Lincoln, Theodore Roosevelt, and

(Continued on page 27)

Clothing for Seniors and the Disabled

**Want Struggle Free Dressing?
Choose Easy Access Clothing.**



FIND THIS STORE & MORE AT OUR NEW FAMILY LIFE RESOURCE CENTER MALL
<http://www.theactivitydirectoroffice.com/FAMILY-002.html>

Ford, and also to Winston Churchill.

Not all columns have to be of a reminiscent nature. You can easily weave reminiscent material in with other features to make an arresting newsletter.

"Interesting Tidbits" can feature ordinary trivia and will quickly entice a reader of any age. Here is an example:

* The average American consumes 45 gallons of soft drinks a year.

* The 1938 Time magazine man of the year was Adolph Hitler.

* The first woman ever to run for President was Virginia Chafin Woodhull. The year was 1872 and she ran on the People's Party ticket. Women did not win the right to vote until 1919, though they had voted earlier in U.S. history.

Another successful column might be called "Holiday History and Trivia". With a little research from your library, or a quick search of the internet, you can find interesting tidbits to share about the nearest holiday. (To save research time, get books from the children's section of the library. You get facts without a lot of fanfare.)

People are always trying to find ways to simplify their life. Why not do columns called "Helpful Hints"? These may include money-saving tips, cooking tips, painting tips, sewing tips, travel tips, and tips about kids and pets.

Quotations are a favorite of readers. They are quick to read and readily available. Keep your notebook handy, or spend some library or internet time locating them. Consider a "Quotable Quotes" column.

I can almost hear you say, "Sure these ideas would make a great newsletter, but I am far too busy to do research." Believe me, I understand.

Activity directors are busy people. Research takes precious time, time most activity directors don't have. Perhaps this is the reason so many newsletters remain intra-facility rather than circulating into their community and beyond where they could be valuable public relations tools. As a young activity director, my administrator quickly became sold on the merits of a reminiscent newsletter and willingly allowed me the time for research. Our newsletter brought broad publicity as it circulated in our community, through several states, Canada, and one even went to Germany. Your administrator may not allow you the time. Take heart! You can use my research. Nine plus years of it has been packaged into one of my books, *Newsletters Simplified!** It is filled with most all the above trivia, trivia you may use in your own newsletter. There are even completed reminiscent articles to use. If you have the time for research, the library offers many books of quotes, nostalgia, historical data, and other useful material. If you want to read additional trivia, check out *The People's Almanac*, the *World Almanac*, and *1993 Information Please*. Other interesting books are *Fads, Follies, and Delusions of the American People*, *Celebrity Register* and a *Thesaurus of Anecdotes*.

When putting your newsletter together, remember the average reader spends a mere five minutes reading a newsletter. Consequently, you want to provide short features broken up with lots of headlines. Use these headlines to lure your readers into the story or column which follows. Don't worry about not being a good writer. Simply make your writing conversational. Write like you talk. When writing a story ask yourself, What would my reader want to know? Then ask who, what, when, where, why, and how. Finally, do not let newsletter editing scare you. Think of it as an opportunity, an opportunity that will permit you to shine as the professional you really are. God bless, Marge.

(Continued on page 30)

(Golf - Continued from page 9)

- Do you know some golf terminology?
- What is your handicap?
- Did you ever make a bogey?
- How about a birdie?

Covering some of this information will help prepare the residents for some of the game activities.

Activity 2 - What's that? (Learning / cognitive skills)

Materials: White board, posters or paper.

Instructions: Write or type out questions on white board, posters or type them up in large print on paper.

