

Creative Forecasting[®]



A Monthly Publication for Activity & Recreation Professionals Vol. XXVI, No. 8, August 2014, \$6.00

August Is Celebrating Summer Fun Month

Active Seniors

Outings for Everyone

Be Our Guest

One-act Skit -

“I Was Just Trying to Help!”

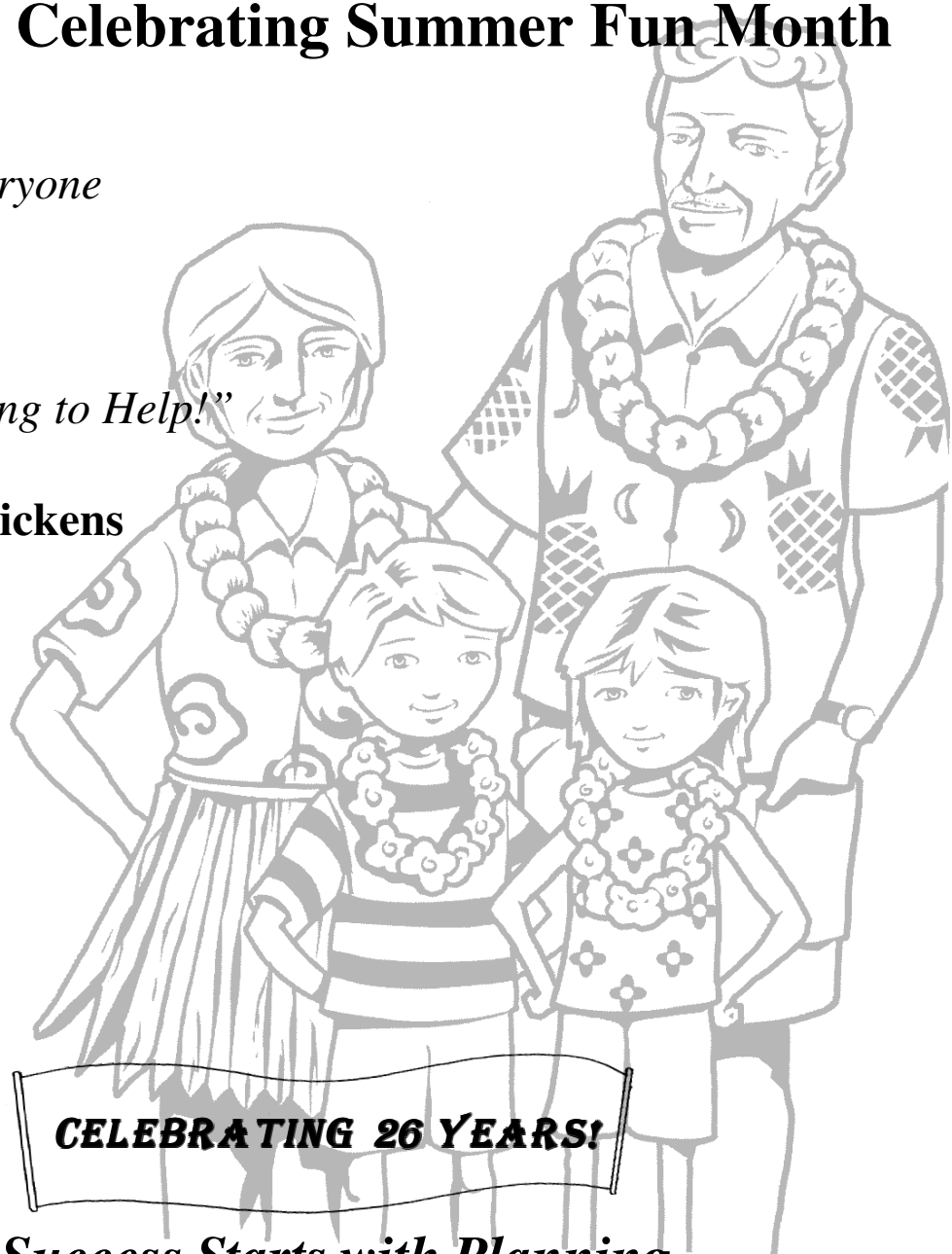
Celebrating Chickens

Luau

Medical Notes

Hearing Loss

Tisha B’Av



Success Starts with Planning

CREATIVE FORECASTING, INC. P.O. Box 7789 Colorado Springs, CO 80933-7789, 719-633-3174, FAX: 719-632-4721








Editors: Mary Anne Clagett, CTRS, ACC, AC-BC and Pegi Schlis, CTRS, ACC, AC-BC

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 = **Grab & Go Activities**

We are now highlighting ready-to-use activities that require no preparation (except copying in some cases). These Grab & Go Activities are flagged with a hand.

TAKE NOTE!

General Policy: It is the policy of *Creative Forecasting* that when we receive your new or expired renewal subscription, we will start your subscription with the next issue mailed. Issues are mailed 9 - 10 weeks prior to the month that is featured.

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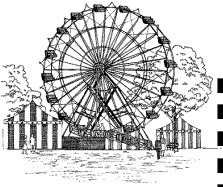
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 Executive Editors: *Mary Anne Clagett, CTRS, ACC, AC-BC, Pegi Schlis, CTRS, ACC, AC-BC*
 Assistant Editors: *Kinda Lenberg, BA, Susan Stoner, BFA*
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AUGUST 2014 Dates To Celebrate



- American Adventures Month
- American Artists Appreciation Month
- Audio Book Appreciation Month
- Black Business Month
- CANADA: National Blueberry Month*
- Cataract Awareness Month
- Children's Eye Health & Safety Month
- Children's Vision and Learning Month
- Family Meal Month
- Fantasy Football Month**
- Happiness Happens Month (Day: 8)***
- Learn Japanese Month
- National Canning Month
- National Catfish Month
- National Fair Month ▶
- National Goat Cheese Month
- National Golf Month (Day: 16)
- National Panini Month
- National Parks Month
- National Sandwich Month
- Psoriasis Awareness Month
- Summer Fun Month ▲
- Water Quality Month
- Wild Blueberry Month
- BIRTHSTONES - Sardonyx (Married Happiness), (Alt. - Peridot or Olivine)
- FLOWERS - Gladiolus (Alt. - Poppy)
- COLORS - Orange and Red

*The sponsor of this month is the North American Blueberry Council (www.nabcblues.org). In the U.S., National Blueberries Month is celebrated in July and is sponsored by the U.S. Highbush Blueberry Council (www.blueberry.org).

**If people in your facility want to start a fantasy football team or league, visit www.nfl.com/fantasy for information (click on the Help tab).

*** See *Celebrating Happiness in Opportunities for Individuals with Memory-impairment* on page 36, *Homemade Happiness Card Project in Activity Exchange* on page 39, and "Happiness" in *Creative Musings* in page 44.

▶ See *Going to the Fair in It's Party Time!* starting on page 21, and work the *State Fair Attractions Word Search* on page 46 with residents. See August - Month for the County Fair in *Active Seniors* on page 35 in the January 2014 issue.

▲ See *Luau* on pages 9 and 10, *Celebrating Chickens* theme article on pages 11 and 12, seasonal recipes on the *August Pages* on page 13, one-act skit, "I Was Just Trying to Help!" in *Be Our Guest* on page 14, *The Amazing Path of Butterflies in Science for Seniors* on page 19, *Domino Pendant, Greeting Card Book, and Map Coaster in Craft Ideas* on page 24, "Sun" Word Game in the *August Word Games* on page 25, *Outings for Everyone in Active Seniors* on pages 34 and 35, *Baseball-themed Week and Country Western Week in Activity Exchange* on pages 39 and 40, and *Summer Fun Bulletin Board Trivia* on page 50 to ask the residents. Solve the *Humorous Imponderables Crossword Puzzle* on page 45 with residents.

ORIGIN OF AUGUST'S NAME - August was originally named "Sextilis" by the Romans. It was the sixth month in the Roman calendar. Julius Caesar had adopted his nephew, Gaius Julius Caesar Octavianus, and made him his heir. The senate gave this ruler the title of "Augustus" meaning revered or reverend. (Later, the emperors added this word to their names.) The senate honored Augustus by naming a month for him. See the "Eight" Word Game in *August Word Games* on page 25, *It All Happened in August in Reminiscent Corner* on page 38, *American Indians in Bulletin Boards* on page 43, and the *August Birthday Quiz* on page 49.

QUOTE FOR AUGUST - "Fairest of the months! Ripe summer's queen the hey-day of the year with robes that gleam with sunny sheen, sweet August doth appear." -R. Combe Miller

1: Anniversary of the Premiere of MTV, 1981 (www.mtv.com) - MTV featured only music videos. Another cable music station, VH1, owned by MTV Networks debuted on January 1, 1985 and aimed for older pop fans.

1: Braham Pie Day, Braham, MN (www.pieday.com) - Braham is known as the "Homemade Pie Capital of Minnesota."

1: Girlfriend's Day

1: National Raspberry Cream Pie Day

1: Respect for Parents Day

1 - 3: 53rd Annual National Czech Festival, Wilbur, NE (www.nebraskaczechsofwilber.com)

1 - 3: Twins Days Festival, Twinsburg, OH (www.twinsdays.org) - This event is the world's largest annual gathering of twins.

1 - 7: International Clown Week, Friday - Thursday (www.nationalclownweek.org)

2: 36th Annual Rehoboth Beach Sandcastle Contest (www.beach-fun.com/sandcastle-contest.html)

2: National Ice Cream Sandwich Day

2: National Mustard Day (www.mustardmuseum.com) - See *National Mustard Day in Spelling Bee Words* on page 47.

3: Grab Some Nuts Day

3: International Forgiveness Day

3: National Friendship Day

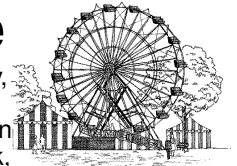
3: National Watermelon Day - See the recipes, *Watermelon Margaritas and Watermelon Salad* on the *August Pages* on page 13 and *Watermelon Trivia* on page 14.

3: Sister's Day® - This day celebrates the spirit of sisterhood, biological, sorority, or sisterly friends.

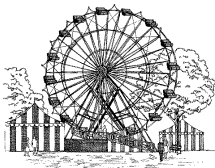
3: Residents and staff who are excited for the National Football League season to start can watch the preseason opener, Pro Football Hall of Fame (HOF) Game, in Canton, OH. Kickoff is at 8 p.m. Eastern Time. (Check your local TV listings for the channel.) The New York Giants will play the Buffalo Bills. The teams in this game usually have connections to incoming HOF members. This year, inductee Michael Strahan played with the Giants from 1993 - 2007, and Andre Reed played with the Bills from 1985 - 1999. Other 2014 inductees are Derrick Brooks, Ray Guy, Claude Humphrey, Walter Jones, and Aeneas Williams. Visit www.profootballhof.com for more information.



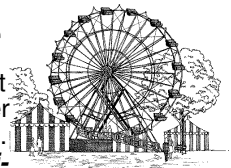
AUGUST 2014 Dates To Celebrate



- 3 - 9:** Single Working Women's Week - Single Working Women's Day is Monday, August 4.
- 4:** CANADA: Civic Holiday - The first Monday in August is celebrated as a holiday in seven of Canada's 10 provinces. It is a civic holiday in Manitoba, New Brunswick, Northwest Territories, Ontario, and Saskatchewan. This day is called British Columbia Day in British Columbia and Heritage Day in Alberta.
- 4:** Coast Guard Day - The Coast Guard was founded in 1790 as the Revenue Cutter Service.
- 4:** FOOD HOLIDAYS TODAY - National Chocolate Chip Day and National Lasagna Day
- 4 - 9:** 79th Annual Old Fiddlers' Convention, Galax, VA (www.oldfiddlersconvention.com)
- 4 - 10:** 74th Annual Sturgis Rally, Sturgis, SD (www.sturgis.com) - This event is known as the "Granddaddy of All Motorcycle Rallies and Races."
- 4 - 10:** National Bargain Hunting Week, Monday - Sunday
- 4 - 10:** National Smile Week, Monday - Sunday
- 5:** 31st Annual National Night Out (www.natw.org) - This event, sponsored by the National Association of Town Watch, is designed for neighbors to get together to strengthen their relationships with police to prevent crime.
- 5:** JEWISH: Tisha B'Av - Tisha B'Av begins at sundown on August 4. See **Tisha B'Av** on page 8.
- 5:** National Underwear Day
- 5:** National Waffle Day
- 5:** Work Like a Dog Day
- 6:** JAPAN: Peace Festival, Hiroshima - A festival is held in memory of the victims of the atomic bomb that was dropped on Hiroshima on this day in 1945.
- 6:** National Fresh Breath Day
- 6:** National Root Beer Float Day
- 6:** Wiggle Your Toes Day
- 7:** National Lighthouse Day (www.lighthousefoundation.org - click on ALF Lights for photos)
- 7:** National Raspberries in Cream Day
- 7:** Particularly Preposterous Packaging Day
- 7:** PERSON, PLACE, OR THING? - Here's a clue: Although he was never officially in the band, Bruce Hornsby played the piano at their concerts more than 100 times. For more clues, see **Person, Place, or Thing?** on page 53.
- 7:** Professional Speakers Day - Ask residents who were the most articulate and informative and/or inspirational speakers they have ever seen.
- 8:** National Frozen Custard Day
- 8:** National Zucchini Day and Sneak Some Zucchini Onto Your Neighbors' Porch Night - Ask staff and family members to bring in zucchini from their gardens for residents to use to make loaves of zucchini bread. Give the loaves to some neighbors of the facility along with copies of the recipe and zucchini.
- 8 - 10:** 17th Annual Kool-Aid® Days, Hastings, NE (www.kool-aiddays.com) - See Kool-Aid® Fruity Dough in **Activity Exchange** on page 40.
- 8 - 11:** 114th Annual National Hobo Convention, Britt, IA (www.hobo.com)
- 9:** Betty Boop's Birthday, 1930
- 9:** Family Volleyball Day
- 9:** JAPAN: Moment of Silence, Nagasaki - A memorial service is held for victims of the atomic bomb that was dropped on Nagasaki on this day in 1945.
- 9:** Middle Children's Day
- 9:** National Garage Sale Day and National Thrift Shop Day
- 9:** National Rice Pudding Day
- 9:** Smokey Bear's Birthday, 1944 (www.smokeybear.com)
- 9 - 13:** National Scrabble® Championship, Buffalo, NY (www.scrabbleplayers.org)
- 9 - 13:** Perseid Meteor Showers - The best chance of seeing meteors is when they peak between the 10th and 12th.
- 9 - 17:** Elvis Week, Memphis, TN, Saturday - Sunday (www.elvisweek.com) - Elvis fans from around the world visit Graceland and Memphis to commemorate his death anniversary, August 16, 1977 and for the many special events that are held during this time.
- 10:** Anniversary of the Founding of the Smithsonian Institute, Washington, DC, 1846 (www.si.edu)
- 10:** Daughter's Day
- 10:** Family Day - For a Sunday activity, have a Stand-up Comedy Social. Using the list of Punny One-liners and Oxymorons on the **Humor Page** on page 32 (use other sources for humorous stories or jokes, as needed), hand out slips of paper to interested residents and staff and family members who want to stand up and share them. Set up a banana split bar with ice cream, bananas, toppings, bowls, and spoons so people can make their own. Serve cold beverages, too.
- 10:** FOOD HOLIDAYS TODAY - National Banana Split Day and National S'mores Day
- 10:** Full Moon - The Colonial American moon names are dog day's moon, woodcutter's moon, sturgeon moon, green corn moon, grain moon, and wort moon. The Cheyenne Indian name is time when the cherries are ripe, and the Osage Indian name is yellow flower moon.
- 10:** Umpire Appreciation Day
- 11:** National Raspberry Tart Day
- 11:** Share the following professional articles with activity staff: Hearing Loss in **Medical Notes** starting on page 15, Make a Commitment to Service Learning in **Management Simplified** starting on page 18, The Visitors' Toolbox, Part 1, in **Simple Expressions** on page 22, and Recruiting Retirees for Volunteer Work in **Hot Flashes** on page 33.



AUGUST 2014 Dates To Celebrate



11 - 15: Weird Contest Week, Ocean City, NJ, Monday - Friday - One crazy contest is held each day including chewing meaningful things out of huge cookies, saltwater taffy sculpting, French fry sculpting, paper clip sculpting, and wet T-shirt throwing.
12: 85th Birth Anniversary of Buck Owens, 1929 - 2006 - See *Buck Owens in Musical Notes* starting on page 20.

12: FOOD HOLIDAYS TODAY - National Toasted Almond Bar Day and Julienne Fries Day

12: GUESS THE YEAR - Firsts this year were the Polaroid® Camera and tubeless auto tires, and fads were dog chains on skirts and bobby socks as hair curlers. ANSWER: 1947. For more information see *This Was the Year. . .1947* on page 51.

12: Vinyl Record Day (www.vinylrecordday.org)

13: Bambi's Birthday, 1934

13: International Lefthanders' Day (www.anythinglefthanded.co.uk) - Lefthanders' Day has been celebrated worldwide since 1992.

13: National Filet Mignon Day

13: QUOTE FOR THE DAY - "Remember, Ginger Rogers did everything Fred Astaire did but backwards and in high heels."
-Faith Whittlesey

14: Anniversary of V-J (Victory-over-Japan) Day - Official ratification of the surrender occurred on September 2 at Tokyo Bay. Ask residents to share their memories of when they heard President Truman announce that Japan had surrendered to the Allies.

14: FROM THE "CAN YOU BELIEVE IT?" FILE - Today is the anniversary of the longest softball game. This game lasted 365 innings, and it took place on August 14 - 15, 1976 in Monticello, NY. There was a total of 70 players including 20 women on the Gager's Diner and Bend'n Elbow Tavern teams. The game was called due to rain and fog at 4:00 p.m. on August 15. The Gagers beat the Elbows 491 - 467.

14: National Creamsicle Day

15: 100th Anniversary of the Opening of the Panama Canal, 1914

15: Best Friend's Day

15: Hawaii Admission Day Holiday - The third Friday in August is a state holiday. It commemorates when Hawaii became the 50th state on August 21, 1959. See the entry for the 21st below.

15: National Lemon Meringue Pie Day

15: National Relaxation Day - For a relaxing activity, see the Beauty and Grooming Sensory Kit in *Sensory Sensations* on page 43.

15: ROMAN CATHOLIC: Assumption Day - This day commemorates the ascent of the Virgin Mary into heaven.

15 - 17: 45th Anniversary of the Woodstock Music and Art Fair, Bethel, NY - Visit <http://woodstock.com> for more information.

16: Anniversary of the Publishing of the *Sports Illustrated* Magazine, 1954 (<http://sportsillustrated.cnn.com>)

16: FOOD HOLIDAYS TODAY - Bratwurst Day and National Rum Day

16: National Hippie Day - This is held on the Saturday closest to Woodstock's anniversary.

16: National Tell a Joke Day

17: DID YOU KNOW? - The five most popular national parks in the U.S. are Great Smoky Mountains National Park, Grand Canyon National Park, Yosemite National Park, Yellowstone National Park, and Rocky Mountain National Park. Visit <http://10mosttoday.com/10-most-visited-national-parks-in-the-united-states> for the other five most popular national parks and photos and descriptions of the top 10 parks.

17: For a Sunday activity, have a National Parks Show and Tell Social. Ask family members and volunteers to share their photos and videos of national parks they have visited. Ask residents to share their memories of their visits to their favorite national parks.

17: National Vanilla Custard Day

17 - 23: National Aviation Week - National Aviation Day is August 19, Orville Wright's birth anniversary (1871 - 1948).

18: National Ice Cream Pie Day

18: Serendipity Day (www.serendipitydayholiday.com) - Serendipity is "the willingness to live your life as though everything is a miracle . . . with the belief that at any moment, something wonderful is about to happen." -Madeleine Kay, Founder of Serendipity Day Ask residents what they think about this statement.

18 - 24: Washington State International Kite Festival, Long Beach, WA, Monday - Sunday (<http://kitefestival.com>)

19: FOOD HOLIDAYS TODAY - National Soft Ice Cream Day and Hot & Spicy Food Day

19: Potato Day - See *Potato Day in Spelling Bee Words* on page 47.

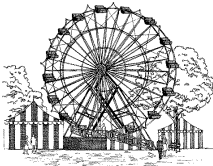
19: QUOTE FOR THE DAY - "You know, when you get your first asparagus or your first acorn squash, or your first really good tomato of the season, those are the moments that define the cook's year. I get more excited by that than anything else." -Mario Batali

20: Lemonade's Birthday, 1630 - Lemonade was invented on this day in 1630 in Paris, France. See the recipe for *Frosted Lemon Bars* in the *August Pages* on page 13, *Lemonade's Birthday* in *Activity Exchange* on page 40, and the recipe for *Lemon Buttercream Frosting* in *P.S.* on the back page.

