



ATA Life Newsletter

Control, Alt, Delete: Logging Into New Ideas

Volume XXXIII No. 4
January 2007

January 17, 2007

Exploring Personal Identity and Values in Order to Engage People in Meaningful Activities

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Westminster Place

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About the Program: The material covered in today's program will assist members to assess, plan and carry out an activity program, and make conscious choices that are likely to result in activities that are meaningful for their individual participants. The program will include but is not limited to:

- Review of purpose of activities in a long term care setting
- Identify some of the expectations about activities
- Compare and contrast therapeutic versus custodial characteristics of activities
- Describe what makes activities "meaningful"
- Needs of special populations
- Barriers and conflicts

About the Speaker: Dorothy Seman has worked in the health care field for over 40 years, serving in a variety of positions and across many health care settings. She has had considerable experience in long term care. For 17 years Dorothy was the Clinical Coordinator of the Alzheimer's Family Care Center, the only dementia-specific adult day program in Chicago. Dorothy had an adjunct clinical faculty appointment at the University of Illinois in Chicago (UIC), in the Department of Medical Surgical Nursing. She also serves on the Advisory Board of the federal grant to UIC, creating a certificate course in end of life care for health care professionals at the graduate and post-graduate level.

About Westminster Place: Presbyterian Homes is nationally accredited and has been a recognized leader in state-of-the-art senior services for over 100 years. As a not-for-profit organization, Presbyterian Homes offers quality services to a diverse population of residents living in retirement campuses in Evanston, Arlington Heights, Lake Forest, and Chicago.

The suburban communities offer a full range of medical services, including staff physicians, on-site health clinics and rehabilitation services. In addition, fitness and therapeutic facilities are available to residents, as well as programs and activities, dining options, housekeeping, emergency call systems, and campus libraries and shops.

The ATA meeting will be held on the 40-acre Westminster Place Campus in Evanston. The campus includes Westminster Place for independent residents who select from one of 57 town homes, 52 cottages, or 155 apartments. The Highlands of Evanston provides 110 assisted living apartments for adults who require limited assistance with activities such as dressing or bathing. The McGaw Care Center offers 24-hour skilled nursing care in the 210-bed community, which includes the Frank B. Foster Pavilion for those who need memory care.

The ATA meeting will be held in the Kimble Fitness Center on the 2nd floor.

Directions to Presbyterian Homes:

From the north or south: Take the Edens Expressway (I-94) and exit at Old Orchard Rd. Go east until the street ends at Crawford Avenue. Turn right and go to Grant Street where you will turn left. The Kimble Fitness Center is about two blocks down on your right near the second driveway.

From the east or west: Take any major street to Crawford (Pulaski in the city). Go north to Grant (a few blocks north of Golf) and turn right as above.

2006-2007 Education Program - *Meetings start at 1:00 p.m.

February 21: *Making Something Out of Nothing.* Vicky Knoll, AD, Bridgeway of Bensenville, 303 E. Washington St., Bensenville, IL 60106-3515

March 21: *Meeting the Needs of Male Residents.* Fred Waltzer, MSW, LCSW. St. Matthew Center for Health. 1601 Western Avenue, Park Ridge, IL 60068

April 18: *Therapeutic Value of Music.* Ann Scheerer, CTRS. Friendship Village, 350 W. Schaumburg. Road, Schaumburg, IL 60194

May 16: *Addressing the Needs of Short Term Stay, Rehabilitation and Younger Residents.* Nancy Richman, BS, OTR/L, FAOTA. Lexington Square, 555 Foxworth Blvd., Lombard, IL 60148

June 20: *Fun and Exciting Games for People with Alzheimer's Disease.* Kate Black, CTRS. St Pauls House and Health Care Center, 3800 N. California, Chicago, IL 60618

Activity Assistant Workshop

March 7: *The Creative Toolbox: Gizmos, Gadgets and More for Adaptive and Therapeutic Activities.* Carla Smith, RMT. King Home, 1555 Oak Ave., Evanston, IL 60201

A Message from ATA President, Mike Venezia



I trust everyone had a festive, blessed and profitable Holiday Season! We missed you if you were not able to hear Carla Smith give suggestions as to how we all can continue at being so talented at stretching our abilities for our residents.