This is a golf terminology game to help refresh resident's memory or to teach them something they did not know about golf. Select 10 to 20 golf terms and see if the residents can match up the meaning. Examples:

1. A golfer's unique position before hitting the ball is called an _____. (address)
2. A golf player who competes in tournaments but not for prize money is an _____. (amateur)
3. When used as a noun this word describes the club head of an iron. However, used as a verb means hitting the ball on its equator. _____. (blade)
4. An individual you pay to carry your golf clubs around the course and sometimes give advice on how to play the course. _____. (caddie)
5. A small vehicle to drive around the golf course. _____. (cart)
6. A shot normally played from just off the green. _____. (chip)
7. When your clubface strikes the ground before hitting the ball is called _____. (fat)
8. The ultimate target for the golf ball. _____. (hole)
9. Right-handed golfer shots sometimes bend to the left is called a _____. (hook)

10. A device which is designed to raise the golf ball off the ground. _____. (tee)

Activity 3 - Hole in one Meatball (sensory skills)

Materials: Ingredients for homemade meatballs, sauce, Dinner rolls

Instructions: Let residents make a meatball dinner roll to enjoy now or later. Pick your favorite easy meatball recipe and let residents shape at least one golf ball size meatball. Bake according to recipe. Now take a single dinner roll (any kind should do) and scoop out the center of the roll. Add a spoon full of sauce with one meatball and you have a "hole in one" for the residents to enjoy.

Activity 4 - Stretching it the golfers way (Exercise - physical movement)

Materials: yard sticks

Instructions: This fun workout with yard sticks will allow residents practice hand positions and golf swings to get the residents in shape for their next game activity. First warm them up with wrist movements, then arm stretches, slight knee bends or upper-body twist. Golfers pick up is a good stretch that is very easy on the back. Just remember that today any exercise should focus on the body movements used in golf.

Activity 5 - Silly Golf Balls (Craft - cognitive and sensory skills)

Materials:

- Used golf balls (Contact the local golf range to donate old golf balls. Bleach or spray paint them any color)
- Base - old cork board, wooden coasters or small scrape wood pieces (paint if it has any logos on them)
- Glue

(Continued on page 29)

(Golf - Continued from page 28)

- Silly eyes
- Yarn, Easter grass, or colored pipe steams (to use for hair or arms)
- Felt scrapes (red, pink or blue)

Instructions:

Let resident glue the golf balls on the selected base and decorate a face on the golf ball. You can make silly names for them to add to the décor or just write the residents name on it. Great for tokens to remember today's theme for the residents room or to give as gifts to their favorite golfer in their family.

Additional suggestion:

1. Game - Get out the Wii or DVD and play golf games.
2. Miniature Golf Course - Set up your own golf course around your facility complete with sand traps and water ponds. Use your imagination to allow the residents to have fun playing a round of golf.
3. Word game - Get a list of well known golfers through out history on Wikipedia.com and create a word search with their names. You can use this as a group game or type them up and pass them out while you do your One on One visit with the residents. Turn it into a facility activity by matching up a staff member with a couple of residents to see who can turn their completed search in first to win a prize. Lots of things you can do with famous golfer names once you letting your creative juices flow.
4. Trip - Take a field trip to your local Mini Golf lot so the residents can play a round of miniature golf.
5. Movie - As always review the movie to see if it is appropriate for your residents viewing.
 - Caddyshack -1980 - Chevy Chase, Bill Murray and Rodney Dangerfield
 - Happy Gilmore - 1996 - Adam Sandler
 - Tin Cup - 1996 - Kevin Costner
 - The Legend of Bagger Vance - 2000 - Matt Damon, Will Smith, Charlize Theron and