20: National Chocolate Pecan Pie Day

20 - 24: Corn Palace Festival, Mitchell, SD (www.cornpalace.com) - This is a celebration of the harvest and the time for the annual redecoration of the Corn Palace with ears of corn.

21: 55th Anniversary of Hawaii's Admission Day, 1959 - See *Luaus* on pages 9 and 10 and *Hawaii - The Paradise of the Pacific* in *On the Road* starting on page 23.



AUGUST 2014 Dates To Celebrate



21: National Pecan Torte Day

21: Poet's Day - See *Creating Poetry and Short Stories in Men at Work* on page 37 and the poems, "The Old House" and "The Old Barn" in *Creative Musings* on page 44.

22: Be an Angel Day - The purpose of this day is to do "one small act of service for someone. Be a blessing in someone's life." See *My Angels and Me* in *Creative Musings* on page 44.

22: FOOD HOLIDAYS TODAY - Eat a Peach Day and National Spumoni Day

22: National Tooth Fairy Day - This day is also celebrated on February 28.

22: Southern Hemisphere Hoodie-hoo Day - At noon (local time), the sponsor, Wellcat Holidays, encourages people in the Southern Hemisphere to go outside and yell "Hoodie-hoo!" to chase away winter and make ready for spring, one month away.

23: Health Unit Coordinator Day (www.nahuc.org) - The sponsor of this day is the National Association of Health Unit Coordinators. The purpose of this observance is to raise public awareness of the vital role played by health unit coordinators including unit secretaries, unit clerks, and appointment coordinators. *Recognize the honored employee(s) with a We're Your Fans! Thanks for All You Do! Party. Residents can make paddle fans to give. For each paddle fan, decorate two paper plates and write a message of appreciation on them. Using strong tape, tape a wooden paint stirrer onto one of the top sides of the plates, leaving a handle below the plate. Staple the plates together (with the tops of the plates together). Present a vase of paddle fans to each person along with Hershey's® Hugs® and Kisses® candies in the vase. Make extra paddle fans to play balloon paddle volleyball with inflated balloons.*

23: National Plumbers' Day

23: National Spongecake Day

24: National Peach Pie Day - *For a Sunday activity, invite residents, staff, family members, and volunteers to participate in a Peach Pie Bake-off. Ask them each to bring a freshly-baked peach pie, and the residents can be the judges. Work with the dining services to make enough peach pie for the residents to eat. Serve beverages, as well.*

24: QUOTE FOR THE DAY - "The brilliant poppy flaunts her head amidst the ripening grain, and adds her voice to sell the song that August's here again." -Helen Winslow

25: 75th Anniversary of the Movie Release of *The Wizard of Oz*, 1939 - *Show The Wizard of Oz today.*

25: ENGLAND: World Gravy Wrestling Championships, Rose N Bowl Pub, Stacksteads, Lancashire (www.worldgravywrestling.com) - Contestants must wrestle in the gravy for two minutes while being scored for audience applause and various moves against their opponents.

25: Kiss-and-make-up Day - This is a day to make amends for relationships that need mending.

25: Whiskey Sour Day

26: Birth Anniversary of Mother Teresa, 1910 - 1997 - Mother Teresa was born Agnes Gonxha Bojaxhiu. Although she was born on August 26, she considered August 27, the day she was baptized, to be her "true birthday." "By blood, I am Albanian. By citizenship, I am Indian. By faith, I am a Catholic nun. As to my calling, I belong to the world. As to my heart, I belong entirely to the Heart of Jesus." See *Mother Teresa* on page 52.

26: National Cherry Popsicle Day

26: National Dog Day (www.nationaldogday.com) - See *Humorous Dog Quotes and Dog Humor* on the **Humor Page** on page 32.

27: Anniversary of the Publishing of the First *Guinness Book of World Records*, 1955 - *Check out a recent copy of the book and use it in a discussion group to stimulate conversation.*

27: National Banana Lovers' Day

27: SPAIN: La Tomatina (Tomato Festival), Bunol - The festival begins with people trying to reach a ham at the top of a greased pole. Once a person reaches the ham, the truck arrives with the tomatoes. More than 35,000 people throw about 120 tons of tomatoes at each other (and the town) for two hours.

28: At a civil rights rally known as the March on Washington, Reverend Dr. Martin Luther King, Jr. gave his famous "I Have a Dream" speech on this day in 1963.

28: National Cherry Turnover Day

28: QUOTE FOR THE DAY - "Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you." -Langston Hughes

28: UPS's Birthday, 1907 (www.ups.com/content - *click on About UPS then More UPS History*)

29: Birth Anniversary of Michael Jackson, 1958 - 2009 - Known as the "King of Pop," three of Jackson's albums, *Off the Wall*, *Bad*, and *Thriller* are among the best-selling albums in the world. *Play some of Jackson's songs at activities today.*

29: FOOD HOLIDAYS TODAY - Chop Suey Day and National Lemon Juice Day

29: More Herbs, Less Salt Day - See *More Herbs, Less Salt Day* in **Bulletin Boards** on page 43.

29 - 31: 18th Annual International Bat Night (www.batcon.org) - This is a time to learn about bats and their place in nature.

30: International Bacon Day

30: National Toasted Marshmallow Day

30: TRIVIA FOR THE DAY - The wildflower, Queen Anne's lace, is related to the carrot. It has a carrot-shaped root that smells like a carrot. DO NOT EAT!

31: Eat Outside Day - *Weather permitting, have a picnic to celebrate Eat Outside Day for a Sunday activity. Work with dining services to plan this event.*

31: Muscular Dystrophy Association Labor Day Telethon (<http://mda.org>) - This TV broadcast is held on the Sunday of Labor Day weekend. *Check your TV listings for time and channel.*

31: National Trail Mix Day

Tisha B'Av

Jill Cueni-Cohen, BSJ



AUGUST 5, 2014

Tisha B'Av begins at sundown on August 4 and is the saddest Jewish holiday of the year. Think Yom Kippur but without all the high-holiday fanfare and shofar blowing. Somber rather than solemn like Yom Kippur, Tisha B'Av is all about mourning and remembering tragedies that affected the Jewish people throughout history. In fact, many of these tragedies - including the destruction of the first and second temples in 586 B.C.E. and 70 C.E. - took place on Tisha B'Av, which translates to the ninth of the month of Av.

"Five misfortunes befell our fathers...on the ninth of Av...On the ninth of Av it was decreed that our fathers should not enter the [Promised] Land, the Temple was destroyed the first and second time, Bethar was captured and the city [Jerusalem] was ploughed up." - Mishnah Ta'anit 4:6

And that was just the beginning. In addition to these five tragedies, the list now includes further tragic events including the Jews' expulsion from England in 1290 and again from Spain in 1492, the outbreak of World War I in 1914, and the mass murder of Jews in the Warsaw Ghetto in 1942.

Like Yom Kippur, Jews are expected to fast on Tisha B'Av, and there are also prohibitions against bathing, wearing leather shoes (which denote luxury), conducting weddings or other parties, working, laughing, or sexual relations. However, the similarity ends there.

Tisha B'Av is a day of mourning. Unlike Yom Kippur, where fasting is a self-afflicted demonstration of our ability to control our impulses and understand how it might feel not to have enough to eat, the purpose of the Tisha B'Av fast is to deprive ourselves of the pleasure of eating. The pre-fast meal is traditionally meager, so that the self-affliction of the fast is augmented. On Yom Kippur, Jews fast and atone for themselves as individuals, but on Tisha B'Av, mourning and atonement are done for the community.

The three weeks before Tisha B'Av (beginning on the 17th of Tammuz which is also a day of fasting) signify a time of mourning. This year, the 17th of Tammuz begins on the evening of Monday, July 14. On this date

in 70 C.E., the Romans breached the walls of Jerusalem and began looting the city until the second temple was burned on the ninth of Av, three weeks later.

The nine days between the first of Av (which begins this year on the evening of Sunday, July 27) until after Tisha B'Av signify an increasingly mournful time leading up to the holiday itself. According to the Talmud, "From the beginning of Av, we diminish happiness." (Mishnah Ta'anit 4:6) During the nine days, observant Jews stop cutting their hair or shaving, a tradition which goes back to ancient times when people demonstrated that they were in mourning by letting their hair grow. Jews also abstain from eating meat, drinking wine, or doing anything that could be construed as entertainment including swimming. Even the act of wearing clean clothing is too enjoyable for the nine days before Tisha B'Av.

On the afternoon of the eighth of Av, a restriction against studying anything but the saddest parts of the Torah begins and continues until the end of the fast. Right before the fast, Jews often sit on the floor to consume a small meal consisting of a piece of bread and a hard-boiled egg dipped in ashes to signify mourning.

The mourning and fasting continue until sundown the next day, and the holiday culminates in a break-the-fast. Traditional breakfast foods are eaten, despite the fact that it's typically dinnertime.

There's a legend that Napoleon Bonaparte once passed by a Paris synagogue on Tisha B'Av and heard the Jews within wailing in mournful sadness. This prompted him to ask why. He was told that they were mourning for the destruction of their temple. Thinking this was a recent occurrence, Napoleon then inquired, "When was this temple destroyed?" When he was told that the event took place 1,700 years earlier, Napoleon supposedly replied that if the Jews were still mourning their temple after 1,700 years, such a people so attached to their history will indeed be restored to their land, and their temple will be rebuilt.

ACTIVITY IDEA

People create artwork and then have others destroy what they've created in front of them. Ask some residents to create artwork, then ask other residents to destroy the works. Ask each resident to tell the group how he or she felt to see his or her piece of art destroyed. **CF**

Luaus

Karen Halemano, CTRS



“E Komo Mai.” (Welcome, come in.) That might be how you would be greeted as you entered a Hawaiian-themed party, also known as a luau. A luau includes great food, entertainment, and lots of good friends. Many people have great memories of their trips to the Hawaiian Islands, as they embraced the culture and warmth of the people who live there. If people have not been to Hawaii, they may have visited vicariously through the iconic movie, *Blue Hawaii*, with Elvis Presley. Luaus can be put together to celebrate just about any occasion such as baby’s first party, graduations, marriages, anniversaries, or just a reason to throw a good themed party.

PREPARATIONS

Decorations Start the planning early so you can get as many residents involved as possible to help with the preparations. Drawing and painting life-sized coconut and palm trees will set the stage of your luau. Flowers should be abundant, as Hawaii is known for many beautiful tropical flowers. While it’s very easy to go to party stores and purchase luau-themed decorations, planning a luau is a great reason to have productive craft sessions. Drawing, cutting, and painting flowers and scenery will bring out the inner artists in some residents. Making large flowers out of tissue paper will add dimension and vibrant colors to your décor. Decorate your tables down the center with leaves, ferns, and flowers.

Ask some of your staff to wear aloha shirts, mu’umu’us (loose fitting dresses with aloha print), grass skirts, and coconut bras. That should bring some smiles to your residents’ faces!

Music Music is important to set the mood of your party. Who hasn’t heard *Tiny Bubbles* by Don Ho? Other iconic songs to download are *Pearly Shells*, *Blue Hawaii*, and *Hukilau*. Hawaii is rich in talent, as there are many excellent artists that produce great music. Getting a compilation album with classic Hawaiian songs would work best.

Food Food is an important part of the luau. While most luaus offer a wide variety of foods, work with your dietary department to come up with a cost effective and simple menu. The Internet has many recipes you can refer to. A simple menu would include kalua pig, sweet potato, lomi salmon, haupia, fresh pineapple, papaya or mango, and of course, virgin mai tais (with paper umbrellas) to top it all off! “Ono!” (Delicious!)

If you prefer to keep the party simple, plan a cooking activity where your residents make the haupia, a coconut dessert with a gelatin base that is smooth and would fit most dietary consistencies.

HAUPIA

- 5 Tbsp. cornstarch
- ¾ cup water
- 1 lb. bag of frozen coconut milk (Frozen coconut milk is better, but canned coconut milk can be used.)
- ½ cup sugar

- 1) In a small bowl, whisk the cornstarch with the water. Set aside.
- 2) In a medium-sized pan, combine the coconut milk with the sugar over a medium-low heat until the sugar completely dissolves. Slowly bring to a boil. Continue to stir and add the cornstarch mixture.
- 3) Bring to a full boil over medium heat, stirring constantly until the pudding is thickened and coats the back of the spoon.
- 4) Lower the heat and continue to stir until the pudding has a smooth texture and is shiny.
- 5) Remove from the heat and put the mixture into an 8”-square pan. (You can double the recipe and use a 9” x 13” pan). Even out the top.
- 6) Place a piece of plastic wrap to cover the pan.
- 7) Refrigerate until firm. (Overnight is best.)
- 8) At serving time, cut into small squares.

YIELD: 25 pieces (8” square pan)



Leis Make your own leis. Cut out flower shapes from different colors of construction paper. Punch a hole in the middle of each flower then string them on a 45" piece of carpet thread or dental floss for each lei. You can separate the colors of the flowers by cutting straw pieces about 1" in length and alternating a flower then a straw piece. Tie the ends together when the lei is complete. You can also string together artificial flowers, but this may be too expensive.

If you have more time, cut scraps of colorful material into 1½"-sized squares. Cut another piece of carpet thread or dental floss and thread a doll needle. Fold the material square in half, then poke the needle in the middle of the triangle. Continue sewing the pieces of material in the same way. Tie the ends together and add a ribbon for a finishing touch.

ACTIVITY IDEAS

Language Lesson Here are some common Hawaiian words to share with the residents:

- * Aloha Greeting used to say hello or goodbye. Aloha can also mean love.
- * Lei Garland of flowers, leaves, nuts or shells
- * Kane Men
- * Mahalo Thank you
- * Mele Song
- * Ohana Family
- * Tutu Grandfather, grandmother
- * Wahine Women

Contests

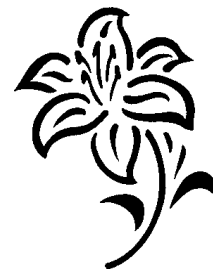
- * Who can spell Hawaii's state fish, also known as the trigger fish?
Humuhumunukunukuapua'a
- * Who's wearing the "loudest" aloha shirt?
- * Pass the coconut. This is a good way to get in some upper extremity range of motion exercise.

"A Hui Hou!"
(Until we meet again!)



Karen is the Director of Recreational Therapy at Leahi Hospital which is a 155-bed, state-run nursing home in Hawaii. She has been in this position for four years but has been working as a Recreational Therapist for almost 28 years with a previous focus of working with mental health consumers.

At Leahi Hospital, aside from day-to-day activities, her department specializes in providing many cultural activities since Hawaii is a melting pot of many different ethnic backgrounds. Karen is also certified as a Tai Chi for Arthritis Instructor. CF

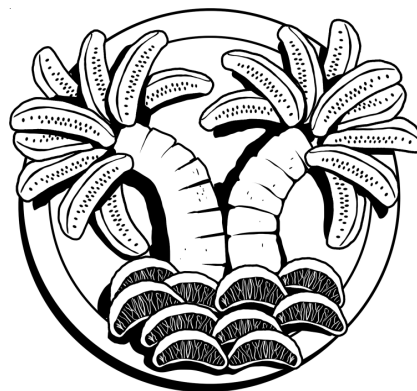


FRUIT PALM TREES

- 2 bananas, dipped in lemon juice to prevent oxidizing
- 4 kiwifruit, sliced in thin wedges (8 per fruit)
- 2 clementines, peeled and sectioned

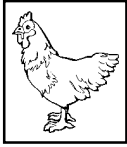
- 1) Cut bananas in rounds to make a palm tree trunk.
- 2) Arrange kiwifruit to resemble palm fronds.
- 3) Arrange clementines at the base of the palm trees.

YIELD: 1 serving **CF**



Celebrating Chickens

Brenda Zimmerman, ACC



Editor's Note: *These ideas can be used as a summertime or fair theme or in September when it is National Chicken Month.*

One of our favorite themes was a whole month of programs centered around chickens. It started with National Fried Chicken Day which is on July 6. One day was not enough. As more ideas were spun, the humble "yard bird" was celebrated for a month including residents, families, staff, and volunteers. Here are some of the activities we did and additional ideas. Invite children to do some of these activities with the residents.

FRIED CHICKEN

On National Fried Chicken Day, a box lunch was catered by KFC. As with any meal brought in by a restaurant, the manager worked with us in order to create an affordable plate at a discount. We rounded the figure for the tickets to the meal up to an even dollar amount to cover beverages and dessert which were furnished by the facility. To prevent confusion and keep things simple, ALL meals were identical...no substitutions: two pieces of chicken, slaw, mashed potatoes and gravy, and a biscuit. Residents and guests for the meal were required to pay the money when they signed up.

KFC offered to do the meal less expensively had we chosen to serve family style, but that raised another set of issues such as portion sizes, servers, paper goods, etc. Each meal came in a box, and each resident received a box as his or her name was checked off. Once seated, volunteers served the beverages and dessert. The boxes could be opened on one side and the sides torn down. Clean-up was a breeze since everything used was disposable. (Extra hint: Keep some boxes of wet wipes on hand!)

BABY CHICKS

The hit of the entire month was hatching eggs! Most communities have a home extension program that can assist with this project and also have someone that raises chickens. Work with the resources in your area. In our situation, the spouse of a staff member assisted in all phases by offering equipment, coaching, and support. At the end of the 21-day period, 16 adorable "peeps" mesmerized the residents, staff, visitors, and family members. Once they were big enough, the chicks were transferred to an outdoor pen where they stayed for several more weeks before they went home with a local farmer.



BRAIN GAMES

- ❖ Search online for Chicken Trivia. There is a vast amount of information about chickens. Use this information as the fodder for several reading groups. Here was the residents' favorite trivia tidbit: How many feathers are there on average on a grown chicken? ANSWER: 8,000
- ❖ Prepare a trivia quiz that the staff and residents can work on.
- ❖ Create a word search with terms related to chickens.
- ❖ Play Chicktionary online.
- ❖ As a group, ask the residents to come up with quotes and expressions that make references to chickens (i.e., hen-pecked, wring his neck, bird brain).

CRAFTS

- ❖ Have residents stamp their thumbprints on paper and use markers to draw details (i.e., feet, eyes). If done on 3" x 5" index cards or pieces of card stock, add a quote or trivia fact and make these part of a bulletin board. Use a natural burlap background and picket fence border for the board.
- ❖ Visit www.artistshelpingchildren.org (click on Crafts Directory then scroll down to Chickens / Hens / Roosters). Adapt these crafts for your participants.
- ❖ A craft you rarely see anymore is mosaics made with beans and grains. This was a popular craft in the 1960s. Using an outline from an online clip art image, draw a rooster on a thin piece of plywood. The plywood can be left natural or painted. Using white glue, cover the outlines with small gold cord, then fill in the spaces with a variety of beans and dried grains such as lentils, black beans, and rice. Choose colors and textures to enhance the image. Finish by painting with a coat of clear polyurethane.

WHICH CAME FIRST?

This is an experiment we did. Using an activity cart and an animated toy chicken, staff went down the hall offering residents a snack of chicken bites (provided at no charge by a local franchise) or deviled eggs. As the snack was offered, a second staff member recorded which residents asked for first. They were ultimately served both. At the end, we determined which came first...the chicken or the egg from what the residents chose first. Residents had no idea until it was over what we were trying to figure out. In our case, the deviled eggs won two to one.

MUSIC AND MORE

Have a music time devoted to chickens and roosters. Ideas include *She'll Be Coming Around the Mountain*, *Chicken Dance*, and *The Chicken Song*. Also during this time, have a contest to see who can do the best imitation of a rooster crowing or hen clucking. This leads to more laughter than you can possibly imagine. Getting staff involved and using some props such a megaphone or a costume really makes this entertaining. Prizes can be gift cards to the best local chicken eatery in your area.

Interactive storytelling is a way to bring a child's story into an adult arena. Most adults love the children's stories that were read to them or that they read to their children or grandchildren. *The Little Red Hen* is a good story to use. Make paddles similar to auction paddles from foam core and paint stir sticks. Select key words from the story and give them a sound. Write those sounds on the paddles with a bold marker: for the sleepy cat - meow, for the little red hen - cluck-cluck, for the noisy yellow duck - quack-quack. Sit in front of the group and ask for volunteers. You will need one person for each paddle. Have them sit up front with you. As you read the story, they raise the paddle each time you say their words. For example, when the reader says the little red hen, the person holds up "cluck-cluck," and the group says "cluck-cluck." Once the group gets the hang of it and the reader gets the timing down, it is great fun. This technique can be applied to a variety of reading groups.

