



ATA Life Newsletter

Control, Alt, Delete: Logging Into New Ideas

Volume XXIX No. 8
May 2007

May 16, 2007

Addressing the Needs of Short Term Stay, Rehabilitation and Younger Residents

Nancy Richman, BS, OTR/L, FAOTA.
Host Site: Lexington Square,
555 Foxworth Blvd., Lombard, IL 60148

About the Program: Participants at this education session will understand the importance of identifying residents and needs as they pertain to the short stay resident. We will learn how to provide creative alternatives for residents. Participants will also learn to develop appropriate forms to document program choices and effectiveness.

About the Speaker: Nancy Richman is President of Glantz/Richman Rehabilitation Associates. Nancy has been a long-time friend of ATA and a frequent speaker. We are delighted to have her back.

About Lexington Square: The Lexington Health Care Group has a commitment to quality and an innovative approach to senior services. Since 1984 Lexington has identified the health and social needs of seniors within the community and has responded to meet those needs. All of their entities have been designed and built from the ground up with the residents and their families in mind. The delivery of professional and personalized services at Lexington results from years of experience and expertise in the health care industry and through ownership and management of luxury retirement communities, personal care, home health care and Lexington Health Care Centers.

Directions to Lexington Square: Consult Mapquest or Yahoo Directions for further information from your area.

Directions from Chicago: Take the Congress Parkway until it becomes I290 W/Eisenhower Expressway West. Keep left and take I-88 W/Ronald Reagan Memorial Tollway via Exit 15A toward Indiana/Aurora (Portions toll). Continue on to the Highland Ave. exit. Take the ramp toward the Chiropractic College. Turn right onto Highland Ave./CR-9N. Continue to follow Highland Ave. Turn left onto E 22nd St. Then turn right onto S. Finley Rd. Turn left onto Foxworth Blvd. End at 555 Foxworth Blvd., Lombard, IL

Enclosed in this newsletter is your ATA ballot.

You will notice there are many familiar names on the ballot. In fact, the same names are frequently on the ATA ballot. Three people out of a membership of over 100 have stepped up to help our organization this year. **But, we still have two positions open! We are in desperate need to have members step up and help contribute to the success of ATA.** ATA is going into its 30th year. We were the first local association in Illinois and helped form the state organization as well as the national organization. ATA has the largest membership in the state and by far the most successful in terms of finances and education, but we will not be able to remain in this position if we continue to rely on the same handful of people who pull everything together each month. That ATA Board meets at 12:00 p.m., prior to the education session. Everyone is welcome. Please plan on visiting the board meeting in May and June so that you can see what we do and find out how you can help.

ATA Life Newsletter Editor is moving on...

Dear Members: My name is Terry Fay and although you may not know me personally, you have been an important part of my life for many years. It's been my privilege to produce ATA Life since 2000. This summer I will complete a permanent move out of state. And therefore, will no longer be able to serve on the ATA Board.

Through ATA I have met wonderful people who will always be part of me. My friends on the ATA Board have supported me personally and professionally. Because of them and what I learned from ATA, I have a job and a profession that I love. When I was first approached about serving on the ATA board it was to "help" with the newsletter. I thought I would "help" until they found someone better to take it over. Well months turned into years and I finally realized that if ATA wanted me to continue to do this, it was the least I could do to give back.

So now it's your turn. If you've been attending ATA meetings and receiving your CEUs, it is because a handful of dedicated professionals, just like you, keep "helping." They all have busy jobs and family lives but they have made the commitment to you, the members, to keep helping you and providing this outstanding opportunity. So please act now. Step into your own future and help ATA continue our important work. Contact any board member to learn how you can be involved and/or come visit us at our May and June ATA Board meetings.

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

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

A Message from ATA President, Mike Venezia

Wow! It's May already! April was good as we were showered with ideas from Ann Scheerer at Friendship Village in Schaumburg, where ATA met for the very first time. Friendship Village is growing and will be a 1100 bed facility! We had many attendees who were at their first ATA meeting.



Welcome again!

In May our meeting will be at Lexington Square in Lombard where our Secretary, Amanda Keaton, works. I will be unable to attend the May meeting as I will be celebrating National Nursing Home week with my residents. May 13-19 is National Nursing Home week and I hope you all have a grand time with your celebrations. I hope those of you who will be at the May meeting will be able to share with me everything you learned.