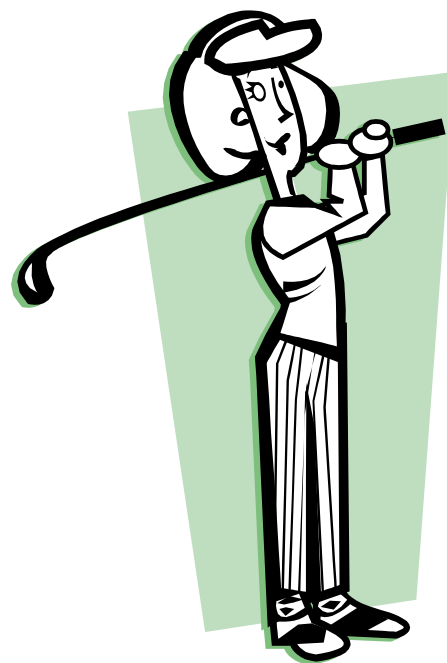
Jack Lemon

- The Greatest Game Ever Played - 2005 - Shia Labeouf
6. Social - Host a facility golf tournament. If you need some on-line help read through the tips on GolfDigestPlanner.com to give you some ideas or ask your Marketing Director to help out with the event to promote the facility. Invite residents, family, staff, community and vendors to participate. The event can also be a fund raiser for your facility. If you want just keep it small and simple just for the residents the website tips can help you make it as much like a real tournament as possible.
 7. Golfer's Lounge - Host a golfer's lounge and serve non-alcoholic drinks, coffee, tea and some appetizers. Decorate the lounge area with golf clubs/bags, golfer posters and anything else to give it that golf club lounge feeling.
- Blessings,

Christine Jennings
Author/Contributor

[http://www.recreativeresources.com/
SpecialEventsandThemes.htm](http://www.recreativeresources.com/SpecialEventsandThemes.htm)
[http://www.theactivitydirectorsoffice.com/
index.html](http://www.theactivitydirectorsoffice.com/index.html)

-END



(Continued from page 27)

*** Newsletters Simplified!** is packed full (352 pages full) of information to put in your newsletter, or to use for untold lively reminiscent groups, or for trivia games, or to stump the staff at parties or gatherings. It is an activity director's one-source reference for trivia, historical trivia, and nostalgia. It is written specifically for activity directors.

It sells for \$22.99 and can be purchased directly from Valley Press, P.O. Box 14134, Bradenton, Florida 34280, or by calling or faxing 941-708-9700.

-END

(Move it or Lose it - Continued from page 7)

tive, are more-often-than-not pleasantly surprised as to how quickly they come to realize health-related improvements taking place. Those improvements include increased energy, strength, balance, mobility, lung function and reduced aches and pains often related to common chronic conditions such as arthritis.

The body is designed to move, and problems arise and compounded for the RP that sits and does little. Even those RPs with the greatest limitations need to move, and can benefit from methodical movement of a MB discipline such as Easy Tai Chi or Chair Yoga. Both are very gentle, and do not jar the body and/or joints. Neither is difficult to learn, and both serve to enhance overall health and wellness. Empower your RPs today by requesting a FREE sample DVD from FitXpress which includes a clip of the Easy Tai Chi on DVD, permission granted by ORI for production, and clips from both of our chair yoga titles. Call Nikki at 1-800-481-7449 or send an email; nikki@fitxpress.com for your FREE sample DVD.

Until next month...be well.

-END

"Green" Hair?

By Sandy Blackburn, Groom Room Dog Spa, Attica, IN

I found out something interesting that is being done to help with oil spills in the Gulf. There is a group that makes oil absorbing mats and booms out of human and pet hair!

The idea is that hair absorbs oil, and they weave all the hair into mats or stuff it into nylon hosiery and float it on the water, and it actually does work! Now that's a way to be "green" that I never thought of! You can go to this website, www.MatterofTrust.org to sign up, and they will take donations of hair, hosiery, pet hair or sheep's wool and you'll be matched up by state and told where to send your donation. I'm presently awaiting an e-mail to tell me where to send my pet hair. Meanwhile, I will be bagging it up and putting it aside. Who knew there was another use for cut hair? This is great for all beauticians and pet groomers, sheep farmers, as well as anyone who wants to bag up and save any amount of hair. Think of the space we'll save in the landfills, now that's some creative recycling!

The entire operation of how they make the hair mats and booms is on that site, and it's fascinating! They accept donations all year round, not just for major disasters that we hear about on the news. From the website:

DID YOU KNOW?

Every year, an estimated 706 million gallons of oil enter our planet's oceans:

By far the greatest source of spilled oil is households. We can make a difference, according to the Smithsonian Institution and the Environment Protection Agency:

- Used Motor Oil - accounts for 363 million gallons in our oceans!
- 50% of Americans change their own motor oil, but only 1/3 of that oil is collected and recycled.
- 2/3 are dumped down drains or spilled on driveways and onto streets. One typical 5 quart oil change improperly dumped can contaminate millions of gallons of freshwater.
- Routine ship maintenance and washing containers - account for 137 million gallons of oil in our oceans.