I'm looking forward to seeing all of you at the January 17th session! We need to receive questions from you to present to our Advisory Board at a luncheon that is planned for February 7, 2007. Then we, THE BOARD can get ANSWERS back to you. It would be great if those questions could be sent to me or Myrtle Klauer no later than Wednesday, January 10, 2007.

Also, the Activity Assistant's Workshop is coming up on March 7, 2007 at the King Home in Evanston. Applications/reservations need to be sent in. Carla Smith will be presenting vital and important information activity professionals will not want to miss!

One more thing... just prior to our January meeting, lunch will be served at 12:00 p.m. If you are planning on attending please contact Vicky Knoll. A lot is happening! I'm eager to see all of you at these events!

Special thanks to Vicky Knoll, Terry Fay and the Staff of Lincolnwood Place for the success of our November Meeting!

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 ATA. ATA uses Oakton Community College as its continuing education certifying body.

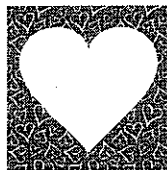
January Craft Project

Source: Craftown.com

Scented Heart Ornaments for Valentine's Day

Materials:

1. 1 cup of applesauce
2. 1 and 1/2 cups of cinnamon
3. 1/3 cup white crafting glue



Directions:

1. Mix the ingredients and form them into a ball. Chill the mixed ball for 30 minutes. **Note:** If the mix seems too dry, add some more glue until the mix is easy to work with and holds together well.
2. Roll out ball on flat surface with a rolling pin. Then cut pieces using a heart shaped cookie cutter.
3. Poke a hole in each heart with a straw (for hanging) and allow them to dry completely. The drying process takes about 24 to 48 hours.
4. Tie a ribbon, rope string or raffia through the hole for hanging.

ATA Meeting Minutes October 18, 2006

- Thanks you notes will be sent to previous Advisory Board members.
- The Board discussed possible new candidates for ATA Advisory Board.
- Discussed potential dates and times for next Advisory Board meeting.
- Discussed possibility of ATA and IAPA collaborating to assist with the 2010 NAAP Conference.
- Stacy Epps has made arrangements for pharmaceutical companies to host pre-meeting luncheons for ATA members.
- Board members were asked to volunteer their assistance with administering the ATA website.
- ATA has purchased an LCD projector.
- Myrtle Klauer, NAAP Liaison, reports that NAAP is formulating five and ten year plans for that organization.
- NAAP Week is January 21-16. New items are available for purchase from their website: www.THENAAP.com.

Respectfully submitted by Myrtle Klauer, ADC, CAP

Members in the News!!

Quality Care Consulting is proud to announce that Catherine Bouzide, BFA, CTRS, Consultant with Quality Care Consulting, was awarded the prestigious 2006 Outstanding Program Award by the Illinois Recreation Therapy Association (ILRTA).

Catherine was honored for her Experiential Programming.

Congratulations to Catherine Bouzide!



L-R - Susan Quattrochi-Tubin & Catherine Bouzide

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@seniorlifestyle.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.**

No listings this month.



1. ATA Handbooks are available.
2. ATA Membership Cards should be mailed to your home address.
3. 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.
4. 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.
5. 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.
6. **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.
7. 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.

Holiday Hum-Drum

We put off things in many a ways
Saying... "after the holidays."
An expression we used
And may have abused
So now it's the piper we pays.

Submitted by Mike Fehland

36-Hour Activity Director Course January 23, 25, 30, February 1, 6, 8, 2007

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 "...full-time activity professional who meets the requirements of Section 2090.1410 ©." = has taken the 36 hour course.