If you did not step up and let Michael Fehland know that you were interested in running for a Board position, you're late! The slate is together and ballots will be coming your way to be returned promptly. The new ATA Board will be presented in June 2007. Our Education Committee has been working hard at planning our 2007-2008 education sessions. The kick off is scheduled for September 12. This next year is ATA's 30th anniversary. If you have thoughts or suggestions on how to celebrate, please contact Vicky Knoll.

I am sending a BIG thank you to all of those who make our organization what it is, and who make it happen each month!

May Craft Project - Easy Recycled Can

Source: <http://www.craftiedas.info/html/can.html>

Supplies:

1. Clean can with lid
2. Piece of wallpaper or wallpaper border
3. Two-sided sticky band (the stable kind for carpets)
4. Raffia in matching color



Before throwing away the next can, consider decorating instead. Make it into an attractive storage container for small parts or as a holder for pencils, scissors and such, or for small household items.

Directions:

1. Measure the height and circumference of the can and cut a piece of wallpaper or border out according to the size plus two inches for overlapping.
2. On all edges of the cut piece, adhere the two-sided tape. Remove the backing.
3. Being exact and careful, attach the piece onto the can making sure that all edges are correctly aligned and the end is wrapped smoothly around the can.
4. Overlap the short sides, sticking the finishing edge over the starting edge.
5. Cut long pieces of raffia and tie together around the can. Finish with a bow and cut the hanging pieces if they are too long.

REMINDER

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.

ATA Needs Your Email Address

Have you missed some of the great ATA events? Maybe we did not have your email address so we could send you a reminder? Get up to the minute changes by sending your email address to us via the ATA website, www.atachicago.org. Need a free email account? Contact Yahoo, Hotmail, or Gmail for a secure free account.

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.



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. Your ad will also be posted on the ATA website.

No listings this month.

ATA Board Meeting Minutes - 3/21/07

- Board members were reminded that anyone available to work on the Education Committee needs to speak with Vicky Knoll right away.
- ATA Award nomination forms will be available at the next meeting to promote the program.
- Members available to run for board positions need to contact Michael Fehland, Bernadette or Nancy ASAP. Michael Fehland will personally follow-up with possible candidates.
- Michael Venezia thanked members who assisted with the ATA Activity Assistant Workshop.
- ATA has purchased Adobe Acrobat full application.
- Treasurer has updated the ATA webpage and made corrections for previous newsletter. ATA is looking at having the Handbook available through the website.
- Treasurer has created a secure site for members only.
- ATA is discussing the possibility of having our newsletter, ATA Life, available as an online newsletter. More evaluation is needed.
- ATA is also researching and developing a program to publish electronic ads on the ATA website.
- Education Committee will meet again in early April. The list of topics, speakers, and locations is almost completed. Next year's theme is, *30 Years and Going Strong*.
- Michael Guidotti is collecting resources that have been checked out.
- Bernadette Bartus reported that Kohl's has agreed to donate every month to our ATA meeting raffle, and will donate a larger prize for the 30th year anniversary.

Submitted by: Amanda Keaton
ATA Secretary

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

Please visit our May and June ATA Board meetings to learn how you can take that first step to making a big difference!

36-Hour Activity Director Course

June 12, 14, 19, 21, 26, 28, 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.



Oakton Community College
Continuing Education for Health Professionals
1600 East Golf Road
Des Plaines, IL, 60016
Mark Your Calendars!!!

Quality Care Consulting Services, Inc.

Susan Quattrochi-Tubin, President

4064 North Lincoln Avenue #308

Chicago, Illinois 60618-3038

Office: 773-685-3059

Fax: 773-632-2022

Email: qltycare@aol.com

Please visit our Website:

www.qualitycarecs.com



ATA is on the Internet!
Watch as we grow and develop our website.
Contact us at:
www.atachicago.org



**Activity Therapists Association
Election Ballot for July 1, 2007 - June 30, 2008**

(One Ballot Per Member or Facility)

Vote for One (1)

President

Michael Venezia

Vice President:

Myrtle Klauer

Treasurer:

Reggie Reantaso

Secretary:

Michael Fehland

Vote for Two (2)

Membership Co-Chairs:

Paula Tagliere

Vote for Three (3) for each position

Member-At-Large:

Juanita Diamondopoulos

Hta Delphin

Jennifer Fitzgerald

Nominating Committee:

Rita Lopienski

Stacy R. Epps

You may bring your ballot in a sealed envelope marked "BALLOT" to the May 16th meeting
or mail the ballot to:

Michael Fehland
Mather Pavilion
820 Foster Street
Evanston, IL 60201

ALL BALLOTS MUST BE POST MARKED BY JUNE 1ST, 2007

All ballots will be counted at the June 20th ATA meeting.

