



# ATA Life Newsletter

## Celebrate Yourself: Enhance Your Profession

Volume XXXII No. 9  
June 2006

**Wednesday, June 21, 2006**  
***Bring Passion to the Workplace***  
**Reggie Reantaso & Odette Prudencio**  
**Location: St. Pauls Home**  
**3800 N. California, Chicago, IL 60618**  
**1:00 p.m.**

**Session co-sponsored with  
Social Workers in Long Term Care**

In this month's education session we will learn what passion is and what it does for you in relation to your job.

The presenters are Reggie C. Reantaso and Odette Prudencio. Since 1991 Reggie has been the Activity Director at St. Pauls House and Health Care Center in Chicago. He has a BA from St. Joseph's College in the Philippines. He is nationally certified as an Activity Director by NCCAP. He is state certified through IAPA. Reggie has also been certified as a Skilled Unit Coordinator. He has over 18 years in the field. Odette is a professional empowerment coach. She has completed her studies at the Institute for Professional Empowerment Coaching. Odette is also a Quantum Touch Practitioner, studying the art of energy healing. She has a BS in Psychology and over 20 years of experience in Fortune 500 companies, the first 10 years spent in the healthcare arena.

Please join us at St. Pauls House and Health Care Center to learn how one person can make a difference, how to make choices, how to reinvent yourself and what you can do to change yourself and make an impact in the lives of others.

### **About St. Pauls House and Health Care Center**

St. Pauls House is a senior living community on the north side of Chicago. Established by St. Pauls United Church of Christ in 1921, the community provides services for loving care and support of the aged and other convalescent persons, that they may live in dignity and peace. St. Pauls consists of 72 independent living rental apartments, 64 assisted living rooms with private bath, and around-the-clock, skilled nursing care for up to 110 residents. Based on the Christian tradition of care, St. Pauls House & Health Care Center caters to the human spirit. Residents can participate in a wide variety of daily events and services provided by skilled specialists, trained social workers, experienced medical staff, and dedicated volunteers.

**From the North and South:** Take I-90 and exit East at Irving Park. Take Irving Park East to California Ave. Turn right on California Ave.

**From Lake Shore Drive,** exit the Drive at Irving Park. Travel West on Irving Park to California Ave. Turn left

onto California Ave. Parking is available along California, Grace and Mozart Streets. St. Pauls House is located at 3800 North, 2800 West, in Chicago, IL.

### **President's Message Sharon Wagner**

Well, it's time for summer, easier days, more outings and fun with your residents and family. ATA breaks for the summer months, although we will send out a July/August newsletter. Details regarding our September seminar will be included. Myrtle Klauer and Anna Ortigara will be speaking on the new interpretive guidelines for regulations F248 and F249.



I'd like to send a big thank you to Kelly Ichinose for all the hard work she did on our current web site. As of June 30th, 2006, our new website will go live. You will be able to access ATA at: [www.atachicago.org](http://www.atachicago.org). Check out our new site and tell us what you think. Thanks to Reggie Reantaso, our vision to bring ATA into the "information age" will be realized. Our goals are that members will eventually be able to register on-line as well as access the ATA Life newsletter on line. Check future newsletters for more information and updates.

Reminder - Please return all checked out library resource materials at our June 21st meeting. If you cannot attend the meeting, please mail the materials to Michael Guidotti.

Our ATA theme this year was, "Celebrate Yourself: Enhance Your Profession." I hope you enjoyed our education sessions and applied them to your activity program. Let's celebrate all we do with our residents. This is a very rewarding field. Everyone works hard to have enjoyable and mind enriching programs for our seniors. Also let's encourage one another on this journey. Burn-out can be very high with "people pleasing" jobs. We look to ATA and each other for support and my hope is that all of us will be valued and encouraged on this journey.

Have a great summer!