(Continued on page 32)

nating colors that make up 4 rows of 8 squares on each side to total 64 alternating squares. Allow the paint to dry completely before handling the rug further. Use a paint brush to fill in any areas the sponge didn't cover. Have fun with your new creation!

Sundae Scream!

This ice cream game is a game in which you go around a game board trying to get the toppings to make an ice cream sundae. The first person to get all the toppings for a sundae wins!

What You'll Need:

- Monopoly Board or Homemade Board
- A pair of Dice
- Playing pieces or different colored paper cut in small circles
- Different types of toppings or things to represent toppings
- Homemade action cards (see below)



How to Play

Lay out a Monopoly game board.

Use game pieces to move around the board or cut out different colored circles to represent ice cream sundae dishes.

Roll a pair of dice to move your dish around the board.

Place small ice cream toppings at different checkpoints along the way. If you land on those spots, you get to pick up those toppings to make a "sundae."

Of course, there are obstacles along the way. Instead of using the Monopoly cards, make your own cards that say such things as:

- Lose one topping
- Miss a turn
- Move backwards
- Pick up any topping you want
- Etc...

The first person to complete their "sundae" with all the necessary toppings wins.

You'll probably have to go around the board multiple times.

Make your own Beanbag Toss Game

A Bean Bag Toss is a classic carnival game that can be set up with few materials and minor preparation. Gather the correct materials and in just a few minutes you'll be ready to play the Bean Bag Toss Game. This game can be enjoyed in its basic format or be customized for your event by throwing in some thematic elements.

(Continued on page 32)

Things You'll Need:

- Large piece of strong cardboard
- Scissors
- Paint
- Paintbrushes
- Rope
- Heavy scrap material (felt or canvas)
- Scissors
- Needle
- Thread
- Dried beans or rice



Make the Game Board

1. Cut out a piece of sturdy cardboard that is at least 4 feet by 4 feet. Determine the size of your board by the number of people playing.
2. Cut three to five round holes in your cardboard game board, big enough for bean bags to be tossed through and not so large that every player wins the game.
3. Paint your cardboard game board. Opt for a simple, solid color, or choose a thematic element to go along with your event.
4. Cut two holes in the top corners of your game board. Tie one end of the rope through each hole. Allow some slack in the rope to create a handle for your game board. Hang your game board by the rope handle.

Make the Bean Bags

1. Cut scraps of heavy material, such as felt or canvas, into squares measuring 7 inches by 7 inches. Cut two squares per bean bag.
2. Sew each side of the two squares together with the wrong sides out. Leave a small opening on the final side to allow you to turn the bag inside out and fill it with beans.
3. Turn the bean bag inside out so that the right side of the fabric is now on the outside. Fill the bean bag with the desired amount of dried beans or rice and then sew the opening closed.

-END

(Green Hair - Continued from page 30)

- From air pollution - 92 million gallons
- Natural seepage of oil bubbling up from the sea bottom - 62 million gallons
- Large Spill Accidents - 37 million gallons
- Offshore drilling - 15 million gallons

Wow, those are scary statistics! It's nice to know someone is out there doing something about it and we can all help in some way. This group is hopeful that they can bring the textile industry back to the United States, since China has the lion's share of it. Wouldn't THAT be nice! Just think, it all started with a haircut, or a pet groom. Who would've thought hair could save the world? I've seen some

pretty interesting things done with hair, heck I do some of them, but I do love minds that think outside the box.

All of this is making me feel very guilty about the way I deal with garbage, and recycling. I'm not exactly a "tree-hugger". I think there's still hope for me though.

So now every time you brush your pet, get your own hair cut, get your pet's hair cut, or sweep up hair dust bunnies you can think, wow, this could save a fish, or seal or bird or some kind of wildlife, and of course, it can save us. The great circle of life ends with us and "green" hair.

-END

Rules: sometimes rules have to be modified to accommodate new ideas

being practical: just because an idea isn't practical doesn't mean it can't be done

Not my job: Making our elders happy is everyone's job

Fear of being foolish: Take a chance, use it as a new power, make fun of yourself

Being in a rut: This maybe the hardest, but stepping out of your comfort zone is very liberating.