CHICKEN CARNIVAL

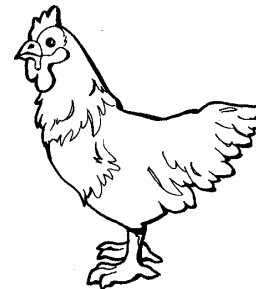
- ❖ We decorated the area with balloons and inexpensive dollar tablecloths (red checkered is great).
- ❖ Refreshments were chicken bites and dip or chicken wings, chicken salad finger sandwiches, and cold lemonade. Several games were set up with scoring systems.
- ❖ Brown felt drumstick bean bags were tossed into KFC buckets. Bean bags made to look like large fried eggs were tossed into oversized cast iron skillets.
- ❖ Borrow a large metal yard chicken (or make one of foam core) and use hula hoops to "wring the chicken's neck."
- ❖ Make foam core flats of chickens with easel backs. These can be "knocked off the nest" with small, stuffed chickens.
- ❖ The most popular game of the day was egg pong. Make a painted backboard from a tri-fold science project board. Paint the holes in an egg carton no more than three colors, but paint one near the middle gold. On the backboard, paint the potential scores. For example, if hitting in a red hole is worth five points....paint the number 5 in red, if blue is 10, paint the number 10 in blue, and so on. Our golden egg spot was worth 20 points. Secure the backboard on a base, then glue the egg carton flat in front of it. Fill a basket with about 24 ping-pong balls. Participants then throw or bounce the ping-pong balls, one at a time, to try to get them in the holes in the egg carton. Give each person a set amount of tries and keep score.
- ❖ Put kernels of corn in a canning jar for residents to guess how many there are.

FRIED CHICKEN TASTING

What fast food group has the best chicken or the best wings or chicken bites? Once you decide what you want to test, contact local vendors to see if they would like to participate. Invite judges from local community groups and offer unmarked samples. Make a ticket that includes rating the items on taste, texture, visual appearance, etc. so they can score each product. After a decision is made and winners are announced, offer trays of the products as refreshments.

THE FINALE

An excellent way to wrap up the month is to have a Chicken Cooking Competition. Invite anyone who is interested to bring in a dish prepared with chicken as the primary ingredient. Break the contest into categories such as baked chicken, soups and stews, casseroles, pot pies, and salads. Again, work with judges and give them criteria. Serve sample plates as refreshments. **CF**



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August Pages

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RECIPES

SUMMER BERRY SALAD

- 1 quart fresh strawberries
- 4.5 oz. mixed salad greens
- 1 pint blueberries
- 4 oz. container feta cheese
- 16 oz. prepared balsamic vinaigrette

- 1) Hull the strawberries and cut in half.
 - 2) Arrange the lettuce leaves on a serving platter.
 - 3) Top with the strawberry halves and blueberries. Sprinkle with the feta cheese.
 - 4) Drizzle with balsamic vinaigrette.
- YIELD: 6 servings

WATERMELON MARGARITAS

- 3½ cups watermelon, cubed and seeded
- ½ cup tequila
- 2 Tbsp. sugar
- 3 Tbsp. fresh lime juice
- 1 Tbsp. Triple Sec® (orange-flavored liqueur)
- 2 tsp. sugar
- 1 lime wedge
- 3 cups crushed ice
- lime wedges and watermelon balls for garnish

- 1) Place the watermelon, tequila, 2 Tbsp. sugar, lime juice, and Triple Sec® in a blender and process until smooth.
 - 2) Place 2 tsp. sugar in a saucer. Rub the rims of six glasses with the lime wedge. Spin rim of each glass in the sugar to coat.
 - 3) Place ½ cup ice in each glass.
 - 4) Divide the watermelon mixture between the glasses. Garnish with lime wedges and/or watermelon balls.
- YIELD: 6 servings

Variation: Omit the tequila and Triple Sec® for a non alcoholic version.

MANGO MOUSSE

- 2 mangos, peeled, seeded, and cubed
- 1 banana
- 2/3 cup nonfat plain yogurt
- 2 tsp. honey
- 1 tsp. vanilla
- 6 cubes ice

Place all the ingredients in a blender. Process until smooth. Refrigerate for a minimum of three hours. At serving time, pour into individual dishes.

YIELD: 6

FROSTED LEMON BARS

Bars

- 2 cups cornflakes, crushed to 1 cup
- 1 cup flour
- 1 1/3 cups brown sugar, divided
- 1/3 cup butter or margarine, softened
- 2 Tbsp. flour
- ¼ tsp. salt
- 2 eggs, slightly beaten
- 1½ cups shredded coconut
- ½ tsp. vanilla
- 2 tsp. lemon juice
- 1 cup nuts, chopped

Lemon Icing

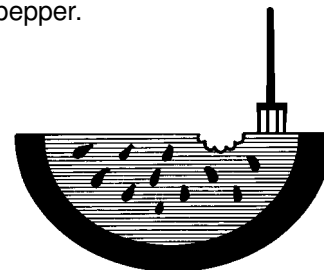
- 1 cup powdered sugar
- 1 Tbsp. melted butter or margarine
- 1 Tbsp. lemon juice
- ½ tsp. lemon extract

- 1) Combine the crushed cornflakes with 1 cup flour, 1/3 cup brown sugar, and butter or margarine and mix well. Press the mixture in the bottom of a 9" x 13" pan.
 - 2) Bake at 275° for 10 minutes. Let cool.
 - 3) Mix the 2 Tbsp. flour and salt and set aside.
 - 4) Combine the eggs, 1 cup brown sugar, coconut, vanilla, and 2 tsp. lemon juice into a mixing bowl, then beat well. Stir in the flour-salt mixture and nuts.
 - 5) Spread the batter over the baked crust. Bake at 350° about 20 minutes or until set.
 - 6) While the bars are baking, make the Lemon Icing by combining the powdered sugar, melted butter or margarine, 1 Tbsp. lemon juice, and lemon extract in a bowl. Beat until smooth. Frost the bars while they are still warm. Let cool before cutting.
- YIELD: 36 bars

WATERMELON SALAD

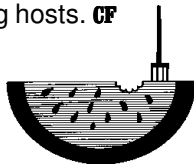
- watermelon, cut into chunks
- feta cheese
- toasted pine nuts
- flat-leaf parsley, chopped
- lemon vinaigrette (one part fresh lemon juice and three parts canola oil and salt to taste)
- freshly ground black pepper

For each serving, stir together chunks of watermelon, feta cheese, pine nuts, parsley, and lemon vinaigrette and top with black pepper.



WATERMELON TRIVIA

- ✓ The watermelon is a vegetable and member of the cucumber family. It is related to pumpkins and squash.
- ✓ The percentage of water in watermelons is 92%.
- ✓ Watermelons are thought to have originated in the Kalahari Desert of Africa.
- ✓ The first recorded harvest of watermelons was approximately 5,000 years ago in Egypt. Pictures of watermelons have been seen in Egyptian hieroglyphics.
- ✓ Watermelons arrived in other countries in ships via the Mediterranean Sea. Historians believe that watermelons were introduced to China in the 10th century and Europe in the 13th century.
- ✓ China is the world's top producer of watermelons, followed by Turkey, Iran, Brazil, and the U.S. The top watermelon producing states are Florida, Georgia, California, and Texas.
- ✓ More than 1,200 varieties of watermelon are grown worldwide. Between 200 and 300 varieties are grown in the U.S. and Mexico, but there are 50 that are popular. Five watermelon types usually available to U.S. consumers are seeded, seedless, mini, yellow, and orange.
- ✓ Seedless watermelons were developed in 1939 by treating the unpollinated watermelon flowers with a specific acid.
- ✓ By weight, watermelons are the most consumed melon in the U.S. followed by cantaloupe and honeydew.
- ✓ Early explorers used watermelons as canteens.
- ✓ The first cookbook published in America by an American author in 1796 had a recipe for watermelon rind pickles.
- ✓ In 2007, watermelon was designated by Oklahoma as the official state vegetable.
- ✓ In China and Japan, watermelon is a popular gift to bring hosts. **CF**



Be Our Guest

Residents can have fun acting this one-act play or reading it in a discussion group.

I WAS JUST TRYING TO HELP!

Robert Redd

CAST:

HAROLD: 32-year-old divorced son who has returned to live with his 70-year-old parents. He is very sensitive about his mother and father helping him in any way and overreacts to everything his mother does for him.

ELIZABETH: Harold's mother. She does many things to help her son feel comfortable since he moved back home.

JOHN: Harold's father. He is a passive man who listens but has few responses to the interchanges between Harold and Elizabeth.

SETTING: John is sitting in the living room reading the newspaper. Elizabeth is moving around the room chatting and dusting. Harold is sitting tensely in a chair pretending to read a magazine.

ELIZABETH: Harold dear, your mail is on your bed.

HAROLD: Why did you touch my mail? It's my mail. You have no right to review every letter I receive. Did you steam any of them open?

ELIZABETH: (*pantomimes shock*) Oh, Harold! No! I never open your mail, honey. We are so happy having you back home. I washed your dirty clothes today.

HAROLD: (*goes into a tantrum*) Did you go through my pockets? Find any of my personal notes? You have no right to wash my clothes. How do you know how I want them washed? You are always treating me like a three-year-old. Stop it, stop it!

ELIZABETH: There's a potpie in the microwave, dear.

HAROLD: (*stands up and shouts*) I can fix my own food. Just leave me alone. No more interference in my life. I am grown up now... (*sits down for a moment, then rises and says to his father*) Can I borrow the car tonight? My car's out of gas.

JOHN: (*looks over newspaper*) No problem. You can use it. Keys on the kitchen table. It needs gas.

(*Harold leaps up, takes the keys, and leaves.*)

ELIZABETH: I'm looking forward to moving into our one-bedroom retirement condo next month.

JOHN: I'm ready to move tonight. Let's go to a motel for a couple days. I need some peace and quiet.

ELIZABETH: Who will fix Harold's meals? **CF**



Medical Notes

Valerie J. Schreck, MSN, ANP-C



HEARING LOSS

Simply stated, hearing loss is a deterioration of hearing. Deafness is profound hearing loss. Hearing loss that occurs as we age (presbycusis) is quite common. It is estimated that one-third of the people in the U.S. between the ages of 65 and 75 and close to one-half of those older than 75 have some type of hearing loss.

Hearing loss can have a profound effect on the quality of life of an individual, as it interferes with the ability to hear and understand speech. Many elderly individuals who have hearing loss also have visual loss, and the combination can have a profound effect on their safety and ability to perform everyday tasks.

HOW PEOPLE HEAR

Let's first discuss how people hear. Hearing occurs when sound waves reach the structures inside the ear where the sound wave vibrations are converted into wave signals that the brain recognizes as sound.

The ear consists of three major areas: outer ear, middle ear, and inner ear. Sound waves pass through the outer ear and cause vibrations in the eardrum. The eardrum and three small bones of the middle ear (hammer, anvil, and stirrup) amplify the vibrations as they travel to the inner ear. The vibrations then pass through fluid in the inner ear and into the cochlea (snail-shaped structure in the middle ear). In the cochlea, there are thousands of tiny hairs (cilia) that transform sound vibrations into electrical signals that are then transmitted to the brain.

CAUSES OF HEARING LOSS

- ✓ Damage to the inner ear can be caused by aging and prolonged exposure to loud noises. Heredity may cause some people to be more prone to this type of hearing loss.
- ✓ Buildup of earwax (cerumen) can block the ear canal and prevent conduction of sound waves.
- ✓ Ear infections and abnormal bone growths or tumors can result in hearing loss.

- ✓ A ruptured eardrum (tympanic membrane perforation) can be caused by loud blasts of noise, sudden changes in air pressure, poking the eardrum with a sharp object, or an infection.
- ✓ Some medications are toxic to the ear and can result in hearing loss. These include antibiotics such as streptomycin, gentamicin, vancomycin, and aminoglycosides, certain diuretic medications, and some medications used in treating cancer, as well as some medications containing aspirin.

SIGNS AND SYMPTOMS OF HEARING LOSS

- ✓ Muffling of speech and other sounds
- ✓ Difficulty understanding words, especially against background noise or in a crowd of people
- ✓ Frequently asking others to speak more slowly, clearly, and loudly
- ✓ Needing to increase the volume of the television or radio
- ✓ Withdrawal from conversations
- ✓ Avoidance of social settings

TYPES OF HEARING LOSS

There are three types of hearing loss: conductive, sensorineural, and mixed. Conductive hearing loss involves any cause that prevents external sound from accessing the inner ear. Sensorineural hearing loss involves the inner ear, cochlea, or auditory nerve. Presbycusis is the high-frequency hearing loss associated with aging.

Conductive Hearing Loss involves outer and middle ear abnormalities that interfere with the conduction of sound waves. It is caused by a physical obstruction of the normal conduction of sound. This can be caused by rupture of the eardrum, bony growth or tumor, foreign object, earwax accumulation, or infection. It is usually one sided (unilateral) and affects low tones. Individuals with conductive hearing loss may experience ringing in the ears (tinnitus). Hearing loss can be either gradual or sudden (acute). Individuals with conductive hearing loss often have a good understanding or discrimination of speech, but they experience loss of speech volume and thus they can only understand when the volume of speech is high enough. ➤



Sensorineural Hearing Loss involves the inner ear. It is the loss of sound caused by damage to the inner ear. It is usually slow or gradual in onset and occurs in both ears (bilateral). Individuals with this type of hearing loss experience loss of high frequency and pitch. They may also experience ringing in the ears or vertigo. The pattern of loss in sensorineural hearing loss is characterized by loss of both tone and discrimination. They can hear but cannot understand. Volume is usually sufficient but consonant sounds are lost.

Mixed Hearing Loss is a combination of conductive and sensorineural hearing loss and therefore has components of each of these types.

DIAGNOSIS

The U.S. Preventative Task Force recommends that routine hearing screening be done on all adults age 65 years and older. Diagnosis of hearing loss is based on the history of the person's symptoms, as well as known trauma to the ear or history of infections. The ear should be examined thoroughly. The whispered voice test is usually done. In this test, the examiner stands at arm's length away from and whispers a series of numbers or letters into each ear, as the other is covered, and then asks the person to repeat these.

The tuning fork is also used to assess the person and discriminate between conductive loss and sensorineural loss. Other tests that are used include audiometry in which the individual wears headphones that play tones of different loudness or pitch. Speech threshold testing measures how loudly words have to be spoken or understood. Speech discrimination testing assesses the ability to hear differences between words that sound similar. Other tests that are used less frequently include imaging studies such as a CT scan or MRI to rule out tumors or bony growths.

The treatment of hearing loss depends largely on the cause; however, the most common form of treatment is the use of hearing aids. These devices can increase the volume of sound reaching the eardrum. An individual should be referred to a qualified audiologist or ear, nose, and throat specialist for assessment and placement of these devices. There is no drug treatment available for individuals with hearing

loss. If the loss is caused from a medication that is toxic to the ears, that medication should be discontinued or substituted.

COMMUNICATION TIPS

The loss of hearing can be devastating to an individual. Some helpful communication strategies that can be used with individuals suffering from hearing loss include:

- ✓ Face individual when speaking
- ✓ Speak clearly and distinctly
- ✓ Speak slightly louder but without shouting
- ✓ Decrease background noise

RESOURCES

- ✓ Healthy Hearing - www.healthyhearing.com
- ✓ Hearing Aid Help - www.hearingaidhelp.com

ACTIVITY IMPLICATIONS

Beth Hall CTRS, ACC

PURPOSEFUL PROGRAMS

Because about one-half of people older than 75 have some level of hearing loss, this physical challenge is one of the most commonly experienced among our seniors. The primary diagnosis causing the seniors to have hearing loss is presbycusis. Presbycusis is a sensorineural disorder as the cause of the hearing loss occurs in the inner ear. The two main symptoms are difficulty hearing higher frequency sounds and equal loss of hearing in both ears (bilateral hearing loss). To ensure the seniors have the best opportunity to hear and comprehend the directions and communication, Activity and Recreational Professionals always want to speak clearly and directly to the individuals, diminish background noise (running machinery, secondary conversations) as much as possible, and consciously avoid high-pitch voice tones when speaking to them. As the seniors' cognitive and remaining physical abilities can all be intact, Activity and Recreational Professionals need to encourage seniors to engage in a variety of leisure programs that promote their cognitive, physical, and emotional health. 🦻



■ Program for Cognitive Health

Seniors with hearing loss have a rate of cognitive decline that is up to 40% faster than the rate in those with normal hearing, according to research studies completed during the past few years. The research studies also reveal that the brain is so preoccupied with translating the sounds into words that it seems to have no processing power left to search through the storerooms of memory for a response. To help with the seniors' overall cognitive health and successful participation within the leisure programs, Activity and Recreational Professionals should ensure that seniors with hearing loss are wearing their hearing aids when engaging in community events and programs.

➤ **You Be the Judge** This is a great cognitive program for the seniors, as it can rely on a combination of long term memories, judgment, data analysis, and personal perspective. To help the seniors comprehend the situational stories, have printed copies of each story so the participants can read along as the leader reads the stories. After reading a story, clearly define the important information. Ask the participants for their opinions regarding the outcome of the stories. Always remind the participants that it is okay to have differing perspectives. Go to www.georgeboyle.com/judge.html or www.rd.com/you-be-the-judge for some printable stories.

■ Program for Physical Health

➤ **Mile Marchers** Measure the distance of your city block, a path around the care center, or some local, paved hiking paths. With a doctor's permission for each person, schedule regular days to go on walks. Always ensure everyone has put on sunscreen and/or long-sleeved shirts and pants as preventive measures against sunburns and bug bites. Check all shoes for sturdiness. Hiking boots and cross-training sneakers are recommended to prevent stubbed toes or rolled ankles. Have water bottles available to keep everyone hydrated. For the seniors with hearing loss, clearly explain the planned walk or hike. Pair the senior with a buddy to ensure nobody wanders off track. Before bringing a senior with hearing loss out on a paved hiking path, have him or her practice balanced walking (walking with the knees slightly bent, legs hip-width apart, and a moderate or medium stride length). Conscious awareness of these physical movements can keep the seniors with

hearing loss safe, as they may have a tendency to lose their balance. At the end of each hike, record each participant's distance walked on a chart. Recognitions can be given out to each senior as he or she reaches predetermined distances.

■ Program for Emotional Health

➤ **Support Group** The Hearing Loss Association of America (www.hearingloss.org) has educational information provided within the formats of online webinars, online magazines, and blogs from peers with hearing loss. There is a \$35 membership fee.

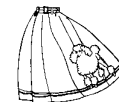
PROGRAM CONSIDERATIONS

Hearing loss due to presbycusis is usually a slow, gradual process causing the seniors to progressively hear less and less. Always refer the seniors to their doctors for an audiology exam when they notice and/or feel medical attention is needed. Prior to this level of medical intervention, the Activity and Recreational Professionals can offer the seniors adaptive hearing devices. The two most commonly used hearing adaptive devices are both sound amplifiers. One device amplifies all sounds and conversations, and a common brand name is the Pocket Talker®. The other device can be digitally programmed to receive TV broadcasts so the seniors can hear their favorite shows and movies. Both devices have headphones or ear buds the senior must wear to hear the amplified communications. **CF**

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MAKE A COMMITMENT TO SERVICE LEARNING

Partnering with schools, colleges, and universities to offer service learning experiences enables students to connect classroom concepts with real-life experiences. Service learning programs have grown in recent years and have become a focus of many educational institutions. Service learning differs from volunteering. *“Service learning is a method of teaching that combines classroom instruction with meaningful community service. This form of learning emphasizes critical thinking and personal reflection while encouraging a heightened sense of community, civic engagement, and personal responsibility.”* (Hillsborough County Public Schools, Florida)

SERVICE LEARNING PARTNERSHIPS

Participating in service learning partnerships requires an organized approach and a commitment of time. It is vital for the Activity Department Manager to understand both the opportunities and responsibilities of a service learning project. Preparation must start prior to the beginning of the upcoming academic year. Service opportunities can include a broad array of topics (i.e., arts, community health, English and language arts, foreign language, history and social science, math, science and technology). Projects that are developed between the student(s) and the care community may integrate learning in several areas such as:

- ✓ The Senior Sing project was designed to reinforce concepts of history and art. Songs of the era of the residents were researched and learned. The students practiced during their music class and performed at the care facility. The students interviewed the residents about their lives and memories of these songs, and their learning was linked to U.S. history and social studies. A discussion of the differences of values and attitudes between the generations reinforced the classroom learning. (Partnership in Character Education and the Massachusetts Department of Education)

- ✓ The Generation Connection project was designed to reinforce language arts and social studies. Students designed birthday cards with creative messages that were distributed to the elders at the nursing facility. They also interviewed residents and drew “picture memories” of the games that were played during their childhood years. The link to the classroom learning curriculum involved discussions about differences in school, homework, subjects, and the value of education. (Canyon Creek Elementary, Richardson, Texas)

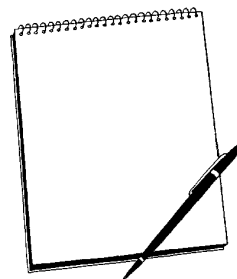
Here are some other examples of service learning programs and ideas for other ones:

- ✓ Projects can involve pen-pal writing, life history writing, and storytelling projects. Upper-level students can create newsletters, books, or visual arts displays that highlight the lives of residents.
- ✓ Seeds of Kindness reinforce biology knowledge with students raising seedlings and distributing them to elders.
- ✓ Art partner programs pair art students with elders to create artwork and coordinate art shows to raise money for Alzheimer’s research.
- ✓ HOSA (Health Occupation Student Association) students can research and develop reminiscing topics and kits that are utilized during life review sessions.
- ✓ Music or technology students can research and prepare individualized play lists for dementia residents that can be loaded onto iPods®.