The results of the election will be announced at that time.

The following people have agreed to take appointed positions on the board.

Education Chair

Vicky Knoll

Newsletter Editor

Nancy Ichinose

NAAP Liaison/Evaluation Statistician

Myrtle Klauer

IAPA Liaison

Paula Tagliere

Corresponding Secretary

Karen Ewen

Resource Chair

Mike Guidotti

New names and faces . . .

Entertainment Fair

See & Hear 'Em
Before You Book 'Em*

Friday, May 18, 2007 10:00 A.M. to 4:00 P.M.
St. Pauls House Auditorium 3800 North California, Chicago

Refreshments will be served.
(Bring your own lunch. We will provide the drinks!)

This program is free of charge. St. Pauls House & Health Care Center is committed to quality activity programs and continuing education for healthcare professionals.

RSVP Reggie, Activity Director
773/478-4222 ext. 343.
Limited copies of the Entertainment Directory will be distributed at the conclusion of the program.

See you on May 18th!

*Entertainers will have at least 10 minutes to showcase their talent.

Directions to St. Pauls House

From the North/South: Take I-90 Exit Irving Park. Take Irving Park East to California Ave. Turn right on California Ave. From the Lake Shore Drive: Exit Irving Park. Take Irving Park West to California Ave. Turn Left on California Ave. Parking is available along California, Grace and Mozart streets. St. Pauls House is at 3800 North, 2800 West in Chicago.

St Pauls
House & Health Care Center

3800 North California Ave.
Chicago, Illinois 60618
phone: 773.478.4222 fax: 773.478-4516
website: www.stpaulshouse.org

Making Summertime Activities Safe and Fun

By Myrtle Klauer, ADC, CAP

Warmer weather signals the beginning of outdoor activities for the residents. Summer activities include outdoor games, picnics, barbecues, baseball games and other field trips, walks around the grounds of the facility, sitting outside talking to visitors or the staff, etc. Now that the residents are able to spend more time outdoors, the activity staff needs to build in some precautions when planning outdoor summer activities. Exposure to the sun, insect bites, heat exhaustion, storage and preparation of food, and dehydration can put the residents and facility at risk.

Before planning summer outings, work with the director of nursing to develop a protocol for the different kinds of trips you would like to take. Agree on a maximum safe temperature/humidity index. Determine chaperone ratios and when a CNA or nurse should go along. Develop a list of "necessities" that **must go** with the staff on each outing -- these may include a first aid kit and manual, bottled water, insect repellent, sunscreen, latex gloves, incontinence products, hand sanitizer, disposable wipes, etc. Purchase several backpacks to hold these items. Backpacks are much easier to manage when pushing wheelchairs and escorting residents from place to place.

Many of the residents in long term care are on medications or medical treatments that make them very susceptible to the burning rays of the sun. Just a few minutes in the hot sun can cause very serious burns. **Remember that even on a cloudy day or when sitting in a shaded area, you can get sunburned.**

Before taking any resident on a summer outing or outdoors, check with the nurse to determine if he/she is "sun sensitive." As a precaution, sun block should be applied to all residents before going outside or on an outing where they will be outdoors for even a short period of time. Sun block should be reapplied as directed on the bottle or according to the facility's protocol.

Wearing a hat that shades the face and covers the head is advised. A baseball cap, or hat with a wide brim works best; sun visors may shade the face, but do not protect the scalp from burning.

A lightweight, long-sleeved shirt or blouse can help keep the sun's rays off of the resident's arms. Residents who are sensitive to the sun should also cover their legs and refrain from wearing shorts. Encourage these residents to substitute lightweight slacks instead of wearing shorts, dresses, or skirts when spending time outdoors.

Encourage the residents to wear sunglasses while outdoors. Just remember, that with certain diseases of the eye and as we age, the pupils take longer to adjust from light to dark. When helping a resident to go indoors, remind the resident to remove his/her sunglasses before entering the building. It is also a good idea to pause for several moments once inside the door, so that the resident's eyes will have time to adjust to the diminished light. This is especially important for ambulatory residents and for those using canes and walkers.

Ask each resident's family to purchase sunscreen, sunglasses and a hat for their loved one. Have them mark the items with the resident's name so that they won't get "lost" during an outing.