Creativity can be needed in times of difficulty as much as during the good time. For example:

Getting fired or not getting your raise: will make you examine yourself more closely

Losing staff / Budget cuts make you look for new ways to get things done for your elders and can turn out to be more beneficial to our elders than it was before!

When you're on the verge of burn out learn a new skill. Go to a community school take a class in pottery, learn a new language just get out there and grow.

These situations can cause you problems or they could be the catalyst for you to start thinking differently. Sometimes set backs can be the best thing to happen to you. It can help you discover opportunity and generate new ideas. Remember anyone can look for fashion in a boutique or history in a museum. The creative person looks for history in a hardware store and fashion in an airport

Explore ideas by daydreaming to music, at flea markets, in creative arts classes, in magazines outside of your area of interest / knowledge, professional publications, history books, newspapers / TV, surfing the net, and network / brainstorm with your co-workers, family, friends, and especially other activity directors!!!! Be dissatisfied: Dissatisfaction can be good for the creative process. Otherwise you lose the shove you need to spot potential problems. Get rid of excuses: Sometimes it takes more creativity to get rid of the excuses than it does to come up with new ideas.

Be courageous Don't be afraid to fail!! Be Outrageous

Here is a program that came about when thinking outside the box. When this was first done Flamingo products were scarce, however, now you can find products everywhere from the dollar stores to the internet.

Flamingo Month

Parties/ Entertainment

Dinner Party: Menu-

Spinach Salad: Spinach, strawberries, grapes, bean sprouts, sweet pink ruby red grapefruit, raspberries, onion, bacon, topped with Raspberry Vinaigrette Dressing

Chicken Flamingo: Grilled Chicken breasts topped with mild salsa and topped with Colby-Jack Cheese

Fried Red Cabbage Beets

Strawberry Pie Cream Soda

Flamingo Lounge: Play 50's lounge music: Dean Martin, Sammy Davis Jr., Louis Prima, Sinatra, Tony Bennett. Serve Pink Ladies- Vanilla Ice Cream blended with Strawberry Soda with a splash of grenadine.

The Flamingo Casino: Set up room as a casino with a black jack table, craps, roulette, and poker table. Give residents \$20.00 pink money (made by copying play money on pink paper) seat residents at the various tables after 15-20 minutes tables rotate (it's better for the staff to move tables

(Continued on page 34)

(Continued from page 33)

than residents) when all the residents have had a chance to play all the games, we end the program with an auction for prizes or they can purchase prizes with their winnings. (sometimes the auction doesn't work it depends on the abilities of your residents)

Flamingo Party: Your resident's favorite music is played. Residents are served pink punch and Petit fours, Flamingo trivia game played with all winning a flamingo Prize.

Games:

Flamingo Races: 6 plastic flamingos are numbered and put on a track (floor squares are used as spaces if that is not available mark off 20 to 25 spaces with masking tape). Residents choose the Flamingo they want to bet on and are given a ticket with the name & number of that flamingo. Residents take turn shaking a large dice twice in a clear container. The first number rolled is the Flamingo to be moved the second number is how many spaces. The winner is the first Flamingo to reach the finish on the exact number (for instance, if #4 needs a one to reach the end and a four is rolled #4 does not advance, it can only win with a one.) Note: be creative with the names of the flamingos and the prizes. For instance some of the names we had were Flambo, Flingo, GoFling, Big Pink, some of the prizes were pink cotton candy, Flamingo glasses, stuffed flamingos, flamingo pens.

Pass the Flamingo: Pass a plastic flamingo like hot potato

Ring the Flamingo: There is a flamingo toss game in the Oriental Trading Catalog but you could also use a plastic or cut out flamingo to toss rings over it's head.

Flamingo Whoppie: Residents are set at tables of 5-6, Each resident is given a sheet of paper with cut outs of 11 flamingos numbered 2-12. The residents take turns rolling the dice and covering the numbers they roll, if they roll a number they already have covered they lose a turn unless it is a 7 or 11, 7 & 11 become wild once covered. The first person at each table to cover their card completely wins.