*NCTRC does not pre-approve any continuing education. NCTRC and NCCAP have not reviewed or approved the content of our programs, and do not endorse or sponsor any of the activities of the ATA. ATA uses Oakton Community College as its continuing education certifying body.*

### ATA Job Hotline



ATA offers a Job Hotline for listing available positions. If you have a job to fill and would like to list it in the ATA Life newsletter, write up your information and e-mail it to Terry Fay at [tfay@senr.com](mailto:tfay@senr.com) or fax it to 312-673-4430. Your ad will appear one time. If you would like the ad to continue in the next month's issue of ATA Life, contact Terry. Your ad will also be posted on the ATA website.

None posted this month.

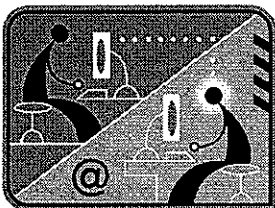
## REMINDER

1. ATA Membership Cards will be mailed to your home address.
2. Remember-the ATA board members meet at 12:00 p.m. At 1:00 p.m. we begin the general meeting, followed by a two-hour education session.
3. Can't find your CEU certificates? Requests for missing CEUs should be directed to Nancy Ichinose. There will be a \$2.50 charge per copy for CEUs earned within the last 12 months. If you are missing a certificate from a program that was offered more than one year ago, and the information can be located, a \$5.00 charge will be assessed for each duplicate requested.
4. Reminder... as a courtesy to others attending the meeting and educational session, please set pagers and/or cell phones to vibrate or turn them off.
5. **Regulation reminder!** Remember that per state regulations your activity assistants are now required to acquire 10 in-service hours per year. The ATA education sessions meet this requirement.
6. ATA Resource Library - As a benefit to members, a resource library has been established to preview materials available to Activity Departments. Resource materials can be borrowed at ATA meetings and MUST be returned at the NEXT meeting. Overdue materials will be charged \$1.00 per week. This is your resource so please tell us what would make your job easier, and we will purchase it. Contact Mike Guidotti or bring your ideas to the next meeting.



### ATA Has a New Web Site

[www.atachicago.org](http://www.atachicago.org)



As of July 1, 2006 our current site will no longer be active.

Watch us as we grow and develop our new web site!

### 36-Hour Activity Director Course

June 13, 15, 20, 22, 27, 29, 2006

Taught by

Susan Quattrochi-Tubin

Ph.D., CTRS, CPRP, CDP, ACC, CAC, LNHA

Susan Quattrochi-Tubin

is a Certified Therapeutic Recreation Specialist (CTRS)

And

Certified Dementia Practitioner/Instructor (CDP)



This course fulfills all requirements for Illinois Activity Director and fulfills the new Dementia Regulations for Section 300.7040 Activities .

\*To register call: 847-635-1794.

Ask for Ms. Cathie Borst.

Oakton Community College

1600 East Golf Road, Des Plaines, IL 60016

Mark Your Calendars!!!

### Quality Care Consulting Services, Inc.

Susan Quattrochi-Tubin, President

New Address:

4064 North Lincoln Avenue #308

Chicago, IL 60618-3038

Same Phone Number:

773-685-3059

New Fax Number:

773-632-2022



Same web site address:

[www.qualitycarecs.com](http://www.qualitycarecs.com)

Same email address:

[qlytcare@aol.com](mailto:qlytcare@aol.com)

### Fax Number

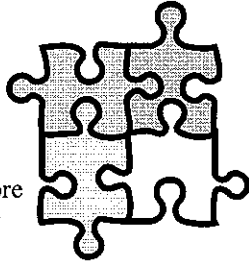
When faxing items for the ATA Life newsletter (articles, job openings, craft projects, etc.) please use 312-673-4430. Materials can also be emailed to this new address:

[tfay@seniorlifestyle.com](mailto:tfay@seniorlifestyle.com)

**June Craft Project**  
**A Waste Not Picture Frame**  
**Source: Familycorner.com**

**Materials needed:**

1. A photograph for framing
2. A piece of cardboard a little larger than your photo
3. 4 ice cream or craft sticks
4. Approximately 15 puzzle pieces (more or less depending on the size of your photograph)
5. Tempera paint in colors of your choice
6. Various buttons, beads, ribbon, dice, craft items or doodads for decoration
7. Craft glue, hot glue, scissors, newspaper



