

Creative Forecasting[®]



A Monthly Publication for Activity & Recreation Professionals Vol. XXX, No. 5, May 2018, \$6.00

Active Older Adults

Civic Affairs

Holidays

Cinco de Mayo

Mother's Day

Shavuot

Victoria Day

Medical Notes

Medications Part 3:

*Common Names and Side Effects
of Anti-depressants*



National Skilled Nursing Care Week Contest Winners

Regulations Update

New Interpretive Guidance for New CMS

Tag 679 Activities, Part 2

Creative Forecasting Online Content
is available at no charge with all
magazine subscriptions. There's a variety of
Clip Art, Craft Ideas, additional Bulletin Board
Trivia, and much more. Sign up Today!
Visit: www.cfiemag.com

Success Starts with Planning

CREATIVE FORECASTING, INC. P.O. Box 7789 Colorado Springs, CO 80933-7789, 719-633-3174, FAX: 719-632-4721

Editors: Mary Anne Clagett, CTRS, ACC, AC-BC and Pegi Schlis, CTRS, ACC, AC-BC






Copyright © 2018 Creative Forecasting, Inc.

POSTMASTER: Periodicals Mail

In This Issue of *Creative Forecasting*

May 2018 Vol. XXX, No. 5

FEATURES

MAY RECOGNITION DATES.....	9
CINCO DE MAYO.....	10
MOTHER'S DAY.....	12
SHAVUOT.....	13
VICTORIA DAY.....	14
NATIONAL SKILLED NURSING CARE WEEK CONTEST WINNERS.....	15
MEDICAL NOTES <i>Medications Part 3: Common Names and Side Effects for Anti-depressants</i>	18
ACTIVE OLDER ADULTS <i>Civic Affairs</i>	29
REGULATIONS UPDATE <i>New Interpretive Guidance for New CMS Tag 679 Activities, Part 2</i>	31
 MAY WORD PICTURES.....	44
 MAY BIRTHDAY QUIZ.....	45
 BULLETIN BOARD TRIVIA <i>Name the...</i>	46
 THIS WAS THE YEAR...1992.....	48
 PERSON, PLACE, OR THING?.....	49
ANSWER PAGE.....	50

 = Grab & Go Activities

We are highlighting ready-to-use activities that require no preparation (except copying in some cases). These Grab & Go Activities are flagged with a hand.

TAKE NOTE!

General Policy: It is the policy of *Creative Forecasting* that when we receive your new or expired renewal subscription, we will start your subscription with the next issue mailed. Issues are mailed 9 - 10 weeks prior to the month that is featured.

Missed Issues: Notify our office within 30 days of any missed issues. After 30 days, issues will be replaced upon receipt of \$6.00.

Change of Address: Notification must be received in our office within 30 days of the change. Missed issues caused by a change of address will be replaced upon receipt of \$6.00.

Back Issues: The issues that have already been mailed to subscribers are considered back issues. Back issues are available for \$6.00, postage paid, for each issue requested.

Notice: Ideas and suggestions presented in this publication are intended for use by Activity and Recreation Professionals. Activities must be adapted for each resident or group as circumstances dictate. As always, the consultation of medical staff, physicians, or other applicable authority should be included in any activity program.

Copyright Notice: Materials **may not** be reproduced from *Creative Forecasting* except for use with your residents and in the subscribing facility newsletter. *Creative Forecasting* cannot be copied for any other use without our express written permission. Use discretion when using and applying these materials so that you do not offend any of your readers or participants.

Any reprinting must include this endorsement: REPRINTED WITH PERMISSION FROM CREATIVE FORECASTING, A Monthly Publication for Activity Professionals.

CREATIVE FORECASTING (USPS 005421) (ISSN 10522573) is published monthly at \$60.00 per year in the United States, \$84.00 (U.S. funds) for Canada (Canadian GST #R135901338), by CREATIVE FORECASTING, INC., 2607 Farragut Circle, Colorado Springs, CO 80907-6405. Periodicals Postage paid at Colorado Springs, CO. **Postmaster: Send address changes to: CREATIVE FORECASTING, INC., P.O.Box 7789, Colorado Springs, CO 80933-7789.**

DEPARTMENTS

May 2018 Vol. XXX, No. 5

DATES TO CELEBRATE	4 - 8
MUSICAL NOTES <i>Stevie Wonder</i>	21
HOT FLASHES <i>Reminiscing and Activities Using Long Term Memory</i>	22
ON THE ROAD <i>Song with a Story - Church in the Wildwood</i>	23
REMINISCENT CORNER <i>May in History</i>	24
CLIP ART <i>See Below*</i>	*
CRAFTS <i>See Below**</i>	**
SIMPLE EXPRESSIONS (for Low Functioning Residents) <i>May Activity Topics</i>	33
OPPORTUNITIES FOR INDIVIDUALS WITH MEMORY-IMPAIRMENT <i>Sundowning</i>	34
HUMOR PAGE <i>Scientist RSVPs, What Happens to Old...?, Legal Daffynitions, The Whatchamacallit Syndrome, Limerick about Danny</i>	35
SENSORY SENSATIONS <i>National Photo Month</i>	36
SPELLING BEE WORDS <i>Pets, Backyard Games</i>	36
ACTIVITY EXCHANGE <i>National Hug Holiday Week, Never Too Old to Go Back to School</i>	37
IT'S PARTY TIME! <i>Star Wars Party</i>	38
MENAGERIE MANIA <i>Turtle Truths and Tick-tack-toe</i>	39
CREATIVE MUSINGS <i>Age, A Smile, What My Mother Gave to Me, Memories of Mom, I Found a Bit of Heaven on Earth</i>	40
CROSSWORD PUZZLE - FAMOUS INVENTORS	41
WORD SEARCH - STAR WARS CHARACTERS	42
FREQUENT REQUESTS <i>Sushi (Dessert)</i>	52
P.S.	52
EVENT CALENDAR	centerfold

***A wide variety of Clip Art is available to copy and paste from our complimentary Online Content. Active subscribers can register at Cfiemag.com.**

****Seasonal, holiday, and miscellaneous Crafts are available from our complimentary Online Content. Active subscribers can register at Cfiemag.com.**

Publisher: *Creative Forecasting, Inc.*
 Executive Editors: *Mary Anne Clagett, CTRS, ACC, AC-BC, Pegi Schlis, CTRS, ACC, AC-BC*
 Assistant Editors: *Kinda Lenberg, BA, Susan Stoner, BFA*
 Circulation Manager: *Rob Clagett*
 Production & Operations Manager: *Tim Schlis*
 Artwork: *Zedcor, Inc. and Graphic Products Corp.*
 Active Seniors Editor: *Jeanne Adams, MEd*
 Canadian Editor: *Steve Crabb*
 Medical Editor: *Valerie J. Shereck, MSN, ANP-C*

Contributing Editors: *Cathy Allen, CTRS, RCFE, CDP*
Betsy Best-Martini, MS, CTRS, Michael Bower, BA, ACC, Carmen Bowman, MHS,
Hank Bruce, HT, Rob Clagett, Mariellen Combs, MS, CTRS, CRC,
Jill Cueni-Cohen, BSJ, Natalie Davis, MA, ACC/EDU, CDP, CADDCT,
Becky Dinello, ADC, Rev. David Ehline, M.Div., MSW,
Shelley Evans, MT-BC, ACC, CDP, AC-BC, Tomi Jill Folk, BA, M.Div.,
Debby Holmes, ADC, AP-BC, Beth Hall, CTRS, Myrtle Klauer,
Michele Mason, BA, John McIlvannan, BA, ADC, Rosann Moore, CTRS,
Connie Swearingen, BS, LPN, AC-BC, ACC-MC, CDP
Michelle Williams, BS, AD

MAY 2018 Dates To Celebrate

- Asian / Pacific American Heritage Month
- Better Hearing and Speech Month (U.S. & Canada)*
- Better Sleep Month
- CANADA: Asian Heritage Month
- CANADA: MedicAlert Month
- CANADA: Multiple Sclerosis Awareness Month
- Fibromyalgia Education and Awareness Month
- Get Caught Reading Month
- Gifts from the Garden Month
- Haitian Heritage Month
- Healthy Vision Month
- Huntington's Disease Awareness Month (U.S. & Canada)
- International Awareness Month for Myalgic Encephalomyelitis
- Jewish-American Heritage Month
- Learn German Month
- Lupus Awareness Month (Day: 10)
- Melanoma / Skin Cancer Prevention Month (Day: 7)
- Motorcycle Safety Month
- Mystery Month**
- National Allergy / Asthma Awareness Month
- National Arthritis Month
- National Asparagus Month
- National Barbecue Month
- National Correct Posture Month
- National Egg Month
- National Good Car-keeping Month
- National Hamburger Month (Day: 28)
- National Hepatitis Awareness Month
- National Herb Month (Day: 19)
- National High Blood Pressure Education Month
- National Inventors' Month***
- National Meditation Month
- National Mental Health Month
- National Military Appreciation Month
- National Osteoporosis Awareness & Prevention Month
- National Photo Month ▶
- National Physical Fitness and Sports Month
- National Postcard Month
- National Salad Month
- National Salsa Month
- National Smile Month ▲
- National Stroke Awareness Month
- National Trauma Awareness Month
- National Vinegar Month
- National Water Safety Month
- Older Americans Month ▼
- Oncology Nursing Month
- Outer Space Month
- Tennis Month
- Ultraviolet Awareness Month
- Women's Health Care Month
- Young Achievers' Month
- BIRTHSTONE - Emerald (Success in Love)
- FLOWERS - Lily of the Valley (Alt. - Hawthorn)
- COLORS - Yellow and Red

*See the **May Recognition Dates** on page 9.

**The 8th Annual Mystery Month celebrates the mystery genre in literature and its writers. The sponsor is *The Booklist Reader* (www.booklistreader.com).

*** See **Scientists RSVPs** on the **Humor Page** on page 35. Solve the **Famous Inventors Crossword Puzzle** on page 41 with residents.

▶ See **National Photo Month** in **Sensory Sensations** on page 36.

▲ See "A Smile" in **Creative Musings** on page 40.

▼ See the **May Recognition Dates** on page 9, *What Happens to Old...?* and *The Whatchamacallit Syndrome* on the **Humor Page** on page 35, and "Age" in **Creative Musings** on page 40.

ORIGIN OF MAY'S NAME - May was probably named in honor of *Maia*, the Roman deity of growth and increase who ruled over plants. Another explanation of the origin of the name is that it was chosen in honor of the *Majores* (or *Maijores*), the original senate in the Roman constitution. Ask residents what they are looking forward to in May. See *May in History* in **Reminiscent Corner** on page 24, *May Activity Topics* in **Simple Expressions (for Low Functioning Residents)** on page 33, and **May Birthday Quiz** on page 45.

QUOTE FOR MAY - "Here's to the day when it is May and care as light as a feather, when your little shoes and my big boots go tramping over the heather." -Bliss Carmon

FLOWER OF THE MONTH - The lily of the valley symbolizes happiness, humility, and sweetness. In the Victorian era, it was given as a romantic gift to say, "You have made my life complete."

1: Anniversary of the First Amtrak Service (www.amtrak.com), 1971 - This national railway service combined 18 passenger railroads across the U.S. Ask residents if they have taken Amtrak, and if so, what their destinations were.

1: FOOD HOLIDAYS TODAY - Cheerios® Birthday, 1941 and National Chocolate Parfait Day

1: Law Day, USA - See **Legal Daffynitions** on the **Humor Page** on page 35.

1: May Day - This day has been a holiday since ancient times when people gave thanks to Demeter, the goddess of agriculture and vegetation. In Elizabethan England, the day was celebrated by people dancing merrily around maypoles. Over the years, people have celebrated by going "a-maying" - singing, dancing, and offering May baskets decorated with flowers and ribbons. This day is known as Lei Day in Hawaii. Since 1928, it has been celebrated as a flower festival dedicated to the lei, symbolizing Hawaii's culture and beauty. Leis are made, given away, and worn, and there are lei-making contests.

1: Mother Goose Day

1: National Bubba Day - This day celebrates people named Bubba.



MAY 2018 Dates To Celebrate

- 1: World Asthma Day (www.ginasthma.org)
- 1 - 7: CANADA: National Summer Safety Week, Tuesday - Monday (Sponsor: Canada Safety Council, <https://canadasafetycouncil.org>)
- 2: Birth Anniversary of Dr. Benjamin Spock (1903 - 1998), pediatrician and author of many books on baby and child care. This day is known as Baby Day.
- 2: Do the activity ideas in the following articles this month: *Song with a Story - Church in the Wildwood* in **On the Road** on page 23, *Never Too Old to Go Back to School* in **Activity Exchange** on page 37, and the recipe for *Sushi (Dessert)* in **P.S.** on the back page.
- 2: National Truffles Day
- 2: Share the following professional-related articles with staff: *Medications Part 3: Common Names and Side Effects of Antidepressants* in **Medical Notes** starting on page 18, *Reminiscing and Activities Using Long Term Memory* in **Hot Flashes** on page 22, *Civic Affairs* in **Active Seniors** on pages 29 and 30, and *Sundowning* in **Opportunities for Individuals with Memory-impairment** on page 34.
- 3: 85th Birth Anniversary of James Brown, 1933 - 2006 - Brown, known as the "hardest working man in show business," was a singer, songwriter, and entertainer. He sang a variety of music genres including gospel, pop, rock, soul, and rhythm and blues.
- 3: FOOD HOLIDAYS TODAY - National Raspberry Popover Day and National Raspberry Tart Day
- 3: Garden Meditation Day
- 3: JEWISH: Lag B'Omer - Lag B'Omer begins at sundown on May 2. This is a traditional day to celebrate joyous events such as weddings or have picnics and do outdoor activities.
- 3: MEXICO: Day of the Holy Cross - On this day, people who are building or own mines host parties for their workers and place flower-decorated crosses at their construction or mining sites.
- 3: National Day of Prayer
- 3: National Specially-abled Pets Day (www.speciallyabledpets.com) - The purpose of this day is to educate people about disabled pets and the need for adoption of these animals.
- 4: FOOD & DRINK HOLIDAYS TODAY - National Candied Orange Peel Day, National Homebrew Day, and National Orange Juice Day
- 4: International Firefighters' Day (www.firefightersday.org)
- 4: International Tuba Day
- 4: National Weather Observers' Day
- 4: Star Wars Day - This day was created by fans to celebrate the *Star Wars* movies. A traditional greeting is "May the 4th be with you." See *Star Wars Party in It's Party Time!* on page 38. Work the **Star Wars Characters Word Search** on page 42 with residents.
- 4 - 5: 25th Annual Dandelion May Fest, Dover, OH (www.dandelionfestival.com) - This festival features drinks, foods, and products made from dandelions, entertainment, and other activities such as dandelion picking contests.
- 5: 144th Running of the Kentucky Derby, Churchill Downs, Louisville, KY (www.kentuckyderby.com) - This is the first jewel in thoroughbred racing's Triple Crown.
- 5: Cartoonists' Day - This day honors all types of cartoonists including animation, magazines, newspapers, and comic strips. Ask residents who their favorite cartoonists are.
- 5: Cinco de Mayo - See **Cinco de Mayo** starting on page 10.
- 5: FOOD HOLIDAYS TODAY - National Chocolate Custard Day, National Hoagie Day, and Oyster Day
- 5: International Day of the Midwife (www.internationalmidwives.org)
- 5: National Auctioneers' Day
- 6: 49th Annual Motorcycle Mass and Blessing of the Bikes, Cathedral of St. John the Baptist, Paterson, NJ (<https://cathedralofstjohnthebaptist.org>)
- 6: FOOD & DRINK HOLIDAYS TODAY - National Beverage Day and National Crêpes Suzette Day
- 6: International No Diet Day
- 6 - 12: 12th Annual Root Canal Awareness Week (www.aae.org)
- 6 - 12: CANADA: Emergency Preparedness Week
- 6 - 12: CANADA: National Hospice Palliative Care Week, Sponsor: Canadian Hospice Palliative Care Association (www.chpca.net)
- 6 - 12: Goodwill Industries Week (www.goodwill.org) - The purpose of this week is to celebrate the services Goodwill Industries does for people including career counseling and job training especially for people who have disabilities. For a Sunday activity, ask residents and their families and staff members to do some spring cleaning to find items to donate to Goodwill or other local charity.
- 6 - 12: National Family Week - This week is traditionally celebrated in many Christian churches.
- 6 - 12: National Hospital Week - See the **May Recognition Dates** on page 9.
- 6 - 12: National Hug Holiday Week - See *National Hug Holiday Week* in **Activity Exchange** on page 37.
- 6 - 12: National Nurse's Week, Day: 6 - See the **May Recognition Dates** on page 9.
- 6 - 12: National Pet Week - See *Pets* in **Spelling Bee Words** on page 36.
- 6 - 12: National Postcard Week
- 6 - 12: National Raisin Week
- 6 - 13: National Music Week, Sunday - Sunday, Sponsor: National Federation of Music Clubs, www.nfmc-music.org



MAY 2018 Dates To Celebrate

7: 85th Birth Anniversary of Johnny Unitas, 1933 - 2002 - Unitas was a professional football player that some people believe was the greatest quarterback to ever play the game. He was inducted into the Pro Football Hall of Fame in 1979. Visit www.imdb.com/name/nm0881260/bio for a biography about his life and www.profootballhof.com/players/johnny-unitas for information about his football career.

7: FOOD & DRINK HOLIDAYS TODAY - National Cosmopolitan Day and National Roast Leg of Lamb Day

7: Melanoma Monday (www.aad.org/public/spot-skin-cancer) - This day is also called National Skin Examination Day. It is sponsored by the American Academy of Dermatology.

7 - 11: PTA Teacher Appreciation Week, Monday - Friday, Day: 8 (www.pta.org)

7 - 13: CANADA: 67th Annual Mental Health Week, Monday - Sunday (www.cmha.ca)

7 - 13: CANADA: National Nursing Week, Monday - Sunday, Day: 12 - See the **May Recognition Dates** on page 9.

7 - 13: National Herb Week, Monday - Sunday

7 - 13: National Wildflower Week, Monday - Sunday (www.wildflower.org)

8: Anniversary of V-E Day, 1945 - Victory in Europe Day marks the anniversary of the Allies victory in Europe and commemorates the unconditional surrender of Germany.

8: Birth Anniversary of Harry S Truman, 1884 - 1972 - "The Man from Missouri" was the 33rd U.S. President. Visit <https://trumanlibrary.org/hst-bio.htm> for more information about his life.

8: FOOD & DRINK HOLIDAYS TODAY - Have a Coke Day, National Coconut Cream Pie Day, and National Empanada Day

8: No Socks Day

8: Nurse Assessment Coordination Day - See the **May Recognition Dates** on page 9.

8: QUOTES FOR THE DAY BY HARRY TRUMAN - "A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties." "If you can't stand the heat, get out of the kitchen."

8: This day is the anniversary of the introduction of Coca-Cola to the public, aka Coca-Cola's Birthday (1886). On this day in 1886, pharmacist Dr. John Pemberton introduced Coca-Cola at Jacob's Pharmacy in downtown Atlanta, where it sold for 5¢ a glass. This day is often confused with March 29, 1886 when Dr. Pemberton concocted Coca-Cola.

9: Lost Sock Memorial Day

9: National Butterscotch Brownie Day

9: National Receptionists' Day - See the **May Recognition Dates** on page 9.

9: National Third Shift Workers' Day - This day is also known as National Nightshift Workers' Day. See the **May Recognition Dates** on page 9.

9: National Tourism Day

10: CHRISTIAN: Ascension Day - This day is 40 days after Easter and commemorates Christ's ascension into heaven.

10: Clean Up Your Room Day

10: MEXICO: El Dia de la Madre - Mother's Day is celebrated for mothers and mother figures across Mexico annually on May 10.

10: National Shrimp Day

10: See the **Name the ... Bulletin Board Trivia** on pages 46 and 47 to quiz the residents.

11: Anniversary of the Establishment of Glacier National Park, Montana, 1910 (www.nps.gov/glac)

11: Eat What You Want Day

11: Military Spouse Appreciation Day

11: National Mocha Torte Day

11: National Public Gardens Day (<https://publicgardens.org> - click on Programs)

11: Provider Appreciation Day™ - See the **May Recognition Dates** on page 9.

12: 26th Annual Letter Carriers "Stamp Out Hunger" Food Drive (www.nalc.org/community-service/food-drive)

12: CANADA: Canada Health Day

12: International Migratory Bird Day

12: Let's Go Fishing Day

12: Limerick Day - Limericks have five lines - the first, second, and fifth lines have three beats and their last words rhyme, and the third and fourth lines have two beats and their last words rhyme. See **Limerick about Danny on the Humor Page** on page 35.