The Activity Director that serves as the service learning partner should focus on the following seven areas as a project is developed. Service opportunities can focus on many different needs. The project may be direct (person to person), indirect (need of the department or community), or advocacy (issue related to aging). In each case, consider the following:

- Does the project fulfill a recognized need in the community? Are there benefits to both the student and community?
- Is the student part of the planning of the project? Are discussions held that include his or her ideas?
- Is there a procedure that promotes the sharing of thoughts before, during, and after the experience?
- Is the link between the experience and academic curriculum fully understood?
- Are resources identified that will provide additional reading or contact with others who can assist?
- Does the project promote the student’s responsibility to care for others and contribute to the community? How does the project focus on civic responsibility?
- Is the student part of the evaluation process? How does he or she connect the service to his or her classroom learning?

Continued on page 47



Science for Seniors

Gloria Hoffner, BA, ADC, AC-BC, CDP



THE AMAZING PATH OF BUTTERFLIES

There is a beauty and mystery of monarch butterflies in flight. We love to see them in our gardens all summer, and as the days start to chill, the butterflies take flight for warmer weather.

It's time for monarch butterflies to move on when three things change in their environment: the length of daylight, change in temperature, and quality of local milkweed plants. University of Minnesota researchers discovered that constant but shortened daylight would not trigger migration. The butterflies only responded to daylight when the hour varied over time. The scientists also discovered monarch butterflies raised only where the climate changes recognize the time for migration.

If you want more butterflies in your garden next year, grow milkweed. Monarch butterflies larvae eat milkweed because the chemicals from this plant build up inside of them and give them a poisonous defense against predators like frogs, birds, mice, and lizards. Monarch caterpillars need the milkweed plant to live. Once, through metamorphosis, they become butterflies, they can sip nectar from flowers. In late August or September as milkweed plants begin to yellow, dehydrate, and lack nutrition, adult monarchs will delay reproduction and begin migration south. The orange and black butterflies are the only insects that migrate over 2,500 miles to avoid the cold. They travel from Canada to Mexico and then a new generation makes the journey north in the spring.

Fall monarch butterflies differ from those born in the spring and summer. The reproductive organs of fall monarchs will not fully develop until spring. This allows them to put all their energy into making the flight to Mexico. Known as the Methuselah generation, they will roost in trees together overnight and float, rather than fly, to conserve energy for the journey and long winter. These butterflies live six to nine months.

In contrast, the return trip to Canada will be made by four generations. This is because the spring and summer monarchs have functional reproductive organs so they can mate soon after emerging from their cocoons. They live alone, except for mating, and have a life span of only about six weeks. During this brief time, a female monarch will lay several hundred eggs.

You can tell male from female monarch butterflies because each male has a black spot on each of the hind wings over a vein. The female monarch butterflies do not have these spots.

Lincoln Brower, a biology professor at Sweet Briar College, spoke on the decline of the monarch butterfly on the National Public Radio show, *Science*, Friday, April 10, 2013. According to Brower, the monarch population is in serious decline for several reasons including habitat loss in the butterflies' Mexican overwintering grounds and a decline in milkweed plant populations in the U.S.

That same month, University of Kansas insect ecologist, Orley R. "Chip" Taylor, reported the population had declined 59% over 2012 and was at the lowest level ever measured.

Visit www.learner.org/jnorth/maps/monarch_spring2014.html for a map to track the monarch butterflies migration.

Suggested DVD: *The Incredible Journey of the Butterflies*, PBS Home Video, 2009 (www.pbs.org/wgbh/nova/nature/journey-butterflies.html)

Experiment: Make a butterfly feeder.

Materials: Plastic coffee container lid, scissors, string, plant hanger, and over-ripened fruit

Process: With the point of the scissors, cut three pin holes on the edge of the upside-down lid and tie equal lengths of string in each hole. Tie these strings together to form a center knot to place on the plant hanger 6" to 10" above the highest flower. Place the fruit in the middle of the lid.

Instead of fruit, Master Gardener Bobbie Truell of Texas suggests, "An alternative food source for butterflies is a homemade feeder filled with a solution of 4 parts water to 1 part granulated sugar. Boil the solution for several minutes until sugar is dissolved, and then let cool."

Gloria Hoffner is the author of the book, Science for Seniors, published by Idyll Arbor, Inc. Visit www.scienceforseniors.net for further information. 



Musical Notes

Mary Anne Clagett, CTRS, ACC, AC-BC



BUCK OWENS

"I'd like just to be remembered as a guy that came along and did his music, did his best and showed up on time, clean and ready to do

the job, wrote a few songs, and had a hell of a time." -Buck Owens

BIOGRAPHY

Alvis Edgar Owens, Jr. was born on August 12, 1929 in Sherman, TX, the second of four children. When Alvis, Jr. was three or four years old, he walked into the house and announced that his name was also Buck, so he was called that from then on. ("Buck" was the name of a donkey on the farm.) The family worked as sharecroppers, trying to grow something on the land they were provided. As soon as the children were old enough, they worked the land, too. In 1937, 10 members of the Owens' family packed their belongings and drove west to get out of the drought conditions and find work. They ended up in the Phoenix, AZ area with family and did some farm work. Some of the members of the family drove to California to harvest fruits and vegetables.

Music was part of the Owens' life. His mother, Maicie, played the piano and introduced the children to gospel music at the churches they attended, and two uncles played guitar. Owens completed the eighth grade, then dropped out of school to work. His jobs included Western Union messenger boy, loading and unloading fruit, and cleaning cars. Owens learned to play the guitar by watching other people and listening to the radio and records.

When Owens was 16, he joined with Theryl Ray Britten who was 19. They called themselves "Buck and Britt" and had a 15-minute show on a Mesa, AZ radio station and played at various honky-tonks. They added a trumpeter later. Owens moved on to play with another group that played country music. To make ends meet for his family (wife and two sons), he drove trucks in addition to playing in the band. In 1951, Owens moved the family to Bakersfield, CA where there was a thriving country music scene. He joined a band at a club. He experimented with different guitars, honing his style, and ended up creating a new sound of "raunchy twisted-note style." In the 1950s, Owens played as a session guitar player for many country artists and even sang on the records. He also started composing music.

In 1958, Owens went to work for a radio station in Puyallup, WA as a disc jockey and ad salesman and hosted his own live TV show in Tacoma. His first hit song, *Second Fiddle*, rose to No. 24 on the Billboard charts. Other songs, *Under Your Spell Again*, *Above and Beyond*, and *Excuse Me (I Think I've Got a Heartache)* became top 10 hits.

He returned to Bakersfield in 1960, and in 1961 released his debut album, *Buck Owens*, which featured the hit song, *Foolin' Around*. His style of music combined classic country and rock 'n' roll. This music was referred to as the "West Coast country sound" or "Bakersfield Sound" and inspired future singers like Waylon Jennings and Brad Paisley.

In 1962, he formed the band, Buck Owens and His Buckaroos. They had 15 No.1 songs throughout the 1960s and early 1970s.

In 1965, Owens made a pledge: "I shall sing no song that is not a country song. I shall make no record that is not a country record. I refuse to be known as anything but a country singer. I am proud to be associated with country music. Country music and country music fans made me what I am today, and I shall not forget it."

Beginning in 1969 and continuing through 1986, Owens co-hosted the *Hee Haw* variety TV show with Roy Clark. *Hee Haw* was the country music version of *Rowan & Martin's Laugh-In*.

In the 1970s, Owens' recording career slowed, but he did cover various musicians' songs (i.e., Simon & Garfunkel, Donovan, Bob Dylan) and tried to find new country music talent.

In the 1980s, Owens continued appearing on *Hee Haw* but did not record much until 1988 when he collaborated with country singer Dwight Yoakam. They re-recorded Owens' 1972 song, *Streets of Bakersfield*, which climbed to No. 1. In 1989, he started performing again and released the album, *Hot Dog!*, and re-released the 1966 concert album, *Live at Carnegie Hall*.

In 1996, Owens was elected to the Country Music Hall of Fame. He died on March 25, 2006 at the age of 76 at his home in Bakersfield, CA, after finishing a performance at his concert hall and restaurant, Buck Owens' Crystal Palace, just hours before.

Continued on page 41

It's Party Time!

Shelley Evans, MT-BC, ACC, CDP, AC-BC



GOING TO THE FAIR

One of the great experiences of summer is attending the fair. Whether it be at the county fair or state fair, there are smells, tastes, and experiences that are unique and enjoyable. Many individuals have entered items into the showcases at the fair. They could have been flowers, woodworking, livestock, or baked goods. Recreating those fair experiences will be fun for your residents.

INVITATIONS

Consider designing the invitation for the party as a blue ribbon. These can be made out of blue card stock, or a small computer group can find clip art and print them on card stock. The wording inside the invitation could include some historical information from the fair that occurs closest to where you are located.

FOOD IDEAS

There is something about the food at the fair that smells and tastes better. A luncheon could be provided before the party offering sausage with peppers and onions and corn dogs on a stick. Rent a cotton candy machine. Dip bananas in chocolate that have been put on a stick and put them in the freezer to harden. Fresh-popped popcorn has an easily identified smell, but not everyone can eat it. There is a hullless popcorn snack on the market that could be offered, as well.

POWERPOINT® SLIDE SHOW

As people are coming into the party, you could present a PowerPoint® slide show showing highlights from any local or state fairs or even the World's Fairs where many firsts took place. In 1876, Alexander Graham Bell showed the telephone to the public for the first time. The 1893 World's Fair debuted the Ferris wheel in Chicago, and the electric outlet was first seen in 1904. In 1939, the president of RCA displayed a television set, and Albert Einstein discussed cosmic rays at the World's Fair. Other firsts at the fair included color photography, nylon, air conditioning, fluorescent lamps, the View-Master®, and Smell-

O-Vision. A building was fashioned to resemble a shape of Wonder Bread®, and a machine was designed to wash, dry, and milk cows. An aquacade was built to showcase synchronized swimming and the talents of Johnny Weissmuller.

MUSIC

Every party needs some music. The web site <http://washingtonmo.com/1904/music.htm> is the link to the music of the 1904 World's Fair held in St. Louis. Scott Joplin's *Palm Leaf Rag* and *The Chrysanthemum* are two of the songs from that event. Search the Internet for the locations of other World's Fairs and choose the music of that culture.

GAME IDEAS

Fair games can be part of the party's events. Taking pop bottles and lining them up in a wooden case is nostalgic, and prevents the glass bottles from tipping over and breaking. Take a large colorful shower curtain and randomly cut holes in it. Hang it from the ceiling, and residents can try to throw soft, squish balls through them. Paint colored circles around the holes for better visibility, and color code them for points: green - 10 points, blue - 20 points, and red - 50 points. Think of what will work best for your residents' visibility. Penny pitch was popular at the fair, and colored glass was often the prize. Take a large white board and tape colored circles on it as targets for throwing the pennies. For added difficulty, add a disposable bowl on top of the colored circle and have variant point values.

COGNITIVE GAMES

Play a few word games that are related to the fair, or choose a few items that are at the fair on which to focus. Spelling words for corn include corncob, crows, pop, husks, stalk, field, tassel, shucking, moonshine, and knee-high. Wheel of Fortune® words about cows include Guernsey, Jersey, milking, Angus, pasture, Holstein. Words with cow in them include cowgirl, cowpoke, cowered, cowhide, cowhand, cowardly, cowlick, cowbell, cowinner, coward, cowboy, cowrite, and cow.

Continued on page 42

Simple Expressions

Rosann Moore, CTRS



THE VISITORS' TOOLBOX, Part 1

Editor's Note: *The Visitors' Toolbox, Part 2* will appear in the September 2014 issue and will focus on how to include technology.

What's in your visitors' toolbox? Are there books, pictures, or games? Are there sensory materials, planned tasks, or planned talks? This month we'll explore ideas to put into your visitors' toolbox, both literally and figuratively.

SENSORY TOOLS

The goal is to present "hands-on" materials for those whose connections to the world around them have diminished.

- Carry sensory materials to a resident's room (or other area) in a basket, cart, toolbox, or whatever container you have available for transport.
- Sensory materials should reflect a resident's interests but can include new materials, as well. Sensory items can be colorful, intellectual, spiritual, creative, and physical. For example, scarves, fabric with textures, a Bible, photographs, craft kits, music, book of poetry, different-sized balls, ribbons, and lotions can be included.
- Take a look at what you have in your activity supplies first, then add to it as you see items when you shop. Also, change the items for variety, seasons, and holidays.

ENVIRONMENTAL TOOLS

The goal is to help residents connect to and maintain relationships to the world around them.

- **Resident's Room** What are the conversation pieces in a resident's room? Use décor as a clue for conversation or tasks. Talk about photographs, knick-knacks, books, magazines, TV shows that might be on, a mobile hanging from the ceiling, or religious items. What games do they have you can play? What books / magazines do they have you can read together? The resident's room should reflect his or her likes and interests.
- **Inside the Home** What interesting areas can you visit together inside your home? What other people / friends can you visit? What animals and plants can be seen? What do different windows reveal about the outdoors?
- **Outdoor Areas** Visit outdoor areas including walking paths, gardens, patios, and sidewalks. Perform tasks like gardening, bird caretaking, doing nature crafts, and taking photographs. Visit about weather, gardening, birds, and nature. Use nature items for sensory stimulation such as tasting strawberries, touching the lamb's ear plant, listening for birds, smelling flowers, and pointing out the colors.

CONVERSATION CARDS

The goal is to increase socialization.

- Make conversation cards for staff and volunteers to use. Make card topics that are of the resident's interests. Conversation cards can be pictures, quotes, sayings, statements, questions, etc., that are used to engage a resident in a conversation. They can be made using index cards and gluing pictures or writing quotes. Here are some examples:

1. Recipe card with the resident's favorite recipe and a picture of the food item.
 2. Resident's favorite vacation destination with pictures, map, and descriptions of the location.
 3. Resident's favorite sports activity (i.e., football with a picture of well-known player, statistics, and team symbols.)
 4. Resident's favorite hobby (i.e., sewing card with types of stitches sewed into the card, various fabric colors and textures, list of sewing terms, and the saying, "A stitch in time saves nine")
- Include sensory items to match the information on the cards.
 - Make cards that reflect the interests of the resident. For example, if Fred likes golfing, hunting, fishing, and sports cars, make cards for each of these categories and file in a card box under his name. When a volunteer who visits Fred looks for a topic, he will know what Fred's interests are.

IMPROMPTU VISITS

The goal is to take advantage of those moments - even brief ones - that you have to connect with a resident.

- Use your environmental tools when an impromptu visit presents itself.
- Think of things you can carry with you throughout the day such as wearing an interesting piece of jewelry, a crazy vest, or a weird hat, or carrying a beautiful rock or harmonica in your pocket. With these items, you have something to talk about and show the residents. Other ideas are singing a song or saying a prayer.

GOAL-ORIENTED TASKS

Utilize according to the resident's activity plan.

- What goal-oriented task do you have for a resident? Will it be completing a task or conversation, giving a massage, playing a game, or making eye contact? What goal is written into the overall care plan? This should be the focus during a one-to-one visit, along with any new experiences you wish to present to someone.

There are many ideas you can include in your visitors' toolbox. Brainstorming with your staff and residents is part of the fun. **CF**



On the Road

John McIlvennan, BA, ADC



HAWAII - THE PARADISE OF THE PACIFIC

"Tiny bubbles (hu'a li i)

In the wine (i ka waina)

Make me happy (au hau' oli)

Make me feel fine (i ka waina inu)"

-*Tiny Bubbles* sung by Hawaiian Don Ho, 1966

The Hawaiian language has 12 letters - p, k, h, l, m, n, w, a, e, i, o, and u. Some Hawaiian words use the same vowel several times in a row. Each vowel is pronounced separately. For instance, Kaaawa, which is a town on the island of Oahu, is pronounced Kah-ah-AH-wah. The stress is on the capital AH. Hawaii's state fish is the humuhumunukunukuapua'a which means the "fish with a nose like a pig's." It is pronounced HOO-moo-HOO-moo-NOO-koo-NOO-koo-AH-poo-AH-ah.

The state of Hawaii is actually a string of more than 20 beautiful tropical islands in the middle of the Pacific Ocean. Its closest state is California which is 2,390 miles away as the seagull flies. Hundreds of thousands of tourists visit the Hawaiian Islands each year to enjoy brilliant flowers, fiery volcanoes, green valleys, a warm blue sea, and Hawaiian Punch®, named for the Aloha State. Hawaiian Punch® has many ingredients grown here such as papaya and guava and can only be purchased in Hawaii unless you have a Safeway grocery store in your city.

Although the islands are near the equator, trade winds and sea breezes cool them and keep them from becoming uncomfortable. Both visitors and the friendly people who live on the islands agree that the climate is almost perfect. When it is snowing in New England and people are inside watching reruns of *Hawaii Five-O*, it is warm in Hawaii. When the Midwest is sweltering under a heat wave and the teenagers are choosing a DVD of Elvis Presley's movie, *Blue Hawaii*, to watch for the seventh time, it still is just pleasantly warm in Hawaii. And when California is suffering a drought, parts of the island of Kauai are receiving 400" of rain a year.

The two active volcanoes in the Hawaiian group are both on Hawaii Island, known as the "Big Island." They are Mauna Loa and Kilauea. Mauna Loa erupts every few years and sometimes sends streams of lava flowing down to the ocean. Little by little, these flows have enlarged the size of the island. Eruptions of Kilauea draw thousands of visitors who can watch the fiery spectacle with reasonable safety from roped-off ledges around the crater. Hawaiians once believed that the fire pit of Kilauea, called Halemaumau, was the home of a volcano goddess named Pele.

Mauna Kea measures 13,796 feet above sea level. If measured down to its base on the ocean floor, it would be the world's tallest peak at 33,500 feet. It receives enough winter snow for skiing. Yet, on winter days, the mountain is warm enough for people to wear bathing suits while skiing.

The white coral sand of Waikiki Beach on Oahu Island draws many vacationers each year, although the many high-rise hotels behind the beach are quite amazing. Some beaches in the islands have black sand. This black sand is pulverized lava rock—as black as coal, but very clean.

Between the mountain peaks and coasts there are belts of fertile soil used as farming and grazing lands. At Pearl Harbor, there is a memorial for the battleship Arizona, built right over the sunken ship.

Hawaii became the 50th state on August 21, 1959, or a day before my 10th birthday. The islanders seem to lead a more relaxed life than most Americans do on the mainland of the U.S. The people are especially fond of dancing, water sports, and music. Some people think that they do nothing but sing the *Hawaiian War Chant*, *Hawaiian Wedding Song*, *Aloha Oe* (written by Queen Liliuokalani), and *My Little Grass Shack*. This is a stereotype. But you might hear tourists humming these tunes.

If you are looking to decorate your living room with a Hawaiian feel, it is easy. Place palm trees around the room. Use real or artificial potted palms or make large coconut trees from sides of refrigerator boxes and paint appropriately. Make coconuts from brown paper lunch bags. Stuff bags with wadded-up newspapers and mold with hands into oval shapes. Tape the bags shut. With a black marker, draw three round

Continued on page 42

Craft Ideas

Debby Holmes, ADC, AP-BC

DOMINO PENDANT

See the example below.

Materials:

 (for each project)

- domino (plastic or wooden, 1" x 2" size) with glued-on jewelry bail (medium size) using super glue*
- craft paper with small floral designs
- pencil
- scissors
- glossy decoupage liquid
- paintbrush
- ball chain necklace of desired length



***Note:** A jewelry bail is a metal loop that attaches to a pendant allowing it to be hung from a necklace chain or cord. Bails can be purchased at a craft store jewelry department or online at jewelry craft sites. Since extreme care is required when using super glue, the group leader should have the bail glued onto each domino, and it should be completely dry before the group begins this craft.

Procedure:

- 1) Trace around the outside of the domino onto the craft paper and cut out.
- 2) Cut about 1/8" off the outside edges of the domino cut-out. This will allow for a better fit onto the domino.
- 3) Apply a coat of decoupage liquid onto the side with no dots of the domino and place the cut-out on it, making sure that the paper adheres to the domino.
- 4) Apply a coat of decoupage liquid onto the design side of the domino. Let dry.
- 5) Repeat the application of decoupage liquid two to three times, allowing it to dry between coats. The design should have a glossy finish once it is completely dry.
- 6) Slide the chain through the bail opening and it is ready to wear.