**Directions:**

1. Using craft glue, adhere the photograph to the piece of cardboard.
2. Use craft glue to attach the ice cream sticks around the edges of the photograph.
3. Trim the cardboard larger than the photograph.
4. Set aside to dry.
5. Lay newspaper down on a table. Place puzzle pieces face up. Paint the puzzle pieces in the colors of your choice. You may need two to three coats depending on your color of paint and the darkness of the puzzle pieces.
6. When the puzzle pieces are dry and are the color you want them, use hot glue to adhere them to the ice cream sticks. Alternate colored pieces as desired. Work your way around the frame. Be sure that pieces overlap and you do not leave any gaps between pieces.
7. After all the pieces are glued in place, use hot glue to adhere the buttons and trim items around the frame.
8. For a simple hanger, hot glue a piece of sturdy string or yarn across the back of the cardboard.

**Age is a Quality of Mind**

*\*Author Unknown*

Age is a quality of mind.

If you have left your dreams behind,

If hope is cold,

If you no longer look ahead,

If your ambitions' fires are dead

Then you are old.

But if from life you take the best,

And if in life you keep the jest,

If love you hold;

No matter how the years go by,

No matter how the birthdays fly,

You are not old.

**And The 2006 Winners Are.....**

**For the Susan Quattrochi-Tubin Fellowship:**

**Darla Mueller**, Activity Aide at HCR Manor Care, has received the 2006 Susan Quattrochi-Tubin Fellowship which pays full tuition cost of the 36 Hour Activity Director's Course offered by Oakton Community College. Darla's goal is to release her residents' inner wealth of knowledge. "I want them to use a mixing bowl and wooden spoon again. Tap their locked up knowledge and have them talk about old recipes and happy family times they remember. It makes my residents feel young. It creates a bond between us and I feel like I made a small difference in the way they felt today. I enjoy reaching into their minds and making them feel like they have no limits. Let them be creative again. Sing with them, laugh with them and cry with them."

**For the Madge Schweinsberg Memorial Scholarship:**

**Amanda Keaton**, Activity Director, Lexington Square of Lombard, has received the 2006 Madge Schweinsberg Memorial Scholarship. Amanda will receive a complimentary registration to the October 2006 IAPA Conference to be held in Rock Island. Amanda's goal is to continue to learn and improve her management skills, event planning skills, networking, public relations, and interpersonal relationships. "As I continue to grow and learn, it is my goal to be a source of information and advice for others in activities, so that I can give back to a profession that given so much to me."

**For the Gayle Allen-Burket Memorial Scholarship:**

**Anessa MacDonald**, Life Enrichment Coordinator, Bethesda Home, is this year's recipient of the Gayle Allen-Burket Memorial Scholarship. Anessa receives a choice of one: (1) \$75 worth of activity resources/supplies; or (2) complimentary 2006-2007 ATA Member Package which includes September Seminar registration, 2006-2007 ATA membership and registration for the Activity Assistant Workshop. Anessa's goal is to engage all of her residents daily through fun, pedagogical, and creative programs.

**For the Cindy Gearing Memorial Scholarship:**

**Madelyn M. Mamuri**, Activity Director, The Waterford Nursing and Rehabilitation Center, has received the 2006 Cindy Gearing Memorial Scholarship which will award her a complimentary 2006-2007 ATA membership. Madelyn feels that through ATA, activity professionals gather strength by knowing that they all experience the same challenges. ATA meetings provide an outlet for sharing, networking and enjoying continuing education. As a result, activity professionals are supported in their goals to help residents attain meaningful experiences and quality of life.

Congratulations to all our award winners. ATA is proud to be able to offer these scholarships to its members.

