



ATA Life Newsletter

Control, Alt, Delete: Logging Into New Ideas

Volume XXXIII No. 2
September/October 2006

October 18, 2008

The Benefits of Aromatherapy for Seniors

Trudy Welker, AAS
Addolorata Villa
555 McHenry, Wheeling, IL 60090

About the Speaker: Trudy Welker is the founder of Miris, Inc. and graduate of the International Training Program in Essential Oils, at Purdue University. In addition, Trudy has an Associates Degree, has completed Botanical Taxonomy courses at Cambridge University in England and completed classes at the Institute of Traditional Herbal Medicine and Aromatherapy in London. Her goal is to share the joys of aromatic plant essential oils with long term care and developmental sites.

About the Program: This session will show participants how aromatic plant essential oils can be a useful tool to enhance the life experience for seniors. These tools can also provide comfort and reduce stress in both the client and the caregiver and provide a strategy to redirect a client's unwanted behavior.

About Addolorata Villa of Franciscan Communities: Situated on 17 acres in the northern suburbs, Addolorata Villa is a continuing care retirement community providing independent living, sheltered care, and skilled nursing care. Addolorata Villa offers a positive environment for residents to enjoy life to the fullest and explore the alternatives and freedom that come with retirement. Addolorata Villa has

beautiful recreation rooms and lounges, and offers a wide variety of interesting activities and programs to choose from. The Health Care Center is Medicare certified and offers a complete array of rehabilitation services. Sheltered Care is available to individuals who need assistance with daily tasks

Directions to Addolorata Villa

From the South on Route 355: Go North on Rt. 355 (Rt. 53 in Rolling Meadows). Exit Dundee East. Take Dundee East to Route 83 (Elmhurst Road), about four miles. Turn left on Rt. 83. Turn left at the next light as Rt. 83 turns into McHenry Road. The entrance to Addolorata Villa is 1 & 1/2 blocks on the east (right) side. Go to the building with the four white pillars.

From the South on Route 294: Go North on Rt. 294 to Willow Rd. Go West on Willow Rd. to Milwaukee Ave. (Rt. 21). Turn right on Milwaukee Ave. to Dundee Rd. Turn left on Dundee Rd. (West). Turn right on McHenry Rd. (3rd stoplight past Milwaukee is McHenry Rd.) Go about 3/4 mile on McHenry Rd. to entrance of Addolorata Villa. The entrance to Addolorata Villa is on the East (right) side. Go to the building with four white pillars.

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.

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

October 18: *The Benefits of Aromatherapy for Seniors.* Trudy Welker, AAS. Addolorata Villa, 555 McHenry, Wheeling, IL 60090

November 15: *Rubber Bands in a Paperclip World: Developing Flexibility as an Activity Professional.* Carla Smith., RMT. Lincolnwood Place, 7000 N. McCormick Blvd., Lincolnwood, IL 60712

January 17: *Exploring Personal Identify 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 WE. 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

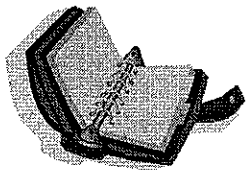
May 16: *Addressing the Needs of Short Term Stay, Rehabilitation and Younger Residents.* Nancy Richman, BS, OTR/L, FAOTA. Lexington Square, 555 Foxworth Blvd., Lombard, IL 60148

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



Summer is about gone and Fall is in the air. It was great to see many of you out at the September Kick Off Meeting. You should have seen the look of surprise on Terry Fay's face upon receiving the Esther Davis Award! October 18, 2006 begins our new program schedule. Board members will meet at 12:00 p.m. and our membership meeting and educational session begins at 1:00 p.m. I am looking forward to seeing everyone there. If you have not yet renewed your ATA membership, now is the time to get that taken care of! Nancy Ichinose and Paula Tagliere are waiting to hear from you. Also, please view our website and be part of helping us develop it. We can be reached at www.atachicago.org. You can contact me if necessary via e-mail at mikevenezia@atachicago.org. See you at the October meeting!

Michael E. Venezia
ATA President

ATA Resources

The ATA library will reiterate a policy of ATA members checking out library material and the need to return it at the following month's meeting. All material checked out at May's meeting must be returned at the October meeting. If materials are not returned, individuals will not receive their CEU certificates..

ATA Board Meeting August 9, 2006

- ATA Treasurer is working on next year's budget and developing an improved system for designating money for scholarships.
- Board member are reviewing suggestions for a more timely assembling and mailing of newsletter.
- Borrowed resource materials have not been returned. Resource Chair and board are developing a policy regarding unreturned resources.
- Board members are promoting attendance at the October IAPA conference.
- ATA will be in need of leadership in the coming years. The board is looking at strategies to encourage members to step up, get involved and give back.
- Discussion was held regarding the ATA Advisory Board. Members discussed the role of the Advisory Board, how members are appointed, length of service, etc. President Michael Venezia will contact board members regarding their continued participation.