Some residents like to go outside the facility by themselves and enjoy the fresh air. Remind them to let their nurse know that they are going. If you notice that someone has been out for a long time, check on them and make sure that they are not dehydrated or becoming burned. Encourage them to come inside for a little while to "cool off."

It is important that staff members be able to recognize the signs and symptoms of dehydration to promptly assure correction and prevention of complications. Without timely correction, dehydration can lead to decreased functional ability, predisposition to falls due to orthostatic hypotension, constipation, predisposition to infection, and death.

According to the chapter on "Dehydration: Prevention and Recognition" published by Long Term Care Educator, staff members should be alert to the following symptoms:

- Confusion
- Poor skin turgor (elasticity) - skin will feel warm and moist
- A dry mouth and dry furrowed tongue
- A decrease in blood pressure and increase in pulse
- A decrease in voiding, scanty output and concentrated urine

It is very important to keep the residents hydrated while outdoors or on an outing. The best form of hydration is water. Stay away from drinks with caffeine because these beverages dehydrate the system. Be aware that residents often refuse something to drink because they fear they'll have to use the restroom more frequently and don't want to "be a burden."

As we age, our sense of thirst decreases and by the time the resident "feels thirsty," they are already dehydrated. Giving the resident a salty snack will encourage him/her to accept a drink.

Involve the residents and family members in establishing and meeting hydration goals. Make sure that the residents, families, staff, and volunteers at your facility know the importance of hydration, not only for the residents, but also for themselves.

Teach the interdisciplinary staff to use a direct, positive approach when administering fluids. Avoid asking, "Do you want something to drink?" Instead say, "Here is some cool, refreshing water for you Mrs. Jones." Older people may not feel thirsty and may not recognize their need for fluid.

Consider giving residents water bottles (such as those used by athletes) to carry with them while outdoors. On a regular basis, be sure to refill the residents' water bottles with water or their favorite cool beverages.

Leaving the facility's grounds and going to a forest preserve or park for a picnic can be a lot of fun. Enjoying a meal outdoors is something the residents look forward to. Before planning a picnic, meet with the dietary supervisor and review safe food handling practices. Develop a protocol for outings involving food. Make sure the coolers you're using can maintain the proper temperature for the length of time needed. A good rule is **NEVER** take any salad, sandwich or dish containing mayonnaise. Always dispose of leftover food that has been out of the cooler for more than a few minutes.

Barbecues are another favorite activity during the summer. When grilling chicken, hamburgers, and other raw meat, be sure not to serve food with the same utensils used to cook the raw meat. **ALL** meat must be served well done, including hamburgers. Facilities are being cited for serving residents grilled hamburgers "partially cooked."

According to the surveyors, "serving half-cooked hamburgers results in a citation with a scope and severity of D." According to the 1993 FDA Food Code, the internal temperature of ground meat, i.e., pork or hamburger, should be 155 degrees Fahrenheit. In today's era of e. coli, "mad cow" disease, and other threats, the staff must be very careful and not serve food to residents that may prove hazardous to their health and well-being.

To prevent heat exhaustion, keep the residents out of the direct sun whenever possible. Have them wear light colored, lightweight clothing and encourage them to dress in layers. Ask the residents to remove their sweaters and lap robes as the temperature begins to rise or you notice the resident perspiring. Have them cease physical activity and encourage the resident to drink a glass of water. Move them to a cooler location if you expect heat exhaustion, but be careful that the area is not too cold as this will shock the resident's body and cause more problems.

As we age, our bodies have a more difficult time adjusting to temperature changes; therefore, try not to have the common areas too cold. This can also shock the system when coming in from the outdoors where it is very hot -- 85+° -- into the facility where it is 72° F.

When using buses to transport residents on outings, try to get one that is air-conditioned. If this is not possible, make sure that the windows open and that there is adequate ventilation while in the bus. Carry ice water and disposable cups on the bus. It is also a good idea to take disposable washcloths along

If the bus breaks down, try to get the vehicle into the shade and open the windows for ventilation. If this is not possible, try to move the residents into the shade. Encourage each resident to drink a glass of water at frequent intervals. Wet the washcloths for the residents to use on their face, neck and arms -- the evaporation will help cool them.

It is extremely important to educate the residents, family members, staff and volunteers about summer safety issues through the facility newsletter and/or in-service training. Many of the hints contained in this article apply to everyone and are especially important considerations for those living and working in long term care.

The 2006-2007 ATA Board

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