



# ATA Life Newsletter

## Control, Alt, Delete: Logging Into New Ideas

Volume XXXIII No. 3  
November 2006

### November 15, 2006 - Lunch Meeting

#### *Rubber Bands in a Paperclip World: Developing Flexibility as an Activity Professional*

Carl Smith, RMT

Lincolnwood Place - (847)673-7166

7000 N. McCormick Blvd., Lincolnwood, IL 60712

**Bristol Meyer Squib will host lunch at 12:00 p.m. Our regular meeting will follow at 1:00 p.m. Plan to come an hour early, enjoy lunch and receive some good information from our friends at Bristol Meyer Squib. Please RSVP for lunch with Vicky Knoll at 630-766-0605.**

**About the Program:** You will learn at least three techniques that can be used to increase flexibility in response to changing workplace demands and client needs.

- It's a Rubber Band World: The demands of a changing world
- Take it to the Limit: Coping with Change
- 1-2-3 Stretch: Programming Exercises to Build Strength
- Making a Little Go a Long Way
- Surviving as a Rubber Band in a Paperclip World

**About the Speaker:** Carla Smith has worked with seniors in long term care for over 20 years. A strong believer in encouraging creativity and fine arts for seniors, Carla has developed an ongoing Fabric Arts program in her facility, and has published a book on Fabric Arts for seniors entitled, The Fabric of Our Lives: The Use of Textiles to Enhance Creative Programs. Carla has presented on various creative topics to enthusiastic audiences of activity professionals throughout Illinois, and was a speaker at the National Association of Activity Professionals 2004 conference in Scottsdale, AZ.

### About Lincolnwood Place:

Lincolnwood Place is a hidden treasure right outside the city of Chicago. This successful, 12-year-old community provides 234 independent living apartments complete with dishwashers and laundry facilities, 25 assisted living units and 40 skilled beds. Mr. David Margraff is the Executive Director and Stephanie Berlin is the Resident Program Director.

**Directions to Lincolnwood Place:** The community is located behind the Lincolnwood Town Center Mall at the corner of McCormick and Touhy.

**From I94 (the Edens Expressway):** Exit East on Touhy. Travel straight East and then turn South (right) onto McCormick. Go to the very South end of the mall and turn right at the stop light. (If you go to Devon, you missed the turn.) You will see a large, multi-level, red brick building. Guest parking is located at the back of the community and on the street.

**From Lake Shore Drive** travel north to Sheridan Road. Continue going North on Sheridan Road and turn West (left) on Touhy. Travel West on Touhy until you get to McCormick Blvd. And turn South (left) onto McCormick. Go to the South end of the mall and turn right. Look for the large, multi-level red brick building. Guest parking is located at the back of the community, on the street and in the mall parking lot.

### ATA Schedule

**Please note the ATA schedule in the box below and disregard any previous schedules. Changes have been made since our first publication of the 2006-2007 schedule. Please use this corrected schedule.**

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

**January 17:** *Exploring Personal Identity and Values in Order to Engage People in Meaningful Activities.* Dorothy Seman, RN, MS, NHA. Westminster Place, 3200 Grant St., Evanston, IL 60201

**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

### President's Message

As this month's ATA Life goes to press I plan to be attending sessions at the IAPA Conference in Rock Island, Illinois. Our October education session was very interesting. It was great to learn more about aromatherapy and especially how it is helpful to developmentally disabled patients. "Hats off" to Bernadette Bartus for providing for and running our ATA Raffle! Thanks Bernadette for continuing to do that for us.



I'm looking forward to seeing everyone at the November 15th meeting. After that we won't see anyone until January 2007. ATA Handbooks were passed out at the October meeting. Myrtle Klauer and Nancy Ichinose worked together to get 75 of them printed. For those members who have not yet received their copy, handbooks will be available at the November meeting. If you have any helpful comments, ideas or suggestions for ATA, please email me at [mikevenezia@atachicago.org](mailto:mikevenezia@atachicago.org). "Hats off" to all those who keep things rolling along for ATA! The Thanksgiving holiday is just around the corner, so I'd like to wish everyone a good and safe holiday!

Submitted by Michael E. Venezia  
ATA President

### Happy Holidays!

*ATA wishes you all a  
peaceful and blessed holiday season.*

There is no newsletter in December. Look for your next January '07 issue to arrive at the end of December.