Flamingo: Bingo with flamingo prizes

Scavenger Hunt: Print out the pictures of flamingos. Find facts &/or questions, print them out and tape one on the back of the pictures. (we used questions about our facility). Put out flyers and posters announcing the Game, Time, Rules and place to start. About an hour to 1/2 hour before the start of the hunt tape the photos on the walls or other areas of your choosing. (watch for those residents who like to "collect things" so they don't take them down.

The Rules: A team consists of a resident and staff members

Sign ups can begin as soon as the fliers go up to 10 minutes before the game begins & can be changed as needed. Each team is given a sheet with numbers (attached). Questions on the back of the flamingos must be answered and written on the sheet. When the game leader says go each team leaves the gathering area to look for the flamingos. Participants do not have to go the same way. Sharing answers with other teams is allowed.

(Continued on page 35)

The first, second, third and fourth team back with all of the answers correct wins prizes. We gave candy to everyone that participated. First place received a Flamingo yard/ room ornament & boxes of Celebration Candy. Second Place received a Flamingo pens and large candy bar, Third place received Flamingo cup holders, and fourth place one flamingo glasses.

This turned out to be a wonderful bonding game many of the staff and residents who were teammates continue to have a special relationship now. There was lots laughter and hugs that day.

Another contest that was great fun was:

Residents, Families, and Staff were encouraged to dress their tackiest in Pink every Thursday in Aug. There were prizes for the Tackiest outfit each Thursday and a grand prize on Aug. 28th at the Flambango Party We had some pretty wild looking prize winning outfits!!

Crafts:

Flamingo Necklaces & Earrings: Small plastic Flamingos were found in oriental trading catalogs as key chains. The flamingos were removed from the key chains and put on earrings. Necklaces were made using one flamingo and different shades of pink, violet & clear beads strung on a pink ribbon.

Suncatchers: Copies were made of picture, residents used markers to color them, then they were wiped with and oily paper towel, dried and framed.

Flamingo Sunglasses: Decorated inexpensive sunglasses with flamingo stirrers and flamingo confetti

About Flamingos: videos and books that teach the residents about Flamingos.

Flamingo Puzzle: How many words can be made from flamingo?
Flamingo crossword.

Where were you in 1957? Plastic Flamingos were born in 1957. Reminisce with residents about what they were doing then. A great book to use is "Remember the Fabulous '50's" available through Reminisce Magazine 1-800-558-1013 - web site: www.reimanpub.com or your local library may be able to get it for you

Community:

Out trips: zoos with a special trip to see the flamingos.
Lunch out at a '50's style restaurant

Service project: In keeping with the pink theme, Pink Ribbons, pens, and bags were sold and proceeds were donated to the St. Alexian Hospital cancer Center in Chicago, where they have a special boutique set up for women with breast cancer. They have wigs, hats, make up tips, seminars and support groups for women going through cancer.

-END

Activity Director Today E-magazine Back Issue Order Form *(Free Shipping)*



<u>ITEM</u>	<u>PRICE</u>	<u>TOTAL</u>
JAN - MAR 2008 + (Bonus)	6.95	_____
APR - JUN 2008	6.95	_____
JUL - SEP 2008	6.95	_____
OCT - DEC 2008	6.95	_____
ALL OF 2008	25.75	_____
JAN - MAR 2009	6.95	_____
APR - JUN 2009	6.95	_____
JUL - SEP 2009	6.95	_____
OCT - DEC 2009	6.95	_____
ALL OF 2009	25.75	_____
	(SHIPPING FREE)	
	TOTAL	_____

Make your check/money order
payable to
Robert Lucas, Editor
for the total amount of your order.
Mail with a copy of this order form
to:
Robert Lucas, ADT Editor
113 Edgewood Drive, Suite A
Attica, Indiana 47918

Name: _____

Address: _____

City: _____

State/Province: _____

Zip: _____

E-mail: _____

Activity Director Today E-magazine

Disclaimer: All articles presented in this magazine are strictly the ideas and opinions and intellectual property of the authors. Activity Director Today, Robert Lucas, Linda Lucas and all affiliated entities of Activity Director Today cannot be held liable for author content.