12: National Babysitters' Day

12: National Bake Sale Day

12: National Nutty Fudge Day - See the **recipe for pecan cinnamon fudge** on page 9.

12: NETHERLANDS: National Windmill Day

13: Birthday of Stevie Wonder, 1950 - See **Stevie Wonder in Musical Notes** starting on page 21.

13: FOOD HOLIDAYS TODAY - National Apple Pie Day, National Fruit Cocktail Day, and National Hummus Day

13: Mother's Day - See **Mother's Day** on page 12 and "What My Mother Gave to Me" and "Memories of Mom" in **Creative Musings** on page 40.

13: Tulip Day

13 - 19: Home for the Aging Week - See the **May Recognition Dates** on page 9.

13 - 19: National Hamburger Week

13 - 19: National Police Week, U.S. & Canada - Peace Officer Memorial Day is held annually on May 15.

13 - 19: National Skilled Nursing Care Week®, U.S. & Canada - This week was formerly called National Nursing Home Week®. See **information about the week** on page 15, **contest winners** starting on page



MAY 2018 Dates To Celebrate

15, *National Photo Month* in **Sensory Sensations** on page 36, and “*I Found a Bit of Heaven on Earth*” in **Creative Musings** on page 40.

14: Anniversary of the Establishment of Carlsbad Caverns National Park, New Mexico, 1930 (www.nps.gov/cave)

14: National Buttermilk Biscuit Day

14: National Dance Like a Chicken Day

14 - 18: National Etiquette Week, Monday - Friday

15: FOOD HOLIDAYS TODAY - National Chocolate Chip Day and National Slider Day

15: GUESS THE YEAR - New products and fads were Birkenstock® sandals, Doc Marten® boots, overalls, grunge rock music, and Troll Dolls. ANSWER: 1992. *For more information, see **This Was the Year...1992** on page 48.*

15: Nylons Day - On this day in 1940, nylon stockings went on sale in stores across the U.S.

15: Straw Hat Day

16: Biographers Day - This is a good day to start reading or writing a biography.

16: Love a Tree Day

16: Mimosa Day - This is a day to enjoy this refreshing drink that is traditionally made with the same amounts of cold orange juice and champagne.

16: PERSON, PLACE, OR THING? - Here's a clue: “Dancing Waters” fountains are features at one of the premiere facilities in town. *For more clues, see **Person, Place, or Thing?** on page 49.*

16: Wear Purple for Peace Day

16 - June 14: ISLAMIC: Ramadan - Islamic Month of Fasting - Ramadan begins at sundown on May 15. This month-long commemoration is the holiest time of the Islamic year and traditionally begins with the sighting of the new moon. This is a period of spiritual and physical purification and commemorates the revelation of the Holy Qur'an (Koran) to Muhammad. Since different methods of “anticipating” the visibility of the new moon crescent at Mecca are used by different Muslim groups, the U.S. and Canadian dates may vary.

17: National Cherry Cobbler Day

17: Pack Rat Day

17: TRIVIA FOR THE DAY - Up until the end of the 19th century, jump rope was mainly a boys' activity. In the 20th century, the migration of Americans from farms to towns and cities led to girls taking over this pastime. The most popular theory for this is that girls had more time to play and more friends to play with than they had on the farm. On smooth city streets, they put together dozens of games and hundreds of rhymes that make up modern jump rope lore.

18: International Museum Day - *Ask residents what their favorite museums are and why.*

18: National Bike to Work Day

18: National Cheese Soufflé Day

18: National Memo Day - This is a day to write a memo against memos.

18: National Pizza Party Day

18: Rooster Day

18: Visit Your Relatives Day

18 - 28: International Pickle Week - This 11-day period celebrates all types of pickles.

19: 143rd Running of the Preakness Stakes, Pimlico Race Course, Baltimore, MD (www.preakness.com) - This horse race is the middle jewel in thoroughbred racing's Triple Crown.

19: Armed Forces Day - Because the Army, Navy, and Air Force unified with one agency - the Department of Defense, on August 31, 1949, Defense Secretary Louis Johnson announced that Armed Forces Day would take the place of each military force celebrating on separate days. The day was first celebrated in 1950 and is held annually on the third Saturday of May.

19: FOOD HOLIDAYS TODAY - National Devil's Food Cake Day and National Pizza Party Day

19: National Hepatitis Testing Day (www.hepfi.org/HEPATITIS/Hepatitis-overview.html)

19: National Scooter Day

20: Birthday of Blue Jeans, 1873 - This day is considered the birthday of blue jeans by Levi Strauss & Co. (www.levistrauss.com/about/heritage). *For a Sunday activity invite residents and family and staff members to participate in a Blue Jeans and Denim Fashion Show. They can model their favorite denim spring and summer styles.*

20: CHRISTIAN: Pentecost - Pentecost commemorates the Holy Spirit's descent upon the 12 Apostles.

20: Flower Day

20: FOOD HOLIDAYS TODAY - National Quiche Lorraine Day and Pick Strawberries Day

20 - 21: JEWISH: Shavuot - Shavuot begins at sundown on May 19. *See **Shavuot** starting on page 13.*

20 - 26: National Unicycle Week (www.uniusa.org) - This week is sponsored by the Unicycling Society of American. Ride a Unicycle Day is Sunday, May 20.

20 - 27: National African Violet Week, Sunday - Sunday (www.avsa.org) - This week is sponsored by the African Violet Society of America and is held to coincide with the organization's annual convention. Their 72nd Annual Convention takes place in Buffalo, NY.

21: “I Need a Patch for That” Day

21: National Strawberries and Cream Day

21: National Waitstaff Day

21: CANADA: Victoria Day - *See **Victoria Day** on page 14.*

21 - 28: National Backyard Games Week - This eight-day period celebrates people going outside to



MAY 2018 Dates To Celebrate

socialize and interact while playing games. See *Backyard Games in Spelling Bee Words* on page 36.

22: Anniversary of the Establishment of Crater Lake National Park, Oregon, 1902 (www.nps.gov/crla)

22: Buy a Musical Instrument Day

22: CANADA: Canadian Immigrants' Day - This is a day to honor legal immigrants to Canada and celebrate their contributions.

22: CHINA: Birth Anniversary of Buddha (c. 563 B.C. - 483 B.C.) - Religious observances are held in Buddhist temples, and Buddha's statues are bathed. Some countries celebrate this occasion on different days due to the lunar calendar, so the date changes from year to year, but it always occurs in either April or May. It was celebrated on April 8 in Japan and April 30 in India, Indonesia, Korea, Singapore, and Thailand.

22: National Vanilla Pudding Day

23: Lucky Penny Day

23: National Taffy Day

23: Pink Flamingo Day

23: World Turtle Day (www.worldturtleday.org) - This day is sponsored by the American Tortoise Rescue. See *Turtle Truths and Tick-tack-toe in Menagerie Mania* on page 39.

24: Brother's Day - This day celebrates brotherhood, biological or not.

24: FOOD & DRINK HOLIDAYS TODAY - International Chardonnay Day, National Eat More Fruits and Vegetables Day, and National Escargot Day

24: International Tiara Day (www.internationaltiaraday.com) - This day celebrates females of all ages, and this is a time for them to feel like royalty and special.

25: FOOD & DRINK HOLIDAYS TODAY - National Brown-bag-it Day and National Wine Day

25: National Tap Dance Day

25 - 27: 52nd Annual National Polka Festival, Ennis, TX (www.nationalpolkafestival.com)

25 - June 10: Portland Rose Festival, Portland, OR, Weekends and Memorial Day (www.rosefestival.org)

26: FOOD HOLIDAYS TODAY - National Blueberry Cheesecake Day and National Cherry Dessert Day

26: World Lindy Hop Day - The lindy hop is also known as swing dancing or the jitterbug.

27: 102nd Running of the Indianapolis 500-mile Race, Indianapolis, IN (www.indianapolismotorspeedway.com/events/indy500) - The Indy 500 is the world's largest single-day sporting event.

27: Anniversary of the Opening of the Golden Gate Bridge, 1937 - *For a Sunday activity, visit the Golden Gate Bridge via the Internet. Go to <http://goldengatebridge.org/research> for the history, lots of interesting facts, photographs, and videos.*

27: CHRISTIAN - Trinity Sunday - Christians celebrate the Holy Trinity, the three divine persons in one God: the Father, the Son, and the Holy Spirit.

27: National Grape Popsicle Day

28: ENGLAND: Cheese-Rolling at Cooper's Hill, Gloucestershire (www.cheese-rolling.co.uk) - Participants chase an eight-pound round of Double Gloucester cheese down a steep hill. The cheese can reach speeds of 70 mph, so contestants usually end up tumbling down the hill to be the first one to cross the finish line to win the round of cheese.

28: FOOD HOLIDAYS TODAY - National Barbecue Day, National Brisket Day, and National Hamburger Day

28: Slug Appreciation Day

28: U.S.: Memorial Day, Federal Holiday - This holiday was originally called Decoration Day and honored soldiers who had died during the Civil War. The first widespread observance of Decoration Day was held on May 30, 1868. Over the years, the day became an occasion to remember the dead in all American wars, and the name was changed to Memorial Day. In 1972, the traditional date of May 30 was changed to the last Monday in May.

29: Full Moon - The Colonial American full moon names are milk moon, mother's moon, and hare moon. The Algonquin Indian names are flower moon, corn planting moon, and milk moon, and the Dakotah Sioux names are moon to plant and moon when leaves are green.

29: Learn about Composting Day

29: National Coq Au Vin Day

30: 25th Annual National Senior Health & Fitness Day® (www.fitnessday.com) - This day is sponsored by the Mature Market Resource Center, and the purpose is to promote the value of fitness and exercise for older adults. *If your community is interested in hosting a local event, you must register in order to legally use the trademarked name and logo. The event registration fee is normally \$29.95 (plus shipping), but a limited number of free event registrations are available to Creative Forecasting subscribers by e-mailing gford@fitnessday.com with your name, title, and organization's name and address. Event registration provides you with online access to all of the materials and resources you will need to host a successful Senior Health & Fitness Day event, along with the license to legally use the event name and logo. For more information, visit the web site, call 1-800-828-8225, or e-mail gford@fitnessday.com.*

30: Anniversary of the Establishment of Everglades National Park, Florida, 1934 (www.nps.gov/ever)

30: National Mint Julep Day

30: TRIVIA FOR THE DAY - Early settlers brought mint to America primarily for medicinal uses. It was also a symbol of hospitality. Southern ladies and gentlemen would rock in their chairs on the veranda sipping mint juleps.

30: Water a Flower Day

31: National Macaroon Day

31: Speak in Complete Sentences Day

31: World No Tobacco Day



MAY 2018 RECOGNITION DATES

53rd Annual Older Americans Month - This month is promoted by the Administration for Community Living (www.acl.gov). It has been held since 1965. The 2018 theme is “Engage at Every Age” which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental, and emotional well-being and celebrates the many ways older adults make a difference in our communities. Visit <https://oam.acl.gov> for more information.

Better Hearing and Speech Month (Speech and Hearing Month in Canada) - This month recognizes speech and language professionals who work with people who have communication challenges. In the U.S., the American Speech-Language-Hearing Association (www.asha.org) is the sponsor. In Canada, Speech-Language & Audiology Canada (www.sac-oac.ca) is the sponsor.

6 - 12: National Hospital Week Sponsor: American Hospital Association (www.aha.org) - Visit www.nationalhospitalweek.com for product information.

6 - 12: National Nurses’ Week, Day: 6 Sponsor: American Nurses Association (www.nursingworld.org/NationalNursesWeek) - This week begins with National Nurses’ Day on May 6 and ends on Florence Nightingale’s birth anniversary, May 12. National School Nurse Day is held on the Wednesday of the week (May 9 in 2018), and National Student Nurses’ Day is celebrated annually on the Thursday of the week (May 10 in 2018). Visit the web site for the theme.

7 - 13: CANADA: National Nursing Week, Monday - Sunday, Day: 12 Sponsor: Canadian Nurses’ Association (www.cna-aicc.ca) - The 2018 theme is “#YESThisIsNursing.”

8?: Nurse Assessment Coordination Day Sponsor: American Association of Nurse Assessment Coordination (www.aanac.org)

9: National Receptionists’ Day Sponsor: National Receptionists’ Association (www.nationalreceptionistsday.com) - This day recognizes the “Directors of First Impressions.”

9: National Third Shift Workers’ Day Sponsor: Jeff Corbett of Statesville, NC - This day is also known as National Nightshift Workers’ Day.

11: Provider Appreciation Day™ Sponsor: Child Care Aware® of America (www.providerappreciation.org) - This day recognizes child care professionals and teachers of young children.

13 - 19: Homes for the Aging Week No Sponsor - This week is celebrated by non-profit communities.

13 - 19: National Skilled Nursing Care Week® (U.S. & Canada) - See page 15 for more information.

ACTIVITY THEME

Use the theme, “You Make a Sweet Difference! Thanks for All You Do!” to recognize employees this month. Put the theme at the top of the board. For the border, use a garland of artificial spring flowers. Use flattened candy or treat wrappers to hang pictures of the honored employees on. Have a You Make a Sweet Difference Party for each shift. Give a small gift bag to each person with a thank-you card from the residents and/or copies of acrostic poems the residents have written (using the letters in “sweet” to come up with positive adjectives), and packages of SweeTARTS®. Make the Pecan Cinnamon Fudge recipe below to serve at the party and/or include in the gift bags.

PECAN CINNAMON FUDGE

- ½ cup butter
- ¼ cup milk
- 1½ tsp. vanilla
- 3 cups powdered sugar
- ½ cup baking cocoa
- 1 tsp. cinnamon
- pinch of salt
- 1 cup pecans, chopped

- 1) Spray an 8” square dish with non-stick cooking spray.
- 2) In a microwave-safe bowl, microwave the butter and milk, uncovered on high for 1¼ to 1½ minutes or until the butter is melted. Stir in the vanilla.
- 3) In a mixing bowl, combine the powdered sugar, cocoa, cinnamon, and salt then stir in the butter and milk mixture until blended.
- 4) Stir in the pecans.
- 5) Pour into the dish and refrigerate until firm, at least four hours.
- 6) Cut into squares.

YIELD: 1¼ lbs. **CF**

Cinco de Mayo

Michele Mason, BA

May 5, 2018

Cinco de Mayo or the fifth of May is a celebration of the winning of the Battle of Puebla during the Franco-Mexican War. In 1862, a small army of approximately 2,000 men led by General Zaragoza overcame the French army of more than 6,000 soldiers. This battle wasn't an end to the war, but it was an encouragement that rallied more support for the Mexican army.

The celebration of Cinco de Mayo is often confused as being Independence Day for Mexico. The war for Mexican independence from Spain began in 1810. Mexican Independence Day is celebrated on September 16.

In Mexico, Cinco de Mayo is celebrated with military parades and reenactments of the Battle of Puebla. In the U.S., this day has evolved into a celebration of Mexican culture. The celebrations include having parades, listening to mariachi music, dancing, and eating traditional Mexican foods.

GAMES AND ACTIVITIES

- ❖ Make *papel picado* (similar to making paper snowflakes). Visit YouTube® for videos how to make papel picado.
- ❖ Purchase Spanish flashcards, and residents can learn some Spanish. If you have Spanish-speaking seniors, let them be in charge, instructing others on important words to know.
- ❖ Play bingo using new Spanish words that were learned.
- ❖ Play pass the sombrero. This is a similar game to pass the hot potato or musical chairs. Ask the participants to sit in a circle and pass a sombrero as music plays. When the music is stopped, the person holding the sombrero is out of the game. Another option is for the person who has the sombrero to do a silly dance, say something in Spanish, or sing a song.

- ❖ Have a peso toss. Set a sombrero upside down on the floor a few feet away from the participants. Give the first player five peso coins to toss into the hat. Keep track of how many coins he or she gets in the hat. Continue until everyone has had a turn.

- ❖ Study some of the natural-occurring events that happen in Mexico such as the yearly monarch butterfly migration and gray whale migration.

- ❖ Learn about Chichen-Itza, one of the seven wonders of the modern world. Learn about the following natural wonders in Mexico - Sumidero Canyon, Tulum, Cenote Dzitnup, Marieta Islands, and Aqua Azul Waterfalls.

- ❖ Have a scavenger hunt. Make a list of items to search for (i.e., tortilla chips, avocado, Spanish words flashcards, sombrero, Mexican flag, pictures of national wonders in Mexico, figurines or pictures of animals found in Mexico such as Mexican rattlesnake, ocelot, iguana, opossum, and Mexican wolf). Make copies of the list for the teams. Divide the participants into teams to search for the items.

- ❖ Listen to mariachi music. Play along with maracas.

- ❖ Invite someone to teach a Mexican dance.

- ❖ Invite a group of children to break a piñata with the residents. Before doing this, decorate bags to put goodies from the piñata in. See below.

GOODIE BAGS

Materials:

- lunch-sized paper bags (one for each person)
- tissue paper in a variety of colors
- scissors
- craft glue

Procedure:

- 1) Cut tissue paper into strips the same height as each bag. (Make the strips as thin or thick as you want.)
- 2) Cut fringe three-fourths of the way up each strip of tissue paper. Glue the strips to the bag, as desired.

- ❖ Make some Mexican-inspired recipes. Following are three to make. ☞

NON-ALCOHOLIC MARGARITAS

- margarita stirrers (make beforehand)*
- sea salt (for rim of glass)
- saucer of water
- 2 - 12-oz. cans frozen limeade, thawed
- 2 cups orange juice
- 1 cup grapefruit juice
- ice cubes
- lime wedges

*To make the stirrers, purchase plain stirrers or straws. Print small Mexican-themed pictures (i.e., sombreros, cacti, piñatas). Tape the pictures to the top of the stirrers or straws.

1) Salt the edges of the glasses by dipping them upside down in the saucer of water and then dipping in salt.

2) Blend the limeade concentrate and orange and grapefruit juices in a blender with ice cubes then pour into glasses.

3) Add a lime wedge to each glass.

YIELD: 14 servings

PORK TACOS

- 3 Tbsp. achiote paste or *recado rojo* (can be found in Mexican grocery stores)
- 1 Tbsp. garlic powder
- 1½ tsp. onion powder
- ½ tsp. black pepper
- 1½ tsp. salt
- 1 Tbsp. apple cider vinegar
- 1 orange, juiced
- 3 lbs. pork shoulder roast, boneless
- 12 oz. light beer
- 12 corn tortillas
- red onion
- lime, juiced into a bowl
- pinch of salt

1) In a slow cooker, mix the achiote paste, garlic powder, onion powder, black pepper, 1½ tsp. salt, vinegar, and orange juice to make a marinade.

2) Add the pork, coating it with the marinade then add the beer. Cover and cook on high for four hours.

3) Towards the end of the pork's cooking time, slice the red onion into thin slices and set in a bowl adding the lime juice and pinch of salt.

4) Warm the corn tortillas in a frying pan on low heat, one minute on each side.

5) Pull the pork out of the slow cooker and take off the fat. Shred the meat into manageable pieces. Add the pork to the tortillas along with the red onions.

YIELD: 12 servings

CHURROS

- 2¾ cups flour
- 2 tsp. baking powder
- ½ tsp. kosher salt
- 2 cups water
- 2 Tbsp. olive oil
- 2 cups olive oil (for frying)
- ½ cup sugar and 1 tsp. cinnamon, mixed in a small bowl

1) Mix the flour, baking powder, and salt in a bowl then stir in the water and 2 Tbsp. oil. The batter should be sticky but not watery. Scoop the batter into a pastry bag with a large star tip at the end.

Note: It takes some skill to pipe the churros. If you find it difficult to do it with a pastry bag, order a churro maker. One suggestion is www.amazon.com/Churrera-Churro-Hollow-Nozzle-Bernar/dp/B00CPCEYGW.

2) Add the 2 cups of oil to a frying pan and heat it to medium to medium-high heat. (I start out at medium-high and turn it down if the oil gets too hot.) Pipe the batter into four-inch mini churros into the oil. Fry until golden brown on one side then flip over and fry on the other side. (Be sure to cook them long enough or they will be doughy on the inside.) Do not overfill the frying pan with churros. Leave space in between each one.

3) When churros are finished cooking, set them on paper towels to drain the grease. Drop each churro into the sugar and cinnamon mixture and roll it until it is coated. Serve warm.

