

# Creative Forecasting®



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A Monthly Publication for Activity & Recreation Professionals Vol. XXXII, No. 5, May 2020, \$7.00

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## Good News!

*Staving Off Parkinson's Symptoms*

## Holidays

*National Photo Month*

*Kentucky Derby*

*Lag B'Omer & Shavuot*

*Mother's Day*

*Victoria Day*

## Medical Notes

*Amyotrophic Lateral Sclerosis*

**National Skilled Nursing Care Week®  
Contest Winners**



# May

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***Success Starts with Planning***

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 = 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.

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**\*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.**

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# MAY 2020 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
- Gardening for Wildlife 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: 4)
- Motorcycle Safety Month
- Mystery Month\*\*
- National Allergy / Asthma Awareness Month
- National Arthritis Month
- National Asparagus Month
- National Barbecue Month
- National Bike Month
- National Chocolate Custard Month
- National Correct Posture Month
- National Egg Month\*\*\*
- National Good Car-keeping Month
- National Hamburger Month (Week: 10 - 16) ▶
- National Hepatitis Awareness Month
- National Herb Month (Week: 4 - 10)
- National High Blood Pressure Education Month
- National Inventors' Month®
- National Meditation Month
- National Mental Health Month
- National Military Appreciation Month
- National Nurses' Month (Day: 6)\*
- National Osteoporosis Awareness & Prevention Month
- National Pet Month (Week: 4 - 10)
- National Photo Month
- National Physical Fitness and Sports Month
- National Postcard Month (Week: 3 - 9)
- National Salad Month
- National Salsa Month
- National Smile Month (May 18 - June 18)
- 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 sponsor of the 10<sup>th</sup> Annual Mystery Month is *The Booklist Reader* ([www.booklistreader.com](http://www.booklistreader.com)). It celebrates the mystery genre in literature and its writers. See *Mystery Authors in Spelling Bee Words* on page 37.

\*\*\* See *Eggspress Yourself in Sensory Sensations* on page 38.

▶ See *Hamburger Toppings in Spelling Bee Words* on page 37.

▲ See the **May Recognition Dates** on page 9 and *Older Americans Month* section in **Simple Expressions** on page 34.

ORIGIN OF MAY'S NAME - May, the third month of the Roman calendar, is thought to be named after the goddess, Maia (probably from the Latin *Maius*) the deity of growth and fertility. Another theory is that the month was named after the *Majores* (or *Maiores*), the older branch of the Roman senate in order to honor them. *Ask residents what they are looking forward to in May. See May Calendar Planning in Hot Flashes on page 21, May in History in Reminiscent Corner on page 24, May Activity Topics in Simple Expressions on page 34, and May Birthday Quiz on page 45.*

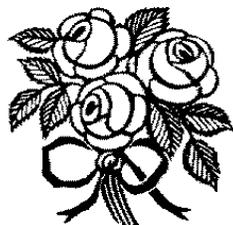
QUOTE FOR MAY - "The world's favorite season is the spring. All things seem possible in May." -Edwin Way Teale

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

1: Hug Your Cat Day

1: International Tuba Day

1: May Day - This day originates from a festival honoring Flora, the Roman goddess of spring. It also is traditionally a time to gather flowers and welcome warm weather. 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. *See the May Day section in Hot Flashes on page 21.*



1: Mother Goose Day

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

1: New Home Owners' Day

1: School Principals' Day

# MAY 2020 Dates To Celebrate

1: Share the following professional-related articles with team members: Amyotrophic Lateral Sclerosis in **Medical Notes** starting on page 18, Team Players in **Culture Change** on page 29, Staving Off Parkinson's Symptoms in **Good News!** starting on page 30, Be Proactive with the CMS Activities Critical Element Pathway, Part 11 in **Regulations Update** on pages 31 and 32, and Filling in the Gap in **Promoting Real Life** on page 32.

1: Use the following activity-related ideas this month: Family Memories in **Opportunities for Individuals with Memory-impairment** starting on page 33, Crocheted Fidget Glove & Sensory Bag resources and Games Galore in **Activity Exchange** on page 35, Paracord Survival Bracelets in **Service for Joy** on page 35, Puns for Fun on the **Humor Page** on page 36, Grand-buddies and More in **Generational Connections** on page 37, and the three words of the month with the theme of what's in a name in **A Word to the Wise** on page 43.

1 & 2: 28<sup>th</sup> Annual Dandelion May Fest, Dover, OH ([www.dandelionfestival.com](http://www.dandelionfestival.com)) - This festival features drinks, foods, and products made from dandelions, entertainment, and other activities such as dandelion-picking contests.

2: 146<sup>th</sup> Running of the Kentucky Derby, Churchill Downs, Louisville, KY ([www.kentuckyderby.com](http://www.kentuckyderby.com)) - This is the first jewel in thoroughbred racing's Triple Crown. See **Kentucky Derby** starting on page 10, 146<sup>th</sup> Running of the Kentucky Derby section in **Hot Flashes** on page 21, Kentucky Derby Music and Party in **Musical Notes** on page 22, and Kentucky Derby section in **Simple Expressions** on page 34.

2: Free Comic Book Day - Work the **Comic Book Trivia Crossword Puzzle** on page 41 with residents.

2: National Auctioneers' Day

2: National Fitness Day ([www.nationalfitnessday.org](http://www.nationalfitnessday.org))

2: National Truffles Day

3: 51<sup>st</sup> Annual Motorcycle Mass and Blessing of the Bikes, Cathedral of St. John the Baptist, Paterson, NJ

3: FOOD HOLIDAYS TODAY - National Raspberry Popover Day and National Raspberry Tart Day

3: Garden Meditation Day

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: World Laughter Day ([www.worldlaughterday.com](http://www.worldlaughterday.com))

3 - 9: 14<sup>th</sup> Annual Root Canal Awareness Week ([www.aae.org](http://www.aae.org))

3 - 9: CANADA: Emergency Preparedness Week

3 - 9: CANADA: National Hospice Palliative Care Week ([www.chpca.net](http://www.chpca.net))

3 - 9: National Family Week - This week is traditionally celebrated in many Christian churches.