Please Note: The ideas and suggestions in this magazine must be adapted to each resident or group as circumstances dictate. As always, the consultation of medical staff, physicians or other applicable authority should be included in any activity program. Please use discretion when using and applying these materials so that you do not offend any of your residents or participants

Copyright Notice: *Activity Director Today E-magazine* is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved Materials may be reproduced for use with your residents and in your facility newsletter ONLY. All other reproduction must be approved at admin@theactivitydirectorsoffice.com

Helping your parents and older loved ones

(ARA) - Spring and summer family gatherings such as holidays and family vacations are often the first opportunities that families get to spend time together. As a family, you have the opportunity to catch up with older loved ones and to notice possible changes in their physical or mental health that may stand out after not seeing them for a while. This is especially important if they are more than 65 years old or were previously diagnosed with Alzheimer's disease (AD).

Monitor Your Loved Ones' Cognitive Health

It is important to closely monitor your loved one's cognitive health to assess whether they are doing as well as they can. Some family members resist the idea that their loved one's health is declining, which is normal because AD is a difficult disease to accept. However, it is important to

note if your loved one's symptoms are getting worse. Family members can create a support system for their loved ones by engaging others as early as possible.

"I encourage family members to be on the look-out for changes in their loved ones' health and behavior during family visits," said Dr. Yanira Cruz, president and CEO of the National Hispanic Council on Aging. "It is important that as a family member caring for a loved one you have regular conversations with the doctor and discuss any new behavior or concerns you have regardless of whether your loved one is exhibiting symptoms re-

(Continued on page 2)



(Continued from front page)

peatedly or has been diagnosed with AD."

Alzheimer's: A Progressive Disease Age is the biggest risk factor for AD, as the chances of developing the disease doubles every five years after age 65. Disease progression is generally described in three stages - mild, moderate and severe. The Alzheimer's Association estimates more than 5 million Americans age 65 and older are living with AD, and 72 percent of these patients have moderate or severe disease. By 2050, as baby boomers age, it is estimated 13.5 million Americans will have the condition.

AD affects more than just the patient - it impacts caregivers and even the entire family. Thirty percent of people serve as caregivers for their aging parents with AD as well as their children or grandchildren younger than 18 years old living at home. Nearly 11 million people in the United States - mostly women - take care of a loved one with AD in addition to their families.

Disclosure:

This article was provided by Eisai Inc. and Pfizer Inc.

Dr. Cruz serves as a consultant to Eisai Inc. and Pfizer Inc.

Courtesy of ARAcontent

It Happened in August

- National Inventor's Month
- Get Ready for Kindergarten Month
- Aug 1, 1770 William Clark's Birthday
- Aug 1, 1990 Birth of World Wide Web
- Aug 1, 1868 U.S. Purchases Alaska from Russia for \$7.2 Million Dollars
- Aug 1, 1944 Anne Frank's Last Diary Entry
- Aug 1, 1790 First US Census
- Aug 1, 1779 Francis Scott Key's Birthday
- Aug 1, 1791 Emancipation of 500
- Aug 2, 1939 Albert Einstein's Atomic Bomb Letter to President Franklin Roosevelt
- Aug 2, 1776 Declaration of Independence Signed
- Aug 3, 1492 Columbus Sails for New World
- Aug 3, 1949 President Harry Truman Signs Act of Congress Designating June 14 National Flag Day
- Aug 6, 1945 Atomic Bomb Dropped On Hiroshima
- Aug 7, 1990 Operation Desert Shield begins
- Aug 9, 1974 President Nixon Resigns
- Aug 10, 1846 Smithsonian Act of Organization Passes Congress and is Signed by President James K. Polk
- Aug 12, 1981 IBM Launches PC
- Aug 12-13, 2010 Perseids Meteor Shower
- Aug 13, 1961 Berlin Wall Erected
- Aug 13-29, 2004 Athens Olympics 2004
- Aug 14, 1777 Hans Christian Ørsted's Birthday
- Aug 14, 1984 PowerPoint First Released
- Aug 14, 2010 Sand Castle Day
- Aug 15, 1914 Opening of Panama Canal
- Aug 15, 1870 Completion of Transcontinental