**ATA Board Meeting**  
**Wednesday, April 19, 2006**

- Myrtle Klauer reported that the NAAP conference was excellent and she will be able to use the topics and information for future ATA articles.
- The new ATA website is under development and will go live in July.
- Education Committee is in the process of finalizing the 2006-2007 education sessions.
- Applications for ATA scholarships are being processed.
- Grant for IAPA conference has been finalized and submitted.

**ATA Program Evaluation**  
**Carla Smith, BS, RMT**  
***Lifetime Expressions:***  
***Encouraging Creativity in Seniors***  
**Wednesday, April 19, 2006**

Thank you to Carla Smith for an outstanding program. Her programs are consistently well attended and she receives some of the highest evaluation scores of any speakers.

Comments include:

- Excellent speaker
- Great ideas
- Love the hands-on creation!
- Carla is so energetic! I love her enthusiasm and knowledge.

Suggestions for future topics:

- How to provide great programs for no money.
- Word games
- Music
- New guidelines for F248 and F249

**ATA Program Summary**  
**Wednesday, May 17, 2006**  
***How We Communicate With Others***  
**Mary Ann Anichini, RN/GNP**

Mary Ann took the audience through an interesting exercise. We walked about the room minimally greeting each other and without using eye contact. What a powerful experience. But how often do we slip into that behavior? Even the most seasoned professionals need to be reminded about the techniques of good communication which includes non-verbal communication, listening skills and giving proper feedback.

Here are just a few reminders:

- Feedback means to acknowledge the good. It's something we all crave. Be specific and positive. For every negative piece of feedback include seven to nine pieces of positive feedback to balance it.
- Be aware of your non-verbal, negative feedback. When unaware we can frighten or intimidate people.
- Sincerity is an important part of non-verbal communication. Make sure your words and body

- Words are powerful. Be aware of the language we use. Mary Ann provided us with a list of less desirable words to prompt us to brainstorm some alternatives. (Ex: diaper, feeding, agitated, patient, etc.)
- Evaluate your listening skills. Do you fidget while another is speaking? Do you interrupt? Do you give advice? If so, you may want to work on your listening skills. Mary Ann included a practice sheet in her hand outs and referred to a resource titled, The Secret Art of Listening.
- Be aware of "elderspeak." (Ex: slower rate of speech, exaggerated intonation, simpler vocabulary than normal adult speech, shorter sentences that sound like baby talk, etc.) Older adults hearing elderspeak see it as patronizing and implying incompetence. These techniques do not improve comprehension for most older adults and are perceived as patronizing and demeaning.

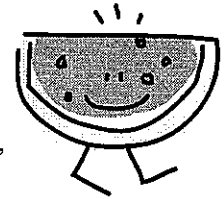
Thank you to Mary Ann Anichini and Three Crowns Park for an excellent session.

**Summertime Watermelon Cookies**

[www.thefamilycorner.com](http://www.thefamilycorner.com)

**Ingredients:**

1. 3 3/4 cups all purpose flour
2. 1 tsp baking powder
3. 1/2 tsp salt
4. 1 cup butter or margarine, softened (not melted)
5. 1 1/2 cups granulated sugar
6. 2 eggs
7. 2 tsp vanilla extract
8. 6 drops red food coloring
9. 1 cup miniature semi sweet morsels

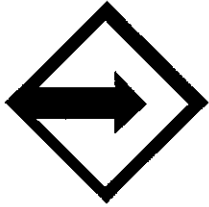


**Directions:**

1. Sift flour, baking powder, and salt together in a bowl and set aside.
2. Beat butter or margarine, sugar, eggs, vanilla, and food coloring in a large bowl with an electric mixture until fluffy. Add flour mixture and stir with wooden spoon until mixed. Cover dough with plastic wrap and chill in refrigerator for two hours.
3. Preheat oven to 400 degrees F. On a lightly floured surface roll out dough to 1/4 inch thick. Cut out circles with a round object or cookie cutter. Place circles on ungreased cookie sheet. With a knife carefully slice circle in half and separate by at least three inches to allow for expansion during baking. Gently press the sweet morsels into each semicircle.
4. Bake for six to eight minutes until edges are slightly brown. Don't let them get too brown. Remove from oven and allow to cool completely.