YIELD: 10 churros **CF**



SING ALONG with Susie Q

Sing-along music in low keys with large on-screen lyrics!

susie@beemusicstudios.com
519-633-7556
www.beemusicstudios.com

Mother's Day

Pegi Schlis, CTRS, ACC, AC-BC

May 13, 2018

HISTORY

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600s, England celebrated a day called Mothering Sunday. It was held on the fourth Sunday of Lent (the 40-day period leading up to Easter). During this time, many of England's poor worked as servants. As most jobs were located far from their homes, the servants lived at the houses of their employers. On Mothering Sunday, the servants had the day off and were encouraged to spend the day with their mothers. Special cakes called mothering cakes were often brought along to provide a festive touch.

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the *Battle Hymn of the Republic*) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston, MA for years.

In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death (that year it was the second Sunday of May). By the next year, Mother's Day was also celebrated in Philadelphia.

In 1909, Jarvis and her supporters wrote to ministers, businessmen, and politicians in their quest to establish a national Mother's Day. It was successful, and by 1911, Mother's Day was celebrated in almost every state. In 1914, Congress passed legislation and President Woodrow Wilson signed it proclaiming Mother's Day to be celebrated each year on the second Sunday of May.

ACTIVITY IDEA

Ask your residents to each submit one of their favorite recipes. Work with dining services so some of these foods are featured on daily menus the week of Mother's Day (May 13-19 in 2018). Make sure the name of the resident who submitted the recipe is listed (i.e., Mrs. Smith's Potato Casserole).



MOTHER SAYS...

Source Unknown

- My mother taught me logic. *If you fall off that swing and break your neck, you can't go to the store with me.*
- My mother taught me medicine. *If you don't stop crossing your eyes, they're going to freeze that way.*
- My mother taught me to think ahead. *If you don't pass your spelling test, you'll never get a good job.*

- My mother taught me ESP. *Put your sweater on; don't you think that I know when you're cold?*
- My mother taught me humor. *When that lawn mower cuts off your toes, don't coming running to me.*
- My mother taught me how to become an adult. *If you don't eat your vegetables, you'll never grow up.*
- My mother taught me about genetics. *You're just like your father.*
- My mother taught me about the wisdom of age. *When you get to be my age, you will understand.*
- My mother taught me about anticipation. *Just wait until your father gets home.*
- My mother taught me about justice. *One day you will have kids, and I hope they turn out just like you; then you'll see what it's like.*



WHAT I DIDN'T KNOW UNTIL I HAD KIDS

Source Unknown

- How to change a diaper in the dark, in a parked car, on a standing child, and all of the above simultaneously
- Locations of public restrooms all across town
- Why anyone would bother retracing their steps for miles just to retrieve a lost blanket
- How to open a door while juggling two lunch boxes, two extra coats, a purse, diaper bag, and a baby
- How little sleep a human body truly needs to function
- One can never own too many sippy cup lids or refrigerator magnets.
- Recipe for a homemade version of play-dough
- Distinctive sound of Cheerios® crunching underfoot
- How far you can dilute juice and still retain its taste
- Man (or child, anyway) really can live on peanut butter alone.
- The more my kids learn, the less I seem to know.
- Blessedness of naps
- And how much you could love one human being!



MA WORD GAME

The answers are words with "ma" at the end of them.

- Name of a Southern state **ALABAMA**
- Theatrical production or show **DRAMA**
- Punctuation mark **COMMA**
- Fluid part of the blood **PLASMA**
- Assumption of absolute truth **DOGMA**
- Unconscious state **COMA**
- Perplexing speech or text **ENIGMA**
- Greek coin **DRACHMA**
- Clothing worn in bed **PAJAMA**
- Fragrance **AROMA**
- Molten rock **MAGMA**
- Entire view **PANORAMA**
- Theater **CINEMA**
- Edible, starchy, tuberous root **JICAMA**
- Serious injury or shock to the body **TRAUMA**
- Disease characterized by difficult breathing **ASTHMA**
- Theory of inevitable consequence (i.e., cause and effect) **KARMA** ☹️



Shavuot

Jill Cueni-Cohen, BSJ

May 20 - 21, 2018



Shavuot is a reminder of one of the most important events to take place in the creation of Judaism: “Matan Torah,” the giving of the Torah. It is held in late May or early June which is late spring in Israel.

Otherwise known as the “feast of weeks,” Shavuot was originally an ancient grain harvest festival. For the past 3,000 years, however, the holiday has been most revered as the time when Jews renew their acceptance of the Torah. In 2018, Shavuot is observed when the sun sets on Saturday, May 19 and ends on the evening of Monday, May 21.

The timing of the harvest holiday, which is celebrated seven weeks after the second Passover Seder, lends itself to commemoration of the story of how Moses wrote the Torah which was a gift and covenant with God.

According to rabbinic tradition, all of the teachings revealed in the Torah, both written and oral, were given to the Jewish people via the prophet Moses. Moses served as God’s messenger by writing it all down on a scroll - creating what we now call the Torah.

The Book of Exodus is the first installment. It tells the story of how God met Moses on a mountain and gave him the Ten Commandments.

“Even though it happened in the past, we see Torah as something that’s continually being given, thus the ‘present tense’ description vs. past tense,” explained Pittsburgh Rabbi Jeremy Weisblatt, noting, “It is also a time of dairy meals and staying up all night to study - thanks to coffee.”

According to rabbinical commentary in the Gemara, “Our forefathers in Egypt never ceased studying Torah.”

Literally translated from Hebrew, the word Shavuot has dual meanings and refers to both “weeks” and “oaths.” The notion of an oath is significant because on Shavuot, God swore eternal devotion to the Israelites, and in turn, they pledged always to be loyal to Him.

On the Hebrew calendar, Shavuot begins on the fifth of Sivan and ends on sundown of the seventh of Sivan. The holiday is typically observed by going to synagogue, and on the second day, people usually read the Book of Ruth.

Ruth was a princess who lived in Moab, which is now part of modern-day Jordan, approximately 1200 to 1020 B.C.E. The Israelites didn’t get along with the Moabites who worshipped a different god, but the Book of Ruth is proof that they weren’t always enemies.

As the story goes, Ruth was unhappy with the way her own people were worshipping idols, so she left her royal life in Moab to live in poverty with the Israelites in Judah. In fact, as an ancestor of King David, Ruth is actually the prototype for people who convert to Judaism. In honor of Ruth, some congregations now have a Jew-by-choice speak or conduct a program that features conversion as the topic.

The all-night Torah study sessions, called *Tikkun Leil Shavuot*, are a modern way of observing the holiday. Staying awake all night is a symbolic gesture to God. This spring holiday is also an appropriate time for confirmation ceremonies which usually take place in the 10th grade. Confirmation is a sort of graduation from religious school which extends Jewish education beyond the age of bar or bat mitzvah. The reading of the Ten Commandments in the synagogue always takes place on Shavuot.

After Shavuot services, families head home to celebrate with a dairy-based holiday meal featuring foods like cheese blintzes (see recipe below), kugels, and cheesecake. The reason for this harkens back to a legend which says that the Jews were so exhausted after their experience at Sinai that they didn’t have enough energy to make a complicated meat meal. Another reason for eating dairy may originate from scripture to symbolize the “land flowing with milk and honey” promised to the Israelites or that “milk and honey are under your tongue.” (Song of Songs 4:11)

CHEESE BLINTZES

Filling Ingredients

- 1½ cups ricotta cheese
- ½ cup cream cheese, softened
- 1 lemon, zested
- 1 large egg
- 2 Tbsp. powdered sugar
- 1 pinch salt

Pancake Ingredients

- 1 cup flour
- 1¼ cups milk
- 2/3 cup water
- 1 egg
- ½ tsp. salt

- 1 Tbsp. vegetable oil plus more for greasing the pan
- 1 Tbsp. butter
- powdered sugar (for dusting)

Continued on page 43

Victoria Day

Steve Crabb

May 21, 2018

Canadians will celebrate **Victoria Day on the third Monday this month (May 21 in 2018)**. The national holiday honors Queen Victoria who reigned over Great Britain from 1837 to 1901. Under her rule, the British Empire expanded. New colonies were formed in what is now known as Canada including one on Vancouver Island that bears her namesake. The city of Victoria, named for Queen Victoria, on Vancouver Island is the capital of the province of British Columbia. It is often (with tongue in cheek) referred to as being "more British than the British" because of its British-style parliament, high tea at the Empress Hotel, bright red, double-decker buses, and English gardens. From its inception, this British outpost made a concerted effort to fashion itself in the manner of the Old World - to "civilize" the new community. Victoria Day is, in a sense, a celebration of these British roots. And what could be more British than beautiful English gardens?

In England, for generations the aristocracy controlled vast tracts of lands and maintained large estates on them. These properties included great manor houses which were often surrounded by exquisitely manicured gardens. These gardens were a status symbol for the British gentry, and no expense was spared in their creation. It is no surprise then that well-to-do British settlers would endeavour to re-create these gardens in the New World. Today, one could argue that the most famous English garden is not in England at all, but is in fact, in one of these former colonies. This, of course, is the world famous Butchart Gardens - in an old limestone quarry near the city of Victoria, British Columbia.

In 1904, Jennie Butchart, wife of cement baron, Robert Butchart, started her transformation of the depleted quarry into what is known today as the Sunken Gardens. The first step was to have many tons of topsoil brought in by horse and wagon to line the quarry bottom. From there, the labor of love blossomed. Robert soon shared his wife's vision, and the couple embarked on the project together. Upon completion, renown for the Butchart's Sunken Garden grew as fast as the perennials and shrubs that filled the quarry. By the 1920s, more than 50,000 people were visiting every year. The couple christened the property "*Benvenuto*," the Italian word for welcome. But Jennie wasn't finished as her vision just kept growing: first they replaced their tennis court with an Italian garden then the vegetable garden with a rose garden. Their beautiful home grew into a comfortable but well-appointed showplace complete with a bowling alley, indoor saltwater pool, paneled billiard room, and state-of-the-art, self-playing Aeolian pipe organ which is still in use today. The Butchart family home is now used for the Dining Room Restaurant, offices, and rooms for private functions.

To this day, the Butchart Gardens continues to expand and flourish, and it remains a family-owned business. In 1939, the estate passed to grandson Ian Ross who epitomized

hard work and dedication. He worked long hours designing and managing behind the scenes, as well as on the frontlines. He did whatever needed to be done from designing new attractions to picking up garbage until his death 58 years later. The Ross Fountain in the Sunken Gardens is named in his honor. The Butchart's great, great granddaughter is now managing director.

Though the gardens have grown to include expansive floral arrangements and decorative displays of ornamental birds and bronze statues, the Sunken Gardens remain the centerpiece of the 55-acre property, with the Ross Fountain, trees, and walkways - a stunning jewel surrounded by seasonal and colorful displays created by teams of master gardeners. The Butchart Gardens is open year-round with seasonal attractions such as fireworks displays, teahouses, Christmas light displays that are second to none, children's carousel with hand-carved exotic animals to ride on, outdoor skating rink, and concerts highlighting many genres. While the gardens have expanded, so has attendance; it attracts more than one million visitors every year. It employs hundreds of full-time, part-time, and seasonal workers. The Butchart Gardens is truly a world-class attraction. It continues to captivate young and old alike with its many attributes. In 2004, it was recognized by the Canadian government and designated a National Historic Site.

By the time Victoria Day rolls around up on Vancouver Island, the blossoms are budding, and the birds are chirping. Of course, in Victoria, the commoners will be enjoying tea and crumpets alongside the upper-crust, as they enjoy the lovely English gardens on the Butchart estate.

ACTIVITY IDEAS

- ❖ The Butchart Gardens is truly an experience of the senses. While pictures don't capture the full beauty and depth of the gardens, they are certainly a good complement to the words written here. Visit www.butchartgardens.com for many colorful images of this beautiful place.
- ❖ Write the following scrambled flower names on a white board and ask participants to unscramble them.

FLOWER SCRAMBLE

- ✓ FODFLIAD DAFFODIL
- ✓ ORES ROSE
- ✓ PPYOP POPPY
- ✓ WLOUSNEFR SUNFLOWER
- ✓ TCAONRINA CARNATION
- ✓ ILYL LILY
- ✓ TLUOS LOTUS
- ✓ SIDYA DAISY
- ✓ UTPIL TULIP
- ✓ NIOLDEDNA DANDELION
- ✓ IHROCD ORCHID
- ✓ NAGRDEYAH HYDRANGEA
- ✓ YANSP PANSY
- ✓ OLEVTI VIOLET
- ✓ RISI IRIS **CF**



25th Annual National Skilled Nursing Care Week

NATIONAL SKILLED NURSING CARE WEEK®

May 13 - 19, 2018

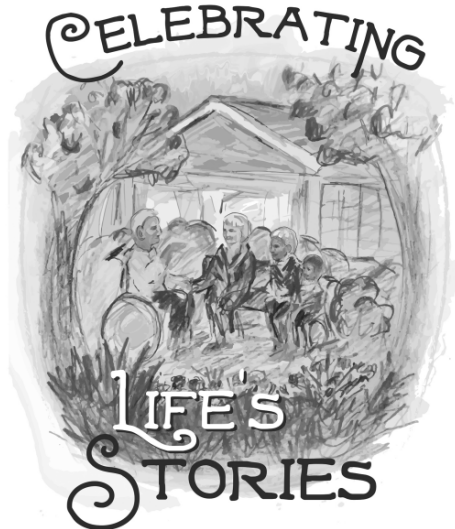
“Celebrating Life’s Stories”

National Skilled Nursing Care Week® (NSNCW) is formerly known as National Nursing Home Week®. NSNCW provides an opportunity to recognize the role of skilled nursing care centers in caring for America’s seniors and individuals with disabilities. It was established by the American Health Care Association (AHCA) in 1967 and always begins on Mother’s Day and continues through the following Saturday.

The 2018 theme is “Celebrating Life’s Stories.” According to the AHCA, “The theme, ‘Celebrating Life’s Stories,’ serves as a tribute to life’s most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff, and volunteers in long term and post-acute care.

“From May 13 - 19, 2018, centers will be encouraged to collect individual narratives to cultivate a shared sense of purpose at the center and in the surrounding community.” Visit www.ahcancal.org/events/national_skilled_nursing_care_week for more information and www.facebook.com/NationalSkilledNursingCareWeek. Member communities will be mailed the product catalog and planning guide in February. For non-members, they can be downloaded free of charge from the web site. AHCA encourages the use of the hashtag #NSNCW in social media posts.

We are excited to present the winners of *Creative Forecasting’s* 25th Annual National Skilled Nursing Care Week Contest. Thanks to all those who sent entries! These winning entries can be adapted for all settings.



©Creative Forecasting, Inc. May 2018 (719) 633-3174, Fax: (719) 632-4721, E-mail: cfi@cfactive.com, www.creativeforecasting.com

WINNERS

S.S. BALLOU CRUISE SHIP

*Tina Senecal, Activity Director,
Ballou Home, Woonsocket, RI*

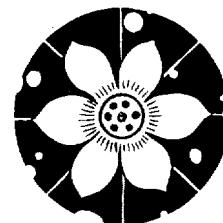
We had a cruise ship theme for our National Nursing Home Week Celebration. Our home was decorated in a nautical theme, right down to pendant flags hanging from the hallway ceilings. Every day, staff and residents dressed up in tropical and nautical clothing. We made *S.S. Ballou* T-shirts with anchors on them for staff members, and the head chef wore a captain’s hat all week. Our elevator was decorated with a tropical beach backdrop and used as a photo booth, and balloons around the community were boat anchors and four-foot-tall palm trees.

At the beginning of the week, each resident and staff member was given a boarding pass with a suite number on it, and the port destinations were listed (St. Thomas, Florida Keys, Hawaii, San Juan, Newport, RI). Each day, numbers (used on boarding passes) were called for people to win prizes. Staff members of the first and second shifts were invited to participate in seashell hunts (clam shells with dollar bills in them were hidden around the community). We raffled a handmade nautical blanket with tickets going for a dollar each. Those dollars were used in the seashell hunts.

Each day, travel guides from a local travel agency presented information about our destinations. Entertainment included a steel drum player, a saxophone player (for the Florida Keys), and a theater group (for Hawaii).

The meals were prepared by dining services according to where we were in port for the day for residents and staff to enjoy together. We also served tropical happy hour drinks.

On the last day of the cruise, we returned to Rhode Island. The residents watched a presentation of the “Newport Mansions.” A fancy Captain’s Dinner was held with souvenir napkins and cups with the *S.S. Ballou* logo on them. ☛



CREATIVE ARTS CAMP

Kathryn Richards, ADC,

St. Catherine of Siena Health Care, Caldwell, NJ

During the summer, we held a two-week Creative Arts Camp for our residents. Our staff members wore T-shirts with a customized logo, and we used the logo on our daily activity calendar. It caught the eyes of visitors who inquired about the program.

Day 1 Creative Imagination We gave the participants Play-Doh® and asked them to create whatever they wanted. We also provided pompoms, wiggle eyes, feathers, buttons, cookie cutters, and other craft items. The creations were put on display for people to see.

Day 2 Nature Art We made acrylic paint sun prints. Using paints, cotton material, paintbrushes, leaves, and flowers, we put together silhouettes on fabric that we framed.

Day 3 Culinary Art Creations With the assistance of a person from a local bakery, we learned about the techniques of cake decorating. Participants made chocolate lollipops in molds for staff members and other residents.

Day 4 Fabric Art We ordered no-sew fleece pillows from Oriental Trading (www.orientaltrading.com) and spent the afternoon listening to music and tying the fringe together. Participants kept the pillows they made.

Day 5 Musical Masterpiece We played pre-selected instrumental music and asked participants to picture a summer scene such as a day at the beach. They decided what they were going to draw as a group. Using markers and a large piece of poster board, the first person drew a part of the summer scene. When the music stopped she passed the markers onto the next person to add to the scene once the music started playing again. When everyone had a turn to draw, we had an amazing and creative Musical Masterpiece.

Day 6 Fashion Eyewear The group watched a YouTube® video of a fashion show and looked at vintage fashion photos. We invited participants to decorate some plain, plastic dollar store sunglasses with items such as markers, artificial flowers, and stick-on rhinestones. We also had some white sun hats which participants could decorate with fabric paints and permanent markers.

Day 7 Clay Pottery Participants designed and painted clay owls led by a vendor who specialized in clay creations.

Day 8 Fine Art Paintings Participants were instructed, step-by-step, how to paint a sunset beach scene by a vendor who was a painter.

Day 9 Drumming Circle Participants had fun creating music in a drumming circle.

Day 10 Creative Minds We concluded the Creative Arts Camp with a discussion about creative minds. We watched a DVD on the life of Mark Twain, one of our nation's most talented and gifted writers.

The feedback from participants was enthusiastic, and they really enjoyed the camp and felt a sense of accomplishment. They were already wondering when the next Creative Arts Camp was going to be.

ALIVE WITH THE SOUNDS OF MUSIC

Sallie H. Barton, Attleboro, MA

W

hile working in a skilled nursing home about 15 years ago, I planned our National Nursing Home Week Celebration around music. We had round, plastic badges made up with colorful staff of notes announcing the theme, "Alive with the Sound of Music," and residents were asked to wear these during the week. The activity staff wore colorful scarves adorned with musical clefs, staves, and notes in gold leaf during the week.

About a month beforehand, flyers went out announcing the theme, schedule of events, and daily music designations and asking for musical memorabilia to put on display (i.e., music boxes, Victrola record-players, 78 records, autographs of famous musicians, sheet music, clothing or jewelry with a musical motif). I also contacted families for permission to take close-up photographs of all participating residents. These pictures were cut in oval shapes and glued on colorful poster board cut-outs of musical notes (quarter and eighth notes with stems worked best for effect and the one couple we had were on double eighth notes) which were randomly displayed on the walls of the hallways. One spouse asked for the negative (this was before the age of digital photography) and had 8" x 10" copies of pictures of his wife made for their children as surprise Christmas presents that year. Later, he used this photo for his wife's obituary.

For the first time in the community's operational history, we piped music over the sound system in the common areas (main dining room, reception, day rooms, and hallways) during the noon meal each day. A different style of music was chosen for each day (i.e., classical - Bach to Bernstein, marches, Broadway musicals, The Beatles, country, big band swing). I was amazed when kitchen staff and members of the maintenance department brought me their cherished tapes and CDs of favorite artists for inclusion.