IT HAPPENED IN AUGUST

L L A N A C A M A N A P M V G
 Y T Y D L L A Z H C R A N O M
 E H N V N Z K N H Z T K K N M
 K G G B E R L I N W A L L Z A
 T I T W U L N M V E P G O N S
 T R H D S H T H F P F F I D D
 O W G S C A M I H S O R I H N
 C R I R E Y Y M N D T E A E D
 S U R O N E G R R A S M T N G
 S B W T S Z L A K R K R J W K
 I L E N U F Z T E G A F T F D
 C I L E S I H P S G L E L Y O
 N W L V W M T G R A N F G P G
 A R I N Z M M E G N C N C C D
 R Y V I T C D D I D B D J N A
 F Q R J M N A S V D I A N A Y
 T R O J I Y □ A L A S K A A M
 W R D K V N O I T A I V A M S

Find these Events:

Solution on Page 21

- Inventors
- Kindergarten
- Alaska
- Anne Frank
- US Census
- Francis Scott Key
- Flag Day
- Hiroshima
- Perseids
- Berlin Wall
- Sand Castle
- Panama Canal
- Wilbur Wright
- Orville Wright
- Aviation
- Monarch
- Wizard of Oz
- Dog Day
- Katrina
- Tennis
- Diana

Place
Postage
Here



WORD SEARCH SOLUTION

L	L	A	N	A	C	A	M	A	N	A	P	M	V	G
Y	T	Y	D	L	L	A	Z	H	C	R	A	N	O	M
E	H	N	V	N	Z	K	N	H	Z	T	K	K	N	M
K	G	G	B	E	R	L	I	N	W	A	L	L	Z	A
T	I	T	W	U	L	N	M	V	E	P	G	O	N	S
T	R	H	D	S	H	T	H	F	P	F	F	I	D	D
O	W	G	S	C	A	M	I	H	S	O	R	I	H	N
C	R	I	R	E	Y	Y	M	N	D	T	E	A	E	D
S	U	R	O	N	E	G	R	R	A	S	M	T	N	G
S	B	W	T	S	Z	L	A	K	R	K	R	J	W	K
I	L	E	N	U	F	Z	T	E	G	A	F	T	F	D
C	I	L	E	S	I	H	P	S	G	L	E	L	Y	O
N	W	L	V	W	M	T	G	R	A	N	F	G	P	G
A	R	I	N	Z	M	M	E	G	N	C	N	C	C	D
R	Y	V	I	T	C	D	D	I	D	B	D	J	N	A
F	Q	R	J	M	N	A	S	V	D	I	A	N	A	Y
T	R	O	J	I	Y	A	L	A	S	K	A	A	M	
W	R	D	K	V	N	O	I	T	A	I	V	A	M	S

U.S. Railway

- Aug 16, 1867 Wilbur Wright's Birthday
- Aug 18, 1774 Meriwether Lewis' Birthday
- Aug 18, 1920 Nineteenth Amendment Ratified
- Aug 18, 1945 Paula Danziger's Birthday
- Aug 19, 1871 Orville Wright's Birthday
- Aug 19, 2010 National Aviation Day
- Aug 22, 2010 Monarch Butterfly Fall Migration Begins
- Aug 24, 2006 Astronomers Demote Pluto to Dwarf Planet
- Aug 25, 2005 First Landfall of Hurricane Katrina
- Aug 25, 1916 National Park Service Established
- Aug 25, 1939 "Wizard of Oz" film Released
- Aug 26, 2010 National Dog Day
- Aug 26, 1920 19th Amendment Signed into Law
- Aug 26, 2010 Women's Equality Day
- Aug 28, 1963 Martin Luther King Gives "I Have a Dream" Speech
- Aug 29, 2005 Hurricane Katrina Devastates Gulf Coast
- Aug 30-Sep 12, 2010 U.S. Open Tennis
- Aug 31, 1997 Diana, Princess of Wales' Death