**Glaze:**

In a small bowl mix together 1 1/2 cups sifted powdered sugar, 2 tbs. water and 15-20 drops of green food coloring until it becomes a glaze. If too thick, add water. Roll the round end of the cookie in the glaze. Allow to dry.



**ATA Membership  
Renew Today!**

**Question: Where can you earn 16 CEUs for just \$40?**

**Answer: ATA**

And what do you get for your \$40.00????

- Attend any or all of our eight monthly meetings at no charge.
- Bring as many guests as you would like for a nominal \$5.00 per person.
- A monthly newsletter (with the exception of December) where you will find information about the field, job openings educational opportunities and much more.
- Have numerous opportunities to meet other activity professionals and see what other facilities and agencies are doing.
- Getting involved in committees which help plan the future of activities.
- Apply for any of the four annual awards including the cost of registration for the activity director's course at Oakton Community College, free ATA membership, registration to the annual IAPA conference and a free ATA membership package including membership and registration to all our special events.
- Borrow books and videos from our extensive list of resources.
- Grow professionally, grow professionally, grow professionally!!!

And what is the cost of all this? It's only \$40 for an individual membership, \$60 for a facility membership.

**Membership Payment Reminder**

All checks for membership fees must accompany a membership form. Otherwise the check will be returned and membership will not be processed.

**Facility Membership Information**

Enclosed in this newsletter is an application for a Facility membership to ATA. A facility membership for \$60 entitles one staff person from the facility to attend each monthly meeting. A different person from the facility can attend each monthly meeting. If more than one person attends the meeting, each additional person would be required to pay the \$5 guest fee. Each person in attendance will receive a continuing education certificate for 2 hours of CEUs. A copy of the ATA Life Newsletter will be sent to the facility for your entire staff to read. Facility membership gives all the staff an opportunity to attend meetings, meet others in the field, learn valuable information and earn CEUs without having to carry individual memberships.

**An ATA Membership Benefits Many Disciplines**

As the cost of professional memberships and continuing education rises, many areas of long term care feel the effect. Yet administrators, social workers, DONs, activity directors, environmental services and pastoral care personnel are required, either by the state or their own professions, to earn a minimum number of hours yearly, regardless of rising costs. How can ATA help with this need?

We offer two ways for non-activity staff participation:

1. ATA educational sessions have always been open to non-member individuals and facilities. For those who would not need a full membership, but would benefit from select topics, our sessions work as any other seminar offering: payment for one-time attendance at \$25 per session. If your activity director/department has an individual or facility membership your non-activity staff can pick and choose the topic and attend for a \$5.00 guest fee.
2. An actual ATA membership is the way to go. Administrators are guaranteed their membership money's worth out of as little as two sessions. Our topic selections may even be more timely for them, and it might be refreshing to hear about some of the same issues they face, but from the activity perspective.

Please invite other personnel in your facility to join ATA. It's a great programming value!

# The 2005-2006 ATA Board

President <b>Sharon Wagner</b> .....	H(847)526-1680 W(847)492-4817 F(847)570-3442	<b>Debra Greiner</b> H(815)332-1549 W(815)758-2477 F(815)758-3176
Vice President <b>Lucy Le-Kissane</b> .....	H(847)392-7284 W(847)215-5983 F(847)215-5805	<b>Paula Tagliere</b> H(708)865-8858
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Membership Co-Chair <b>Michael Venezia</b> .....	H(773)625-2042 W(847)266-9266 F(847)266-9240	Resources..... <b>Mike Guidotti</b> H(773)675-4735 W(847)266-9266 F(847)266-9240
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Nominating Committee .....	<b>Bernadette Bartus</b> H(847)981-8885 W(773)282-7000 ext. 3748 <b>Michael Fehland</b> H(847)872-1676 W(847)492-7711 F(847)492-2672	

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