Here are some of the activities we did throughout the week:

- ✓ On Monday morning, we opened the Beatniks' Coffee House for employees and served coffee and muffins.
- ✓ We held an afternoon tea mid-week for residents and their families with a Say It with Music theme. This included scripting, directing, and putting on a short, original musical play pulling together individual and group singing, dancing, and playing instruments with performances of the Major-Minor Key Players from a local parochial school. We started off with a parody of the Mickey Mouse Club song, using and spelling out our community's name instead of M-I-C-K-E-Y M-O-U-S-E. Among the songs everyone sang together at the end of the program were *This Is My Father's World*, *How Great Thou Art*, and *Let There Be Peace on Earth*.
- ✓ A professional entertainer's program that week was "With a Song in My Heart."
- ✓ A bulletin board music trivia contest was open to all staff members.
- ✓ We concluded the week with our traditional Pizza Pie Party, but it was called an Amore Party that year.

SHOWCASE OF THE DECADES - THE SPIRIT OF AMERICA

*Michael R. Fox, MPS, ATR-BC, LPC, Director of Activities,
Seton Manor Nursing and Rehabilitation, Orwigsburg, PA*

Seton Manor's Annual Nursing Home Week Celebration of 2017 was a fantastic success. Planning began in the deep, frigid blue chill of January, long before the warmth of spring with a large committee comprised of our activity, clinical reimbursement, nursing, administration, social services, medical records, and admissions departments.

In keeping with the 2017 national theme of "The Spirit of America," we celebrated the history of this great nation by showcasing decades of its great past. Each hallway was designated a decade in history and decorated with artifacts, posters, time lines, colors, fashions, and trends from the era by teams of staff members and friends for a competition. The teams served up beautiful homages to America's past to the delight of residents, families, and visitors alike. This was also a wonderful way for our residents to receive cognitive stimulation. The residents voted throughout the week on which hallways they felt best represented the eras they were assigned. The 500 hallway was all the rage, as the 1950s won with its vintage diner theme complete with jukeboxes and milkshakes and likenesses of greats like Elvis Presley and Marilyn Monroe. Honorable mention went to the 1970s hallway with its VW Bus and hippie chain rainbow entryway and the 1990s hallway with its life-size satellite / space probe and a look at that decade's pop culture and iconic television personalities.

Here are some highlights of the week's events:

- ✓ The week began with a Balloon Release Kickoff Party where we shared our hopes, wishes, and dreams for a fantastic week with one another, inscribed them on balloons, and released them to the air above.
- ✓ Each day, staff members were challenged to dress the part for each decade giving the residents a wonderful reminiscence activity, as well as an opportunity to judge the best costumes. The 1920s day saw cold waves, flappers, black and white themed make-up, and a full-on sleuth suit with a trench coat, whereas the 1950s day had staff sporting letterman cardigans, Mary Jane shoes, dresses, cat eyeglasses, and rebel without a cause-inspired looks. The 1960s day brought a wave of Woodstock-wearing hippies, and the 1970s was all about bellbottoms, headbands, and tie-dye. The 1980s day brought pop icons, big and teased hair, high waisted jeans, and bright neon colors and animal prints.
- ✓ Each day, music of these decades was played in activities and throughout various areas of the community.
- ✓ A daily buffet of selected treats was served to residents and staff such as a chips, dip and crudite bar, design your own cupcake buffet, fresh fruit bar, gourmet French fry stand, and traditional summer barbecue on the last day.
- ✓ Residents enjoyed a visit from a caricature artist who captured them perfectly in Americana-inspired portraits.
- ✓ There was a myriad of games throughout the week such as Minute to Win It where residents went head to head with one another, staff, families, and visitors, a baked goods bingo tournament, and 1960s-inspired drive-in trivia challenge featuring *Gilligan's Island*.
- ✓ A petting zoo with visits by exotic animals such as llamas, monkeys, tortoises, rabbits, geese, ducklings, and goats was held.
- ✓ A community celebration was a wonderful opportunity for intergenerational activities between residents and their families and staff members and their families. There was live entertainment, a bounce house for the children, bike rodeo run by the local police department, carnival games hosted by the local fire department, and field games run by the activity department including a colored powder battle and a JELL-O® tug of war that residents cheered on enthusiastically.

We had a wonderful week together at Seton Manor celebrating Nursing Home Week, but then again, every week at Seton Manor is a wonderful week with the fantastic staff members, families, volunteers, and, of course most importantly, beloved residents to engage, entertain, and foster deep and meaningful relationships with each day. **CF**



Medical Notes

Valerie J. Shereck, MSN, ANP-C

MEDICATIONS PART 3: COMMON NAMES AND SIDE EFFECTS FOR ANTI-DEPRESSANTS



Approximately one in six older adults experience symptoms of depression. The major risk of complications from depression is suicide with older white males who are socially isolated having the highest incidence of suicide.

TREATMENT

Treatment of depression is often aided by the use of anti-depressants. Pharmacological therapy should always be accompanied by some form of psychotherapy if a person is amenable to it. Often an individual is more accepting of psychotherapy after initial treatment with anti-depressants. In this article, common types of these medications will be discussed, along with their indications for use and potential side effects.

Here are some basic guidelines to follow in treating people with anti-depressants:

- ✓ Match the anti-depressant to the person's symptoms that are the most troubling. Consider which neurotransmitter is affected by the depression.
- ✓ Take into consideration other medications the person may be taking to avoid possible interactions.
- ✓ Keep in mind the person's other medical conditions as some anti-depressants are contraindicated.
- ✓ Start with the lowest dose possible and slowly increase to the target dose.
- ✓ If treatment is not effective, another drug in the same class may be effective.

Three Phases of Treatment

Acute Phase The goal is remission of symptoms; usually lasts four to eight weeks or more.

Continuation Phase The goal is stabilization when the risk of relapse is high; usually lasts six to 12 months. First episodes of depression usually require one year.

Maintenance Phase The goal is prevention of recurrences; time may vary and could be a lifetime especially in recurrent depression.

■ SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs)

SSRIs are the first-line drug choice for the treatment of major depression due to their effectiveness and safety record. These drugs affect the neurotransmitter serotonin and increase levels of this neurotransmitter in the brain. SSRIs

can also be used in the treatment of anxiety in older adults; however, they may cause agitation. Some SSRIs are more effective than others.

- ✓ Prozac® is a long-acting SSRI and can be helpful even if an occasional dose is missed; however, in an older adult, it may cause agitation which can last for days.
- ✓ Zoloft® is among the least likely SSRI to cause adverse effects such as agitation or sedation.
- ✓ Paxil® can also affect the neurotransmitter histamine and thus cause sedation; it may be helpful in a person with anxiety and insomnia.
- ✓ Lexapro®, which is similar to Celexa® but approximately half the dosage, is also among the least likely to cause adverse effects such as agitation or sedation.
- ✓ Luvox®, a SSRI which is indicated more for obsessive-compulsive disorder, is associated with more drug-to-drug interactions.

Other adverse reactions which have been seen with the use of SSRIs include heart rhythm disturbances, low blood pressure when standing, sexual dysfunction, restlessness, jitteriness, difficulty falling or staying asleep (insomnia), and weight loss or gain.

Following are common dosages for frequently-used SSRIs for older adults:

- ✓ Prozac® starting dose 10 mg. daily to target dose 20 mg. to 40 mg. daily
- ✓ Zoloft® starting dose 25 mg. daily to target dose 50 mg. to 150 mg. daily
- ✓ Paxil® starting dose 10 mg. daily to target dose 20 mg. to 40 mg. daily
- ✓ Lexapro® starting dose 5 mg. daily to target dose 10 mg. to 20 mg. daily

■ TRICYCLIC ANTI-DEPRESSANTS (TCAs)

TCAs are another class of drugs which are used in the treatment of depression in older adults. They were first introduced in the late 1950s, so they are an older class of drugs. They are a good choice for individuals who are resistant to other anti-depressants. These drugs act on several different neurotransmitters to include serotonin, norepinephrine, acetylcholine, histamine, and epinephrine. They are unfortunately associated with a greater incidence of side effects. Some of these side effects include constipation, weight gain, sedation, dry mouth, dry eyes, blurred vision, dizziness, fatigue, headache, drowsiness, disorientation, seizure, urinary retention, sexual dysfunction, and nausea. TCAs are contraindicated in some medical conditions including angle closure glaucoma, enlarged prostate, cardiac problems, and thyroid problems. The following are some of the more frequently used TCAs: Elavil® (amitriptyline), Norpramin®, Pamelor®, Surmontil®, Amoxapin®, Doxepin, Vivactil®, and Tofranil®. Following are common dosages for frequently-used TCAs with older adults:

- ✓ Elavil® starting dose 10 mg. to 25 mg. at bedtime to target dose 50 mg. to 100 mg. at bedtime
- ✓ Norpramin® starting dose 25 mg. at bedtime to target dose 50 mg. to 100 mg. at bedtime
- ✓ Pamelor® starting dose 10 mg. to 25 mg. at bedtime to target dose 50 mg. to 75 mg. at bedtime

Another caution that should be used in treating individuals with TCAs is that these medications should never be discontinued abruptly but should be tapered slowly. This process should be directed under the care of a medical provider.

■ MONOAMINE OXIDASE INHIBITORS (MAOIs)

MAOIs are another type of anti-depressant that are rarely used for depression in older adults because of the risk of severe side effects. Individuals who are taking these medications should always be referred to a psychiatrist. These medications can have severe interactions with certain foods such as wine and cheese and other drugs causing high blood pressure, headache, dizziness, and fatigue. MAOIs such as Nardil® or Parnate® have been used in the treatment of refractory or treatment-resistant depression.

■ OTHER ANTI-DEPRESSANTS

Some newer anti-depressants have been found to be especially effective in older adults.

- ✓ Wellbutrin XR® is activating, so it should not be given at bedtime. It should also not be used in individuals with a history of seizures. Initial dosing is usually 100 mg daily in the morning with a target dose of 150 mg. to 400 mg. in the morning.
- ✓ Remeron® is a newer anti-depressant which is useful with insomnia and weight loss associated with depression. Initial dose is 7.5 mg. to 15 mg. in the evening or at bedtime with a target dose of 15 mg. to 30 mg. at bedtime.
- ✓ Effexor XR® can be effective; however, it can cause activation and also elevate blood pressure. Its initial dose is 37.5 mg. daily with target dose of 75 mg. twice daily.
- ✓ Cymbalta®'s initial dose is 30 mg. with target dose of 60 mg. daily.
- ✓ Trazadone® is an older anti-depressant, which has been helpful with insomnia but has been largely replaced by Remeron®.

Anti-depressants can be quite helpful in the treatment of depression in older adults. There is a vast variety of medications to choose from. Therapy should be adapted for each individual and his or her specific needs. Treatment lasts from six months to a year but can be a lifetime in some cases. Each individual should be monitored frequently for side effects while on these medications.

ACTIVITY IMPLICATIONS

Beth Hall, CTRS

■ Programs for Emotional Health


People that are prescribed anti-depressant medications often have a tendency to withdraw from community settings and engagement in leisure pursuits they previously enjoyed. Activity and Recreational Professionals can offer programs to the seniors which may promote improvement in their mood.

➤ **Physical Movement Programs** Physical exercise has long been associated with improvements in a person's mood. Recent research studies have found that an older adult who engages in exercise programs (approximately one-hour sessions, three days a week of cardiovascular training, strength training, and flexibility training) has less depressive symptoms. Most of the research participants' depressive symptoms declined significantly by 50%. Also, the study revealed that exercise promotes all kinds of changes in the brain including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins into the brain that energize spirits and makes one feel good. Finally, exercise can also serve as a distraction, allowing one to find some quiet time to break out of the cycle of negative thoughts that feed depression.

When offering exercise programs, it's important to educate participants that any type of exercise offers health benefits. Mobility issues inevitably make some types of exercise easier than others; but, no matter the situation, it is beneficial to incorporate three different types of exercise into the physical movement regimen.

✕ **Cardiovascular Exercises** These exercises will raise the heart rate and increase endurance. These can include walking, jogging, cycling, dancing, playing tennis, swimming, and doing water aerobics. Many people with mobility issues find exercising in water especially beneficial as it supports the body and reduces the risk of muscle or joint discomfort. Even if a person is confined to a wheelchair or has to do seated physical activity, it's still possible to perform cardiovascular exercise.

✕ **Strength Training Exercises** These exercises involve using weights or other resistance to build muscle and bone mass, improve balance, and prevent falls. If a person has limited mobility in the legs, then he or she can focus on upper body strength training. Similarly, if someone has a bad shoulder, for example, then the person can focus on strength training of the legs and core.

❖ **Flexibility Exercises** These exercises enhance range of motion, prevent injury, and reduce pain and stiffness. These may include stretching exercises, yoga, and tai chi. Even if a person has limited mobility in the legs, he or she may still benefit from stretching exercises to prevent or delay further muscle atrophy. 

■ Positive Insights

Share positive insights when participants put up verbal barriers to exercise programs. Here are some examples:

✗ *"I can't motivate myself to exercise."*

Answer: "Tell your exercise goals to your friends and family and ask them to support and encourage you to exercise. Better still, find a friend to be your workout buddy. That way you can motivate each other."

✗ *"I am not coordinated or athletic enough to exercise."*

Answer: "Choose an exercise that requires little skills and utilizes simple repetitive movements such as walking or riding a stationary bike. Be proud when you make the effort to exercise, even if it's not very successful at first. It will get easier the more you practice."

✗ *"Exercise is too boring for me."*

Answer: "Video games are fun. If traditional exercise is not for you, try playing activity-based video games. Video games can simulate bowling, tennis, and boxing and can be played with a workout buddy to add motivation and comradery."

✗ *"The thought of exercising overwhelms me."*

Answer: "Add a mindfulness element to your exercise sessions. Whether you're exercising in a chair or walking

outside, you'll experience a greater benefit if you pay attention to your body instead of zoning out. Really focusing on how your body feels as you exercise such as the rhythm of your breathing, your feet striking the ground, and your muscles tightening as you lift weights. You'll not only improve your physical condition faster, but you may also experience greater benefits to your mood and sense of well-being."

✗ *"I am afraid that I may injure myself."*

Answer: "Always start slowly and gradually increase your activity level. Start with an activity you enjoy and go at your own pace. Stop exercising if you experience any discomfort. Listening to your body is the best way to avoid injury. If you often experience discomfort after 15 minutes of exercise, for example, limit your workouts to 5 or 10 minutes and instead exercise more frequently. Warm up, stretch, and cool down. Warm up with a few minutes of light activity such as walking, arm swinging, and shoulder rolls, followed by some light stretching (avoid deep stretches when your muscles are cold). After your exercise routine, whether it's cardiovascular, strength training, or flexibility, cool down with a few more minutes of light activity. Drink plenty of water. Your body performs best when it's properly hydrated. Wear appropriate clothing such as supportive footwear and comfortable clothes that won't restrict your movement." **CF**

Want to improve engagement and attendance at your activities?

*"We used to have 5 or 6 residents at our IN2L programs. With Eversound, we have **15 or 16 residents fully engaged and participating!**"*

-Jessica, Activities Director

Sign up to try Eversound 100% free, no credit card required!

www.eversoundHQ.com/try



(855) 938-7686 | www.eversoundHQ.com

Musical Notes

Mary Anne Clagett, CTRS, ACC, AC-BC

STEVIE WONDER

"Music, at its essence, is what gives us memories. And the longer a song has existed in our lives, the more memories we have of it." -Stevie Wonder

BIOGRAPHY

Stevlend Hardaway Judkins was born on May 13, 1950 in Saginaw, MI to Calvin Judkins and Lulu Mae Hardaway Judkins. Stevlend was born six weeks premature. He was put in an oxygen-rich incubator to help his lungs mature. This resulted in retinopathy of prematurity when the blood vessels in the retinas were not fully developed and the extra oxygen caused his retinas to detach which led to blindness. He was the third of six children. His parents divorced when Stevlend was four, and his mother moved the family to Detroit. His mother changed her last name to her maiden name and Stevlend's last name to Morris.

As a young child, Stevlend sang in the church choir and on street corners and started playing the harmonica, piano, and drums. He was discovered when he was 11 years old by Ronnie White of the Miracles, a Motown group. White set up an audition for the founder of Motown, Berry Gordy, Jr., and Gordy was hugely impressed with Stevlend's harmonica playing. The young musician was signed to a contract in 1961, and producer and songwriter Clarence Paul worked with him and gave him the name, Little Stevie Wonder. Two albums were recorded (and later released in the fall of 1962), *Tribute to Uncle Ray* (mostly cover songs of Ray Charles) and *The Jazz Soul of Little Stevie*. Wonder's debut single, *I Call It Pretty Music, But the Old People Call It the Blues*, was released the summer of 1962. His first single to become a hit was *Fingertips*. In 1963, it became the No. 1 song on *Billboard's* pop charts. His next hit was *Uptight (Everything's Alright)* that was released in 1965. It reached No.1 on the rhythm and blues chart and No. 3 on the pop chart.

Wonder attended the Michigan School for the Blind and studied, among other subjects, classical piano. He also continued to record during this time. In 1968, Wonder graduated with honors from the school then returned to his musical career full time. He had more hits in the late 1960s and early 1970s, among them were *For Once in My Life*, *My Cherie Amour*, and *Signed, Sealed, Delivered I'm Yours*. In 1971, he did not extend his contract with Motown for almost a year, choosing to record two albums on his own. He re-signed with Motown Records but with almost total control of his records and a much higher royalty rate than before. He also started experimenting with incorporating synthesizers in his music which became the signature of his sound.

In 1972, Wonder toured with The Rolling Stones. In 1973, he appeared on the children's TV show, *Sesame Street*, for the first time. He and his band performed the hit song, *Superstition*. His album, *Innervisions*, was released that year and later won an album of the year Grammy®. In August 1973, a car Wonder was riding in while on tour in North Carolina hit the back of a truck. He was seriously injured and was in a coma for days. In early 1974, he went on a successful tour in Europe and returned to the U.S. to perform, co-write songs, play on other musicians' songs, and produce albums. He also continued to release hit after hit. His next successful album was a double one called *Songs in the Key of Life*, and it was released in September 1976.

In 1980, Wonder released the very successful album, *Hotter Than July*. One of the singles from that album was *Happy Birthday*. This song was used in his campaign to make Dr. Martin Luther King, Jr.'s birth anniversary a national holiday in the U.S. (Legislation passed in November 1983 designating the third Monday of January an annual legal public holiday observing the birth of King. It was first celebrated in January 1986.)

In the 1990s, Wonder stayed very busy writing songs which were performed by other artists, writing soundtracks to movies (*The Woman in Red*, *Jungle Fever*), playing the harmonica on many musicians' songs, producing albums, performing for charity at concerts, and advocating for various causes.

In the 21st century, he continues his songwriting, recording, performing, and advocacy. His legacy includes having more than 30 top 10 hits both on the pop and rhythm and blues charts in the U.S., winning 25 Grammys®, one Academy Award® for Best Original Song (in 1985 for *I Just Called to Say I Love You* in *The Woman in Red*), and receiving numerous awards in the U.S. and other countries.

MUSIC TO PLAY

Note: The following list is not inclusive.

- *Fingertips*
- *Uptight (Everything's Alright)*
- *For Once in My Life*
- *My Cherie Amour*
- *Signed, Sealed, Delivered I'm Yours*
- *You Are the Sunshine of My Life*
- *Superstition*
- *Don't You Worry 'Bout a Thing*
- *I Wish*
- *Sir Duke*
- *Isn't She Lovely?*
- *Ebony and Ivory* (with Paul McCartney)
- *I Just Called to Say I Love You*
- *Part-time Lover*

Continued on page 43

Hot Flashes

Connie Swearingen, BS, LPN, AC-BC, ACC-MC, CDP

REMINISCING AND ACTIVITIES USING LONG TERM MEMORY

Reminiscence therapy is defined by the American Psychological Association as “the use of life histories - written, oral, or both - to improve psychological well-being. The therapy is often used with older people.”

Reminiscing is one of the best activities you can do with your residents. It is enjoyable for participants and particularly successful with those who suffer from Alzheimer’s and other dementias. It can be planned (and should be consistently on the calendar), but it can also be done impromptu. There are several ways to execute the activity.

TRIVIA

There are many good publications with trivia questions. In *Creative Forecasting* each month, use the Birthday Quiz (page 45), Bulletin Board Trivia (pages 46 and 47), and Person, Place or Thing? (page 49). I also love to use This Was the Year... on page 48. Pull out a Trivial Pursuit® game and use the trivia cards to ask questions. There are many editions available that focus on topics such as sports and geography. Many restaurants in our area host Trivia Nights and give prizes. It would be so much fun to take some of your residents for an outing to dinner and to exercise their brains!

SPELLING BEES

Many residents love spelling bees and are better at spelling than most staff members are. Younger generations rely on “spell-check,” but older adults took pride in their ability to spell. Hold a Spelling Bee Tournament and crown a champion. This is using long term memory!