*To register call: 847-635-1794.
Ask for Ms. Cathie Borst.



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Mark Your Calendars!!!

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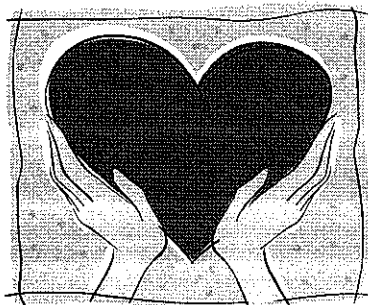
ATA Has a New Website!!

ATA is on the Internet!
Watch as we grow
and develop our new website.

Contact us at:

www.atachicago.org

Celebrate National Activity Professionals Week: -January 21st - 26th 25 Years of Creating Heart Felt Memories: 1982-2007



Each January, facilities across the nation pause to honor members of the activity profession for the important role they play in enhancing the residents' quality of life. The 2007 celebration of *National Activity Professionals (NAP) Week* begins January 21st and ends January 26th. Normally it is the activity department's job to plan celebrations, but in this case the activity professionals are the honorees, and **someone else, such as the administrator, should take charge of this tribute.** Plan now to meet with the interdisciplinary staff to explore ways to honor the activity staff and to educate the entire team about the importance of activities in the residents' lives.

For those who would like some assistance in planning to honor your activity professionals, a free **National Activity Professionals Week information packet** is available from the National Association of Activity Professionals (NAAP). Call direct at 865/429-0717, or fax at 865/453-9914 or e-mail THENAAP@aol.com. The packet includes ideas about how to celebrate Activity Professionals Week, sample proclamations and press releases. Activity Professionals Week balloons, buttons, clocks, therapy wands, and more are samples of items for sale from the NAAP office, using the above contact information. You can also order directly from the NAAP web site, <http://www.THENAAP.com>. Some of the Activity Professionals Week celebration ideas include:

- Create a **giant greeting card** incorporating the theme and have the residents and families sign it. This card can be presented to the activity professionals during a special social in their honor or during the Resident Council meeting in January. Have the Resident Council president present each activity professional with a **Certificate of Appreciation** that specifies what is uniquely special about each.
- Encourage the residents and families to write something special about what activities and the activity staff mean to them and then publish excerpts in the **facility's newsletter**. The original "manuscripts" could be matted, framed and presented to the activity staff or hung in a prominent spot in the facility.
- Invite the activity staff to **share information about the importance of activities** during a scheduled staff in-service or interdisciplinary team meeting. The focus of the presentation should be the role of the interdisciplinary team in promoting leisure and recreational pursuits for the residents.
- **Take individual pictures of the activity staff and mount the pictures on poster boards** with the title, "*Someone You Should Know.*" Inscribe each activity professional's name beneath his or her picture and add a short story about each of them.
- Present the activity professionals with **corsages or bouquets of flowers** during an Open House, serving special refreshments, and thanking them for what they do for the residents and families. Ask selected guests to share what activities means to them and/or something special about each of the activity professionals.
- **Take the activity professionals to lunch.**
- Invite the activity director to **speak to the Family Council** about the importance of leisure and recreation, not only for their loved ones in the facility but also for them. This provides an opportunity to highlight the activity program and invite the family members to assist with the structured program by bringing in their pets, participating in an activity with their loved one, inviting their church choir to visit and sing for the residents, playing a musical instrument for a special event, leading a craft class, etc.

These are just a few ideas that have been used to celebrate NAP Week over the years. For additional ideas or more information about NAP Week or the products available through the NAAP office, contact **Myrtle Klauer** at the Council office, 773/478-6613. No matter how NAP Week is celebrated in your facility, **the administrator should "take the lead" in recognizing the contributions of the activity professionals.** It's the one week of the year when **someone else** is responsible for "throwing the party."

Submitted by Myrtle Klauer, ADC,CAP

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 and Immediate Past President
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