3 - 9: National Hug Holiday Week - Huggers of all ages are encouraged to form Hug Squads and fill their daily hug prescriptions and share hugs at senior care communities. Visit [www.facebook.com/Hugs4Health](http://www.facebook.com/Hugs4Health) for more information.

3 - 9: National Raisin Week

3 - 9: National Travel and Tourism Week, Day: 6 ([www.ustravel.org](http://www.ustravel.org)) - For a Sunday afternoon get-together, invite residents and/or team members to show videos and pictures of recent travels they have made. See **Traveling to Taiwan** in **On the Road** on page 23 and "Travel" and "A Traveler's Prayer" in **Creative Musings** on page 40.

3 - 10: National Music Week, Sunday - Sunday, Sponsor: National Federation of Music Clubs, ([www.nfmc-music.org](http://www.nfmc-music.org) - click on About Us then National Music Week) - Solve the **Top Music Hits Word Search** on page 42 with residents.

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](http://www.firefightersday.org))

4: Melanoma Monday ([www.aad.org/skin-cancer-awareness](http://www.aad.org/skin-cancer-awareness)) - This day is also called National Skin Examination Day. It is sponsored by the American Academy of Dermatology.

4: National Weather Observers' Day

4: Star Wars Day - A traditional greeting is "May the 4<sup>th</sup> be with you."

4 - 8: PTA Teacher Appreciation Week, Monday - Friday ([www.pta.org](http://www.pta.org)) - National Teacher Day is Tuesday, May 5 in 2020.

4 - 8: Substitute Teacher Appreciation Week, Monday - Friday

4 - 10: 101<sup>st</sup> Children's Book Week, Monday - Sunday

4 - 10: CANADA: 69<sup>th</sup> Annual Mental Health Week, Monday - Sunday (<https://mentalhealthweek.ca>)

4 - 10: National Herb Week, Monday - Sunday - Visit [www.usesofherbs.com](http://www.usesofherbs.com) for a great resource on the history of herbs and their uses.

4 - 10: National Walking Week, Monday - Sunday

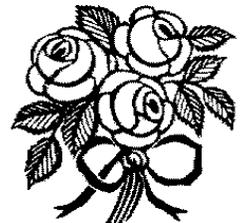
5: Cartoonists' Day

5: Cinco de Mayo a.k.a. Battle of Puebla Day - This day celebrates the victory of Mexican soldiers over French forces of Napoleon III that invaded the city of Puebla on May 5, 1862. The Mexicans were outnumbered three to one. See the **Cinco de Mayo** section in **Hot Flashes** on page 21.

5: FOOD HOLIDAYS TODAY - National Chocolate Custard Day, National Hoagie Day, and Oyster Day

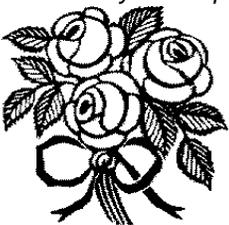
5: International Day of the Midwife ([www.internationalmidwives.org](http://www.internationalmidwives.org))

5: World Asthma Day (<https://ginasthma.org>)