MAGAZINES

Reminisce (www.reminisce.com) and *Good Old Days* (www.goodolddaysmagazine.com) are excellent publications that are fun to look at but can also be used in a group setting. Read and discuss various articles, look at the pictures, share stories, and even peruse the “Want Ads.”

MOVIES, TELEVISION, AND CARTOONS

Watch old movies, television shows, and even cartoons. Movies and TV shows can promote discussion of books made into movies, movie plots, re-makes, and favorite sitcoms and cartoons. Compare types of comedy and comedians, from The Three Stooges and Lucille Ball, to Phil Silvers and Carol Burnett. Watch old *Andy Griffith Shows* and talk about the themes or lessons. Take a poll of favorite childhood cartoons and discuss lessons learned. Even

watching the current hit, *The Price is Right*, can be a great avenue to talking about current prices versus what they were decades ago (i.e., compare the cost of cars, jar of peanut butter, washing machine).

HOLIDAYS

This can be one of the easiest topics to discuss with participants. Reminisce about family traditions and customs from home countries, states, and towns. Talk about religious traditions related to various holidays. Also, discuss holidays such as Groundhog Day, St. Patrick’s Day, April Fools’ Day, and Veterans’ Day since many individuals and families have memories and traditions related to these. For instance, I worked in a hospital in the Midwest. Because Groundhog Day is at the beginning of February, most were sick of cold winter weather and snow. For years, my co-workers had a Groundhog Day Party to celebrate the fact that spring was coming. It gave us an excuse to celebrate, have fun in the middle of winter, and gave us hope for spring.

Reminisce about decorations, music, foods, games, and stories. In my family, we had Easter egg hunts with all the cousins. The one who found the golden egg won a \$10 bill! It would be fun to collect these special stories and memories and record them. Also, share recipes and make some of your residents’ special holiday treats.

Reminiscing is one of the best activities you can do with your residents. It is enjoyable for participants and particularly successful with those who suffer from Alzheimer’s and other dementias

VINTAGE ITEMS AND ANTIQUES

Almost any item or picture can work, from a picture of a 1957 Chevrolet to grandma’s potato masher. Bring the item to your group and show it. For example, for a men’s group say, “I found this picture of an old car. Can anyone tell me anything about it?” You may hear statements like the following, “That was my first car! It cost me \$150. Boy, I remember taking Mary Lou to the drive-in in that car!” Bring in the potato masher and tell your ladies you found this in the kitchen at your grandmother’s. Ask them what it is used for. They will laugh at you, but they will have fun telling you what it is. Almost anything can be brought to share. These items will spark memories and encourage dialogue.

All of these activities cost little money and will be some of your most effective. This type of programming makes it possible for even those with advanced dementia to have some success. People can safely participate and this increases feelings of satisfaction and self-esteem. Quality of life...that is what we do! **CF**



On the Road

John McIlvannan, BA, ADC

SONG WITH A STORY - CHURCH IN THE WILDWOOD

*"There's a church in the valley by the wildwood.
No lovelier spot in the dale.
No place is so dear to my childhood,
As the little brown church in the vale."*
-First Stanza, *Church in the Wildwood*

It's difficult to believe, but the poem and then the song, *Church in the Wildwood*, came before the actual little brown church. And what is even more amazing, the congregation that built the church was not even aware of the poem and song as they both were unpublished and left in a desk drawer. It was the erection of the church that sent the author searching for what he had written years before.

Here's the tale: The Bradford, IA area was first settled about the same year as the California Gold Rush was getting underway in the late 1840s. A music teacher, William Pitts, traveled from Wisconsin to Iowa to visit his future wife. The stagecoach horses needed to be changed, and he wandered around and saw an empty lot where the church now stands. With the beautiful trees in the valley surrounding this location, he thought to himself that this charming setting would make the perfect place for a church. Returning back home, he wrote the poem, *Church in the Wildwood*, and being a music teacher, set it to his own music.

*"(Oh, come, come, come, come)
Come to the church by the wildwood.
Oh, come to the church in the vale.
No spot is so dear to my childhood,
As the little brown church in the vale."*
-Chorus of *Church in the Wildwood*

Ten years later, church members were tired of meeting in parishioners' homes. They made plans to build a church, but they had to decide on the location. A family in the parish gave them the property, another limestone for a foundation, still another family gave trees for lumber, and a final family paid to have them sawed. By 1862, not one penny had been spent. The Reverend Nutting was mighty pleased, but soon, he would be even happier.

With his bride, Mr. Pitts returned to the area in 1862, and what a shock he received. An almost completed church was in the very area where he had stood a dozen years before, imagining a church in that very location. He went home, found the song, and taught it to his class who sang it at the dedication service of the church.

*"How sweet on a clear Sabbath morning
To listen to the clear ringing bells.
Its tones so sweetly are calling
Oh come to the church in the vale."*
-Second Stanza of *Church in the Wildwood*

The immediate years to follow were difficult for the little brown church. The church closed from 1888 until 1914 when a preservation society took over. Services have been held again for the past 96 years. The Weatherwax Quartet adopted the song as their theme. By 1921, cars brought many visitors and then the school superintendent married a merchant's daughter. As of four years ago, the church was up to 74,000 weddings.

The Congregational Church invites people to visit them. Take Highway 346, Nashua, IA, exit 220, north of Waterloo. The exact address is 2730 Cheyenne Avenue, Nashua, IA 50658. Visit <http://littlebrownchurch.org> for photos of the little brown church in the vale. Visit YouTube® to search for a three-minute video of the Statler Brothers singing *Church in the Wildwood* accompanied by a piano.

One final little bit of information to end our story of the little brown church in the vale. When it came time to paint the building in 1864, the cheapest paint to be found was Ohio Mineral Paint which would protect the wood but which was unhappily not white, but brown.

The composer had written a song for a church that wasn't there. The congregation had painted the little church brown without ever hearing the song.

The world really does work in mysterious ways.

Writer's Note: Resources include several Internet sites and a recording. **CF**

Attention!

If this magazine does not have a shiny, yellow cover, it has been copied, violating U.S. Copyright Law. Please help us protect our Copyright. Call Creative Forecasting at 1-800-373-0115 with any questions.



Reminiscent Corner

Pegi Schlis, CTRS, ACC, AC-BC

MAY IN HISTORY

10 YEARS AGO (2008)



On May 2, Cyclone Nargis made landfall in Myanmar killing more than 130,000 people and leaving millions of people homeless. It was the worst natural disaster in that country's history.

- *Iron Man* starring Robert Downey, Jr. as Tony Stark was released.

- Usain Bolt broke the world record in the 100-meter sprint at 9.72 seconds.

15 YEARS AGO (2003)

- The Old Man of the Mountain in New Hampshire, a 4-foot-tall rock formation on Cannon Mountain, some 1,200 feet above Profile Lake crumbled after heavy rain.

- Top Thrill Dragster, the world's tallest and fastest roller coaster, opened at Cedar Point in Sandusky, OH.

- A major severe weather outbreak created more tornadoes than any week in U.S. history. There were 393 tornadoes reported in 19 states between May 4 and 10.

- President George W. Bush authorized \$350 billion worth of tax cuts over 10 years.

- *Finding Nemo* was released in the U.S. and Canada.

20 YEARS AGO (1998)

- A federal judge in Sacramento, CA gave Ted Kaczynski, the Unabomber, multiple life sentences.

- The last episode of *Seinfeld* aired on May 14.

- The U.S. Supreme Court ruled that Ellis Island is mainly in the state of New Jersey, not New York.

30 YEARS AGO (1988)

- Microsoft® released Windows 2.1.

- Pete Rose, Cincinnati Reds manager, was suspended for 30 days for pushing an umpire.

- U.S. Surgeon General C. Everett Koop announced that nicotine is as addictive as heroin.

- John Moschitta, Jr., a.k.a. Motormouth, set a record for fast talking: 586 words per minute. He had been credited in *Guinness World Records* as the World's Fastest Talker which he held until 1990.

40 YEARS AGO (1978)

- The first African American mayor of New Orleans, Ernest Nathan Morial, was inaugurated.

- Pete Rose of the Cincinnati Reds got his 3,000th major league hit. He was the 14th person to do this.

- Margaret A. Brewer became the first female general in the U.S. Marine Corps.

- Mavis Hutchinson, 53, became the first woman to run across the U.S. which she did in 69 days.

- The U.S. Commerce Department announced that hurricane names would no longer be only female.

- The first Unabomber attack happened when a bomb exploded at Northwestern University, wounding a security guard.

- The first New Jersey casino, Resorts International, opened in Atlantic City.

50 YEARS AGO (1968)

- The Beatles announced the creation of Apple Records.

- The U.S. nuclear-powered submarine Scorpion sank with 99 men aboard. It was later found at the bottom of the ocean off the Azores.

- The Gateway Arch in St. Louis was dedicated.

- The Rolling Stones released *Jumping Jack Flash*.

- *The Unicorn* by The Irish Rovers hit No. 7 in the U.S. and No. 5 in Ireland.

- The Truth in Lending Act (TILA) of 1968, a U.S. federal law designed to promote the informed use of consumer credit, was signed into law.

- Movie star James Stewart retired after 27 years of service from the U.S. Air Force Reserve as a brigadier general.

100 YEARS AGO (1918)

- The town of Codell, KS was hit for the third year in a row by a tornado. All three tornadoes hit on May 20 (1916, 1917, and 1918).

- The U.S. Post Office Department began the first regular airmail service in the world (between New York City, Philadelphia, and Washington, DC).

- The first U.S. airmail stamps were issued for 24¢.

- Congress lifted the ban on Sunday baseball in Washington, DC. on May 14. On May 19, in the first Sunday baseball game ever played in the nation's capital, the Washington Senators beat the Cleveland Indians 1-0 in 18 innings. Franchise by franchise, the ban against Sunday baseball fell.

- U.S. House of Representatives passed an amendment allowing women to vote. When it was ratified in 1920, the 19th Amendment to the U.S. Constitution granted the right to vote to women.

DISCUSSION QUESTIONS

- ❖ What are your thoughts on the 19th Amendment granting the right for women to vote?

- ❖ Did you ever hear of the law banning baseball on Sundays?

- ❖ Did you enjoy The Beatles' music? If so, what is your favorite song?

- ❖ Have you ever gone up in the Gateway Arch in St. Louis? Could you feel it sway?

- ❖ Did you enjoy watching *Seinfeld*? Who is your favorite character?

- ❖ Did you watch *Iron Man*? **CF**



Active Older Adults

Jeanne Adams, MEd

CIVIC AFFAIRS



Retirement, once considered a period of rest and relaxation, is now a time for new careers, self-exploration, and expanded civic engagement. Given longer lives and good health, it is not surprising that interest and participation in formally organized civic engagement is growing among older adults.

More than 50 years ago, John F. Kennedy issued his call to action, encouraging his fellow Americans to *“Ask not what your country can do for you; ask what you can do for your country.”* Millions responded, finding new ways for civic engagement. Many young people answered the call by joining the newly-established Peace Corps. Those youth are grown up now and either retired or planning for retirement. And yet, a great many continue to seek new ways to serve.

Civic engagement is a process in which people actively participate in their communities to improve conditions for others. They can also shape the future through individual and collective activities associated with civic life such as voting, being political activists, joining community groups, and volunteering. An article in *The Atlantic*, “Making Aging Positive” by Dr. Linda P. Fried, addressed the importance of older adults having meaningful and useful roles in society. She expressed, “We are a species wired to feel needed, respected, and purposeful. The absence of those qualities is actually harmful to our health, as public health and social scientists have demonstrated.”

Research shows that meaningful social engagement and activity can reduce the risk of social isolation, depression, and illness. Making a difference in society is precisely why groups engage in civic affairs. Older adults who put their skills and abilities to good use benefit communities and in turn their well-being. They have a great deal to contribute, and it is vital that they are given the opportunity. Fighting for research monies to find cures for illnesses, advocating for greater access to education, and standing for greater equality within borders, among individuals, and between nations represent opportunities for engagement and making a difference. The key to civic engagement, whether as a volunteer running a race for breast cancer, as a devoted employee in a non-profit organization, or as an elected official, starts with a sense of commitment to improve the lives of others.

For many, successful and satisfying civic engagement requires deeply-held convictions, authenticity, risk-taking, courage in the face of adversity, integrity, and civility. An individual or group of individuals can still make a difference in civic affairs. Ralph Waldo Emerson wrote, *“To laugh often and much, to win the respect of intelligent people, and the affection of children, to earn the appreciation of honest critics, and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better—whether by a healthy child, or a redeemed social condition—to know even one life has breathed easier, because you have lived. This is to have succeeded.”*

BENEFITS


Nearly a third of adults 55 and older participate in formal volunteerism which adds up to more than 20 million older people nationwide donating about three billion hours of service. Older adults volunteer for many reasons, but the motivation often includes the following:

Individual Enrichment and Learning can be a key motivating factor for older adult volunteers. Of those that were surveyed through Encore Leadership Corps, 81% identified the opportunity for skills building and personal development as reasons why they became engaged as volunteer leaders and 48% expressed an interest in learning more about the kinds of work other volunteers are doing in the community.

Social Participation is an important benefit for older adults and may be especially important for those who live in isolated geographical areas. Participants who were surveyed in the Encore survey said they found it valuable to be socially connected to other volunteers and more engaged with their communities overall.

Renewed Sense of Purpose is another reason given by older adults who volunteer. It offers opportunities to replace lost roles and provides a new sense of purpose. Baby Boomers want to remain productive and active, and volunteer activities help them do that.

Research reveals that volunteer activity among older adults is linked to improved health and increased life spans, an improved sense of personal well-being, greater satisfaction in life, and a reduction in the use of health care services. Volunteering is clearly a healthy activity that lowers rates of depression, supports higher levels of cognitive functioning, and increases physical health for older people. It provides positive self-efficacy and improved social well-being.

In a 2012 survey of civic engagement among midlife and older adults, AARP found that the spirit of volunteering is robust among older generations. Since the turn of the century, volunteer engagement has jumped 14% with 76% of those 45 and older saying they have volunteered in 

some capacity over the last 12 months. Although volunteerism dipped during the economic downturn in 2007 - 2008, it has since rebounded to pre-recession levels.

Here are some other insights from the survey:

- ✓ Voting is the top civic engagement activity among older adults.
- ✓ Education level, household income, and perceptions of influence are key predictors of civic engagement.
- ✓ Social involvement is largely personal and centers around hobbies / leisure, entertaining friends and family, and spiritual activities.
- ✓ Community involvement was low and focused mostly on seniors' own communities and neighborhoods.
- ✓ Volunteering increased slightly, but the hours spent volunteering was unchanged.
- ✓ Having an impact was a motivating factor for volunteering, and many serve through organizations or on their own.
- ✓ Charitable giving declined slightly.

"We are a species wired to feel needed, respected, and purposeful. The absence of those qualities is actually harmful to our health, as public health and social scientists have demonstrated."

-Dr. Linda P. Fried, Public Health Leader in Fields of Epidemiology and Geriatrics

DIMENSIONS OF CIVIC ENGAGEMENT

Here are areas that were examined in the AARP study:

- ❖ **Group Membership** Older adults from 67 to 84 and older are more likely to participate in religious groups, health clubs, neighborhood or HOA organizations, or social and Greek groups.
- ❖ **Charitable Giving** Donating to charities is similar across generations (Baby Boomers - ages 48 to 66, Silent - ages 67 to 83, and Greatest - ages 84 and older).
- ❖ **Community Involvement** For older adults, the top four community involvement activities were to attend religious-sponsored community activities, contribute money to political candidates or parties, work with others to fix neighborhood or community problems, and attend neighborhood HOA meetings.
- ❖ **Political Participation** Political acts range from voting to participation in political parties or political action groups, to grassroots campaign work, to running for or holding elective offices. Older voters are highly heterogeneous with voting differences greater within than between age groups. Regardless of how they vote, older Americans are more likely to go to the polls than younger adults. Activity and Recreation Professionals can help older adults to par-

ticipate by providing voting registration on site, taking them to polling places, assisting with mail-in ballots, bringing political speakers to the community, and/or encouraging them to volunteer in campaign organizations of choice.

- ❖ **Social Involvement** For older adults, most social involvement is personal. For example, most of them are involved in religious or spiritual activities, entertaining or visiting friends, doing volunteer work, or pursuing hobbies and leisure activities. They are less involved in state and national issues, politics, education, or taking classes.

VOLUNTEERING

According to the AARP survey, volunteering declines with each older generation. The top three choices older adults make for volunteering are through 1. religious organizations, 2. social and community services (helping those with food needs and fund raising ranks the highest), and 3. children's education, sports, or recreation groups (31% volunteered to tutor, teach, or mentor young people). Baby Boomers rated volunteering to serve children as No. 2 on their priority list.

When so many adult volunteers choose to give their time to programs serving children and youth, it says tremendous things about our future. Not only are we taking the time to share our wisdom and expertise with future generations, but we're also instilling the importance of giving back and sharing - two core American values that continue to flourish.

Millions of older adults serve on the front lines of volunteerism. One great example of this harnessed goodwill is AARP Experience Corps, a reading literacy program that matches older adults with struggling students in kindergarten through third grade. AARP is encouraging those 50 and older to venture into the classroom to tutor children who are falling behind on reading. The program is a success on multiple fronts. Not only is reading improved by the students as documented by research from Johns Hopkins University in Baltimore, MD and Washington University in St. Louis, MO, but older adults who volunteer with this program benefit from improved physical and mental health and social lives. Also, teachers have anecdotally reported they see better attendance and fewer behavior problems when older volunteers are in the classroom.

If just 10% of retiring Baby Boomers were to volunteer in retirement, there would be 500,000 more pairs of hands working to improve our communities. Imagine what we could do with this enormous outpouring of talent and skill. As Activity and Recreation Professionals, we can encourage older adults to volunteer working for a better future, and we can provide them with the resources to do so. **CF**

Regulations Update

Carmen Bowman, MHS

NEW INTERPRETIVE GUIDANCE FOR NEW CMS TAG 679 ACTIVITIES, PART 2 Domains of Wellness / Well-being

Editor's Note: Part 1 of this article appeared in the April 2018 issue on pages 31 and 32.

In this article, we continue to move through the interpretive guidance for new Tag 679 Activities. If you missed it, the November 2017 issue of *Creative Forecasting* included an article (on pages 14 - 16) in which each part of the regulation text was broken down. In the article that appeared in the April 2018 issue, the first part of intent of the regulation was discussed. The intent now includes the seven domains of wellness or well-being as defined by the Eden Alternative® which is very new and exciting. This article delves into them.

INTENT §483.24I

To ensure that facilities implement an *ongoing resident centered* activities program that incorporates *the resident's* interests, hobbies *and cultural* preferences which is integral to maintaining and/or improving a resident's physical, mental, and psychosocial well-being *and independence*. **To create opportunities for each resident to have a meaningful life by supporting his/her domains of wellness (security, autonomy, growth, connectedness, identity, joy and meaning).**

Writer's Note: Bold is added for emphasis; however, italics are used to indicate what is new.

■ DOMAINS OF WELLNESS

The domains of wellness that Centers for Medicare & Medicaid Services (CMS) refers to are known as the domains of well-being as identified by the Eden Alternative® (www.edenalt.org). My best guess is that CMS didn't want there to be confusion with its focus on "highest practicable level of physical, mental and psychosocial well-being" since 1987. Given this, in daily practice I would refer to the seven domains of wellness / well-being to be in line with both.

Thanks to a grant given to the Eden Alternative® in 2005, a group of experts in transformational care was brought together to challenge traditional quality of life measures. In the white paper, *WELL-BEING: Beyond Quality of Life - The Metamorphosis of Eldercare*, the task force identified seven domains of well-being: identity, security, connectedness, autonomy, meaning, growth, and joy. The Eden Alternative went on to expand this work and develop a white paper entitled *The Eden Alternative Domains of Well-being: Revolutionizing the Experience of Home by Bringing*

Well-being to Life and Eden Well-being Tool Packet. Excellent tools to consider using are the Well-being Assessment for Elder Care Partners, the Well-being Assessment for Employee Care Partners, and the Well-being Assessment for Family Care Partners. I highly recommend these as resources which can be obtained by calling the Eden Alternative at (585) 461-3951 or visiting www.edenalt.org.

Here are the seven domains of well-being, their definitions, and views from an elder as identified by the Eden Alternative®, then practicable application ideas are offered as they relate to meaningful engagement.