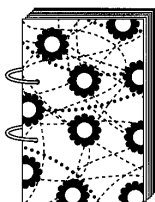
GREETING CARD BOOK

See the example below.

Materials:

 (for each project)

- 2 - 6" x 9" pieces of patterned craft paper
- 2 - 6" x 9" pieces of white card stock
- glue stick
- ruler
- pencil
- single-hole punch
- greeting cards that have been received
- 2 - 2" metal book rings with snap closure



Procedure:

- 1) Use the glue stick to adhere the craft paper to the two pieces of card stock. Make sure that all of the edges are glued securely. They will become the front and back covers of the Greeting Card Book.
- 2) Measure 3" from one end of the longer side of each book cover and measure 3/4" in marking each point and punching a hole in each point.
- 3) Punch two holes into the folded center edge of each greeting card, 3" apart.
- 4) Pull the book rings apart and place the ring ends through one book cover, the greeting cards and the other book cover, and snap the book rings together.

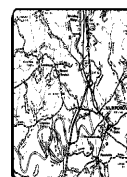
MAP COASTER

See the example below.

Materials:

 (for each project)

- paper map
- self-sticking cork sheet
- ruler
- pencil
- scissors
- one 4" x 4" ceramic tile with a matte finish
- decoupage liquid
- paintbrush
- clear acrylic sealer spray**



****Note:** Read the directions on the can of sealer before using. It must be sprayed outdoors for safety reasons.

Procedure:

- 1) Cut the map and cork sheet into 4" x 4" squares.
- 2) Paint a light coat of decoupage liquid onto the top of the tile.
- 3) Place the map square on it, making sure that it's centered on the tile.
- 4) Paint two to three light coats of decoupage liquid on the map square to adhere it to the tile. Let dry between coats.
- 5) After the final coat is dry, adhere the cork square to the back of the tile.
- 6) Take outside to spray two to three coats of the clear sealer onto the top of the coaster. Let dry between coats.
- 7) Let dry 24 hours before using.

E-mail Debby at dholmes@socolo.net for information about samples and individual craft kits. **CF**





AUGUST WORD GAMES

Mary Anne Clagett, CTRS, ACC, AC-BC



“EIGHT” WORD GAME

- Name the Greek word for eight. **OCTA**
- There are eight _____ in a gallon. **PINTS**
- Name the number between 17 and 19. **18**
- Name the eighth month of the year. **AUGUST**
- How many keys (black and white) are on a piano? **88**
- Name the black ball in the game of pool.

EIGHT-BALL

- Name a shape that has eight angles and eight sides. **OCTAGON**
- What was the eighth month in the early Roman calendar? **OCTOBER**
- What is the phrase that means to put an end to something? **EIGHTY-SIX**
- Name some creatures that have eight legs. **SPI-
DERS, TICKS, MITES, SCORPIONS**
- This word means any group of eight (i.e., verses in a poem, keys on a piano). **OCTAVE**
- What is a marine creature that has eight sucker-bearing arms around its mouth? **OCTOPUS**
- What is the phrase for a pattern or form that resembles the shape of the number eight? **FIGURE EIGHT**

- What is the word that means someone is 80 years old or between the ages of 80 and 90? **OCTOGENERIAN**

- What is a phrase that means to be in an unfortunate or uncomfortable position? **BEHIND THE EIGHT BALL**

- What is the word for a tractor-trailer that has 18 wheels? **18-WHEELER**

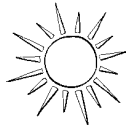
- Names the types of days that were in an ancient Roman week? **SEVEN WORKING DAYS, ONE MARKET DAY**

- What is the slang phrase used by waiters to indicate that an attractive woman is approaching? **EIGHTY-SEVEN AND A HALF**

- What is the phrase that originated in World War II that is a discharge for mental instability from the armed forces? **SECTION EIGHT**

- This British expression means to be drunk and comes from the old superstition that one becomes drunk after the eighth drink and not before. **ONE OVER THE EIGHT**

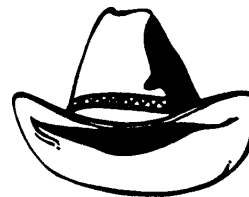
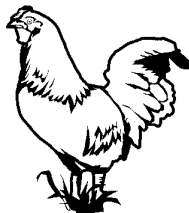
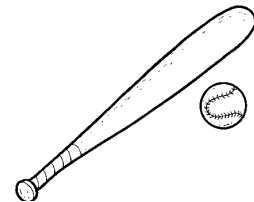
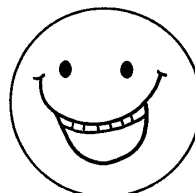
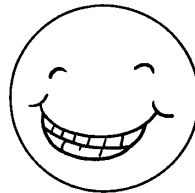
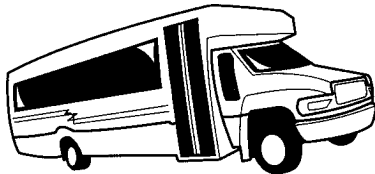
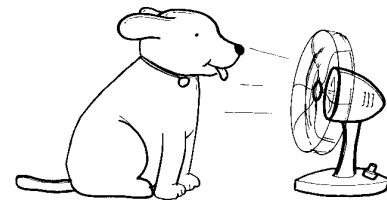
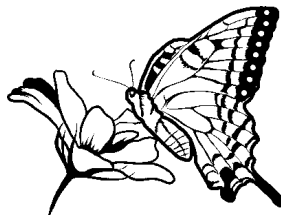
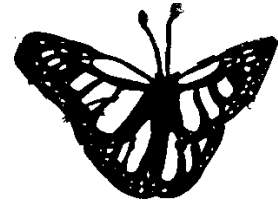
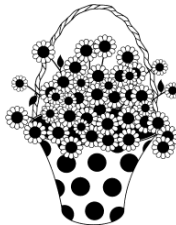
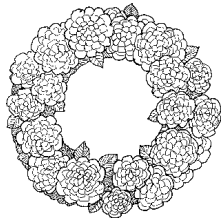
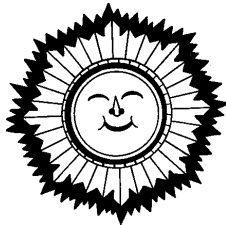
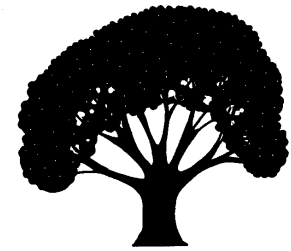
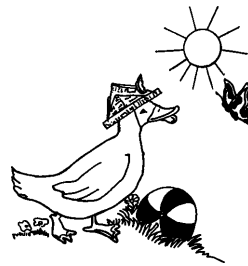
- Why is the number eight significant to relief pitchers in baseball games? **EIGHT IS THE NUMBER OF PITCHES ALLOWED A RELIEF PITCHER COMING INTO A BASEBALL GAME.**



“SUN” WORD GAME

- What is the first day of the week? **SUNDAY**
- Name a way to order eggs. **SUNNY SIDE UP**
- Name a popular brand of raisins. **SUN-MAID®**
- What is a nickname for Florida? **SUNSHINE STATE**
- Name a ski resort in central Idaho. **SUN VALLEY**
- What is ice cream with toppings called? **SUNDAE**
- What is worn to protect eyes when outside? **SUNGLASSES**
- What is a nickname for Kansas? **SUN-
FLOWER STATE**
- What was the instrument used for telling time for ancient people? **SUNDIAL**
- Name the flower whose “head” faces the sun throughout the day. **SUNFLOWER**
- Name the John Denver song with sun in the title. **SUNSHINE ON MY SHOULDERS**
- Name a song from the play and movie, *Fiddler on the Roof*. **SUNRISE, SUNSET**
- Name the magazine that focuses on the western part of the U.S. **SUNSET MAGAZINE**
- What is used to protect the skin against the harmful rays of the sun? **SUNSCREEN OR SUNBLOCK**
- Name the 1950 movie that was directed by Billy Wilder and starred Gloria Swanson and William Holden. **SUNSET BLVD.**
- Name the 2006 movie that starred Greg Kinnear, Toni Collette, Steve Carell, Alan Arkin, and Abigail Breslin. **LITTLE MISS SUNSHINE**
- What is the pseudonym of western outlaw Harry Longbaugh who was portrayed by Robert Redford in the 1969 movie, *Butch Cassidy and the _____*? **SUNDANCE KID**
- This record company began in 1952 by Sam Phillips in Memphis, TN and in the 1950s included stars such as Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Charlie Rich. **SUN RECORDS**
- Name the company that is the leading international supplier of fresh fruit and the oldest operating citrus cooperative in America owned by thousands of citrus growers across California and Arizona. **SUNKIST GROWERS, INC. ☞**

AUGUST 2014

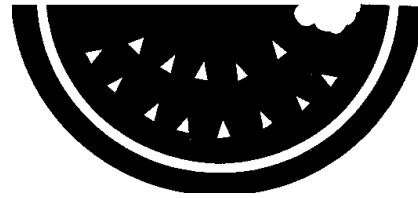
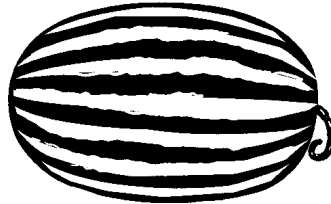
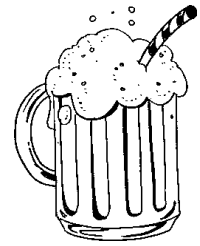
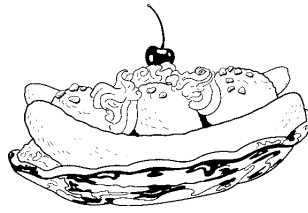
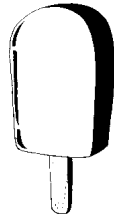
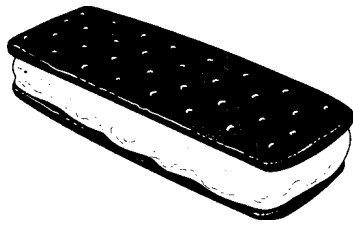


BACK OF EVENT CALENDAR

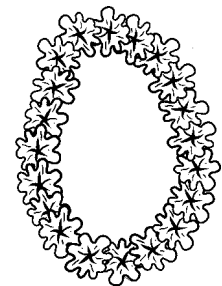
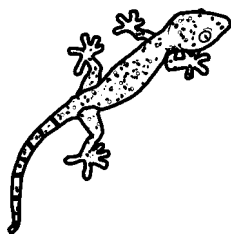
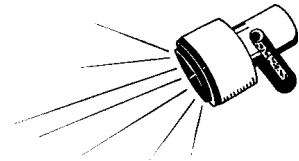
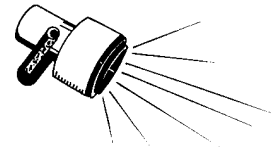
LEFT SIDE OF EVENT CALENDAR

RIGHT SIDE OF EVENT CALENDAR

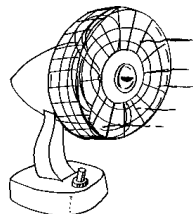
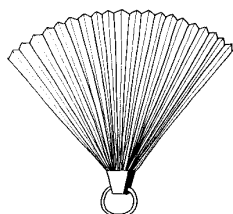
BACK OF EVENT CALENDAR



Civic Holiday



We're Your Fans!





HUMOR PAGE



PUNNY ONE-LINERS

Source Unknown

- ☺ Does Spiderman have a web site?
- ☺ He had a novel way of writing fiction.
- ☺ The records clerk kept filing her nails.
- ☺ The glue maker had stick-to-itiveness.
- ☺ Venetian blinds come in many shades.
- ☺ Is a riverboat gambler a wheeler-dealer?
- ☺ Working at the coffee shop had its perks.
- ☺ Do Tibetan women come together to yak?
- ☺ The stable hand made a presentable groom.
- ☺ The musician vanished without leaving a note.
- ☺ He admired the symmetry of the burial grounds.
- ☺ They accused the stonecutter of being a chiseler.
- ☺ The inventor of the guillotine was ahead of his time.
- ☺ The car wash attendant liked to sponge off his friends.
- ☺ Was the strike at the crate factory a boxer rebellion?
- ☺ The sailors thought Bordeaux was an interesting port.
- ☺ The pastor had a flood of inquiries about the Noah story.
- ☺ He recognized the lumberjack by the timbre of his voice.
- ☺ The long distance carrier's claims sounded phony to me.
- ☺ Some people think a paddle should be used to rear a child.
- ☺ Said the tea server turned camel trader, "One hump or two?"
- ☺ When the vaudeville dancer was dying, he knew it was taps.
- ☺ He was quite a wag so they put him at the tail end of the show.
- ☺ Finding prehistoric elephants is a mammoth undertaking.
- ☺ The Olympic team from Finland couldn't run another Lapp.
- ☺ Environmental regulations put a new wrinkle in the laundry business.
- ☺ When the baby was learning to talk, his mother said he was going through a phrase.
- ☺ They welcomed the locksmith to the choir because he was never off key, and the baseball pitcher had perfect pitch.



HUMOROUS DOG QUOTES

- ☺ "Every time I go near the stove, the dog howls." -Phyllis Diller
- ☺ "Life is like a dogsled team. If you ain't the lead dog, the scenery never changes." -Lewis Grizzard
- ☺ "The other day I saw two dogs walk over to a parking meter. One of them says to the other, "How do you like that? Pay toilets!" -Dave Starr
- ☺ "Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window!" -Steve Bluestone
- ☺ "My neighbor has two dogs. One of them says to the other, "Woof!" The other replies, "Moo!" The dog is perplexed. "Moo? Why did you say Moo? The other dog says, "I'm trying to learn a foreign language." -Morey Amsterdam



DOG HUMOR

Source Unknown

- ☺ Tom: "Why do you say Rex is a carpenter dog?"
Tim: "Last night, he made a bolt for the door."
- ☺ A cat and her four kittens came face-to-face with a large collie. While the kittens cowered, the cat let out a series of loud barks, scaring the dog away. Turning to her kittens, the cat said, "You see how important it is to know a second language?"
- ☺ Mary walked into the living room and saw her brother playing chess with their dog. "Amazing!" she sputtered. "This must be the smartest dog in the history of the world!" "He's not so smart," her brother mumbled. "I've beaten him three out of five games."
- ☺ Johnny had been promised a special surprise for his birthday and that's just what he got. He stared in awe at the full-grown Saint Bernard that stood in the center of his living room. The little boy inched up to the dog, walked slowly around it and looked up into its big, brown eyes. Then he turned to his mother and asked, "Is he for me, or am I for him?"

OXYMORONS

Source Unknown

- | | |
|------------------|---------------------------|
| ☺ Good grief | ☺ Advanced basic |
| ☺ Airline food | ☺ Terribly pleased |
| ☺ Tight slacks | ☺ Working vacation |
| ☺ Small crowd | ☺ Genuine imitation |
| ☺ Act naturally | ☺ 12-oz. pound cake |
| ☺ Legally drunk | ☺ Passive aggression |
| ☺ Resident alien | ☺ Temporary tax increase |
| ☺ Almost exactly | ☺ Government organization |



Hot Flashes

Jeanne Parker, MS, MA, ACC



RECRUITING RETIREES FOR VOLUNTEER WORK

Retirees and older members of our communities offer a rich and rewarding source of volunteers for our long term care facilities with benefits to both residents and facilities. Volunteers are recognized as an important link to the community. A successful Volunteer Coordinator (VC) will need to be mindful of organizational goals, department goals, residents' needs, and give recognition to the needs of the potential volunteers. Where does the VC find these people and how are connections made? Why do people volunteer? Recruitment is an ongoing task that may be improved when lasting matches are developed through understanding of factors influencing the relationships.

General recruitment may include group presentations considering a variety of volunteer needs. Targeted recruitment may include a particular age group such as older adults or retirees or high school and college students. Older adults or retirees are found in such places as nearby senior centers, Sunday school classes in neighboring churches, high-rise buildings for seniors, personal care / assisted living buildings, and local organizations frequented by older adults. In an informational phone call or e-mail to a local organization, include a question asking the typical age range of the members. After giving a presentation, always remember to make direct contact with individuals showing an interest. Individuals respond best to feeling personally needed and wanted by you with a direct follow-up. Do not wait for them to call you.

Concentrate on retirees, as these are often the people who have the time and skills to match your residents' needs. Within the facility build a relationship with a dedicated family member who visits a loved one often and silently note how he or she interacts with the loved one and surrounding residents. People who are coming into your facility get to know and feel the atmosphere of the situation. Some will never set foot in the building again if the loved one passes away, but others may find it rewarding to fill that void with returning to help others. It is up to the VC to make that connection. Consider facility retirees that have loved their work there. Also, consider personal friends or your parents' friends who might be retiring or looking for a new direction in their lives.

Keep in mind that people have varied pre-determined ideas about long term care facilities (i.e., the facility smells, it's a place to go to die, it's a "dumping ground" for grandma, I never want to be in "one of those", or worse yet, it's where

abuse takes place). When recruiting, you need to be upbeat and positive about why this is a place for wonderful volunteer experiences as you relate to the volunteer's potential desires – wanting to feel needed or wanting to make a difference in someone's life, wanting to share skills or experiences, being lonely, or desiring replacement caregiving for a loved one.

Specific written job descriptions are valuable to hand to potential volunteers after they have indicated their interest. If a person is interested in limited contact with the residents, the VC can direct him or her toward such jobs as delivering mail, stuffing envelopes, making craft samples or preparing kits for crafts, organizing photo albums, or creating bulletin boards. Closer resident contact such as providing one-to-one visits, wheelchair escorting, or small group leadership is always valued but not always where a volunteer is most comfortable or capable. Men may prefer leading a men's group, sharing travel experiences, being the barbecue chef, gardening, or van driving.

Your entry set-up makes the volunteers feel special. Have a place to hang coats and safely leave purses near where they sign in. How about clever signage that says thank you as they enter or exit?

Prepare a needs assessment related to time involvement to show administrators. Administrators also need reminders that older recruits can be the best facility advocates as they convey the positive aspects of the facility to friends and family members.

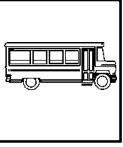
In summary, the importance of acquiring and retaining great volunteers of any age involves excellent match work, thorough training, continuous coaching and evaluation, and recognition for work well done. Personal recognition from the VC is critical. Good leadership and great volunteers help our residents stay connected to the community, assist the VC in doing his or her best, and provide a positive experience for the volunteers. Older adults often prove to be the most valued volunteers.

Jeanne has 30 years of experience in the field, working with all levels of care, and has taught a variety of courses and workshops including the MEPAP training program. She has held several board positions in local and state organizations including serving as president of each in her state of Pennsylvania. CF



Active Seniors

Vonnie Brewer, BS



OUTINGS FOR EVERYONE

Outings require more planning than most events you have within your community. You know the physical layout of your community, and it is a safe environment for the residents who are physically challenged. An outing, on the other hand, is an unknown, unless you have been there yourself. Have you ever called to book or ask about a particular venue to see if they are handicapped accessible, and they say they are, but when you arrive there are a few surprises?

Another challenge of planning an outing is the variation in the residents' stamina and physical limitations. Some like to walk, some can't walk too far. Some do not like to be gone very long, some are okay with being gone all day. Cost can be another issue as some residents do not care about the cost and others don't want to pay much. So how do you solve these issues and plan exciting outings?

There are not a lot of places or events where both your less mobile and more active residents will be able to participate at the same level. Outings for the less active can be attended by everyone, but there also need to be a few outings which are only for the more active residents.

BOAT RIDE

If there is a large lake or body of water in your area, take the residents who are less active and more active on a pontoon boat ride. Those of you who live and work near the ocean or a large body of water probably have done this many times, but for those of us unfamiliar with boats, a pontoon boat is perfect for seniors. It is flat so it is easy on and off. I have even taken people in wheelchairs who can transfer to seats on a boat. This type of outing takes more than one or two activity staff, but you usually won't have problems getting staff to come. You will have to find a staff person who has experience driving a boat and can pass a brief exam that is usually required in order to rent a boat. If you don't have any who is qualified, ask the marina if they have someone who would be willing to take your residents out.

We usually went out for an hour and a half ride and then went to lunch. Safety, of course, is important. Each person must wear a life jacket as that is the law. They should wear hats and plenty of sunscreen. Have bottled water available, as well. Fishing off the boat might also be possible depending on being able to procure enough equipment for those who want to fish. Make sure you check to see if there are any fish in the lake or whatever body of water you choose to go boating on. Fishing licenses might also be necessary depending where you live. You can usually get day passes that are fairly inexpensive. Always explain who the licenses are for as sometimes it makes a difference (i.e., senior discount).