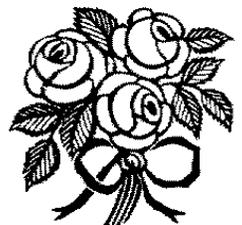
# MAY 2020 Dates To Celebrate

- 6: 13<sup>th</sup> Annual National Golf Day ([www.worldgolfoundation.org](http://www.worldgolfoundation.org))
- 6: FOOD & DRINK HOLIDAYS TODAY - National Beverage Day and National Crêpes Suzette Day
- 6: National Nurses' Day - See the *National Nurses' Day* section in **Hot Flashes** on page 21.
- 7: FOOD & DRINK HOLIDAYS TODAY - National Cosmopolitan Day and National Roast Leg of Lamb Day
- 7: Full Moon - The Colonial American full moon names are milk moon, mother's moon, and hare moon. The Natchez Indian name is little corn moon, and the San Juan Indian name is leaf tender moon.
- 7: National Day of Prayer - See "*Freedom of Prayer*" in **Creative Musings** on page 40.
- 8: 75<sup>th</sup> 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: Coca-Cola's Birthday (1886) - This is the anniversary of the introduction of Coca-Cola to the public. 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.
- 8: FOOD HOLIDAYS TODAY - National Coconut Cream Pie Day and National Empanada Day
- 8: Military Spouse Appreciation Day
- 8: No Socks Day
- 8: Provider Appreciation Day™ - See the **May Recognition Dates** on page 9.
- 8 - 17: 122<sup>nd</sup> Edition of the Rochester Lilac Festival, Highland Park, Rochester, NY ([www.rochesterevents.com/lilac-festival](http://www.rochesterevents.com/lilac-festival))
- 9: 28<sup>th</sup> Annual Letter Carriers' "Stamp Out Hunger" Food Drive ([www.nalc.org/community-service/food-drive](http://www.nalc.org/community-service/food-drive))
- 9: FOOD HOLIDAYS TODAY - National Bake Sale Day and National Butterscotch Brownie Day
- 9: Let's Go Fishing Day
- 9: Lost Sock Memorial Day
- 9: National Babysitters' Day
- 9: Tear the Tags Off the Mattresses Day
- 9 & 10: NETHERLANDS: National Mill Days - Almost 1,000 windmills and watermills are open to visitors.
- 9 - 16: 5<sup>th</sup> Edition of the Invictus Games, The Hague, Netherlands (<https://invictusgames2020.com> and [www.invictusgamesfoundation.org](http://www.invictusgamesfoundation.org)) - Competitors are servicemen and women who have suffered life-changing injuries.
- 10: MEXICO: El Dia de la Madre - Mother's Day is celebrated across Mexico annually on May 10.
- 10: Mother's Day - See **Mother's Day** starting on page 12, *Mother's Day* section in **Hot Flashes** on page 21, *Mother's Day* section in **Simple Expressions** on page 34, and *Aspirin Cake and A Mother's Limerick* on the **Humor Page** on page 36. *Make the Angel Food Pineapple Cake recipe in P.S. on the back page.*
- 10: MOTHER'S DAY TRIVIA - Hallmark began selling Mother's Day cards in 1920.
- 10: National Shrimp Day
- 10 - 16: Homes for the Aging Week - See the **May Recognition Dates** on page 9.
- 10 - 16: National Hospital Week - See the **May Recognition Dates** on page 9.
- 10 - 16: National Police Week, U.S. & Canada - Peace Officer Memorial Day is held annually on May 15.
- 10 - 16: 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 and contest winners starting on page 15. See the *National Skilled Nursing Care Week®* section in **Hot Flashes** on page 21.
- 11: GUESS THE YEAR - Firsts this year were oral contraceptives, black singer to perform at the Metropolitan Opera (Marian Anderson), Presidential press conference on film and TV, speedboat to exceed 200 mph, and dripless paint. ANSWER: 1955. For more information, see **This Was the Year...1955** on page 48.
- 11: National Mocha Torte Day
- 11 - 15: National Etiquette Week, Monday - Friday
- 11 - 17: CANADA: National Nursing Week, Monday - Sunday, Day: 12 - See the **May Recognition Dates** on page 9.
- 12: 95<sup>th</sup> Birth Anniversary of Yogi Berra, 1925 - 2015 - Berra, a Baseball Hall of Fame New York Yankees catcher and manager of the Yankees and New York Mets, is also well known for his "Yogi-isms," humorous head-scratching quips. An example is "When you come to a fork in the road, take it." Visit <https://yogiberramuseum.org/about-yogi/biography> for more information about his life.
- 12: 200<sup>th</sup> Birth Anniversary of Florence Nightingale, 1820 - 1910 - Nightingale, nicknamed "The Lady with the Lamp," was a British nurse who advocated for sanitary conditions when treating patients and is a pioneer of modern nursing. Visit [www.history.com/topics/womens-history/florence-nightingale-1](http://www.history.com/topics/womens-history/florence-nightingale-1) for more information about her life and see "*Nightingale Prayer - The Flame of Florence Nightingale's Legacy*" in **Creative Musings** on page 40.
- 12: CANADA: Canada Health Day
- 12: JEWISH: Lag B'Omer - Lag B'Omer begins at sundown on May 11. See the **Lag B'Omer** section on page 11.
- 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 *Limericks and More Limericks* on the **Humor Page** on page 36.



# MAY 2020 Dates To Celebrate

- 12: National Nutty Fudge Day
- 12: Nurse Assessment Coordination Day - See the **May Recognition Dates** on page 9.
- 13: FOOD HOLIDAYS TODAY - National Apple Pie Day, National Fruit Cocktail Day, and National Hummus Day
- 13: Frog Jumping Day
- 13: National Receptionists' Day - See the **May Recognition Dates** on page 9.
- 13: National Third Shift Workers' Day - See the **May Recognition Dates** on page 9.
- 14: National Buttermilk Biscuit Day
- 14: National Dance Like a Chicken Day
- 14: PERSON, PLACE, OR THING? - There are two topics to the quiz this month. See **Person, Place, or Thing?** on page 49.
- 14 - 17: 102<sup>nd</sup> PGA Championship, TPC Harding Park, San Francisco, CA ([www.pga.com/events/pga-championship-2020](http://www.pga.com/events/pga-championship-2020))
- 15: 80<sup>th</sup> Anniversary of Nylon Stockings Sold across the U.S., 1940
- 15: FOOD HOLIDAYS TODAY - National Chocolate Chip Day, National Pizza Party Day, and National Slider Day
- 15: National Bike to Work Day
- 15: National Memo Day - This is a day to write a memo against memos.
- 15 - 25: International Pickle Week - This 11-day period celebrates all types of pickles.
- 16: 145<sup>th</sup> Running of the Preakness Stakes, Pimlico Race Course, Baltimore, MD ([www.preakness.com](http://www.preakness.com)) - This horse race is the middle jewel in thoroughbred racing's Triple Crown.
- 16: Armed Forces Day - On August 31, 1949, Defense Secretary Louis Johnson announced that Armed Forces Day would replace separate Army, Navy, and Air Force Days. (These branches of the military along with the Marine Corps were unified into one agency - the Department of Defense on August 10, 1949. Marine Corps Day is still celebrated on its founding day, November 10.) Armed Forces Day was first celebrated on May 20, 1950 and is held annually on the third Saturday of May. See the **Armed Forces Day** section in **Hot Flashes** on page 21.
- 16: Biographers Day - This is a good day to start reading or writing a biography.
- 16: International Learn to Swim Day
- 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: Wear Purple for Peace Day
- 17: 45<sup>th</sup> Anniversary of the First Gold Album on Day of Release, 1975 - Elton John's album, *Captain Fantastic and the Brown Dirt Cowboy*, sold more than one million copies on this day. *Play this fantastic album today for people to listen to.*
- 17: National Cherry Cobbler Day
- 17: Pack Rat Day
- 18: 40<sup>th</sup> Anniversary of the Eruption of Mount St. Helens in Washington, 1980
- 18: CANADA: Victoria Day - See **Victoria Day** on page 13.
- 18: International Museum Day - Ask residents to name their favorite museums and why.
- 18: National Cheese Soufflé Day
- 18: Rooster Day
- 18: Use the **Bulletin Board Trivia** on pages 46 and 47 to quiz residents.
- 19: 95<sup>th</sup> Birth Anniversary of Malcolm X, 1925 - 1965 - Born Malcolm Little, Malcolm X was a human rights and civil rights activist who was assassinated in New York City on February 21, 1965. Visit [www.malcolmx.com/biography](http://www.malcolmx.com/biography) for more information about his life.
- 19: International Dinosaur Day - There are numerous times to recognize dinosaurs throughout the year that have different sponsors and organizers. These include the third Tuesday in May (some sources say the annual date of May 15), June 1, Dinosaurs Day annually on August 2, and International Dinosaur Month in October.
- 19: National Devil's Food Cake Day
- 19: National Hepatitis Testing Day ([www.cdc.gov/hepatitis/heppromoresources.htm](http://www.cdc.gov/hepatitis/heppromoresources.htm))
- 19: National Scooter Day
- 20: Birthday of Blue Jeans, 1873 - This day is considered the birthday of blue jeans by Levi Strauss & Co. Denim pants had been around for many years but adding metal rivets to these work pants is what became known as blue jeans. Visit [www.levistrauss.com/levis-history](http://www.levistrauss.com/levis-history) for more information.
- 20: FOOD HOLIDAYS TODAY - National Quiche Lorraine Day and Pick Strawberries Day
- 21: Anniversary of the Founding of the American Red Cross, 1881 ([www.redcross.org](http://www.redcross.org))
- 21: CHRISTIAN: Ascension Day - This is 40 days after Easter and commemorates Christ's ascension into heaven.
- 21: FOOD HOLIDAYS TODAY - National Eat More Fruits and Vegetables Day and National Strawberries and Cream Day
- 21: "I Need a Patch for That" Day
- 21: National Waitstaff Day