Submitted by Nancy Ichinose

Members in the News

Congratulations to Rita Lopienski on her new position. Rita is now the Regional Director of Resident Programs for Pathway Senior Living. In her new position Rita will provide support and consulting services to the other 8 recreation directors, develop policies and create start up budgets. Rita will also start up the recreation program for Victory Centre of Bartlett which will open in December.

A Thank You to ATA

We were saddened to hear of the passing of Sister Julitta, one of our members for many years. Sister will be missed. This message to ATA arrived from Nazarethville.

Dear Friends of Sister Julitta:

Thank you very much for your generous \$100 gift to Nazarethville in memory of our dear Sister. Your thoughtful donation will be put to good use, be assured. Several times Sister Julitta mentioned that the sound system in our O.T. room was in need of upgrading. Therefore, your gift, along with those of other kind individuals, will be used to help us realize her wish.

May the good Lord bless and reward each of you abundantly,

*Sincerely,
Sister M. Lucille, C.S.F.N.
Administrator*

Healing Arts

The June 5, 2006 US News and World Report had a wonderful article titled "The Fine Art of Healing the Sick" by Christine Larson. The article began by recounting a story of a medical music therapist in a Florida Hospital working with a young boy who was having a test. She sang songs to him, had him play a drum while she played guitar and used a puppet to demonstrate how the test was done. The result was that the young boy was calm and relaxed which helped the test go more smoothly.

The article reported that new clinical research is quantifying the health benefits of the arts from pain relief to faster recoveries. According to a JCAHCO survey from 2004, over 2000 hospitals around the country offer some kind of arts programming. Hospitals are adding healing gardens and art galleries and medical schools are offering courses in the arts. A doctor at Vanderbilt University Medical Center said, "There's very good evidence that engaging patients in art and music is a way to make the burden of illness and periods of care more tolerable."

According to a 20-year research study both writing and visual art can play a role in reducing pain and decreasing physical symptoms of illness. Writing about trauma improved the health of people with chronic disease. The article cited numerous examples from around the country where music, art and writing were linked to physical and mental changes in patients and concluded by explaining the education and training needed to become art and music therapists.

Submitted by Nancy Ichinose

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 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 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.

Membership Payment Reminder

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

36-Hour Activity Director Course September 19, 21, 26, 28 October 3, 5, 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 "...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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Chicago, Illinois 60618-3038

Office: 773-685-3059

Fax: 773-632-2022

Email: qlycare@aol.com

Please visit our Website:

www.qualitycarecs.com



Get On Board and Get It Done



Illinois Activity
Professionals Association
Presents it's
27th Annual Conference
October 25-27, 2006

www.geocities.com/iapa_site
Or call Nancy at 847-392-4274

Program Summary

Topic: New Surveyor Guidance for Activity Requirements
Presenter: Nancy Richman
Date: September 6, 2006

The facility must provide for an on-going program of activities designed to meet, in accordance with the comprehensive assessment, the interests, physical, mental and psychosocial well being of each resident. All staff, not just activity staff should engage the residents in activity. Activities must be person appropriate, as opposed to age appropriate. Each resident has a personal history that involves more than just their medical illnesses or functional impairments. So the activity program should be relevant to the needs, interests, culture, background, etc. of the individual for whom the activity is designed. Appropriate activities emphasize dignity, independence and positive self image.

Mrs. Richman's presentation included discussion on:

- Surveyors need to be aware of culture changes in some homes. Instead of a calendar they might focus on community life activities.
- Assessments are cornerstone for good activities
- Individualized care plans reflect interests, life roles and spirituality
- Nancy shared information gathering tools for assessments
- The language of care plans
- Activity analysis includes resident's sensory, social, physical and cognitive abilities
- Adaptations and physical impairments

Program Summary

Topic: Together We Can Make It Happen
Presenter: Anna Ortigara
Date: September 6, 2006

This session began with a wonderful discussion of hope and how hope fits in with the culture change of our business. Without hope there is no meaning or purpose to life, nothing to look forward to. Hope is the foundation of what we provide. Where does culture change begin? With knowing each resident. Knowing them deeply. We cannot value someone unless we know them. We experienced a number of exercises where we paired off to learn about each other.

Our speaker also discussed the importance of relationship and how developing relationship contributes to the culture change. Anna spoke about how we create relationships with residents and how valuable those relationships are to the residents. We bring ourselves into relationships by giving our whole attention to that resident, leaving judgments behind, and being totally consciously in the moment with them.

Anna concluded her presentation with an uplifting quote to remind us all about the importance of what we do. "To the world you may be just one person. But to one person you may just be the world."

Submitted by Michael Guidotti

ATA Fax Number & Email

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



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

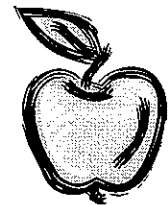
October Craft Project Apple Votive

Source: www.homeschoolzone.com

This fun decoration can go on your dinner table or bar. You can also float them in a large container of water and set it out on your porch or sidewalk.