OLD-FASHIONED PICNIC

An old-fashioned picnic is another outing that can be enjoyable for everyone. You can pick a park nearby or drive to a favorite spot. Solicit the help of dining services to add to the old-fashioned theme. This outing will perhaps take more planning because of the food, but would definitely bring back memories. Serve potato salad, possibly fried chicken, coleslaw, biscuits, and watermelon. Another option is for the seniors to make their own sandwiches. I did that one time, and my residents really liked it. After eating, play some games. Card games or dominos are good for the less active. Maybe bocci ball, a hike, or a beanbag or ring toss game are good for the more active. If you choose a park that has sculptures or gardens, the more active residents could walk around that area. You could also incorporate an outdoor theater or concert with your picnic. Kite flying can also be a great activity for all. The active residents can fly the kites, and the other residents can enjoy the sights. If you can find a spot that is great for a picnic that has a lot of trees, bring some binoculars and do some birdwatching. You might have a resident who can help with this, or you could contact a birdwatching group and solicit the assistance of their members.

AMUSEMENT PARK

You may think an amusement park would not be a place for seniors, but that would be an outing that would bring back some pleasant memories. Some communities have amusement parks that have been in existence for a number of years, and your residents probably took their children there. Your residents may not go on any of the rides, but would enjoy being outside and watching the people. Also, having cotton candy, a hot dog, or other foods would be great change of pace from their usual menu. This is another outing that both the less mobile and active residents could go on as there are usually benches to sit on.

FOOD OUTINGS

We take our residents out for lunch or dinner, but what about a progressive lunch or dinner for our more active residents? (Getting off and on the van several times would be a difficult for the less mobile residents.) For a progressive meal, start at one restaurant for appetizers, go to another for soup or salad, another for the entrée, and end up in another one for dessert. Choose an area of town that has several restaurants that are fairly close in proximity. This would be a different twist on a common outing. You could even do this with breakfast only with much fewer stops so this might be an outing for all ability levels. Start with coffee at a coffee shop then go to a restaurant to have your main course. Another idea is to go on a donut tasting trip stopping at several shops and then determine who has the best donuts.

An ethnic food trip would be a new twist on a typical outing. Depending on where you live, you may have some Ethiopian food, Vietnamese food, Thai food, or other type of cuisine your local community has. Ordering a few different dishes and letting everyone share is great because if there is a dish that someone doesn't like there is always something else to have.

OTHER IDEAS

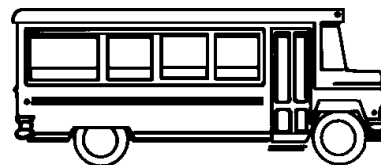
- ❖ What about borrowing or renting some metal detectors and going out to a park and seeing what treasures your residents find? Your less mobile seniors can sit, watch, and evaluate what is found.
- ❖ One of the most successful outings I had was a mystery trip. Just tell the residents the bare minimum (i.e., will there be a lot of walking, will there be lunch, approximate length of time you will be gone). Of course, your destination can be anywhere interesting. One popular trip was a tour of a historic district in our city. I prepared a booklet giving the history of not only the area but of the existing historic buildings.
- ❖ Have a program on public art or monuments in your area followed by an outing. You could present the program or invite a historian or artist to give the program prior to the outing (same day or a week apart). A simple booklet with pictures of the art or monuments as reminders could be done.
- ❖ Go shopping at a specialty market. There are many different types of foods and other interesting items that are in those stores, and it would be an adventure. There are aromatherapy departments, vitamin departments, sushi bars, and cheeses from ev-

erywhere. Best of all, sometimes there are stations to eat samples or try lotions.

- ❖ Take your more active residents to a flea market. Adding a challenge would be a unique twist to this outing. Divide the residents into groups and give each group a small sum of money. Decide on a contest (i.e., group that comes back with the most items, who can find the most unusual item or the oldest item). Another idea is to do a scavenger hunt at the flea market. Give each group a list of items and a small sum of money, and the group that finds the most items or the team that finishes first wins.
- ❖ Going to a pumpkins patch or gourd farm could be done by your more active residents. You could then have a pumpkin or gourd painting party which could involve the less mobile residents. The painted pumpkins or gourds could be used to decorate dining tables or give them to a local school.
- ❖ If your facility is in a small town, take your residents on a "daycation" to the big city. You could also plan an overnight trip to the big city. If you live in the suburbs of a big city, it can be fun to plan a holiday trip downtown to enjoy some of the festivities that are usually going on and then spend the night. Some city hotels offer special holiday rates for an overnight stay.
- ❖ Here are some miscellaneous outing ideas: play miniature golf, go berry picking, go to an antique mall or thrift shop, and tour old famous churches or cultural centers.

When planning outings, thinking outside the box can turn a simple ho-hum outing into something very special. Remember that no matter what our age, we all enjoy being surprised. Also, it is a fact that trying new things keep our minds active and growing.

Here is a quote that I think sums up what you should think about when planning an outing. *"Take wrong turns. Talk to strangers. Open unmarked doors. And if you see a group of people in a field, go find out what they are doing. Do things without always knowing how they'll turn out."* -Randell Munroe **CF**



Opportunities for Individuals with Memory-impairment

Cathy Allen, CTRS, ACC



CELEBRATING HAPPINESS

August is Happiness Happens Month. Happiness is defined as the quality or state of being happy and having good fortune, pleasure, contentment, and joy. The sound of laughter is more contagious than a cough, snuffle, or sneeze. Humor and laughter can cause a domino effect of joy and amusement of individuals, as well as set off a number of positive physical effects including reduction of stress and blood pressure, improvement of mood, boost of the immune system, improvement of brain functioning, protection of the heart, and relaxation.

ACTIVITY IDEAS

❖ **Happy Creative Writing Program** Ask the residents to share funny stories. Write the stories as the residents tell them, then compile them in a book.

❖ **Happiness Happy Hour** This month plan a Happiness Happy Hour once a week. The following are some ideas for the celebration.

Comedy: Ask the residents, family members, and staff to tell jokes and funny stories.

Decorations: Cover the tables with bright yellow tablecloths. Use yellow streamers and balloons to fill the room. Centerpieces can be made in a creative expressions or arts and craft program.

Refreshments: Have the residents decorate happy face cookies or cupcakes (remember the residents' diets using sugar-free cookies or cupcakes as an option and serve during the program with sugar-free lemonade). Serve the cookies or cupcakes on happy face plates purchased from a discount store or party store.

❖ **Happy Face Bingo** Create bingo cards with happy faces. Create the cards using different faces (i.e., open mouth, closed mouth, mouth with lips, mouth with teeth, different shaped eyes).

❖ **Happy Mural** Ask each resident to discuss a funny statement or story. The resident, staff member, or volunteer can write his or her story on the mural. When the mural is complete, hang it up. The residents can draw funny faces or pictures on blank areas of the mural and/or tear or cut funny pictures from magazines and glue them on.

❖ Happiness Through Aromatherapy

Coffee: The aroma of coffee can reduce stress and elevate people's mood.

Orange and Lemon Oil: Citrus smells are reputed to lift people's mood.

Licorice: Smelling licorice makes people happier.

Lavender: Smelling lavender has a transient effect of improving people's mood and increasing relaxation.

Jasmine and Rose Scents: The scents of certain flowers such as jasmine and rose can induce positive emotions and increase happy thoughts.

Essential Oils: Scents such as clove, ginger, cinnamon, chamomile, and frankincense can increase joy and happiness.

❖ **Happiness Theme Kit** The following items can be used to create this kit:

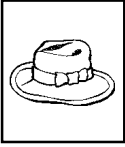
- ✓ Funny stories
- ✓ Funny pictures
- ✓ Funny and silly cards
- ✓ Pictures of famous comedians
- ✓ Cartoons
- ✓ Smiley face items
- ✓ Happy quotes
- ✓ Funny animal DVDs
- ✓ Funny children DVDs
- ✓ Aromatherapy items (see previously mentioned items)
- ✓ Music (collection of upbeat songs including funny and silly ones)
- ✓ Pictures of people laughing and smiling
- ✓ Funny movies (use movies from the residents' generation) **CF**

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Men at Work

Bob Lowden, ACC, DMA



CREATING POETRY AND SHORT STORIES

Two members of the Men's Club were retired language arts and English teachers. One was a high school teacher, and the other man was a college professor. One led a weekly poetry seminar at the facility, and the other man held a creative writing course. Several of the men in the club were interested in dabbling in poetry or writing short stories. Once their writings were done, they wanted to look into holding an activity when their creations could be read or enter them into some type of national competition where their works would be published, if chosen. They formed a committee that looked into both options.

At their next meeting, they decided to split up into groups. One group wanted to write poetry, while the other group was interested in writing short stories. These sessions were held at different times from the Men's Club weekly meetings. They ended up with about eight men in each group.

The groups set a deadline of eight weeks in which outlines, drafts, and final papers would be completed. The two teachers recommended that each man write as much as possible throughout the week. When the groups met, the men could review what had been written and ask the teachers any questions. The participants would have the time to also write during their class. Here's an idea of each week's classes:

WEEK 1

Each group decided on topics after discussing their options. The poetry group talked about what their themes could consist of (i.e., holidays, love and romance, flowers, peace and love). The writing group discussed whether their stories should be fiction, non-fiction, mystery, romance, or based on personal experiences. The members from both groups needed to decide by the next week.

WEEK 2

The men talked about the topics they decided on for their groups. The teachers gave the men ideas for how to begin their poetic works or stories by making outlines of what they wanted to include. Members of the writing group had a more complicated and detailed task.

WEEK 3

Some of the men in the poetry group decided to write limericks, some were funny while others were serious, others wanted to present original poems using non-rhyming lines, while others felt it was easier with their subject matter to rhyme every other line. The men in the writing group completed their outlines and began formulating their ideas

on paper. (Only a few wanted to pursue their topic using a computer.)

WEEK 4

The men in the poetry group wrote their rough drafts, while the writing group were completing putting their main ideas on paper. Each poetic work and story began to take shape. Some in the poetry group completed their writings.

WEEK 5

Each teacher spent a good amount of time checking over each poetic work and story and gave constructive criticism to each writer. Each poet was asked to put his poem aside for a week and then re-examine what he had written to see if he was satisfied. Over the next week, each writer was asked to examine the content and grammar and instructed to add more colorful phrases and additional adjectives to add characters to the stories.

WEEK 6

Each poetic work was exchanged with another classmate. It was read to the person who wrote it, and that person read the other person's poem. Each gave an honest critique and what the context of the poem consisted of. After each one was finished, they discussed how improvements could be made. By this time, all the stories were written. Each paper was exchanged with another classmate for an honest critique. Each story was carefully dissected for content, sentence structure, descriptive and colorful phrases, and grammar, then read by that person. Each person learned a great deal while listening to what he had written as it was being read.

WEEK 7

The final drafts of the poetic works and stories were completed and turned into the respective teacher for final evaluation and correction.

WEEK 8

All the poetic works and stories were returned to their writers and were read to the group. The men agreed that they did not want to enter any type of competition, but they wanted to hold an assembly-type program at the facility for the other residents where all works would be read. Everyone involved felt it was a great learning experience, and one that could be continued throughout the year.

One of the poets titled his poem "Autumn," and decided to continue creating a poem for each season of the year. One man decided to take his original story and make it the beginning of a longer story, forming chapters along the way, eventually to become a novel. Each man was amazed that even at his age, he could continue to not only learn, but be creative, as well.

Feel free to send an e-mail to musicbob@comcast.net with your comments. CF



Reminiscent Corner

Pegi Schlis, CTRS, ACC, AC-BC



IT ALL HAPPENED IN AUGUST

Use the following historical information to stimulate conversation.

- **79 A.D.** Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae, and Herculaneum.
- **1492** Christopher Columbus set sail from Palos, Spain with three ships, the Niña, Pinta, and Santa Maria seeking a westerly route to the Far East.
- **1583** The first British colony in North America was founded by Sir Humphrey Gilbert, a British navigator and explorer. He sighted the Newfoundland coast and took possession of the area around St. John's harbor in the name of the Queen.
- **1776** In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.
- **1792** In one of the worst maritime disasters, 900 men drowned on the British battleship, *Royal George*. As the ship was being repaired, a gust of wind allowed water to flood into open gun ports. The ship sank within minutes.
- **1814** During the War of 1812, Washington, DC was invaded by British forces that burned the Capitol, White House, and most other public buildings along with a number of homes.
- **1838** Slavery was abolished in Jamaica. It had been introduced by Spanish settlers in 1509.
- **1861** President Abraham Lincoln signed into law the first federal income tax, a three percent tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never put into effect.
- **1883** One of the most catastrophic volcanic eruptions in recorded history occurred on the Indonesian island of Krakatoa. Explosions were heard 2,000 miles away. Tidal waves 120 ft. high killed 36,000 persons on nearby islands.
- **1896** Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.
- **1920** The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.
- **1923** President Warren G. Harding died suddenly (August 2) in a hotel in San Francisco while on a Western speaking tour. His administration had been tainted by the Teapot Dome political scandal, and his sudden death prompted many unfounded rumors. He was succeeded the next day by Calvin Coolidge.
- **1935** President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65.
- **1944** Anne Frank penned her last entry into her diary.
- **1945** On August 6, the first atomic bomb was dropped over the center of Hiroshima at 8:15 a.m. by the American B-29 bomber, Enola Gay.
- **1945** Soviet Russia declared war on Japan and sent troops into Japanese-held Manchuria.
- **1945** On August 9, the second atomic bombing of Japan occurred as an American B-29 bomber headed for the city of Kokura, but because of poor visibility then chose a secondary target, Nagasaki.
- **1945** On August 14, V-J (Victory in Japan) Day, commemorated President Truman's announcement that Japan had surrendered to the Allies.
- **1959** President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.
- **1961** The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West. Eventually it was replaced by a 12-foot-high concrete wall.
- **1962** Apartheid opponent Nelson Mandela was arrested by security police in South Africa. He was then tried and sentenced to five years in prison.
- **1962** Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills.
- **1962** Jamaica achieved independence after centuries of British and Spanish rule.
- **1963** The March on Washington occurred as over 250,000 persons attended a civil rights rally in Washington, DC at which Reverend. Dr. Martin Luther King, Jr. made his now-famous "I Have a Dream" speech.
- **1964** Three young civil rights workers, James Chaney, Andrew Goodman, and Michael Schwerner, were found murdered and buried in an earthen dam outside Philadelphia, MS. They had disappeared on June 21 after being detained by Neshoba County police on charges of speeding. They were participating in the Mississippi Summer Project organized by the Student Nonviolent Coordinating Committee (SNCC) to increase black voter registration.
- **1965** Six days of riots began in the Watts area of Los Angeles, triggered by an incident between a white member of the California Highway Patrol and an African-American motorist.
- **1969** Woodstock began in a field near Yasgur's Farm at Bethel, NY. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 people.
- **1974** Effective at noon on August 9, Richard M. Nixon resigned the Presidency as a result of the Watergate scandal.
- **1977** On August 16, Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m. at the age of 42.
- **1978** The first transatlantic balloon trip was completed by three Americans - Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, NM.
- **1990** The Iraqi army invaded Kuwait amid claims that Kuwait threatened Iraq's economic existence by overproducing oil and driving prices down on the world market.
- **1997** Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. **CF**

Activity Exchange



HOMEMADE HAPPINESS CARD PROJECT

Lesla Flugaur, Life Enrichment Director, North Haven Assisted Living Homes, Stevens Point, WI

While I was doing a life history assessment on a resident, I was informed of a handmade card craft that she has been doing for some time with the help of a friend. I became interested in this project and asked her to show me how to make these unique cards. While working with her, it became apparent that this project would be one that other residents would enjoy doing. This card craft is called Home-made Happiness on the activity calendar and has become a unique signature activity for our home. When someone such as a staff or family member, volunteer, or a person in the community receives a set of our handmade cards as a gift or a handwritten thank-you note in the mail, they know it is a gift from the heart. Here are the steps to do it:

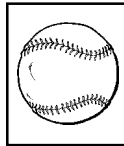
To get this project started, organize a group to go outside and collect nature's resources (i.e., small flowers, leaves, ferns) that are colorful and in good condition to flatten and use on the cards. You may need to schedule additional times depending on how many items are collected. Ask family members to help by looking for items that may be card worthy when they take walks outside with their loved ones.

Prepare the items that have been collected by laying them flat, drying, and pressing them. I use old phone books with some heavier books on top. This process usually takes a few weeks.

While the items are drying, purchase a ream (500 sheets) of 8½" x 11"-sized white card stock (or another color) from a copy or office supply store and have them cut each sheet in half. Purchase notecard-size envelopes, as well. Other items to purchase or gather are rolls of clear contact paper, raffia or decorative ribbon (to tie around the finished cards), sharp scissors, and black fine tip markers. Other craft items that can be used are stamps, glitter, glue pens, scrapbooking supplies, etc. The card decorating possibilities are endless.

To make each card, fold the 5½" x 8½" piece of card stock in half. Design the outside of the card with some of the flattened nature items, laying the items as desired. Cut a square of the clear contact paper that is a little bigger than the card. Take the backing off and gently lay it over the nature items. Press down on the contact paper so it forms a tight seal. Trim the excess with the scissors. Turn the card over and write on the back the name of the project.

Once many cards are made, sort them into piles of four and wrap raffia ribbon around each group, tying the ends into a bow. Individual cards can be used as thank-you notes.



BASEBALL-THEMED WEEK

Judy Skilton, ACC, Director of Recreation Therapy and Volunteer Services, Health Central Park, Winter Garden, FL

Editor's Note: *This week was held during National Nursing Home Week in May, but it can be celebrated anytime.*

Each year, we celebrate National Nursing Home Week in a big way. We decided years ago that we would honor and celebrate our residents as well as our team members during this time. We also make banners announcing the events, send information to the local newspapers, and request proclamations from our government officials. Additionally, we choose a focal point in our home so we have an appropriate background for pictures.

Each year, we showcase each of our resident's photos on a theme-related card or object. This time, each resident's picture appeared on a baseball card. The baseball cards were suspended from baseball bats and hung. At the end of the week, the cards were given to the residents. In past years, we have put residents' pictures on gold coins, dollar bills, flowers, and butterflies. We take photos all week and put them in digital picture frames.

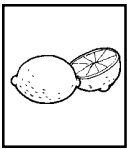
Monday: We had a continental breakfast for our team members and a Big Bucks Bingo Game for residents.

Tuesday: We had a Baseball Ice Cream Sundae Social and Baseball-themed Trivia Contest. Our baseball sundaes were vanilla ice cream, warmed caramel sauce, and whipped cream topped with Cracker Jacks®.

Wednesday: We had a Picnic with our residents, their family members, our team members, and volunteers. We had entertainment and a strolling musician inside for those residents who were unable to go out. We also had a Photo Shoot with baseball props for people to use.

Thursday: We developed a game called Home Run which was a baseball-themed poker run for everyone to participate in. We awarded prizes for the best and worst hands and served popcorn.

Friday: Each of our five neighborhoods had a party, and we judged the Team Spirit Contest. Each neighborhood team was asked to come up with and perform a song or skit honoring the residents for the contest. We had teams singing and dancing, and one team made a video. 🎤



LEMONADE'S BIRTHDAY

*Amy Lathrop, Resident Program Coordinator,
Oak Tree Villa Retirement Community,
Scotts Valley, CA*

We celebrated Lemonade's Birthday (August 20) in August 2013 by having an old-fashioned Lemonade Stand with all donations going to our local Society for the Prevention of Cruelty to Animals. We baked and sold Lemonade Cupcakes topped with the Lemon Buttercream Frosting that you provided the recipes for in the August 2013 issue (page 9). The frosting was so good we put the extra in small cups, topped it with whipped cream, called it Lemonade Fluff and sold it.* We made \$167!

***Editor's Note:** *The recipe for Lemon Buttercream Frosting is in P.S. on the back page.*



COUNTRY WESTERN WEEK

*Bonnie Isenberg, Activity Director, ManorCare
Health Services - Williamsport South,
Williamsport, PA*

Editor's Note: *This week was held during National Nursing Home Week in May, but it can be celebrated anytime.*

During the week, the dining rooms were decorated with western-style items, and we played western music throughout the week. The cowgirls and cowboys got to dress in their finest boots, hats, jeans, shirts, and other western wear.

Monday: We Panned for Gems by making square, wooden frames and attached window screening to them. We placed craft gems in some sand in a container. The residents sifted through the sand for the gems which were used later in the month for a crafts project. We finished the day by talking about the Gold Rush with books and DVDs that we got from the library.

Tuesday: We played horseshoes in the morning, and in the afternoon we invited the Appalachian Horse and Rescue, a local animal rescue agency, to bring in their miniature horse mascot. The residents enjoyed feeding and petting the horse. A local couple entertained the residents in the evening with songs and a comedy act.

Wednesday: The residents and staff enjoyed a Chuck Wagon Meal that consisted of barbecued meat, baked beans, and peach cobbler. In the afternoon, a musician sang country western songs, and the residents and staff sang karaoke with him.