# MAY 2020 Dates To Celebrate

**22:** CANADA: Canadian Immigrants' Day - This day honors legal immigrants to Canada and celebrates their contributions.

**22:** National Vanilla Pudding Day

**22 - 24:** 54<sup>th</sup> Annual National Polka Festival, Ennis, TX ([www.nationalpolkafestival.com](http://www.nationalpolkafestival.com))

**22 - June 7:** Portland Rose Festival, Portland, OR, Weekends and Memorial Day ([www.rosefestival.org](http://www.rosefestival.org))

**23:** Lucky Penny Day

**23:** National Taffy Day

**23:** Pink Flamingo Day - *Invite residents and team members to compete in a Pink Plastic Flamingo Dress-up Contest.*

**23:** World Turtle Day ([www.worldturtleday.org](http://www.worldturtleday.org)) - This day is sponsored by the American Tortoise Rescue.

**24:** 104<sup>th</sup> Running of the Indianapolis 500-mile Race, Indianapolis, IN ([www.indianapolismotorspeedway.com/events/indy500](http://www.indianapolismotorspeedway.com/events/indy500))

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

**24:** International Tiara Day ([www.internationaltiaraday.com](http://www.internationaltiaraday.com)) - This day is held on the birth anniversary of Queen Victoria (1819 - 1901) and celebrates females of all ages as a time for them to feel special and like royalty.

**24:** ISLAMIC: First Day of Eid al-Fitr (Feast of the Breaking of the Fast) - Eid al-Fitr begins at sundown on May 23. This feast celebrates the completion of the Ramadan fasting and usually lasts for several days. Different methods for "anticipating" the visibility of the new moon crescent at Mecca are used, so the U.S. and Canada date may vary.

**24 - 30:** National African Violet Week, ([www.avsa.org](http://www.avsa.org)) - This week is sponsored by the African Violet Society of America.

**24 - 30:** National Frozen Yogurt Week - *On Sunday afternoon serve frozen yogurt for a cool treat.*

**25:** ENGLAND: Cheese-Rolling at Cooper's Hill, Gloucestershire - Participants chase an eight-pound round of Double Gloucester cheese down a steep hill. The cheese can reach speeds of 70 mph.

**25:** FOOD HOLIDAYS TODAY - National Barbecue Day and National Brisket Day

**25:** National Brown-bag-it Day - *See National Brown-bag-it Day section in **Simple Expressions** on page 34.*

**25:** National Tap Dance Day

**25:** National Wine Day

**25:** U.S.: Memorial Day, Federal Holiday - This holiday originally honored soldiers who had died during the Civil War and was called Decoration Day. The first widespread observance 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 date to celebrate was changed to the last Monday in May. *See the Memorial Day section in **Hot Flashes** on page 21.*

**25 - June 1:** National Backyard Games Week, Monday - Monday

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

**26:** World Lindy Hop Day - The lindy hop is a type of swing dance.

**27:** 27<sup>th</sup> Annual National Senior Health & Fitness Day® ([www.fitnessday.com](http://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 \$34.95 (plus shipping), but a limited number of free event registrations are available to Creative Forecasting subscribers by e-mailing [gford@fitnessday.com](mailto: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](mailto:gford@fitnessday.com). See 27<sup>th</sup> Annual Senior Health and Fitness Day section in **Simple Expressions** on page 34.*