➤ **IDENTITY** Being well-known, having personhood, individuality, wholeness, and a history
From the View of an Elder: *Is my story known and understood by my care partners?*

One of the simplest values identified by the Pioneer Network is "Know each person." From a resident's vantage point it means "to be well known." Unfortunately, I've observed many activity assessments that cause me in the end to think, "But who is she?" As mentioned in the last article, these new regulations are causing us to ensure we learn much more about each person than perhaps we ever have, and now we add the need to learn about the domains of wellness / well-being for each resident. As stated in the last article, if your company has a required form, no worries. You can always add another form to meet your purposes and include new concepts now required at F679 including the seven domains.

➤ **SECURITY** Freedom from doubt, anxiety, or fear, feeling safe, certain, assured, and having privacy, dignity, and respect
From the View of an Elder: *Do I feel safe in my surroundings? Do I trust those who provide my care?*

If your home has not yet committed to consistent staff caring for residents, can you do something to encourage it? This is one of the most profound practices in creating security for residents. Can you contribute by being intentional that your team members and even volunteers create consistent relationship with residents? When residents can count on someone, it increases their sense of security.

➤ **CONNECTEDNESS** Feeling connected, alive, belonging, engaged, involved, not detached, connected to the past, present, and future, personal possessions, place, and nature
From the View of an Elder: *Do I know my care partners? Do I feel like I belong in my living space?*

If a resident has been known for her cinnamon rolls, she should be supported to continue to be famous for her cinnamon rolls. Learning this from culture change leader LaVrene Norton, Executive Leader of Action Pact

Consulting, has led me to realize that this is not just a good idea but really an obligation. And you are in a better position than anyone to make this aspect of connectedness happen. An activity kitchen, if you have one, or a therapy apartment can be utilized. And finally, even the main kitchen could be used. Will good infection control practices need to be followed? Of course. That's why it *could* happen. Let residents and families know the options. Using this as an example, challenge yourself and your interdisciplinary team to think of ways to connect residents to their past, present, and future. In fact, institutionalized elders often don't have a future. Think about it. What do they have to put on their calendars, their personal calendars? What do they have to look forward to? A vacation? Did you know some nursing homes raise money and take residents on vacations? Look up Signature Healthcare Takes Residents on Vacation and see the possibilities.

➤ **AUTONOMY** Liberty, self-governance, self-determination, having immunity from the arbitrary exercise of authority, choice, and freedom
From the View of an Elder: *Do I have opportunities for choice and control throughout the day?*

The CMS regulations now require homes to honor resident choice more than ever before. (These were covered in the July 2017 issue starting on page 37.) You could take it to the next level in creating choice for residents to plan their future. You could make sure each resident has a personal calendar and special events on it.

➤ **MEANING** Significance, heart, hope, import, value, purpose, reflection, and sacredness
From the View of an Elder: *Are the daily activities meaningful to me? Are my self-esteem and ability to care for others supported?*

Do you know what brings meaning and purpose to the lives of each of your residents? If not, here's your time to add this to the getting-to-know-you process (assessment) and then reflect what you learn on each resident's care plan which contributes to a truly individualized care plan more than ever before.

➤ **GROWTH** Personal development and enrichment which is always unfolding, expanding, and evolving
From the View of an Elder: *Do I have opportunities to experience life in all its variety and to engage creatively with the world?*

Talk to residents about their growth and encourage them to talk and think about it. No one talks about growth in older ages, but here is our chance.



➤ **JOY** Happiness, pleasure, delight, contentment, and enjoyment
From the View of an Elder: *Is life celebrated with me? Am I loved?*

Joy is the ultimate pinnacle. You probably already know what brings it for each individual you serve. Now is your time to draw attention to what you know. What a joy to be intentional about bringing joy to each person.

Don't worry about a perfect form. Don't worry about the perfect way to ask about each of these domains. Whatever you do, whatever you ask is far beyond what is typically done in an institution and the person / resident, and their families will be appreciative. You will be glad you did, as well. Don't be afraid; go ask some new questions and learn some truths regarding the people you serve. Activity and Recreation Professionals excel in knowing how to make life better for others. The more you learn about how identity, security, connectedness, autonomy, meaning, growth, and joy can be improved upon in an individual's life will certainly add to your well-being, too.

Carmen Bowman, MHS, of Edu-Catering: Catering Education for Compliance and Culture Change consults, teaches, and encourages teams to change institutional culture. Want to influence your entire team on the value of engagement with real life and impact to regulatory compliance? Carmen loves working with the entire team simply over the phone saving your home money and impacting the team directly. She can be contacted at carmen@edu-catering.com, (303) 981-7228, or www.edu-catering.com. CF

NEW FROM CREATIVE FORECASTING!

 **MEDICAL NOTES, A Brief Overview** 
Volume 1 (A - J) and
Volume 2 (K - Z)

These 64-page books contain a brief overview of medical topics and activity implications for older adults. They are three-hole punched on loose-leaf pages (binder not included).

Cost: \$12.50 for one or both Volumes 1 & 2 for \$22.00 in U.S. funds (includes shipping and handling)

Call 1-800-373-0115 to order with Visa, MasterCard, or Discover or send a check or money order.

Simple Expressions

Rosann Moore, CTRS

MAY ACTIVITY TOPICS

The following are activity ideas designed around the month of May for individuals who are lower functioning.

MAY GROUP ACTIVITIES

- ❖ Hold an outdoor watercolor painting class. Using watercolor paints, paintbrushes, water, and a watercolor canvas, assist participants in painting simple pictures. Encourage them to paint nature-related pictures (i.e., flowers growing in pots, a garden area, trees), or they can experiment with color. If a person cannot hold a paintbrush, build up the brush handle with foam or have him or her paint with small sponges on the canvas. Also, experiment with pencil erasers as a paintbrush.
- ❖ Write tongue twisters as a group. These are always fun to try to say. Here are some to get you started.
 - ✓ Shall she share slushy sherbet with the shaggy sheep?
 - ✓ Bees' wings sing sweet songs.
 - ✓ Birds, butterflies, bumblebees bum about the butternut trees.
 - ✓ The green girl greeted a grouchy green grinning goat.
- ❖ Study the 3 B's of spring - Birds, Bees, and Butterflies. Find pictures and other information regarding birds, bees, and butterflies online. Watch some YouTube® videos (i.e., how to pet a bee, honeybee sounds, sounds of birds). Do other activities such as painting birdfeeders, test-tasting different types of honey on homemade rolls, coloring butterfly pictures, and ordering butterflies for a butterfly release event.
- ❖ Make Mother's Day booklets for mothers at your community. Staff can research Mother's Day poems, sayings, quotes, and pictures and print them before the group meets. Staff can assist residents to put together small books by punching holes into pieces of card stock and using ribbon or string to bind them. Add stickers, stamps, and other embellishments to the covers and pages, as desired. Leave some blank pages so recipients can add photographs.

MAY

MAY ONE-TO-ONE ACTIVITIES

- ❖ Take a resident outdoors to do some outdoor watercolor painting.
- ❖ Read some of the tongue twisters created in the group activity.
- ❖ Study the three B's of spring (from the group activity) with a resident who enjoys birds, bees, and butterflies.
- ❖ Talk with a resident about his or her brothers and/or sisters, if he or she has any. Reminisce about childhood memories of siblings. Draw a family tree with the resident.
- ❖ In honor of National Teachers' Day, May 8 in 2018, discuss with the resident the teachers he or she had. Help the resident write a poem or thank-you letter (even though it won't be sent), or share stories about favorite teachers. You can also go online and share quotes and sayings about teachers.
- ❖ For a resident who loves gardening, spend time watering flowers outdoors.
- ❖ Invite a resident to deliver thank-you cards to nurses with you during National Nurses' Week (May 6 - 12 every year).
- ❖ Plant seeds in small pots, keep them watered, and watch them grow.
- ❖ Watch music videos with a resident. Choose his or her music of interest and watch these on a tablet or computer.

MAY INDEPENDENT ACTIVITIES

- ❖ Put together a basket of sensory items for the month (i.e., Mother's Day cards, May Day flowers, nature items, activities of spring photo album, lightweight fabrics to feel and look at, pictures of baby animals that are born in the spring, freshly cut grass).
- ❖ Read and look at the Mother's Day books made by the residents in the group activity section.
- ❖ Create a playlist specific for the person ahead of time, then drop off songs of interest for the resident to listen to on a tablet or other device.

MAY FAMILY ACTIVITIES

- ❖ Families can add photographs to the Mother's Day booklets given out. Assist families in making copies of originals of photographs, when needed. Families can then read the book, look at pictures, and reminisce with their loved ones.
- ❖ Hold a Mother's Day Celebration and invite the families. Ask them each to bring something for a Mother's Day Showcase that tells something about their mothers. For example, a son might bring a quilt that his mother made and gave to him when he was 18 years old, or a daughter might bring a photograph of a trip she went on with her mother. Ask family members to explain why the items mean so much to them. If a family doesn't want to speak, a staff member can present it for them, if they wish. **CF**

Opportunities for Individuals with Memory-impairment

Cathy Allen, CTRS, RCFE, CDP

SUNDOWNING

Sundowning is a symptom of Alzheimer's disease and other forms of dementia and is also known as "late-day confusion." Individuals who exhibit sundowning behaviors have increased confusion, anxiety, aggression, and agitation in the afternoon. Additionally, there may be increased pacing and wandering behaviors.

POSSIBLE TRIGGERS

- ✓ Poor sleeping patterns: tired, limited amount of sleep
- ✓ Fatigue causing both mental and physical exhaustion
- ✓ Restless or boredom
- ✓ Infection (i.e., urinary tract infection)
- ✓ Illness or experiencing flulike symptoms
- ✓ Loud environment
- ✓ Basic needs not being met (i.e., hunger, thirst, incontinence, temperature of rooms)
- ✓ Poor lighting which can cause shadows and distractions
- ✓ Delusions (unable to separate reality from dreams)
- ✓ Stimulating beverages (i.e., caffeinated coffee or tea, alcohol)

TIPS

- ❖ Individuals with memory impairment exhibiting sundown will benefit from having a structured routine.
- ❖ Provide high energy level activities and programs and play active music in the morning and early afternoon. Provide calming activities and play relaxing music in the late afternoon and early evening.
- ❖ Keeping individuals active during the day and early evening can play a role in promoting a good night's sleep. Here are some suggestions of what to do:
 - ✓ Active games such as ring toss, balloon volleyball, ball toss, noodle exercises
 - ✓ Bowling
 - ✓ Walking (happy feet program)
 - ✓ Dancing or seated dancing
 - ✓ Seated exercise programs
 - ✓ Shuffleboard
 - ✓ Parachute games
 - ✓ Putting
 - ✓ Bean bag toss games
 - ✓ Floor or tabletop basketball
 - ✓ Proper-size (exercise with props)
 - ✓ Ribbon dancing

❖ Ensure each person has a variety of familiar items to enhance reminiscing and provide comfort. Here are some ideas:

- ✓ Memory and picture books
- ✓ Sorting and rummaging - Place familiar items in baskets or containers for the person to sort. These could include stuffed animals (may calm someone who is agitated or remind him or her of a pet), yarn and fabric swatches (can be reassuring to a person who knitted and/or sewed), playing cards, trading cards, and baseball cards (enhance memories of a hobby).
- ✓ Photographs
- ✓ Individualized memory baskets
- ✓ Show and tell program
- ✓ Shadow boxes
- ✓ Favorite pillow and blanket

❖ Offer tactile stimulation through hand massages with lavender-scented lotions.

❖ Use aromatherapy through the use of a diffuser and essential oils:

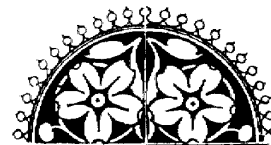
- ✓ Lavender oil reduces stress and anxiety.
- ✓ Chamomile and peppermint oil stimulates immediate relaxation.
- ✓ Lemon or eucalyptus oil with water soothes feet.

❖ Promote a calming and relaxing environment by playing relaxation DVDs / movies. Examples of themes are under the sea, aquarium relaxation, living arts, seascapes, forest relaxation, and waterfalls.

❖ Environment should be at a comfortable temperature - not too hot or cold.

❖ Studies show that light can reduce agitation and confusion. Open the shades and allow natural light to come in and ensure all the rooms are bright by keeping the lights on in the activity rooms.

Keeping the residents engaged through socialization with peers, family and staff members, clergy, volunteers, animals, and entertainers can promote positive moods. **CF**





SCIENTIST RSVPS

Source Unknown

Some well-known scientists were invited to a party. Following were their responses as to whether they could attend or not:

- ☺ Pavlov was drooling at the thought.
- ☺ Descartes said that he would think about it.
- ☺ Audubon said that he would have to wing it.
- ☺ Darwin said that he would wait to see what evolved.
- ☺ Heisenberg said he was uncertain that he could make it.
- ☺ Dr. Jekyll declined saying he hadn't been feeling himself lately.
- ☺ Wilbur Wright accepted provided that he and Orville could get a flight.
- ☺ Samuel Morse sent a telegram: "I'll be there on the dot. Can't stop now, must dash."

WHAT HAPPENS TO OLD...?

Source Unknown

- ☺ Models? They get disposed.
- ☺ Lawyers? They get disbarred.
- ☺ Politicians? They get devoted.
- ☺ Musicians? They get denoted.
- ☺ Cowboys? They get deranged.
- ☺ Electricians? They get delighted.
- ☺ Bedmakers? They get debunked.
- ☺ Organ Donors? They get delivered.
- ☺ Dry Cleaners? They get depressed.
- ☺ Baseball Players? They get debased.
- ☺ Bulldozer Operators? They get degraded.



LEGAL DAFFYNITIONS

Source Unknown

- ☺ **Bar:** Saloon
- ☺ **Guilt:** Decorative coating
- ☺ **To Court:** Prelude to romance
- ☺ **Docket:** What you do with a boat
- ☺ **Passing the Bar:** Walking by a saloon
- ☺ **Defendant:** Protector of a small insect
- ☺ **Legal Briefs:** Jockey shorts for lawyers
- ☺ **Civil Court:** Polite romantic commitment
- ☺ **Innocent:** Small hotel for selling perfume
- ☺ **Amicus Curiae:** Latin for a "curious friend"
- ☺ **Supreme Court:** Major romantic commitment
- ☺ **Warrant:** Strong protest against armed conflict



HUMOR PAGE

THE WHATCHAMACALLIT SYNDROME

Milt Wear, Beaverton Lodge, Beaverton, OR

Liz turned to me with a serious smile and revealed, "I lose at least two nouns a day," To which I replied quite earnestly, "I wish I could lose two pounds a month."

As you can see we were not on the same page, but as you can imagine living in a senior residence we could not crudely conclude "different strokes for different folks"...most certainly not!

As our failures to recall things may be only missing for the moment, we often remember stuff on the way up on the elevator or the minute the door slams. We could later send a thank-you note to the listener for waiting, but we would probably forget - "Where did I put that pencil?" So, we move on.

I don't remember when this all happened (of course). I can't forget, however, Mrs. what's her name in English class warning "never let a participle dangle" much less "split an infinitive." I don't recall doing either, but there you are.

People never have to say to me: I wish I had your memory, to which I would have to say, and quite rightly so, "Men do not have mammaries!"

In all, the kindest thing we can do is nod politely to the comments we cannot hear about the unfortunate loss of that person's whatchamacallit; which, of course, is her walker. It is hardly lost, perhaps, just split like the infinitive or is just participlely dangling somewhere.

See, I did remember! You say,

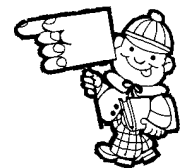
"Forgetaboutit!" I do, I think.



LIMERICK ABOUT DANNY

Mildred Helgesen, Logan Valley Manor, Lyons, NE

- ☺ There was a young fellow named Danny who slipped and fell on his fanny he said with a groan I don't like to moan but the pain is really uncanny.



Sensory Sensations

Becky Dinello, ADC

NATIONAL PHOTO MONTH

From the invention of the camera more than 200 years ago to an age where images flood the Internet, photography has always been an important way to capture life's memorable moments.

To celebrate National Photo Month within your community, host a Photo Contest with a central display where people can vote for their favorites. Add to the National Skilled Nursing Care Week® theme of "Celebrating Life's Stories" by using residents' photos to create memory books, displays, and more to celebrate our favorite people at our favorite time of the year! Use photos, cameras, and everything related in sensory groups this month.

❑ **Visual** The possibilities here are endless with photo displays, YouTube® videos, online pictures and slide shows, staff vacation slide shows, or make one celebrating everyone at your community. Have an interactive photo booth with props, have fun with editing apps, and/or create photo projects (i.e., take black and white photos of residents' hands holding something meaningful to them).

❑ **Auditory** Play an online slide show with relaxing music. Listen to Paul Simon's *Kodachrome* and talk about memories of taking pictures.

❑ **Tactile** Use local community resources like antique stores and camera stores or ask staff and residents' family members to borrow old cameras, film, and negatives to use in your group and pass around. Share photos of various themes (i.e., historic, humorous, family, travel) with group members and ask for captions or create stories using them. Ask group members to take turns taking photos.

❑ **Smell** There aren't many smells that are connected with cameras and photos, but you can create aromatic photo displays. Provide female residents with their favorite flowers and take photos of them holding and smelling the flowers. Print and frame these pictures to give as gifts for Mother's Day.

❑ **Taste** There's only one food associated with cameras so say, "CHEESE!" Have a cheese sampling session while watching some of the slide shows. Make some edible cameras using frosted brownies with Oreo® cookies for the lens, small chocolate squares for the flashes, and a few M&M's® for the shutter buttons. **CF**



Spelling Bee Words

Pegi Schlis, CTRS, ACC, AC-BC

PETS

CAT
RAT
FISH
DOG
GOAT
DUCK
SNAKE
GECKO
RABBIT
GERBIL
TURTLE
FERRET
PARROT
CANARY
HAMSTER
PARAKEET
COCKATIEL
HEDGEHOG
CHINCHILLA
POT-BELLIED PIG

BACKYARD GAMES

TAG
JACKS
BUBBLES
BOWLING
MARBLES
BASEBALL
JUMP ROPE
DODGEBALL
HOPSCOTCH
TUG OF WAR
HULA HOOPS
SACK RACES
KICK THE CAN
BOUNCY BALLS
HIDE-AND-SEEK
POOL NOODLES
MUSICAL CHAIRS
SCAVENGER HUNT
WATER BALLOONS
SLIP AND SLIDE HOCKEY



2018

ACTIVITY PLANNING SIMPLIFIED®

by Creative Forecasting, Inc.

Software CD-ROM - Compatible with
Windows® XP, Vista, 7, 8, and 10

Check Out Our Clip Art Function

Visit www.creativeforecasting.com
(click on link to see YouTube video)

OR

Call Creative Forecasting at
1-800-373-0115 or E-mail us at
cfi@cactive.com to request a
FREE 60-day TRIAL VERSION!

PAID VERSION \$29.95/Calendar Year

Activity Exchange

NATIONAL HUG HOLIDAY WEEK

May 6 - 12, 2018

Celebrate National Hug Holiday Week, May 6 - 12, 2018, and make a difference one hug at a time! Huggers of all ages are encouraged to form Hug Squads and fill their daily hug prescriptions and share hugs at senior care communities. For activity resources including Operation: Hug Day and details on how to host a Hug Center, connect with us on Facebook at Hugs 4 Health.

NEVER TOO OLD TO GO BACK TO SCHOOL

Megan Johnson, Dennison, IL

The month of May celebrates exciting events such as National Skilled Nursing Care Week® and graduation. Graduation is a time to recognize students for their hard work, a time to celebrate the end of one era and the beginning of a new one. Celebrate National Skilled Nursing Care Week® and graduation at the same time. The residents can head back to school on Monday and take an exciting trip down the “good old school days” memory lane for the week. On Friday, end with a bash for the graduates. Throughout the week, invite some local graduates and ask them to talk about their future plans. For fun, ask second or third graders to share with the residents what they are going to do after they graduate from high school.

For decorations put stacks of books on tables and shelves. Accessorize the books with pencils and rulers. Hang posters in the halls the week before announcing the Back to School event. Print school schedules that list the activities for the week and pass them out to residents and staff members. Make pencil holders out of empty, clean cans covered with construction paper or fabric. Fill them with pencils, pens, and crayons. Put copies of crossword puzzles, word searches, and adult coloring pages nearby for people to do.

MONDAY – Science Class Do a simple experiment like placing Queen Anne’s lace in a vase with water and food coloring and watch it change colors. Watch videos about animals and have discussions about their habitat and habits. Study natural disasters or the human body. Even aspects of cooking and baking can be considered a science.