Thursday: In the morning, we played a cowboy hat toss (tossing beanbags into a cowboy hat). In the afternoon, we did Wheelchair Square Dancing. The residents and staff paired up, and a local couple called the dances for the participants to do-si-do, promenade, etc. to the music.

Friday: We played Cowboy Games in which the residents got to rope a horse and play cow pie toss. (They laughed when they saw the homemade cow pies.) They enjoyed cold glasses of root beer and s'mores. The day ended with a Campfire Sing-along.



KOOL-AID® FRUITY DOUGH

*Amanda Krelc, Activity Aide, Friendship
Village of South Hills, Upper St. Clair, PA*

Residents, especially those with dementia, enjoyed making and working with the Kool-Aid® Fruity Dough. This activity brought back memories for them of baking at their homes. The group members that were unable to mix or roll out the dough played with it in their hands and enjoyed the fruity scent. Shapes that were made were air dried. Make a package of Kool-Aid® for the group members to drink.

KOOL-AID® FRUITY DOUGH

- 2 cups flour
- 1 cup salt
- 2 pkgs. unsweetened Kool-Aid®
- 2 cups boiling water
- 6 tsp. cooking oil

- 1) Measure and mix the dry ingredients in a large bowl.
- 2) Add the boiling water and oil and mix well. The dough will start to form into a ball.
- 3) Let the dough cool for a few minutes.
- 4) Remove the dough from the bowl and put it onto a washable surface.
- 5) Knead it until it is smooth. It is now ready to roll and work into shapes.

Here are the sensory benefits of this activity:

Visual: Residents saw the ingredients mixed together as they were stirred. They enjoyed watching the dough spread out and shapes that were made.

Auditory: Residents listened to the sound of air bubbles being worked out of the dough and the reminiscing of group members sharing their memories of baking.

Tactile: Residents felt the dough mixture on their fingers while cutting out the dough with cookie cutters or working it into various shapes.

Taste and Smell: Residents enjoyed drinking the Kool-Aid® while smelling the fruity scent of their drinks and the dough. **CF**

MUSIC TO PLAY

Note: The following is not an inclusive list.

- *Second Fiddle*
- *Under Your Spell Again*
- *Above and Beyond*
- *Excuse Me (I Think I've Got a Heartache)*
- *Foolin' Around*
- *Kickin' Our Hearts Around*
- *You're for Me*
- *Act Naturally*
- *Love's Gonna Live Here*
- *My Heart Skips a Beat*
- *I've Got a Tiger By the Tail*
- *Waitin' in Your Welfare Line*
- *Rollin' in My Sweet Baby's Arms*
- *Streets of Bakersfield*

TRIVIA

❖ Merle Haggard's hometown was Bakersfield, CA. He was briefly a bass guitar player for an early version of Buck Owens and His Buckaroos. Some sources say Haggard was the one who suggested the band's name.

❖ Buck Owens and Merle Haggard were married to the same woman, Bonnie Campbell (maiden name). Owens and Campbell were married from 1948 to 1951 and had two children. Haggard married Bonnie in 1965, and they were married until 1978. She was a country music singer and also a back-up singer for Haggard.

❖ Owens' hit song, *I've Got a Tiger By the Tail*, was based on a gasoline commercial that described a certain fuel as like having a "tiger in your tank" (Esso brand and later Exxon).

❖ Owens' 1963 No.1 hit, *Act Naturally*, was covered by The Beatles. The song was released as the flip side of *Yesterday* in 1965. Ringo Starr recorded the song as a duet with Owens in 1989.

❖ In 1977, Owens married his fiddle player, Jana Jae, tried to divorce her within days of the ceremony, and then took out a full-page newspaper ad begging her to come back. (It didn't work.)

❖ In 1988, Owens and Dwight Yoakam reached No.1 with *Streets of Bakersfield*. It had been 16 years since Owens had a No.1 hit. Elvis Presley was another musician that had a long gap - 19 years - between No.1 songs. His song, *Jailhouse Rock*, was a top hit in 1958, then *Moody Blue* became No.1 in 1977.

DISCUSSION QUESTIONS

❖ Read the following quote: "I found a sound that people really liked - I found this basic concept and all I did was change the lyrics and the melody a little bit. My songs, if you listen to them, they're quite a lot alike, like Chuck Berry." -Buck Owens. Do you think that Buck Owens' songs sound similar?

❖ After listening to Buck Owens' and The Beatles versions of *Act Naturally*, ask participants which version they like better.

❖ Did you watch the TV show, *Hee Haw*? If so, which of the hosts of *Hee Haw* did you like more - Buck Owens or Roy Clark? **CF**

LOOK OUT BELOW!

NEW

Cannonball Drop

Based on the design of a castle turret. Cannonballs are suspended in the air, supported by the giant colored straws. Take turns to remove the straws, one by one, without making any of the soft hollow balls drop inside the castle tower. The winner is the one with the least dropped balls at the end of the game.

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OTHER IDEAS

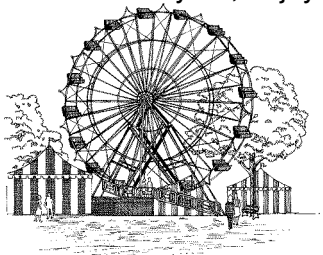
✓ The movie musical, *State Fair*, may be enjoyed by individuals who are unable to attend the party or prefer to stay in the larger community areas. The 1962 version stars Bobby Darrin and Pat Boone. The 1945 version stars Dana Andrews and Dick Haymes. It is a story of a family and the Iowa State Fair.

✓ A sensory basket for individuals who need more stimulation or who are bedbound could include items such as a brass ring from a merry-go-round, small cow, flower arrangement, blue ribbon, 4-H badge, small tractor, vegetables (i.e., cucumbers, tomatoes), canned jar of pickles, crocheted item, fair program, piece of carnival glass, paper cone from cotton candy, signs or posters, taffy or fudge, and the rings from the bottle toss.

✓ For intergenerational activity ideas, there may be projects that a 4-H club can do with your residents. They can display their items in a bookcase in your community or invite them to celebrate the receipt of their badges. Offer to do a baking or cooking project together. During the summer, residents can grow cucumbers, and in the fall, the group can make pickles. Time the preparation to enter them in your local fair. Look up the local fair book entrance requirements to see what items your residents can contribute. Many have categories that are available for older and impaired adults. Making saltwater taffy can be an intergenerational project or family event as it will take some good old-fashioned pulling to stretch the taffy when ready.

Whether you live close enough to attend your local fair, or you will provide all of the atmosphere in your own facility, the sounds and smells of the fair are tools with which to reminisce. Share your fond memories with the group and ask them to share their memories, too. Was it the tractor pull, the entertainment, the hours taking care of their animals on exhibit, or fabulous rides that received most of their attention? Whichever it may be, enjoy the memories.

CF



“eyes” and random vertical lines to resemble coconut hair. Tape coconuts onto the cardboard trees; use wire ornament hangers to fasten them gently to potted trees. (This decorating tip is from the booklet, “Travel Unlimited.”) This booklet also has ideas for decorating “hula” tables using plastic grass skirts taped to the edges of tables. They recommend a center table with a traditional luau pig: “place a toy pig or piggy bank on an oval platter covered with green Easter grass. Surround the pig with a polysilk lei or individual flowers, and place a real or artificial apple in front of its mouth.”

The tiny green gecko, a harmless lizard, is a popular animal on the islands. Native Hawaiians consider them very lucky and harming a gecko, even accidentally, can bring misfortune. You can make your own “good luck gecko” using green plastic teaspoons, 12-inch green pipe cleaners, 10mm wiggle eyes, red yarn (for the tongue), and a strip of green felt. It’s complicated to put this all together to look like a gecko. It’s much more fun to travel to the island and see one for yourself.

Now it is time to say aloha (ah LOH hah) welcome / goodbye to this most beautiful state, Hawaii - “Paradise of the Pacific.”

Writer’s Note: Resources include one memorable two-week trip many years ago. **CF**

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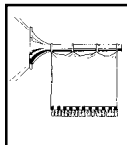
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Brenda Zimmerman, ACC



AMERICAN INDIANS

This month is a great time to look at the various American Indian tribes and their locations. Center a map of the U.S. on a background of pale blue paper. Use a darker blue or blue corrugated paper border. Visit www.americanindiantribe.com (click on Nations) to select several tribes. Choose a tribe specific to your area or a few tribes across the U.S. Mount the names of the tribe(s) in large lettering on colored paper stapled to the board with a piece of yarn connecting it to the appropriate area(s) on the map. Under each tribe write a few statistics about that group on pieces of paper and hang those. Visit www.nativetech.org to research information about many tribes on art, birds and feathers, leather and clothing, etc.

Activity Ideas: Invite a person of American Indian heritage to talk about his or her particular tribe. Invite a high school debate team to discuss whether recognized sports team names (i.e., Braves, Redskins) are disrespectful.

MORE HERBS, LESS SALT DAY

August 29

Use a red and white checkered plastic tablecloth (can usually be found at dollar stores) as a background for the bulletin board. Search online for Vintage Spice Tin Images. Print out pictures (print the images to be about 5" x 7") then enlarge them, as desired. For example, one company's brand such as McCormick can be used or a variety of brands. Add color if they are black and white. Visit <http://usesofherbs.com> to look up several common spices and their culinary and medicinal properties. Choose some information on various spices to write or print in single lines with an easy-to-read font. Cut these into strips. As you mount the spice tins on the background, tip them to the side and have the printed information flowing from the top as if the words were being sprinkled from the containers. In a lower corner of the board have an explanation of the dietary advantages of using herbs and spices to lower the use of salt in the daily diet.

Activity Ideas: Hold cooking demonstrations using herbs. Plant herbs in pots. Have an activity that includes sniffing and identifying herbs and spices. **CF**

AUGUST

Sensory Sensations

Bonnie Megehe, ADC



BEAUTY AND GROOMING SENSORY KIT

As I sit at my dresser preparing for my day and enjoying doing my morning makeup and hair routine, I thought we all like to feel good about ourselves and how we look. Many of my residents wouldn't leave their rooms until they had their hair, makeup, nails, and morning routines finished. Men have routines, also. Why should those change as we age? We should have a time to indulge ourselves.

For the sensory kits this month, start with a large cosmetic bag and a man's toiletry bag. You may want a larger bag to hold all of the items. Many homes may get makeup donated to the activity department, so start by going through that first. If you don't have donated items, ask your local representatives from Avon, Merle Norman, and Mary Kay if they could donate some. For the women's bag, you will need a variety of makeup, perfume or body spray, nail polish, curling iron, blow dryer, hairbrushes, combs, age-appropriate hair accessories, antique compacts, perfume atomizer, hand mirrors, and hand and body lotion. For the men's bag, you will need razors, lint brush, combs, shoe polish kit, after-shave lotion, cologne, hair tonic or cream, and breath mints.

❑ **Visual:** Show your residents what you have in the bags and listen to what they have to say about the items and different shades, colors, and scents. Watch a YouTube® video of an older woman putting on makeup. Show pictures of men's hairstyles and men with various types of facial hair.

❑ **Auditory:** Talk about what the group members did to get ready each day and how it was different for special occasions. Play some music while giving makeovers. Suggestions are *You Are So Beautiful*, *My Girl*, *Pretty Woman*, *Hey, Pretty Girl*, and *I'm Still a Guy* (by Brad Paisley).

❑ **Tactile:** Group members can hold the items in the bags. Brush participants' hair. Apply lotion to hands and arms.

❑ **Taste and Smell:** Group members can smell the various perfumes, body sprays, lotions, and colognes and determine which are their favorites. Use various flavors of lip balms and breath mints for tasting. Also, offer cups of coffee or hot tea to the participants during the group and while they are having makeovers.

Help your residents look and feel their best. Have fun with this activity and take pictures. **CF**

Creative Musings

This column is dedicated to the creative writings that are submitted by residents and readers. It is assumed that by submitting works, permission has been given by the author to printing in *Creative Forecasting*. Thanks to all those who have sent us "Creative Musings"!

MY ANGELS AND ME

Alice Cody, Alexandria Manor, Bloomfield, CT

My angels are wee-folk and faeries and elves.
They rule the heart of nature.
They're in the bushes so close to the ground
and hover in branches so graceful.

They open wide their glorious wings.
They cover me in the cold night.
They hold me warm and sing lullabies,
so sweet that I sleep and do not waken.



My angels are gifts from God up above
and sing to me of our world.
God's given me cherubim with wings so petite,
and they sing to me on their silver-stringed harps.

And when sadness comes,
they hold my hand.
They take my tears to make raindrops.

They are all God's messengers
adorned in silks and velvet,
of blues and purples,
of reds and whites.

My angels and I are wonderful friends.
They never leave my side.
They sing God's praise
and bring me bits of heaven,
my angels and me.

HAPPINESS

Residents, Loomis Lakeside at Reeds Landing, Springfield, MA

Happiness comes in many ways.
It may be different day by day.
Whether we come with walker or chair,
we'll be there to fight despair.
You can choose to be happy and give love.
It comes from within and from above.
Any time you offer a smile,
its lasting effects will remain for a while.
As we all go our separate ways,
our friend Lee says, "Have a happy day!"



THE OLD HOUSE

*June M. Jensen, Washington Odd Fellows Home,
Walla Walla, WA*

It stands at the end of a winding lane,
the yard's overrun with weeds.
A faint path goes through a broken gate,
though I know not where it leads.
The paint is gone, the windows bare,
some broken by age and storm.
A leaning porch has a sagging roof,
and the old front steps are worn.
A weathered front door stands open now,
there's a musty smell within;
you wonder as you step inside
just what its past has been.

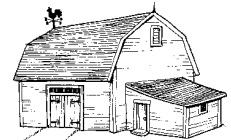


Were there children who laughed and played
and raced up the winding stairs?
Was there a mother to kiss their hurts
and to ease their daily cares?
Was there a father to give them strength
and bring their problems to?
Perhaps a puppy to romp and play
who was gentle, loyal, true?
And did the man who built this house
with faith in the life ahead,
fill the dreams that were in his heart?
No one knows, for the past is dead.

THE OLD BARN

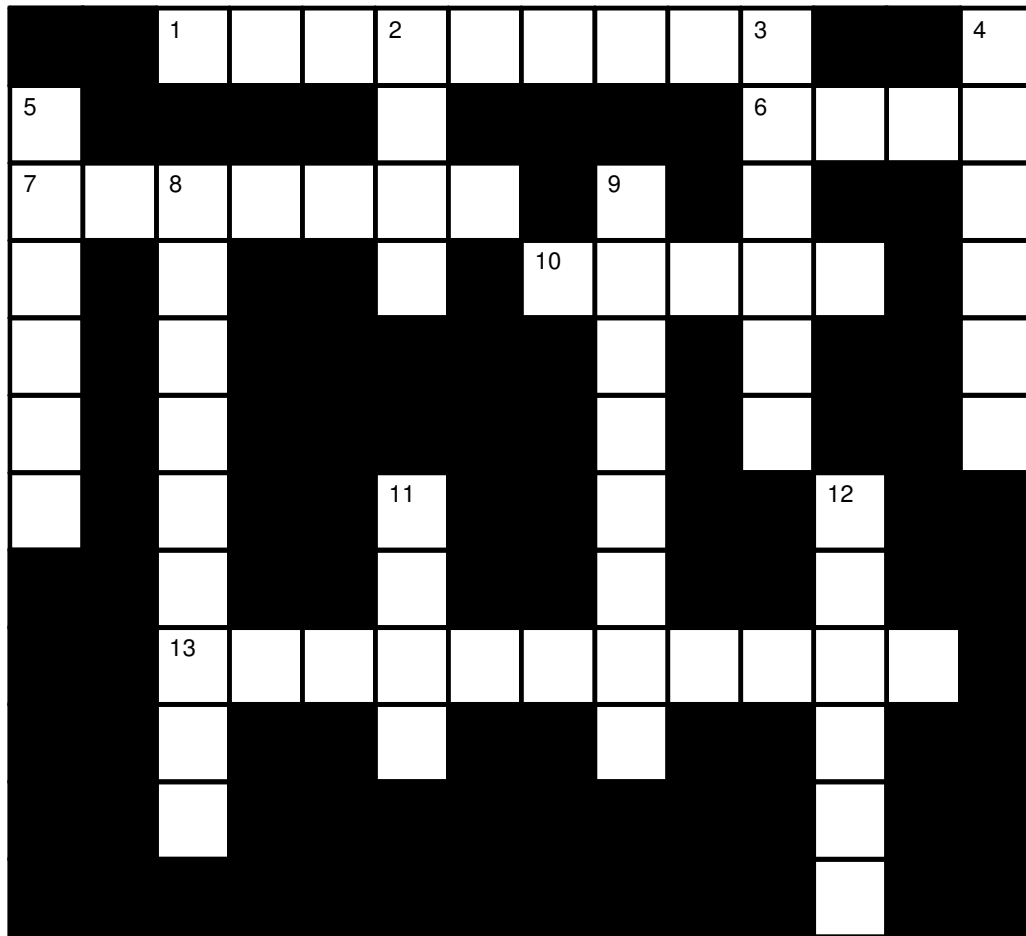
*June M. Jensen, Washington Odd Fellows Home,
Walla Walla, WA*

Alone it stands in an open field,
a tribute to the past.
Just a weathered barn with a sagging roof,
but a frame that still holds fast.
So many times it offered shelter
from the rain on a stormy day
or heard the merry laugh
when the children came to play.



All the windows are broken now;
the old house has long fallen down.
There's a gate left hanging open
where tall, dry weeds grow all around.
But there's pride time cannot steal,
though there's no one left to care.
And I feel a warmth I cannot explain
just knowing it's still there.

HUMOROUS IMPONDERABLES CROSSWORD PUZZLE



ACROSS

1. IS THERE ANOTHER WORD FOR _____?
6. WHY DO PSYCHICS HAVE TO ASK FOR YOUR _____?
7. WHAT DO YOU CALL A MALE _____?
10. WHY DON'T _____ SHRINK WHEN IT RAINS?
13. WHY IS _____ SUCH A LONG WORD?

DOWN

2. CAN _____ CREAM GO BAD?
3. DO FISH EVER _____?
4. IF THE #2 _____ IS THE MOST POPULAR, WHY IS IT STILL #2?
5. WHAT WAS THE BEST THING BEFORE _____ BREAD?
8. WHY DO WE DRIVE ON PARKWAYS AND PARK ON _____?
9. WHY ISN'T _____ SPELLED THE WAY IT SOUNDS?
11. WHAT IS THE SPEED OF _____?
12. WHEN _____ GETS ITS PICTURE TAKEN, WHAT DOES IT SAY?

WORD LIST: ABBREVIATED, CHEESE, DARK, DRIVEWAYS, LADYBUG, NAME, PENCIL, PHONETIC, SHEEP, SLICED, SNEEZE, SOUR, THESAURUS

Answers on page 47



STATE FAIR ATTRACTIONS WORD SEARCH



WORD LIST

- AGRICULTURE
- ART
- CONCERTS
- CONTESTS
- EXHIBITS
- FOOD
- GAMES
- GIANT SLIDE
- LIVESTOCK
- MIDWAY
- PARADE
- RACES
- RODEO
- VENDORS
- ZIPLINE



Answers on page 47

REFLECTIVE QUESTIONS

A list of reflective questions should be prepared for each of the service learning projects. A reflective question is one that encourages the student to think and interpret what he or she has observed, read, or heard. It helps the student link the experience to the broader world. The questions will be grade specific. For middle to high school students consider questions such as:

- ✓ What is the impact of negative attitudes about elders on the care they receive?
- ✓ What examples of “ageism” have you seen in the community?
- ✓ What is the benefit of life experience on making decisions?
- ✓ How do generations differ in the values and attitudes that they have?
- ✓ What is self-determination? What is the difference between doing with versus doing for?

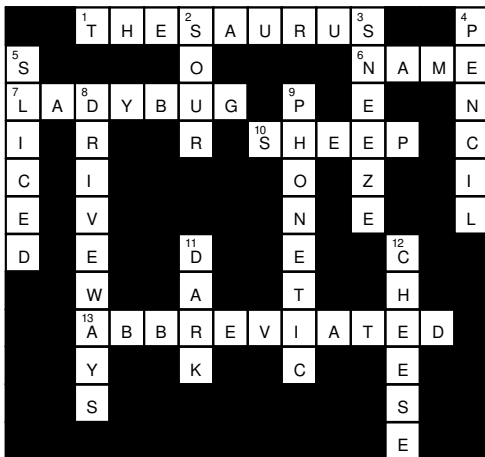
Begin now to identify service opportunities that will fulfill an important need in the community while developing dependability, organizational skills, research skills, acceptance of people who are different, and the attitude of caring for others (civic responsibility). Be ready before school starts this fall.

RESOURCES

Additional resources can be found online at most educational institutions; look for Service Learning Program. Numerous ideas are listed in the following documents.