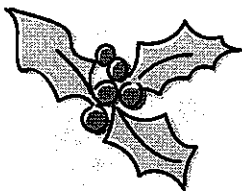
**See you next year!**

### Holiday Craft Project

Source: [www.craftown.com](http://www.craftown.com)  
Spice Can Ornaments

#### Materials:

1. Empty condiment (spice) cans
2. Foil paper
3. Velvet
4. Glitter
5. Fabric and lace
6. Bric-a-brac
7. Ribbons and beads
8. Glue



#### Directions:

Be creative and glue your decorative materials onto the tin spice cans. Cover the tops and bottoms too so they match the sides. Add twine or hooks for hanging on a holiday tree.

### Program Summary

**Topic:** *The Benefits of Aromatherapy for Seniors*  
**Presenter:** Trudy Welker, AAS  
**Date:** October 18, 2006

Mmmm..... What is that wonderful fragrance? Aromatherapy is the natural use of stimulation of the senses with herbs and essential oils. The "aromas" from essential oils come from plants, herbs, seeds, tree bark, and bushes, and is a therapeutic way of improving a person's health and well being.

Our session began with a comprehensive description of what aromatherapy is. It had its beginnings in ancient Egypt and India. To this present day it is being used not only in homes, rehab centers, nursing homes and churches, but also in hospitals for patients with various ailments. Aromatherapy is also used with hospice patients and as of late, is being used for animal illnesses as well.

In ancient Egypt and India, herbs were steeped in fat and left in the sun. The heat drew out the aromas which merged into an oily base to create ointment (solids and liquids) known as essential oils. The use of wood gums, spices and various herbs were used not only for bathing but as room fragrances, body deodorants, perfumes and to promote eternal life.

The benefits of aromatherapy are countless and scientific experimental testing has shown that aromas inhaled or applied, improve not only the mental, physical and emotional well being of an individual, but also enhance the "heart feelings" of the person receiving it. The application of essential oils with massage, baths, inhalation, vaporizers, and diffusers can have a significant positive effect on a person's mood, physical aches and pains as well as mental stimuli.

Working with aromatherapy requires careful choice and application of essential oils, and use of appropriate carrier products. One needs to know plants, oils, medical ailments, as well as have a good understanding of when and how to apply them to achieve the maximum benefit. It is a beautiful art, pleasing to the senses, and therapeutic as well.

I am sure that all of us who attended this session have certainly been educated beyond our expectations as to what aromatherapy really is. ATA wishes to thank our speaker Trudy Welker for this very interesting session.

Submitted by Bernadette Bartus

*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.*

### Promote Your Facility's Event Through ATA Life

Your ATA membership provides numerous benefits, including the publicizing of your facility's special events that are open to the public. Just send us your information. Make sure it is typed or "camera-ready" and we will cut and paste it into the newsletter layout or website. For more information contact Terry Fay ([tfay@seniorlifestyle.com](mailto:tfay@seniorlifestyle.com)).



## 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.

St. Matthew Center for Health, Park Ridge, IL, is seeking a Recreation Services Assistant. This position will focus on working with senior residents with late stage Alzheimer's disease. The primary focus will be on 1:1 interventions, small groups and facility wide special events. Candidate must be comfortable working with the elderly, be outgoing and energetic! The position is part time, 22.5 hours/week. Includes a combination of day and evening hours. You can fax your resume to the attention of Kelly Fitzgerald at 847-318-6659, or you can email it to Kelly at [Kelly.fitzgerald@lssi.org](mailto:Kelly.fitzgerald@lssi.org).

## REMINDER

1. ATA Handbooks will be available at the October meeting.
2. ATA Membership Cards will 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.

## 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.

**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

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Fax: 773-632-2022

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### Arbor of Itasca Annual Holiday Bazaar and Bake Sale Saturday, November 4, 2006

Arbor of Itasca, a skilled nursing facility will sponsor their annual Holiday Bazaar and Bake Sale. This annual event will feature a white elephant sale, hospitality corner and door prizes. There is no admission charge. The facility is located at 535 S. Elm St in Itasca, IL. If you have questions please contact Linda Roberts at 630-773-9416. See you there!

## The 2006-2007 ATA Board

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*Control, Alt, Delete:*  
*Logging Into New Ideas*  
**2006-2007**