**27:** National Grape Popsicle Day

**27:** World Otter Day ([www.otter.org](http://www.otter.org))

**28:** International Chardonnay Day

**28:** National Hamburger Day - Some sources say this day is celebrated annually on Memorial Day.

**28:** Slug Appreciation Day

**29:** Learn about Composting Day

**29:** National Coq Au Vin Day

**29 - 30:** JEWISH: Shavuot or Feast of Weeks - Shavuot begins at sundown on May 28. *See the **Shavuot** section on page 11.*

**30:** National Mint Julep Day - *See the two recipes for mint juleps (non-alcoholic and with alcohol) in the **Kentucky Derby** article on page 10.*

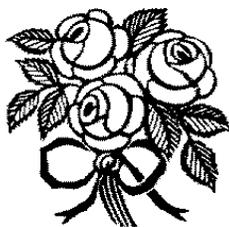
**30:** Water a Flower Day

**31:** American Poetry Day - This day is held on the birth anniversary of Walt Whitman (1819 - 1892), a poet and journalist, and honors all poets and poetry lovers. *Read the poems in **Creative Musings** on page 40 and encourage people to write their own poems or compose one as a group.*

**31:** CHRISTIAN: Pentecost - This day, 50 days after Easter Sunday, commemorates the Holy Spirit's descent upon the 12 Apostles. It is known in many countries as Whitsunday ("White Sunday") and is called Pinkster Day in Germany. It is a popular time for baptisms.

**31:** National Macaroon Day

**31:** World No Tobacco Day



## MAY 2020 RECOGNITION DATES

■ **55<sup>th</sup> Annual Older Americans Month** - This month is promoted by the Administration for Community Living ([www.acl.gov](http://www.acl.gov)). It has been held since 1965. The 2020 theme is "Make Your Mark." This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks, and this theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities. Visit <https://acl.gov/oam> 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](http://www.asha.org)) is the sponsor. In Canada, Speech-Language & Audiology Canada ([www.sac-oac.ca](http://www.sac-oac.ca)) is the sponsor.

■ **National Nurses' Month\***, **Day: 6** Sponsor: American Nurses Association - ANA ([www.nursingworld.org](http://www.nursingworld.org)) - In recognition of 2020 being declared "Year of the Nurse" by the World Health Organization, ANA is expanding Nurses' Week to Nurses' Month in May and will continue to celebrate for the entire month of May in future years, as well. This is a meaningful way to expand recognition of nurses' vital position in transforming health care. The 2020 theme is "May Is Nurses Make a Difference." There is a focus for each week:

- ✓ Self-care Week - May 1 - 9
- ✓ Recognition Week - May 10 - 16
- ✓ Professional Development Week - May 17 - 23
- ✓ Community Engagement Week - May 24 - 31

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

**10 - 16: Homes for the Aging Week** No Sponsor - This week is celebrated by non-profit communities.

**10 - 16: National Hospital Week** Sponsor: American Hospital Association ([www.aha.org](http://www.aha.org)) - Visit [www.nationalhospitalweek.com](http://www.nationalhospitalweek.com) for product information.

**10 - 16: National Skilled Nursing Care Week® (U.S. & Canada)** - See page 15 for more information.

**11 - 17: CANADA: National Nursing Week, Monday - Sunday, Day: 12** Sponsor: Canadian Nurses' Association ([www.cna-aiic.ca](http://www.cna-aiic.ca)) - Visit the web site for the theme.

**12: Nurse Assessment Coordination Day** Sponsor: American Association of Nurse Assessment Coordination ([www.aanac.org](http://www.aanac.org))

**13: National Receptionists' Day** Sponsor: National Receptionists' Association ([www.nationalreceptionistsday.com](http://www.nationalreceptionistsday.com)) - This day recognizes the "Directors of First Impressions."

**13: National Third Shift Workers' Day** Sponsor: Jeff Corbett of Statesville, NC - This is also known as National Nightshift Workers' Day.

*\*Dates are different than what appeared in the 2020 Annual Recognition Dates in the January 2020 issue.*

### ACTIVITY THEME

Use the theme, "You're Gifts to Us! Thanks for All You Do!," to recognize team members this month. Put the theme at the top of the board. For the border, use garlands of artificial ivy and spring flowers. Cut square and rectangular shapes out of shiny wrapping paper with small bows attached to hang pictures of the honored people on. Have a You're Gifts to Us Party for each shift. Ask each recognized person to fill out a 3" x 5" card answering the question: "How does it make you feel to be a nurse? receptionist? team member on the nightshift? Provide miscellaneous craft items for them to decorate their cards. Hang these cards on a bulletin board with a headline of Thanks! at the top of the board. Ask a resident to read the poem, "Nightingale Prayer - The Flame of Florence Nightingale's Legacy" on page 40 as a tribute. Give a small gift bag to each honored person with a thank-you card from the residents, a wrapped gift (i.e., seed packets, note cards), and Hershey's® Hugs® and Kisses® candies.



# Kentucky Derby

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

May 2, 2020



Since 1875, Churchill Downs in Louisville, KY has been the home of the longest-running sporting event in the U.S. It is held on the first Saturday in May. The Kentucky Derby, also known as the "The Run for the Roses<sup>®</sup>," is a race for three-year-old thoroughbred horses that run one and a half miles. It lasts only two minutes. It was developed after Colonel Meriwether Lewis Clark (grandson of the explorer William Clark) returned from a trip to Europe. He organized the Louisville Jockey Club who raised enough money to build a horse race track. More than 10,000 people came to the first race. It is a trifecta of food, fashion, and traditions.

## FOOD

❖ Mint juleps are the official drink of the Kentucky Derby, and they made their debut in the 1930s. The mint used at Churchill Downs is sourced from a local company - Dohn & Dohn Gardens. Here are two recipes to make.