TUESDAY – Literature Read some poetry and ask participants to give their interpretations of the poems. Do some dramatic readings of Shakespeare plays. Discuss the biography of a well-known author and read some of his or her writings.

WEDNESDAY – Physical Education Have a stretching class in the morning. Do physical activities throughout the day such as yoga, balloon volleyball, bowling, and bean bag toss.

THURSDAY – Math Do counting games with M&M’s®, shelled peanuts, or bingo chips. Use large flashcards and practice math facts. Play board games that require mental math skills such as Monopoly® and dice and card games.

Note: Other classes to hold are Art (paint and study the great painters of certain eras), Music (sing and play instruments), and History (take armchair travel visits to historical places, invite history buffs to share stories).

FRIDAY – Graduation Invite the residents’ families to a graduation ceremony. Play *Pomp and Circumstance* (traditional graduation song), invite a special guest to be the commencement speaker, and give each resident a diploma. Serve snacks, cakes, and beverages. ☞



Creative Forecasting®
Activity Planning Simplified®

**Members
Online Content**

**New for
Subscribers!**

**Announcing:
Creative Forecasting®
Online Content!**

**Awesome
Addition!**

**Available & complimentary
for active magazine subscribers!
Visit www.creativeforecasting.com,
Click> Online and register
today. Your customer number is on the
mailing label next to the expiration date.**

Register Now!

It's Party Time!

Shelley Evans, MT-BC, ACC, CDP, AC-BC

STAR WARS PARTY

The catchphrase, “May the force be with you,” is a popular one from the *Star Wars* franchise. Although May 4th is not an official holiday, it is known as Star Wars Day, and there are organized celebrations internationally. It was reported in a *Time* magazine article that on Star Wars Day in 2015, the astronauts in the International Space Station, 250 miles above Earth, watched *Star Wars*. After Disney purchased the rights to *Star Wars*, they began observing the day at their parks.

With the continued production of *Star Wars* movies, people of multiple generations have enjoyed the films. The first three movies, *Star Wars* (1977), *The Empire Strikes Back* (1980) and *Return of the Jedi* (1983), introduced the characters of Han Solo, Luke Skywalker, Leia Organa, Yoda, Lando Calrissian, Darth Vader, C-3PO, Chewbacca, and R2-D2.

INVITATIONS AND DECORATIONS

Party invitations can add to the excitement for the party and start the buzz of what is to come. They can be used for marketing your activities, and some people will keep them as a keepsake of the party. Design your invitations to look like a movie ticket. Make a sign at the entrance of the party to welcome people to “A Galaxy Far, Far Away.” Numerous *Star Wars*-themed decorations and paper products can be bought through party supply companies. Ask the computer group to look up popular quotes from the movies (i.e., “I’ve got a bad feeling about this.” “I’m Luke Skywalker, I’m here to rescue you.” “Help me, Obi-Wan Kenobi. You’re my only hope.” “May the force be with you.”) They can work with the creative arts group to make posters to hang in the room.

FOOD

Ask the cooking group to make a batch of their favorite oatmeal cookies. With chocolate icing placed in a sandwich bag with the corner cut off, draw a face on each cookie. (Make these to resemble Chewbacca. Some call them Wookiee cookies.) The group could also make gingerbread men cookies. Use the icing to pipe a belt angled across the waist and up to the shoulder. (Make these to resemble Chewbacca and his armor.) Use white melting chocolate that has been dyed with food coloring to dip pretzel rods into to coat most of the pretzel. (Make these to resemble light sabers.) If you can find *Star Wars*-themed silicone ice cube trays, use them to make ice cubes or sweet treats using melting chocolate for the party. Purchase some Rolo® candies and label them Han Solo Rolos®. For a healthier treat, take grapes, strawberry

halves, blackberries, or any other desired fruit and skewer them onto kabob sticks to make light sabers. Ask those who enjoy developing things on the computer to make labels for bottles of pop (Yoda Soda), juice (Jabba Juice), and/or water (Wookiee Water).

MUSIC

Set up the party environment to reflect the fictional bar in the 1977 *Star Wars* movie. The *Mos Eisley Cantina* is the hang-out for the more dangerous characters of the movie. The music that was played in the cantina was chosen based on the music interest of composer John Williams. It reflected his interest in sounds of jazz music in the 1950s. Reflect on the interests of the people attending the party to choose the best selections. Visit YouTube® for the *Star Wars* main title theme song by John Williams as people are coming into the party.

GAME

Make a target game using Nerf® guns. Cut a large circle out of gray butcher paper. Draw details on the circle to resemble the Death Star. Mount it onto black butcher paper to highlight the target. People, one at a time, can shoot at the Death Star with the Nerf® gun and its soft Nerf® bullets. If desired, add washable paint to the tips of the Nerf® bullets to mark the spot of the shot on the Death Star. If using paint, put a sheet under the target.

INTELLECTUAL

- ❖ Ask participants to spell these movie titles or use them for a round of Wheel of Fortune®: *Star Wars: A New Hope*, *The Empire Strikes Back*, *Return of the Jedi*, *The Clone Wars*, *The Force Awakens*, *The Last Jedi*, *The Phantom Menace*, *Revenge of the Sith*.
- ❖ Develop a matching game. Print a name of a character and a picture to be matched. Some popular characters include Luke Skywalker, Yoda, Darth Vader, Obi-Wan Kenobi, Han Solo, Boba Fett, Chewbacca, Storm Trooper, Jar Jar Binks, C-3PO, Princess Leia, Jabba the Hutt.
- ❖ Although entertaining, the *Star Wars* movies also offer many complex themes throughout the series. This includes good vs. evil, moral development, forgiveness, and redemption. This movie franchise can be the starting point for meaningful conversations.
- ❖ Play the following category game. **CF**

	S	T	A	R
Movie Titles		<i>Transformers</i>		
Movie Snack Food				Ritz® Crackers
Movie Characters	Scarlet O'Hara			

Menagerie Mania

Mariellen Combs, MS, CTRS, CRC

TURTLE TRUTHS AND TICK-TACK-TOE



American Tortoise Rescue, a nonprofit organization established in 1990, created World Turtle Day. It is celebrated annually on May 23 to remind people to protect turtles and tortoises and their disappearing habitats around the world. This activity is designed to decipher some truths about turtles while playing rounds of tick-tack-toe.

Preparation: Draw a tick-tack-toe grid on a large poster board and in each square draw or paste a picture of a lily pad (totaling nine lily pads). Print, cut out, and laminate pictures of 10 turtles and label five with an X and five with an O. These will be the playing pieces for the game.

Activity Day: Divide the participants into two groups and ask them to name their teams after turtle species (i.e. box, leatherback, loggerhead, painted, sea, snapping). Put one of each of the playing pieces (X and O) in a bowl for a participant from each team to draw to determine which one each team will play. Write the team names along with the corresponding X or O on a board (to keep score on). Place the tick-tack-toe board and the playing pieces on a small table along with two chairs. Ask the teams to sit across from each other, facing the tick-tack-toe board. Ask a participant from each team to sit in the chairs in front of the board. Tell the participants that they will be answering trivia questions about turtles. Read one statement about turtles. (Each statement has two bolded and underlined choices, and the truth is in capital letters and bolded at the end.) Ask them to determine which choice is the truth.

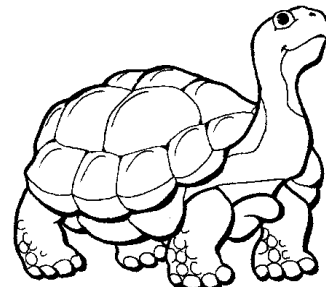
TURTLE TRIVIA GAME

- ✓ Like other reptiles, turtles are cold / warm blooded. **COLD**
- ✓ The word terrapin comes from a Native American word for "little / big turtle." **LITTLE**
- ✓ Turtles do / don't have teeth and many can bite very well. **DON'T**
- ✓ Some turtles are thought to live as long as 100 / 200 years. **100**
- ✓ The actual word for a herd of turtles is a "bale / clan." **BALE**
- ✓ Some turtles can live as long as a year without eating / drinking. **EATING**
- ✓ Snapping / Sea turtles can travel thousands of miles across the oceans and still find their way back to lay their eggs on the same beach where they were born. **SEA**
- ✓ Turtles live on every continent except Antarctica / Asia. **ANTARCTICA**

- ✓ A turtle's shell has up to 41 / 61 bones which are part of its skeleton and attached to its backbone. **61**
- ✓ Turtles do / don't have ears and are very sensitive to vibrations. **DON'T**
- ✓ The Galápagos / leatherback is the largest sea turtle and can get to be the size of a small car. **LEATHERBACK**
- ✓ The order Testudines which includes all turtles and tortoises contains 66 genera and at least 121 / 221 species. **221**
- ✓ The painted / box turtle can close up its lower shell so tight that a blade of grass won't even fit through. **BOX**
- ✓ Female / Male spiny soft shelled turtles turn black when they mature. **FEMALE**
- ✓ A leatherback feeds almost solely on jellyfish / shrimp. **JELLYFISH**
- ✓ Turtles have existed for around 115 / 215 million years. **215**
- ✓ All / No sea turtles in the U.S. are protected by federal and state laws. **ALL**
- ✓ Many / All turtle species can hide their heads inside their shells when attacked by predators. **MANY**
- ✓ A tortoise's feet are round like an elephant's / rhino's and not webbed for swimming so they can walk on land easily. **ELEPHANT'S**
- ✓ In one of Aesop's Fables, the tortoise / hare won the race. **TORTOISE**

The first participant to identify the turtle truth gets to place his or her team's playing piece on the tick-tack-toe board. The other team's participant places his/her team's playing piece on the board. Two participants from each team continue play until there is a tick-tack-toe (three in a row) on the board. The winning team receives five points. If the round ends with neither team getting a tick-tack-toe, each team receives three points. The next round begins with taking off the playing pieces and two participants have an opportunity to answer statements about turtles. At the end of the playing time, total each team's score and determine which team won. Serve turtle treats (half of a green apple or slice of kiwi surrounded by five small seedless green grapes for the "legs" and "head").

Note: Be aware of any choking hazards, dietary restrictions, or allergies before giving participants the treats. **CF**



Creative Musings

This column is dedicated to the creative writings that are submitted by residents and readers. It is assumed that by submitting works, permission has been given by the author to printing in Creative Forecasting. Thanks to all those who have sent us "Creative Musings"!

AGE

Residents, Odd Fellow & Rebekah Home, Jackson, MI

As we sit here today, we visit and talk;
the topic is of old age.
We know some folks just look and balk,
and would love to turn the page.



We all are from different walks of life,
and we surely have paid our way.
Throughout the storms and strife,
we have lived from day to day.

A SMILE

Anna Paul, Odd Fellow & Rebekah Home, Jackson, MI

I smiled at you, little boy.
You smiled shyly,
quickly slid to the side of the buggy,
and hid your face.
The man beside you holding the reins wore the
familiar beard
and the wide-brimmed hat;
his piercing eyes were on me.
I smiled.
His lips twitched slightly, raised his right hand an inch
or two, and swiftly turned his head.
I walked on thinking was it wrong to have smiled?
I hope not.
I was in Amish country.

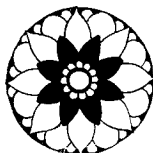


I FOUND A BIT OF HEAVEN ON EARTH*

*Dorothy Gardner, Lorien Taneytown
Nursing and Rehab Center, Taneytown, MD*

I found a bit of heaven on Earth, found in a hospital
and a nursing home.
Believe it, my soul feels good!
Thank you...

**A piece of paper with this message was found in Dorothy's
room after she passed away.*



WHAT MY MOTHER GAVE TO ME

*Adam Nicoletti, Menorah Center for Rehabilitation
and Nursing Care, Brooklyn, NY*

My Mom gave me a sense of humor.

She gave me the will to go on when things weren't so great.

She gave me a lot of compassion for other people.

And most of all, she gave me herself.

She gave me all her years of wisdom.



Now, it's my turn to make sure that they are not in vain
because there are a lot of people in the world just like me.

They don't know which way to go,
so hopefully I can be that beacon in the night
that shows them the Lord is the only way to go.

That's what my Momma gave to me.

MEMORIES OF MOM

*Registrants, Meadowbrook Adult Day Program,
Pittsford, NY*

It is clear we all hold dear sweet memories of our moms.

They come flooding back, right on track, especially
as Mother's Day rolls around.

Vivid memories of doing things together, cooking, and
cleaning, making and baking much laughter would abound.

Traveling all over with time to talk and share, a mentor
and our guide, our mother always there.

For some, she was an athlete who loved to golf and bowl.

For others, she was a baker, the very best maker of
cookies, cakes, and more.

She was always there when we needed her, truly our
biggest fan,
thoughtful and encouraging, our confidante and friend;
the giver of daily kisses and a multitude of hugs,
each and every action done with so much love.

How blessed we are for it's that love poured out that
can never be taken away.

Although mom may be in heaven now,
that gift is here to stay.

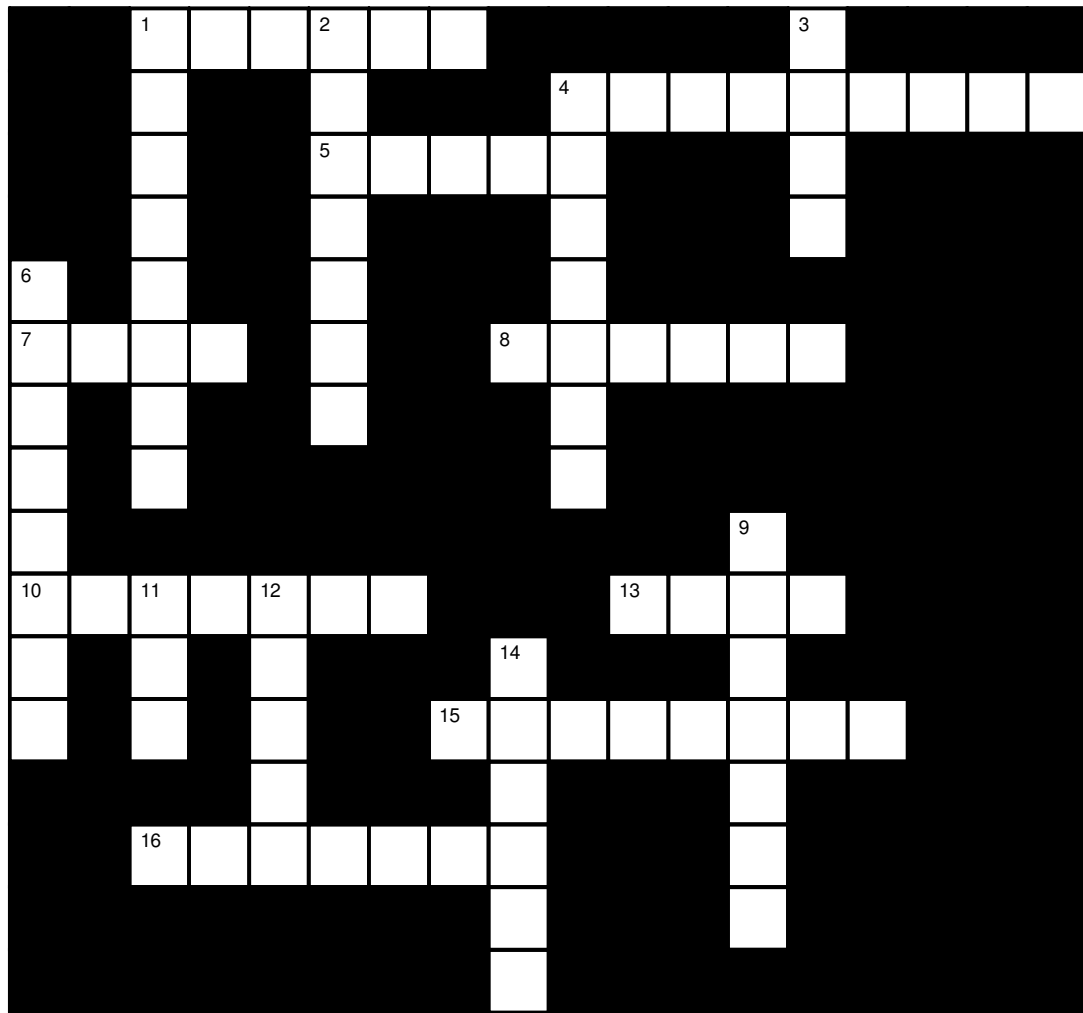
It was given directly from her heart
and placed beautifully in mine.



When I go looking, I can find it there...
my infinite ray of sunshine.



FAMOUS INVENTORS CROSSWORD PUZZLE



ACROSS

1. HE INVENTED CONDENSED MILK. GAIL _____
4. HE INVENTED COCA-COLA®. DR. JOHN _____
5. HE INVENTED THE BATTERY. ALESSANDRO _____
7. HE INVENTED THE ELEVATOR. ELISHA _____
8. HE INVENTED THIS AMUSEMENT PARK RIDE.
GEORGE _____
10. HE INVENTED THE ROLL FILM. GEORGE _____
13. HE INVENTED THE POTATO CHIP. GEORGE _____
15. HE INVENTED BIFOCALS AND THE LIGHTNING ROD.
BENJAMIN _____
16. HE INVENTED PENICILLIN. ALEXANDER _____

WORD LIST: BELL, BORDEN, BROWNING, COUSTEAU, CRUM, DA VINCI, EASTMAN, FERRIS, FLEMING, FRANKLIN, MORSE, OTIS, PASTEUR, PEMBERTON, PULLMAN, SAX, VOLTA, WRIGHT

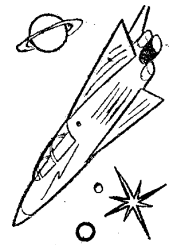
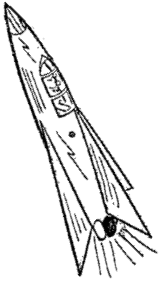
DOWN

1. HE INVENTED AUTO-LOADING PISTOLS.
JOHN MOSES _____
2. HE INVENTED THE PARACHUTE AND ORNITHOPTER.
LEONARDO _____
3. HE INVENTED THE TELEPHONE.
ALEXANDER GRAHAM _____
4. HE INVENTED PASTEURIZATION. LOUIS _____
6. HE INVENTED THE AQUA-LUNG. JACQUES _____
9. HE INVENTED THE SLEEPER CAR FOR TRAINS.
GEORGE _____
11. HE INVENTED THE SAXOPHONE. ADOLPHE _____
12. HE INVENTED THE METHOD FOR COMMUNICATING
WITH TAPS. SAMUEL _____
14. THEY INVENTED THE AIRPLANE.
ORVILLE AND WILBUR _____

Answers on page 43



STAR WARS CHARACTERS WORD SEARCH



WORD LIST

- JAR JAR BINKS
- LANDO CALRISSIAN
- CHEWBACCA
- BOBA FETT
- JABBA THE HUTT
- OBI-WAN KENOBI
- PRINCESS LEIA
- DARTH MAUL
- PALPATINE
- LUKE SKYWALKER
- HAN SOLO
- DARTH VADER
- MACE WINDU
- YODA



Answers on page 43



May Word Pictures *Rob Clagett*

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

Hint: These are all song titles.

1.

HEA RT

HOTEL

2.

BRIDGE
TROUBLED WA-
TER

3.

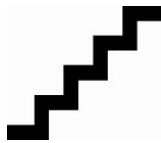
TIGER

4.

LIGHT MY



5.



HEAVEN
HEAVEN

6.

LET IT



7.

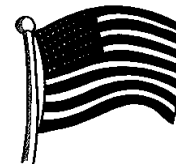


WIND

8.

WALK
BY

9.



π

10.

YELLOW TAXI

11.



12.