Materials:

1. Apples or small pumpkins
2. Tea candles
3. Spoon
4. Utility knife
5. Lemon juice
6. Pot or container (optional)



Directions:

1. If you are going to place the votives in the water, check first to see how the apples will float. To do this you will fill your pot or container with water. Then float the apples. Mark with a dot the side that stays up above the water.
2. Place a tea candle over the dot you made and trace around it's circumference with your utility knife. Insert the knife vertically as deep as the tea candle is tall. Be careful not to insert the knife too deep.
3. Set aside the candle, and cut the circle into sections and scoop out using the spoon. Squeeze the lemon juice onto the cut surface to keep the apple from turning brown.
4. Insert a tea candle.

Motivating Entry Level Employees When You can't Give Them a New BMW

Silvana Clark

Motivating entry-level employees to perform at their highest capabilities is easy. Simply offer lucrative stock options, three-day work weeks and generous salaries. Oprah Winfrey actually gives employees new cars and trips around the world. On the other hand, if you are like most activity programs, it takes creativity to motivate employees when your budget is tight.

Motivated employees rely on their own resources to get the job done. They have an inner drive that causes them to provide outstanding customer service. Unmotivated employees simply want to get by doing the minimum amount of work possible. Experts agree you can't force someone to be motivated. Supervisors can, however, provide a workplace environment that encourages employees to make decisions, deal positively with co-workers and receive recognition for hard work. A key factor is knowing that "entry-level" is not the same as "unimportant". Your entry level employee is very important in projecting a professional image about your programs and facilities.

In a January 1998 Roper Poll, it was found 9 out of 10 employees will work harder for you if you show an interest in their growth outside of work. This statistic opens up a wealth of ways to motivate employees. One assisted living center had a bulletin board in the staff lounge with the caption "Greatest Pets In The World". It was constantly covered with pictures of adorable puppies and all types of pets owned by the staff. Here are some other ways for you to show entry level employees you care about them as people.

- Discover your employee's interests. If an employee loves gardening, give them a small plant in appreciation for their hard work. People appreciate knowing you gave them a gift geared towards their interest or hobby.
- Never underestimate the power of meaningful conversation. Asking an employee, "How did your son do at the basketball tournament?" shows you care about more than the employee's ability to change linen.
- Some health care facilities offer brown bag seminars on non-work related topics. Contact local speakers to give presentations on how to select a summer camp for children or even tips on signing up for continuing education classes.
- Acknowledge birthdays. I once had an employee thank me for sending a birthday card. He told me that card was the only recognition of his birthday he had that day. One long term care facility honors birthdays by making a large card out of colored tag board with, "Happy Birthday Jeanette!" at the top. Throughout the day, other employees sign their names, write birthday greetings or draw comical pictures on the giant card. The completed card is one you'll never find at Hallmark, but will make the birthday person feel special.

These types of activities help employees feel staff cares about them as individuals, not simply employees. The University of Kansas psychology department studied other ways to motivate employees. Their results showed recognition was a strong factor in developing employees with high work standards. Again, giving recognition doesn't take a huge budget. One supervisor gives "psychological paychecks". When employees receive their paychecks, he attaches a Post-it™ note on the envelope with a specific positive statement such as, "Helen, Thank you for coming in early last week during 4th of July Weekend. I appreciate your help in decorating for the resident's picnic during such a busy time." Employees take pride in knowing their extra efforts are acknowledged. Begin staff meetings with public praise for an employee's efforts or contributions to the department. Wouldn't you enjoy being in a meeting that starts with, "Last week, Jennifer came in as a substitute on incredibly short notice. I'd like to thank her by giving her this gift...a submarine sandwich!"

Entry level employees often work long hours at minimum wage. The following are additional general ideas for motivating employees: Recognition in front of peers. One property offered "standing ovations" at staff meetings to employees demonstrating outstanding customer service. Ask for employee feedback...and acknowledge their input. The Towers Perrin survey polled 250,000 employees. Only 48% said, "My boss listens to my opinions." Take a tip from the CEO of Eze Castle Software. Everyday at 2:30 he gathers all his staff for an actual milk and cookie break. The casual atmosphere keeps him in touch with all his employees. (OK maybe that's not possible, but it does show the importance of meeting informally with staff.) Keep people informed. As much as possible, let employees know what is going on. Send balloons or flowers to an employee's home if he/she does something outstanding. Select employees to help interview other entry-level employees. They'll learn valuable job interviewing skills. Ask employees this simple question: What would help you do a better job? Follow up on as many suggestions as possible.

Oprah Winfrey has the budget to motivate her employees with exotic gifts and luxury vacations. Most supervisors and managers need to rely on creativity and a few pieces of chocolate. The point is the same...letting entry-level employees know you appreciate their efforts and hard work results in highly motivated employees.

Bio:
Silvana Clark is a professional speaker, presenting highly interactive keynotes and workshops on customer service, motivating employees and innovative recreation activities. Her keynote, "Accepting Change With a Camera in Your Face" gives practical information on accepting change...based on her experience of appearing on the Fox reality show, Trading Spouses. Contact Silvana at 615-662-7432, silvanac@msn.com