### MINT JULEP - NON-ALCOHOLIC

**Note:** This recipe needs advanced preparation time.

• 2 cups water • 1½ cups white sugar • ¾ cup lemon juice  
• 6 sprigs of mint • 1½ cups cold ginger ale • 5 cups ice cubes • lemon slices

In a large pitcher, combine the water, sugar, lemon juice, and mint, letting it steep for 45 minutes. Strain the mixture and throw away the mint. Pour the mixture back into the pitcher adding the ginger ale and ice.

YIELD: 12 servings

### MINT JULEP - WITH ALCOHOL

**Note:** This recipe needs advanced preparation time.

• simple syrup using 1 cup boiling water and 1¼ cups white sugar • fresh mint leaves • crushed ice • water • 2 oz. bourbon (per drink)

To make the simple syrup mix the boiling water with the sugar in a saucepan and stir until the sugar dissolves. Let boil for 3 minutes then remove from heat and let cool. This syrup keeps in the refrigerator for up to two weeks. To make the drinks, put fresh mint leaves in the bottom of each glass with 2 oz. (2 Tbsp. or ¼ cup) of the simple syrup. Use the bottom of a wooden spoon to muddle them together. Take out the leaves. Add crushed ice, a splash of water, and 2 oz. of bourbon.

❖ Make sugar cookies using a cookie cutter in the shape of a horseshoe or fancy hat.

❖ Ask your residents if they have ever had derby pie. Here's a recipe for it: [www.myrecipes.com/recipe/derby-pie](http://www.myrecipes.com/recipe/derby-pie).

## FASHION

❖ Invite the creative arts group to design derby hats to wear to a Derby Party. Start with basic hats and decorate with craft items (i.e., feathers, buttons, flowers, ribbon, rick-rack, netting). (The men can wear fedoras, Panama hats, or bowler hats.)

## GAMES

❖ Invite the Men's Club to play a round of horseshoes. Here are some related trivia questions:

- ✓ What is the measurement of a horseshoe court? **50 FEET**
- ✓ How high is the metal stake? **14 INCHES**
- ✓ How far apart are the horseshoe stakes in a horseshoe court? **40 FEET APART**
- ✓ Is there a National Horseshoe Pitchers Association? **YES**
- ✓ Do men and women throw the same distance? **NO, MEN THROW FROM NO CLOSER THAN 37 FEET, AND WOMEN PITCH FROM 27 FEET.**

❖ Play The Derby Hat Draw prior to the actual running of the race. Give each participant 10 pennies. Find out the names of the horses that will be running in the Derby. Place each name on a piece of paper and put them in a hat. (Put enough pieces of paper with horses' names for the participants you have.) Ask each person to draw a name from the hat and to decide on his or her bet. The person (or people) who draws the name of the horse that wins the Kentucky Derby wins the pool of pennies. For a twist on the game, the person (or people) who draws the horse that comes in last place wins the pool.

❖ There are many horse racing games for purchase or to make on the Internet. One that I found that includes directions is <https://uniquecreationsbyanita.com/how-to-make-a-horse-racing-game>.

## HORSE-RELATED ACTIVITIES

❖ People who remain in their rooms due to illness or choice may enjoy watching a movie about horses. Some suggestions are *Secretariat*, *War Horse*, *Seabiscuit*, *The Horse Whisperer*, *The Man from Snowy River*, *National Velvet*, *The Black Stallion*, *Hidalgo*, *Black Beauty*, and *Flicka*.

❖ The Book Club can read *Black Beauty* by Anna Sewell (1877) or *The Horse Whisperer* by Nicholas Evans (1995).

❖ Ask the Garden Club to grow individual mint plants. Mint is difficult to grow from seed. It is easiest to take cuttings from mint plants. There are numerous varieties of mint. Harvest the mint leaves by pinching off stems. They can be dried and put into sachets.

## TRADITIONS

❖ If having a fancy Derby Party, ask people who like to complete a task to polish real silver that you have picked up from a secondhand store. It can be relaxing for some and provide a purpose.

*Continued on page 14*

# Lag B'Omer & Shavuot

Jill Cueni-Cohen, BSJ

**LAG B'OMER**  
May 12, 2020

**T**here's a village in the Galilee region of Israel that is transformed into party central every spring for a lesser-known Jewish holiday called Lag B'Omer (pronounced lah b-OH-mehr). The mountain village of Meron is the site of the world's biggest annual celebration of Lag B'Omer. In fact, it's the largest gathering of Jews in the world.

The seven weeks or 49 days between the second day of Passover and the holiday of Shavuot is known as "the Omer." Literally translated, Lag B'Omer is the 33<sup>rd</sup> day of the Omer. Spelled with the Hebrew letters, *Lamed* and *Gimmel*, Lag represents the number 33, and B'Omer literally means "of the Omer." An Omer is a unit of measure. In this case, the Omer refers to an offering of barley grain.

*And from the day on which you bring the sheaf of elevation offering (Omer)—the day after the Sabbath— you shall count off seven weeks. They must be complete: you must count until the day after the seventh week—50 days; then you shall bring an offering of new grain... (Leviticus 23: 15-16)*

Observed on the 18<sup>th</sup> day of the month of Iyar, this year's Lag B'Omer celebration will begin at sundown Wednesday, May 11 and conclude 24 hours later on May 12. Hundreds of thousands of Orthodox Jews will make a pilgrimage to Meron to participate in this family-friendly event.

Illuminated by the light of a huge bonfire, Jews celebrate Lag B'Omer in Meron by singing Kabbalistic songs. Meron is the burial site of Kabbalist sage Rabbi Shimon bar Yochai and his son, Rabbi Elazar b'Rabbi Shimon. Legend has it that Rabbi Shimon bar Yochai, the author of the mystical books of the Zohar, died on Lag B'Omer, and he wanted the day of his death to be celebrated each year as a spiritual holiday.