CHRISTMAS

Answers on page 50



May Birthday Quiz *Rob Clagett*

- 1st 1852/1903 She was born Martha Jane Canary, but this frontierswoman, professional scout, and Indian fighter is better known as this name.
- 2nd 1903/1998 His 1946 book, *Baby and Child Care*, is one of the bestsellers of all time.
- 3rd 1921/1989 Pound for pound, he is considered the greatest boxer of all time, winning world championships as a welterweight and middleweight.
- 4th 1959 This traditional country music and Christian music star made a splash as an actor, too, appearing in *The Rainmaker*, *Black Dog*, and *Texas Rangers*.
- 5th 1988 Her first three albums (all bestsellers) were named to reflect her age at time of release: 19, 21, and 25.
- 6th 1990 This Houston Astros all-star led his team to its first World Series title in 2017.
- 7th 1933/2002 Known as "The Golden Arm," he led the Baltimore Colts to three NFL championships and one Super Bowl victory.
- 8th 1884/1972 When Franklin Roosevelt died, this former Missouri senator became the 33rd U.S. President.
- 9th 1946 She won five Emmy® Awards as TV sitcom journalist and news anchor Murphy Brown.
- 10th 1955 His top-rated travel documentaries have appeared on PBS since the early 1990s.
- 11th 1888/1989 Many consider him the greatest songwriter in American history; his first hit was *Alexander's Ragtime Band* in 1911.
- 12th 1959 His character, Luther Stickell, a computer hacker working for the IMF (Impossible Missions Force), has appeared in five *Mission Impossible* movies.
- 13th 1950 A former child prodigy, he is perhaps the most gifted musician in history. His hits include *Signed, Sealed, Delivered I'm Yours*, *Superstition*, and *You Are the Sunshine of My Life*.
- 14th 1984 He is a co-founder and the public face of Facebook®.
- 15th 1937 Czech born, she was the 64th U.S. secretary of state and the first woman to hold that position.
- 16th 1928/1989 He played second base for the New York Yankees before becoming their manager in 1975. As manager, he was hired (and fired) five times by owner George Steinbrenner.
- 17th 1959 "A tradition unlike any other, The Masters" is this CBS announcer's best-known catchphrase.
- 18th 1946 This HOF right fielder is known as "Mr. October" for his clutch hitting during the playoffs, leading the Oakland A's and New York Yankees to World Series victories.
- 19th 1946/1993 This giant of a man (7'4" tall, 520 lbs.) was a giant in the World Wrestling Federation, too. His "battle" with Hulk Hogan is legendary.
- 20th 1908/1997 He is the only winner of an Academy Award® (*The Philadelphia Story*, 1941) to retire a brigadier general in the U.S. Air Force Reserve.
- 21st 1952 He starred as Clubber Lang in *Rocky III* but is best remembered as B(ad) A(ttitude) Baracus on TV's *The A-Team*.
- 22nd 1950 This English writer and poet has written the lyrics for the vast majority of Elton John's hit songs.
- 23rd 1974 Her debut album, *Pieces of You*, in 1995 had three hit singles, *Who Will Save Your Soul*, *You Were Meant for Me*, and *Foolish Games*.
- 24th 1938 He partnered with Cheech Marin for a series of forgettable "stoner movies."
- 25th 1939/2010 Her best-known roles were as Julia Sugarbaker on *Designing Women* and Randi King on *Family Law*.
- 26th 1923/2011 He was awarded a Bronze Star and Purple Heart for his service in World War II before portraying Marshal Matt Dillon for 20 years on television's *Gunsmoke*.
- 27th 1939/2017 Inducted into the Country Music Hall of Fame in 2010, his hit songs include *You're My Best Friend*, *'Til the Rivers All Run Dry*, and *Good Ole Boys Like Me*.
- 28th 1945 He was the lead guitarist and lead songwriter for Creedence Clearwater Revival from 1968 to 1972.
- 29th 1917/1963 He served as the 35th U.S. President.
- 30th 1943 Known as the "Kansas Comet," he starred as a halfback and return man for the Chicago Bears from 1965 to 1971.
- 31st 1948/1980 He was the iconic drummer for the rock band, Led Zeppelin, until his untimely death.

Answers on page 50



Bulletin Board Trivia *Rob Clagett*

COMMONALITY

1. Denver Nuggets, Indiana Pacers, San Antonio Spurs, New York Nets
2. Great Falls, MT, Riverdale, ND, Pierre, SD, Sioux City, IA, Omaha, NE, St. Joseph, MO, Kansas City, KS and MO, Jefferson City, MO, St. Charles, MO
3. Arabian, Morgan, Orlov trotter, Appaloosa, Lipizzan, Clydesdale
4. Steve Allen, Jack Paar, Johnny Carson, Jay Leno (twice), Conan O'Brien, Jimmy Fallon
5. Dennis Miller, O.J. Simpson, Howard Cosell, Don Meredith, Alex Karras
6. James Arness, Lee Marvin, Clark Gable, Jimmy Stewart, Glenn Ford, Mel Brooks
7. Katharine Hepburn, Daniel Day-Lewis, Meryl Streep, Jack Nicholson, Ingrid Bergman, Walter Brennan
8. Ray Bluth, Don Carter, Carmen Salvino, Harry Smith, Dick Weber, Billy Welu
9. Philadelphia, Denver, San Francisco, West Point
10. Hillary Clinton, Mitt Romney, John McCain, John Kerry, Al Gore, Ralph Nader

WHAT ARE THEY? (not inclusive)

11. Llewellyn (Vancouver Island), Crowfoot (Banff National Park), Mendenhall (Juneau, AK), Whitney (Mount Shasta, CA), Saint Mary's (Arapaho National Forest, CO)
12. Superlow, Iron 883, 1200 Custom, Roadster, Softail, Fat Boy, Road King, Street Glide Special
13. *Spacewar!*, *Pong*, *Pac-Man*, *Mario Bros.*, *Ms. Pac-Man*, *Donkey Kong*
14. Space Mountain, Matterhorn Bobsleds, Coney Island Cyclone, Batman: The Ride, Skyrush
15. *Psycho*, *The Birds*, *Vertigo*, *Rear Window*, *North by Northwest*
16. Erta Ale (Ethiopia), Mount Merapi (Indonesia), Mount Yasur (Vanuatu), Volcàn de Colima (Mexico), Kilauea (Hawaii), Mount Stromboli (Italy)
17. Oroville, Hoover, Glen Canyon, Grand Coulee, Blue Mesa, Hells Canyon, Crook's Hollow
18. Rhode Island Red, Bantam, Leghorn, Jersey Giant, New Hampshire, Rhode Island White
19. *S.S. Republic*, *Edmund Fitzgerald*, *Andrea Doria*, *Lusitania*, *Titanic*
20. George H.W. Bush, Gerald Ford, Lyndon Johnson, Richard Nixon, Harry S Truman, Calvin Coolidge, Theodore Roosevelt

NAME THE FAMOUS ROUTE

21. 2,200 miles between Springer Mountain, GA and Mount Katahdin, ME
22. 2,659 miles between Campo, CA and Manning Park, British Columbia
23. 3,100 miles between Mexico and Canada, transits New Mexico, Colorado, Wyoming, Montana
24. 850 kilometers between Queenston, Ontario to Tobermory, Ontario, side trail goes to Niagara Falls
25. 2.5-mile red-brick trail, Park Street Church, Faneuil Hall, USS *Constitution*, Bunker Hill
26. 210 miles between Happy Isles trailhead, Yosemite Valley, and summit of Mount Whitney
27. 6,800 miles between Cape Henlopen, DE and Limantour Beach, CA
28. 444 miles between Natchez, MS and Nashville, TN, passes near Jackson and Tupelo, MS and Florence, AL
29. 1,025 miles (average), route changes slightly on yearly basis, between Stewart and Nome, AK, winter competition
30. 33 miles between Dyea, AK to Bennett, British Columbia, access route to Yukon gold fields

*Continued on next page
Answers on page 50*



Bulletin Board Trivia *Rob Clagett*

NAME THE COMIC STRIP

31. Rat, Pig, Goat, Zebra, Guard Duck, Stephan Pastis, Snuffles
32. _____ Possum, Albert Alligator, Howland Owl, Churchill "Churchy" LaFemme, Beauregard Bugleboy
33. Jeremy, Connie, and "Walt" Duncan, Hector Garcia, Sara Toomey, Pierce
34. Sherman, Megan, Fillmore, Hawthorne, Ernest, Thornton, Captain Quigley, Bob the Bottom Dweller
35. Sergeant Snorkel, Otto, General Halftrack, Miss Buxley, Lt. Sonny Fuzz, Pvt. "Killer" Diller
36. Milo _____, Cutter John, Steve Dallas, Opus, Bill the Cat, Hodge-Podge, Portnoy
37. Caulfield, Miss Jane Plainwell, Mr. Burke, Mrs. Olsen, Mr. Spaetzle, Coach Hacker
38. Li'l _____ Yokum, Daisy Mae, Mammy and Pappy Yokum, "Tiny" Yokum
39. Lucy, Linus, Woodstock, Schroeder, Pig-Pen, Peppermint Patty, Sally, Marcie, Franklin
40. Annie, Sandy, "Daddy Warbucks"

NAME THE ADVERTISER

41. A diamond is forever.
42. A mind is a terrible thing to waste.
43. Be all that you can be.
44. Breakfast of Champions
45. Eat mor Chikin!
46. Good to the last drop.
47. It takes a licking and keeps on ticking.
48. M'm! M'm! Good!
49. So easy a caveman can do it.
50. The snack that smiles back.

MATCH THEM UP

- | | |
|-------------------------------------------|-----------------------------------------------|
| 51. Clara Peller | A. St. Jude's Children's Research Hospital |
| 52. Flo | B. Dos Equis® |
| 53. Joe DiMaggio | C. Nike® and Gatorade® |
| 54. Ricardo Montalban | D. Wendy's |
| 55. Elizabeth Taylor | E. Quaker Oats® and Liberty Medical |
| 56. Wilford Brimley | F. Progressive Insurance |
| 57. Marlo Thomas | G. White Diamonds, Black Pearls |
| 58. Peyton Manning | H. Nationwide Insurance and Papa Murphy's |
| 59. The most interesting man in the world | I. Mr. Coffee® |
| 60. Michael Jordan | J. Chrysler® Cordoba and "Corinthian leather" |

Answers on page 50



This Was the Year...1992

Pegi Schlis, CTRS, ACC, AC-BC

U.S. PRESIDENT & VICE PRESIDENT

George H.W. Bush & Dan Quayle

TIME MAGAZINE PERSON OF THE YEAR

Bill Clinton

COST OF LIVING

- New House - \$122,500
- National Average Wage - \$22,935 (from Social Security Admin.)
- New Car - \$16,950
- Average Rent - \$519 per month
- Gasoline - \$1.05 per gallon
- Harvard Tuition - \$15,410 per year
- Movie Ticket - \$4.25
- Postage Stamp - 29¢
- Year End Close Dow Jones Industrial Average - 3,301
- One Ounce Gold - \$343.82
- Cost of a Super Bowl Ad - \$850,000

COST OF FOOD

- Granulated Sugar - \$1.20 for 5 lbs.
- Milk - \$2.80 per gallon
- Ground Coffee - \$4.20 per pound
- Bacon - \$1.92 per pound
- Eggs - 85¢ per dozen
- Ground Beef - \$1.28 per pound
- Fresh Bread - 72¢ per loaf

NATIONAL AND WORLD NEWS

- The U.S. and U.N. intervened to end famine and civil war in Somalia with Operation Restore Hope.
- The 25th Olympic Games opened in Barcelona, Spain.
- The Great Chicago Flood took place as the city's century-old tunnel system and adjacent basements filled with water from the Chicago River.
- Americans with Disabilities Act went into effect.
- Hurricane Andrew hit South Florida.
- Mall of America, the U.S.'s largest mall, opened in Bloomington, MN.

TECHNOLOGY NEWS

- Windows® 3.1 was released by Microsoft®.
- Microsoft® released Microsoft Works®.
- AT&T® released the video telephone which sold for \$1,499.
- The first nicotine patch was introduced to help people stop smoking.

QUOTES

- "You can't handle the truth!" - *A Few Good Men*
- "Friends don't let friends drive drunk." - U.S. Department of Transportation
- "Made from the best stuff on Earth" - Snapple® ad

POPULAR MOVIES

- *Unforgiven* (Academy Award® winner)
- *Home Alone 2: Lost in New York*
- *Batman Returns*
- *A League of Their Own*
- *A Few Good Men*
- *Reservoir Dogs*
- *Buffy the Vampire Slayer*
- *Basic Instinct*
- *Lethal Weapon 3*
- *The Bodyguard*
- *Aladdin*
- *Sister Act*

POPULAR TV SHOWS

- *60 Minutes*
- *Roseanne*
- *Home Improvement*
- *Murphy Brown*
- *Murder, She Wrote*
- *Coach*
- *Monday Night Football*
- *CBS Sunday Night Movie*
- *Cheers*
- *Full House*

FADS

- Troll Dolls • Super Soaker 100
- Reading *The Bridges of Madison County*

SPORTS CHAMPIONS

- Toronto Blue Jays (baseball)
- Washington Redskins (football - Super Bowl XXVI)
- Al Unser, Jr. (Indianapolis 500)
- Pittsburgh Penguins (hockey)
- Duke (NCAA basketball)
- Chicago Bulls (NBA)
- Gino Torretta from Miami (Heisman Trophy®)
- Lil E. Tee (Kentucky Derby)
- Andre Agassi & Steffi Graf (singles at Wimbledon)
- Tom Kite (golf U.S. Open)

MUSIC

- *Black or White* (Michael Jackson)
- *All 4 Love* (Color Me Badd)
- *Don't Let the Sun Go Down On Me* (George Michael and Elton John)
- *I'm Too Sexy* (Right Said Fred)
- *To Be with You* (Mr. Big)
- *Save the Best for Last* (Vanessa Williams)
- *Jump* (Kris Kross)
- *I'll Be There* (Mariah Carey)
- *How Do You Talk to an Angel* (The Heights)
- *I Will Always Love You* (Whitney Houston)



Person, Place, or Thing? *Rob Clagett*

The Columbian mammoth roamed this area 15,000 years ago but disappeared when the inland sea sank into the earth.

The first non-native to visit was young Mexican scout Raphael Rivera. He was searching for water for Antonio Armijo's trading expedition.

John C. Fremont was the first to map the valley during his 1843 - 1844 expedition.

Mormon missionaries built a re-supply fort here in 1855, but the fort was abandoned several years later. Portions of the "Old Mormon Fort" can still be seen today.

A member of the Yucca family, the Joshua tree is the only tree native to this area.

The city, founded in 1905, was a sleepy little village until the early 1930s. Construction workers hired for one of the largest construction projects in American history propped up the local and state economies. Legislation in 1931 made this state unique, as compared to the other 47 states.

Another unique law made it possible to get a "quickie" divorce here, too.

The mafia took an interest in this area in 1931.

One of the world's richest people moved here in 1966. He was a very odd fellow, despite being a remarkable engineer, movie producer, and entrepreneur.

The world's fourth largest pyramid was built here in 1996.

Three History Channel reality shows are based here.

The NHL's "Golden Knights" began play here in the fall of 2017. The NFL's Oakland Raiders will move here in 2020 or 2021.

Wayne Newton, Elton John, Celine Dion, Jennifer Lopez, and David Copperfield (to name a few) perform (or have performed) here on a regular basis.

Answer on page 50

Answer Page

MAY WORD PICTURES, Page 44

1. *Heartbreak Hotel*
2. *Bridge Over Troubled Water*
3. *Eye of the Tiger*
4. *Light My Fire*
5. *Stairway to Heaven*
6. *Let It Be*
7. *Wind Beneath My Wings*
8. *Walk On By*
9. *American Pie*
10. *Big Yellow Taxi*
11. *Ring of Fire*
12. *White Christmas*

MAY BIRTHDAY QUIZ, Page 45

- 1st Calamity Jane
- 2nd Dr. Benjamin Spock
- 3rd Sugar Ray Robinson
- 4th Randy Travis
- 5th Adele
- 6th José Altuve
- 7th Johnny Unitas
- 8th Harry S Truman
- 9th Candice Bergen
- 10th Rick Steves
- 11th Irving Berlin
- 12th Ving Rhames
- 13th Stevie Wonder
- 14th Mark Zuckerberg
- 15th Madeleine Albright
- 16th Billy Martin
- 17th Jim Nantz
- 18th Reggie Jackson
- 19th André the Giant
- 20th Jimmy Stewart
- 21st Mr. T (Laurence Tureaud)
- 22nd Bernie Taupin
- 23rd Jewel (Jewel Kilcher)
- 24th Tommy Chong
- 25th Dixie Carter
- 26th James Arness
- 27th Don Williams
- 28th John Fogerty
- 29th John F. Kennedy
- 30th Gale Sayers
- 31st John Bonham

BULLETIN BOARD TRIVIA, Pages 46 and 47

1. American Basketball Association teams that joined the NBA
2. Cities on the Missouri River
3. Horse breeds
4. *The Tonight Show* hosts
5. *Monday Night Football* commentators
6. Actors who volunteered for the U.S. Armed Forces in World War II
7. Won at least three Academy Awards®
8. Professional Bowlers Association Hall of Famers
9. Locations of U.S. Mints responsible for coin production
10. Lost a U.S. Presidential election
11. Glaciers
12. Harley-Davidson® Motorcycles
13. Video games
14. Roller coasters
15. Alfred Hitchcock movies
16. Active volcanos
17. Dams
18. Chicken breeds
19. Shipwrecks
20. U.S. Vice Presidents who became Presidents
21. Appalachian National Scenic Trail
22. Pacific Crest Trail
23. Continental Divide National Scenic Trail
24. Bruce Trail
25. Freedom Trail, Boston
26. John Muir Trail
27. American Discovery Trail
28. Natchez Trace Parkway
29. Iditarod Trail
30. Chilkoot Trail
31. "Pearls Before Swine"
32. "Pogo"
33. "Zits"
34. "Sherman's Lagoon"
35. "Beetle Bailey"
36. "Bloom County"
37. "Frazz"
38. "Li'l Abner"
39. "Peanuts"
40. "Little Orphan Annie"
41. De Beers
42. United Negro College Fund
43. U.S. Army
44. Wheaties®
45. Chick-fil-A
46. Maxwell House®
47. Timex®
48. Campbell's® Soup
49. GEICO
50. Goldfish® from Pepperidge Farm®
51. D
52. F
53. I
54. J
55. G
56. E
57. A
58. H
59. B
60. C

PERSON, PLACE, OR THING?, Page 49

The answer is Las Vegas, NV.

Clear Area

PERIODICALS
MAIL

ATTN: ACTIVITY
COORDINATOR

Clear Area

P.S.

Coming Next Issue:

In the June 2018 issue of *Creative Forecasting*, you can look forward to Aromatherapy, Sizzling Summer Outings, Flag Day, Father's Day, Medical Notes on Osteoporosis, Garden Club, On the Road to Japan - Land of the Rising Sun, and more!

Last Reminder! Adult Day Services and Assisted Living Contest:

We would like you to send us your unique activity ideas for our 23rd Annual Adult Day Services and Assisted Living Contest that will be featured in the September 2018 issue of *Creative Forecasting*. E-mail your entry to cfi@cfactive.com no later than April 1, 2018. Each winner will receive \$50.00.

Visit www.creativeforecasting.com to click on link to see YouTube video about *Activity Planning Simplified*® software.

Frequent Requests SUSHI (DESSERT)

- pkg. of 10 Hostess® Twinkies® or Little Debbie® Cloud Cakes®
- pkg. of 6 Fruit by the Foot®, green apple flavor
- 1 cup sweetened coconut flakes
- bag of gummy fish

- 1) Take the Twinkies® or Cloud Cakes® out of the wrappers and cut off the ends (eat them or discard).
 - 2) Cut the remaining Twinkies® or Cloud Cakes® into three pieces and turn them over so the white filling is facing up.
 - 3) Unwrap enough of the Fruit by the Foot® to fit around each piece of Twinkie® or Cloud Cake® with a little overlap and tear off. Wrap it around to look like a seaweed sushi wrap. (If the ends of the Fruit by the Foot® don't stick together, dip your finger in water and moisten the ends so they will stick.)
 - 4) Spoon some coconut flakes on top of the sushi to look like rice.
 - 5) Place a gummy fish on top of the coconut.
- YIELD: 30 pieces

 LIKE US 
ON FACEBOOK!

Here's What Others Are Saying:

"Creative Forecasting is an awesome tool! It's the first thing we go to. It's a lifesaver!" Cindy Imhoff, Compass Memorial Hospital, Marengo, IA

"Our Executive Director said Creative Forecasting influences our lives and brings great joy!" Misti Chandler, Adult Day Services, Inc. Bemidji, MN

"Creative Forecasting is a wonderful publication! I can't imagine doing a program without it!" Vickki Kelley, Diversicare of Oak Ridge, Oak Ridge, TN



CREATIVE FORECASTING (USPS 005421) (ISSN 10522573) is published monthly at \$60.00 per year in the United States, \$84.00 (U.S. funds) for Canada (Canadian GST #R135901338), by CREATIVE FORECASTING, INC., 2607 Farragut Circle, Colorado Springs, CO 80907-6405. Periodicals Postage paid at Colorado Springs, CO. **Postmaster: Send address changes to: CREATIVE FORECASTING, INC., P.O.Box 7789, Colorado Springs, CO 80933-7789.**