- ✓ www.tantasqua.org/TRSD/community_service_learning/docs/BuildingCharacterThroughCommunityServiceLearning.pdf
- ✓ www.gcsu.edu/engagement/docs/101_BRIGHT_IDEAS_FOR_SERVICE_LEARNING.pdf

**Answers to HUMOROUS IMPONDERABLES
CROSSWORD PUZZLE (from page 45)**



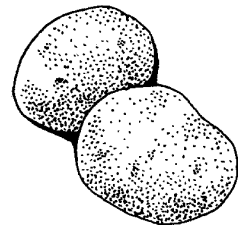
Spelling Bee Words
Pegi Schlis, CTRS, ACC, AC-BC

**NATIONAL
MUSTARD DAY**

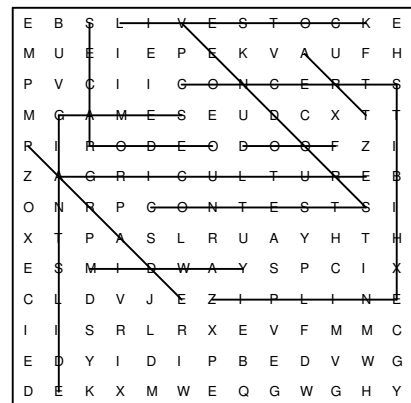
- BEER
- DIJON
- GARLIC
- CREOLE
- CHEESE
- COGNAC
- YELLOW
- CHINESE
- HICKORY
- JALAPENO
- BEAUJOLAIS
- CRANBERRY
- ROQUEFORT
- HONEY HERB
- DUSSELDORF
- GREY POUPON
- HORSERADISH
- SWEET ONION
- CONEY ISLAND
- BLACK CURRANT

POTATO DAY

- FRIES
- SALAD
- BAKED
- CAKES
- CHAMP
- LATKES
- MASHED
- STEWED
- WEDGES
- CURRIED
- ROASTED
- CAMPFIRE
- AU GRATIN
- SCALLOPED
- CASSEROLE
- TATER TOTS
- COLCANNON
- HASSELBACK
- HASH BROWN
- TWICE-BAKED



**Answers to STATE FAIR ATTRACTIONS
WORD SEARCH (from page 46)**





August Word Pictures *Rob Clagett*

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

LEFT PIZZA 4 FA ST

2.



3.

NI92

4.

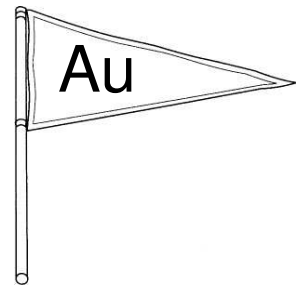
LfatAherW

5.



ALL
ALL
ALL
ALL

6.

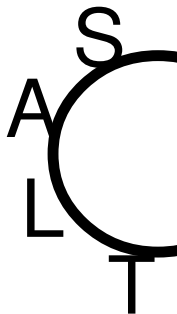


7.

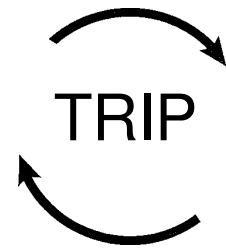


IV

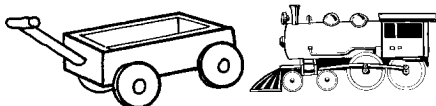
8.



9.



10.



11.



12.

T T T T DAYS
T T T T NIGHTS

Answers on page 54



August Birthday Quiz *Rob Clagett*

- 1st 1819/1891 The first sentence in his most successful novel is "Call me Ishmael."
- 2nd 1964 She has the lead role in the dark comedy, *Weeds*, and stars in *Red* (2010) and *Red 2* (2013).
- 3rd 1926 His signature song is *I Left My Heart in San Francisco*.
- 4th 1955 He won an Oscar® for Best Writing, Adapted Screenplay for the movie, *Sling Blade*; his role as Karl Childers is unforgettable.
- 5th 1906/1987 His first film was *The Maltese Falcon*; he directed his father and Humphrey Bogart in *The Treasure of the Sierra Madre*.
- 6th 1965 This Hall of Fame basketball player graduated from the U.S. Naval Academy in 1987.
- 7th 1975 She won multiple awards for her portrayal of a serial killer in the 2003 film, *Monster*.
- 8th 1932 This country-western singer / songwriter has a speech impediment (stuttering) which does not affect his singing voice.
- 9th 1944 He is a well-known actor whose deep voice also lends itself to voice-over narration for commercials for, among others, the American Beef Council and Coors® beer.
- 10th 1960 *The Mask of Zorro* and *Desperado* have made this Spanish-born actor a star.
- 11th 1946 At one time she was listed by *Guinness* as having the world's highest IQ. Her column in *Parade* magazine answers puzzles and assorted queries.
- 12th 1881/1959 His lavish screen productions are legendary; he won an Oscar® for the 1953 film, *The Greatest Show on Earth*.
- 13th 1899/1980 His classic films still produce shudders and goose flesh; *Psycho*, *The Birds*, and *Frenzy* are particularly scary.
- 14th 1947 This writer is currently the best-selling novelist alive and the fourth best-selling novelist of all time. Her most recent works include *First Sight* and *Winners*.
- 15th 1769/1821 He was the French emperor from 1804 - 1815 but died in exile on the island of St. Helena.
- 16th 1962 (Some sources say his birth year is 1963.) He played the big screen version of Maxwell Smart but made a bigger splash as *The 40-Year-Old Virgin*.
- 17th 1960 His stoned-surfer dude role in *Fast Times at Ridgemont High* led to two Academy Awards® for *Mystic River* and *Milk*.
- 18th 1933 This prolific director fled the U.S. to avoid sentencing after pleading guilty to unlawful sex with a minor.
- 19th 1942 He is instantly recognizable as an actor, pitchman, and former senator from Tennessee.
- 20th 1942/2008 He wrote the musical score for the 1971 film, *Shaft*, and won an Academy Award® for the *Theme from Shaft*.
- 21st 1959 This former BYU and Chicago Bear quarterback suffered life-altering head injuries during his football career.
- 22nd 1939 (Some sources say her birth year is 1941.) Her TV show, *Rhoda*, was a spin-off of *The Mary Tyler Moore Show*.
- 23rd 1912/1996 Known for his athletic, graceful dancing, this Hollywood icon danced with Jerry, the cartoon mouse, in the 1945 film, *Anchors Aweigh*.
- 24th 1988 He plays wizard Ron Weasley in the *Harry Potter* films.
- 25th 1913/1973 He created Pogo Possum and Albert Alligator after leaving Walt Disney Studios as a result of salary dispute.
- 26th 1960 He is a saxophonist, composer, and bandleader primarily known for his smooth jazz.
- 27th 1899/1966 This English novelist is best known for his *Horatio Hornblower* series.
- 28th 1957 He played inept bandit Marv Merchants in the first two *Home Alone* films and was the narrator for the TV series, *The Wonder Years*.
- 29th 1941 He was the long-time host of TV's *Lifestyles of the Rich and Famous*.
- 30th 1943 He dominated alpine racing in the late 1960s, winning three events at the 1968 Olympic Winter Games.
- 31st 1945 His hit singles, *Brown-Eyed Girl*, *Domino*, and *Wild Night*, remain rock classics.

Answers on page 54



SUMMER FUN

1. The long concrete chutes are usually built by ski resorts to draw visitors to their slopes in the summer months.
2. This lawn game involves hoops (or wickets), balls, and mallets.
3. Staples of amusement parks and county fairs, these attractions produce multiple-vehicle crashes and collisions.
4. The Olympic version of this sport and its backyard cousin both require shuttlecocks, racquets, and a net.
5. In the U.S. and Canada, these children's toys must be made of clear or tinted transparent plastic so as not to be mistaken for actual firearms.
6. They supervise the safety and rescue of swimmers, surfers, and other water sports participants.
7. South Williamsport, PA has been hosting this athletic event every year since 1947.
8. Located in Sandusky, OH, this amusement park claims to be the "Roller Coaster Capital of the World."
9. This wilderness area long popular with canoeists, kayakers, and fishermen sits astride the Canada-U.S. border between Ontario and Minnesota.
10. The world's football fans will be focused on Brazil for this international competition.
11. Officially, there are only two ways to score in this game, by throwing a "ringer" or by throwing one nearest the stake. Unofficially, "leaners" may count, too.
12. This relatively new activity allows participants to tour the canopy of trees through a system of suspended cables and pulleys.
13. Rock salt and ice are required to make this old-time favorite the old-fashioned way.
14. According to the National Gardening Association, this is the most popular vegetable (technically a fruit) planted in the home garden.
15. What is the "unofficial" state bird of Minnesota?
16. Name Major League Baseball's two oldest ballparks.
17. These winged beetles use bioluminescence to attract mates or prey.
18. Traditionally, they were created to promote state agriculture through competitive exhibitions of livestock and farm products. New York held the first at Syracuse in 1841.
19. These water craft were first used by the indigenous hunters in the subarctic regions of the world.
20. Dinner plate, cactus, and pompom are just three of the types of blooms produced by this oft-planted tuber native to Mexico.
21. They allow patrons to view a theatrical release from the comfort of their cars.
22. In which state can you play a baseball game at midnight without the need for artificial lighting?
23. In the U.S. and Canada, frozen ice on a stick is generically referred to as a _____.
24. These miniature buildings are typically built on a beach.
25. They are supervised programs for children or teenagers conducted during the summer months.
26. The slogan for this amusement park is "The Most Magical Place On Earth."
27. What is the recreational pastime of exploring wild cave systems called?
28. Who is credited with the invention of the charcoal briquette?
29. These structures were created to curb the amount of sand beachcombers tracked into trains and hotel lobbies.
30. A major vacation spot, this reservoir is on the Colorado River, straddling the border between Utah and Arizona.
31. This team sport can be played with either six or two players; the two-person variety is typically played on sand.

Answers on page 54



This Was the Year...1947

Pegi Schlis, CTRS, ACC, AC-BC

U.S. PRESIDENT & VICE PRESIDENT

Harry Truman
There was no Vice President.

TIME MAGAZINE PERSON OF THE YEAR

George Catlett Marshall

COST OF LIVING

- New House - \$6,650
- Average Income - \$2,854
- New Car - \$1,290
- Average Rent - \$68 per month
- Gasoline - 15¢ per gallon
- Harvard Tuition - \$420 per year
- Movie Ticket - 55¢
- Postage Stamp - 3¢
- Year End Close Dow Jones Industrial Average - 181.04
- One Ounce Gold - \$34.71

COST OF FOOD

- Granulated Sugar - 85¢ for 10 lbs.
- Milk - 78¢ per gallon
- Ground Coffee - 55¢ per pound
- Bacon - 48¢ per pound
- Eggs - 23¢ per dozen
- Ground Beef - 42¢ per pound
- Fresh Bread - 13¢ per loaf

NATIONAL AND WORLD NEWS

- *The Chicago Sun-Times* is created by a merger of *The Times* and *The Sun*.
- Everglades National Park in Florida is established.
- India becomes independent of Great Britain, divided into two dominions, Pakistan (Muslim) and India (Hindu).
- The first of the Dead Sea Scrolls is discovered.
- The French break off talks with Ho Chi Minh in Vietnam.
- The first Aloha Week Parade is held in Hawaii.
- The U.N. partitions Palestine into two sections, one Arab, one Jewish.
- Extraterrestrials allegedly crash-land near Roswell, NM.

TECHNOLOGY NEWS

- First instant camera is shown.
- Saab produces its first automobile.
- Goodrich manufactures first tubeless tire.
- Howard Hughes flying boat, The Spruce Goose, takes off but never goes into production.
- The transistor is invented.
- ENIAC, one of the world's first digital computers, is turned on after a memory upgrade.
- The sound barrier is broken.
- The first LPs are produced.
- Kitty litter is invented.

POPULAR MOVIES

- *Gentlemen's Agreement* (Academy Award® winner)
- *The Bachelor and the Bobby-Soxer*
- *Body and Soul*
- *A Double Life*
- *The Farmer's Daughter*
- *The Fugitive*
- *The Hucksters*
- *Kiss of Death*
- *Miracle on 34th Street*
- *Road to Rio*
- *Monsieur Verdoux*
- *My Favorite Brunette*

FADS

- Dog chains on skirts
- Microwave oven
- Home tape recorders
- Bobby socks as hair curlers

SPORTS CHAMPIONS

- New York Yankees (baseball)
- Chicago Cardinals (football)
- Mauri Rose (Indianapolis 500)
- Toronto Maple Leafs (hockey)
- Holy Cross (NCAA basketball)
- John Lujack from Notre Dame (Heisman Trophy®)
- Jet Pilot (Kentucky Derby)
- Jack Kramer & Margaret Osborne (singles at Wimbledon)
- Lew Worsham (golf U.S. Open)
- Warlord of Mazelaine, Boxer (Westminster Dog Show)

MUSIC

- *Almost Like Being in Love* (Frank Sinatra)
- *Ballerina* (Vaughn Monroe)
- *Chi-Baba Chi-Baba* (Perry Como)
- *How Are Things in Glocca Morra?* (Dick Haymes, Bing Crosby)
- *Mam'selle* (Frank Sinatra)
- *Linda* (Buddy Clark)
- *Open the Door, Richard* (Count Basie)
- *Smoke! Smoke! Smoke! (That Cigarette)* (Tex Williams)
- *Too Fat Polka* (Arthur Godfrey)
- *Here Comes Santa Claus* (Gene Autry)

BORN THIS YEAR

- Stephen King
- Richard Dreyfuss
- David Bowie
- Tom Clancy
- Farrah Fawcett
- Elton John

POPULAR QUOTE

- "I have always depended on the kindness of strangers." -from *A Streetcar Named Desire*



Mother Teresa

Mary Anne Clagett, CTRS, ACC, AC-BC

Mother Teresa was an Albanian Roman Catholic nun who founded the Order of the Missionaries of Charity which cares for destitute people in Calcutta, India and other places. The following verses, "Do It Anyway," reportedly were written on the wall of Mother Teresa's home for children in Calcutta and are widely attributed to her. They are based on verses called "The Paradoxical Commandments" written by Dr. Kent M. Keith in 1968 as part of a booklet for student leaders.

DO IT ANYWAY

Mother Teresa

People are often unreasonable, irrational, and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies.

Succeed anyway.

If you are honest and sincere, people may deceive you.

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.

Create anyway.

If you find serenity and happiness, some may be jealous.

Be happy anyway.

The good you do today will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

In the final analysis, it is between you and God.

It was never between you and them anyway.

THE PARADOXICAL COMMANDMENTS

Dr. Kent M. Keith

People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish, ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.



Person, Place, or Thing? Rob Clagett

1. The two principals were brought together in 1964 to perform on *The Midnight Special*, a Saturday night radio program of KPFA in Berkeley, CA.
2. The band's first gig was at Magoo's Pizza in Menlo Park, CA in May 1965; the name of the band, *The Warlocks*, lasted until December of the same year. Their last show was at Soldier Field in Chicago, July 9, 1995. The last song from that show was *Box of Rain*.
3. Ken Kesey, author of *One Flew Over the Cuckoo's Nest*, hosted a number of "Acid Tests" at his La Honda, CA home in the mid-1960s. These parties were heavy on black lights, fluorescent paint, LSD, psilocybin, and other psychoactive drugs. The Warlocks, now renamed, essentially became the "house band" for these gatherings. The band's core would play together for the next 30 years; drug and alcohol abuse would haunt the band for 30 years, too.
4. Their first album was released in 1967, the same year that Pink Floyd released *The Piper at the Gates of Dawn*, and The Beatles released *Sgt. Pepper's Lonely Hearts Club Band*.
5. They retained ownership of their music masters and publishing rights, a rarity in the world of rock 'n' roll.
6. The band played on the second day of the 1969 Woodstock Festival.
7. While on tour in 1970, the band's Bourbon Street hotel was raided by New Orleans police. The second concert went on as scheduled after all but the sound engineer (who manufactured the band's LSD, among other duties) posted bond. This bust inspired one of the band's hit songs.
8. The band played three shows at the Great Pyramid of Giza in Egypt in 1978 and played every continent except Australia and Antarctica.
9. A number of images have come to be associated with the band. In no particular order, they are Dancing Bears, "Steal Your Face" skull, Dancing Terrapins, Skull and Roses, Uncle Sam Skeleton, and Jester.
10. In 1987, Ben and Jerry's® named an ice cream creation after the band's most popular figure in 1987.
11. The band played 2,318 concerts to an estimated total of 25 million people. Since the band never started a show with a playlist, no two concerts were ever the same. Their fanatical fans are called _____.
12. The band's top five hit songs are *Casey Jones*, *Truckin'*, *Touch of Grey*, *Friends of the Devil*, and *Uncle John's Band*.

Answer on page 54

4. *The Grateful Dead*
7. *Truckin'*
10. *Cherry Garcia*
11. *Deadheads*

Answer Page

AUGUST WORD PICTURES, Page 48

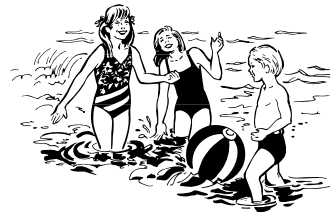
1. Leftover pizza for breakfast
2. Mandate
3. Backspin
4. Father-in-law
5. Free-for-all
6. Gold standard
7. Poison ivy
8. Sea salt
9. Round trip
10. Wagon train
11. Seashells on the seashore
12. 40 days and 40 nights

AUGUST BIRTHDAY QUIZ, Page 49

- 1st Herman Melville, *Moby-Dick: or, The Whale*
- 2nd Mary-Louise Parker
- 3rd Tony Bennett
- 4th Billy Bob Thornton
- 5th John Huston
- 6th David Robinson
- 7th Charlize Theron
- 8th Mel Tillis
- 9th Sam Elliott
- 10th Antonio Banderas
- 11th Marilyn vos Savant
- 12th Cecil B. DeMille
- 13th Sir Alfred Hitchcock
- 14th Danielle Steel
- 15th Napoleon Bonaparte
- 16th Steve Carell
- 17th Sean Penn
- 18th Roman Polanski
- 19th Fred Thompson
- 20th Isaac Hayes
- 21st Jim McMahon
- 22nd Valerie Harper
- 23rd Gene Kelly
- 24th Rupert Grint
- 25th Walt Kelly
- 26th Branford Marsalis
- 27th C.S. Forester
- 28th Daniel Stern
- 29th Robin Leach
- 30th Jean-Claude Killy
- 31st Van Morrison

BULLETIN BOARD TRIVIA, Page 50

1. Alpine slide
2. Croquet
3. Bumper cars
4. Badminton
5. Squirt guns
6. Lifeguards
7. Little League World Series
8. Cedar Point
9. Boundary Waters
10. FIFA World Cup
11. Horseshoes
12. Zipline
13. Ice cream
14. Tomato
15. Mosquito
16. Fenway Park, Boston, 1912, Wrigley Field, Chicago, 1914
17. Firefly or lightning bug
18. State fair
19. Kayak
20. Dahlia
21. Drive-in theater
22. Alaska in mid-summer
23. Popsicle
24. Sand castles
25. Summer camp
26. Disney's Magic Kingdom
27. Caving or spelunking (U.S. and Canada), potholing (UK and Ireland)
28. Henry Ford and E.G. Kingsford
29. Boardwalks
30. Lake Powell
31. Volleyball



PERSON, PLACE, OR THING?, Page 53

The answer is The Grateful Dead.

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P.S.

Coming Next Issue:

In the September 2014 issue of *Creative Forecasting*, you can look forward to Adult Day Services & Assisted Living Week Contest Winners, Staff Involvement in Activities, Labor Day, Grandparent's Day, Rosh Hashanah, Mexican Independence Day, On the Road to Portland, OR, Medical Notes on Parkinson's Disease, Garden Club, Professional Forecasting, and more!

SENIOR CENTER MONTH

THEME: Not available at press time

NATIONAL ASSISTED LIVING WEEK®

DATES: September 7 - 13, 2014

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NATIONAL ADULT DAY SERVICES WEEK

DATES: September 14 - 20, 2014

THEME: "The Power of Adult Day
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Frequent Requests

LEMON BUTTERCREAM FROSTING

- 1½ cups (3 sticks) unsalted butter, softened
- 16-oz. jar marshmallow crème
- ¼ cup frozen lemonade concentrate, thawed
- ½ cup powdered sugar
- 1 tsp. lemon extract

1) In a mixing bowl, beat the butter until fluffy with an electric mixer, about 30 seconds.

2) Add the marshmallow crème and lemonade concentrate and beat until smooth, scraping sides, as needed.

3) Add the powdered sugar and lemon extract and beat until light and fluffy.

4) Frost a cake, cupcakes, or vanilla wafers or serve in small cups topped with whipped cream.

Note: The frosting can be stored in the refrigerator for up to three days or frozen up to a month. Bring to room temperature before using the frosting.

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AUGUST 2014