In addition to that spectacle, thousands of three-year-old Hasidic boys will also make a pilgrimage to Meron for Lag B'Omer to have their first-ever haircut, because at the age of three, children begin to acknowledge their sense of self and learn their place within the community.

During the days before and after Lag B'Omer, Jews follow certain practices associated with mourning which means they cannot marry, cut their hair, or enjoy listening to music. But during Lag B'Omer, those rules are suspended which makes for an impressive celebration.

Bonfires are a signature part of Lag B'Omer, especially in Israel. "In the rest of the country, Israeli children collect everything that's not tied down to make their own little bonfires," said Rabbi Deon Nathan, adding that the pollution level in Israel soars on Lag B'Omer as a result. (Rabbi Nathan is the chief operating officer and chief financial officer of Torah Day School in Dallas, TX.) "It's so much part of the culture. Children start gathering items to burn right after Chanukah, so if someone throws out a couch, the kids save it for Lag B'Omer."

Because of its spiritual nature, Jews often get married or celebrate the anniversaries of loved ones' deaths on Lag B'Omer.

## Activity for Lag B'Omer

❖ Make a bonfire and sing joyous songs. Roasting marshmallows and sandwiching them between graham crackers and squares of chocolate wouldn't hurt either.

**SHAVUOT**  
May 29 - 30, 2020

**T**he 49 days of the Omer end with the holiday of Shavuot. Celebrated this year at sundown on May 28 and ending on sundown of May 30, Jews commemorate God's revelation of the Torah on Mt. Sinai to his people on this day.

Rabbi Nathan pointed out that Judaism was actually born on Shavuot. "We talk about Abraham being the first Jew, but there was no Judaism before Mount Sinai. That was the beginning of the Jewish nation," he said, adding that the process of converting to Judaism is the same as the original process the Jews went through to meet God and receive the Torah. "We learned of the awesomeness of God, we went through the Red Sea, the males were circumcised, and then God revealed himself to us on Mount Sinai. Now people go to the Mikva (ritual bath), the males must be circumcised, and then they accept the Torah."

Most religions rely on a human prophet, but God revealed himself to the entire Israeli nation at once. "A mass revelation is the ultimate checks and balance system," said Rabbi Nathan, noting that the word of God was handed down orally with many witnesses, so in all of history, the Torah hasn't changed. "A Torah scroll today is identical to the oldest one found. From a purely statistical view, that's impossible, but you can't make any mistakes with more than 2.5 million people to check your work. That's why the Torah is so important," Rabbi Nathan added. "It's not just a book, it's the birth of a foundation, and God revealed himself to all of us, not just one person."

## Activity for Shavuot

❖ Read from the Book of Ruth which is the prototype for people who convert to Judaism. **CF**

# Mother's Day

Pegi Schlis, CTRS, ACC, AC-BC

May 10, 2020



## WHAT IS A MOTHER?

Author Unknown

It takes a mother's LOVE to make a house a home,  
a place to be remembered, no matter where we roam.

It takes a mother's patience to bring a child up right,  
and her courage and her cheerfulness to make a dark  
day bright.

It takes a mother's thoughtfulness to mend the heart's deep  
"hurts,"

and her skill and her endurance to mend little socks  
and shirts.

It takes a mother's kindness to forgive us when we err,  
to sympathize in trouble and bow her head in prayer.

It takes a mother's wisdom to recognize our needs  
and to give her loving words and deeds.

It takes a mother's endless faith, her confidence and trust  
to guide us through the pitfalls of selfishness and lust.

And that is why in all this world there could not be another  
who could fulfill God's purpose as completely as a mother!

## HISTORY



**Anna Jarvis of Philadelphia, PA gathered friends at her home in 1907 to introduce her idea of Mother's Day.** It was met with great interest. She asked her mother's church in

Grafton, WV to hold a service to honor her

mother and other mothers, and they did on the second Sunday in May in 1908. At the end of the service, Jarvis presented each mother and child with a carnation, her mother's favorite flower. Jarvis and her friends began a letter writing campaign to create a nationwide Mother's Day observance and encouraged families to honor their mothers with simple, at-home gatherings. Over the following years, people celebrated an unofficial Mother's Day. Finally, the U.S. Senate approved legislation, and on May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day. The carnation is the official flower. Jarvis never married or had children and was not happy with the commercialization of Mother's Day, a holiday she advocated for.



## MOTHERS QUIZ

- Mother of Jesus **MARY**
- Mother by marriage **STEPMOTHER**
- Mother of the soil **MOTHER EARTH**
- Mother of Mother's Day **ANNA JARVIS**
- Mother of nursery rhymes **MOTHER GOOSE**
- Large or profitable source or supply **MOTHERLOAD**

- Mother of the weather and outdoors **MOTHER NATURE**
- Some people don't get along with this mother **MOTHER-IN-LAW**
- Went to the cupboard to get her poor dog a bone **MOTHER HUBBARD**
- Hard, iridescent substance that forms in shells **MOTHER OF PEARL**
- Children's game where the players ask for permission **MOTHER MAY I**
- Mother of Montgomery who launched the civil rights movement **ROSA PARKS**
- Famous nun known for helping the poorest of the poor **MOTHER THERESA**

## TOP GIRLS' AND BOYS' NAMES OF 2019

**Girls:** Sophia, Olivia, Emma, Ava, Aria

**Boys:** Liam, Jackson, Noah, Aiden, Grayson

## ACTIVITY IDEAS

- ❖ Take photographs of your residents and their children and grandchildren.
- ❖ On a bulletin board hang a variety of styles of aprons along with residents' favorite recipes.
- ❖ Host a Mother - Daughter Tea. Invite a person from a local church or community to give a brief speech about being / honoring mothers.
- ❖ Host a Baby Shower for an expectant mother in your community (i.e., team member, resident's family member).

## STRAWBERRY & RHUBARB CRUNCH

- 4 cups strawberries, diced
- 4 cups rhubarb, diced
- 1½ cups sugar
- 1 Tbsp. flour

Spread the fruit evenly over the bottom of a greased 9" x 13" pan. Mix the sugar and flour in a small bowl then sprinkle over the fruit.

### Topping

- 1 cup brown sugar, packed
- 1 cup old-fashioned oats
- 1½ cups flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 dashes allspice
- ½ cup shortening
- ½ cup (one stick) butter, softened
- 1 tsp. vanilla

*Continued on page 14*



# Victoria Day

Steve Crabb

May 18, 2020

**Writer's Note:** Victoria Day honors Queen Victoria's birthday and is a statutory holiday celebrated on the Monday preceding May 25 each year. This story, while fiction, is based on facts and centers around Vancouver Island where the author lives.

## A VICTORIAN HOLIDAY

**I** **magine stepping back in time some 80 years and that you are a young debutante living in Vancouver, Canada, circa 1935.** And now imagine your parents have informed you that the family has booked passage aboard a luxury steamship that will take you to an emerald island destination just 2½ hours away from your home...

You snatch the colorful brochure from your father's hand, and he smiles at your excitement. "Newcastle Island" it reads in bright red letters above a picture of glorious sand and radiant beachgoers. *Rejuvenating sun and swimming by day; fine dining and dancing by night.* Your anticipation runs wild, but you suddenly realize you simply must have a new dress. Thankfully, you know your gadabout auntie will help you shop.

Come departure day, the wharf is a hub of activity. Watching carefully, you make certain the porters load your baggage; your entire weekend, including the daring new swimsuit auntie bought for you, is crammed into that small steamer. A uniformed gentleman escorts you to your stateroom, pointing out the ship's various amenities along the way. The ship is so big you wonder how you will ever find your way.

As you stroll the promenade deck, father educates you about the ship and destination. Newcastle Island, he informs you, was purchased by the Canadian Pacific Railroad and turned into a resort. With its world-class chefs and spacious pavilion, complete with a dance floor and soda fountain, father thinks it will be a summer vacation paradise for years to come. "Why, in 1931 alone," he proclaims, "Canadian Pacific Steamships brought more than 14,000 people to Newcastle." You hardly hear him as you gaze at the ship's lavish surroundings and steal glances at the women in their summer dresses with plunging V-necks and scandalous side-slits. Father notices, too, though he pretends not to.

The ship's dining room boasts stark white linen contrasted by gleaming silver. The settings are embossed bone china. Mother looks over her menu as father takes a cigarette from his silver case and puts it to his lips; a white-gloved waiter appears from nowhere to light it. "Did you know," father asks while reading from a brochure, "that the best sandstone in the world comes from Newcastle and was used to build the

San Francisco Mint? And coal from Newcastle helped secure the survival of the colony of British Columbia?" Your eyes start to glaze over as father drones on.

The approach to Newcastle is dotted with all manner of vessels negotiating the busy harbor, but they all make way for the steamship. You survey the surroundings, but there is little time to explore; dinner is to be served soon on the pavilion veranda. Though you are too excited to think about food, it is time to dress for the evening's entertainment—an evening in honor of Queen Victoria's birthday.

In your new dress, you walk from the ship up a path lit by elegant streetlights. The buzz of voices and music gains clarity as you approach the pavilion. Mother says you look like a Hollywood starlet, and you feel yourself blushing. Dinner is a blur; you pick at your meal, too, distracted by the laughter and personalities filling the room. You are feeling giddy, no doubt due to the glass of wine father allowed you. Curious, you look at the bill left on the table: six dollars, which father deems quite reasonable. Time evaporates as you dance with a handsome young man. You sneak a glass of champagne at midnight and take a short walk to sit at the water's edge. You look across the water to another island. The young man tells you it is named Protection and that when the tide is low, you can walk to it from here.

"I can show you tomorrow, if you like." You kick off your shoes and raise your eyes to the incredible starlit sky as sparkling phosphorescence swirls about your ankles. "I'd like that," you answer. He lives in Nanaimo, the town across the channel, and he rowed here earlier in the day. His hand brushes against yours and your eyes meet. His face draws closer, and your eyes close. Suddenly, father's booming voice invades the moment. "It is time to return to the ship, young lady," he instructs. You watch as the handsome young man makes for his skiff, promising to return tomorrow. Mother throws an arm around your shoulders as he rows away.

The day dawns bright and beautiful, and eventually you make your way to the beach with the other guests. You are nervous but remind yourself that auntie assured you this swimsuit is the latest fashion. Besides, you have lingered long enough in the beach house. You step into the sun. Father sees you approach. He gasps. "Young lady!" he says in a hushed voice. Mother shushes him. "Look around," she says, "this is what the girls are wearing these days." Agitated, he roughly turns the pages of his book and mutters something under his breath.

The young man has returned as promised. He holds your hand and guides you across the shallows to Protection Island. You sit on a sun-drenched rock and look back at the giant steamships, the bustling pavilion, and the happy sights and sounds of the vacationers on Newcastle. You return your attention to the handsome young man skipping stones into the glassy water and wish for this weekend to last forever. **CF**

## *Kentucky Derby, continued from page 10*

❖ Make a flower garland. Purchase a horseshoe-shaped foam piece. Insert real or artificial flowers in it.

❖ In 1904, the red rose became the official flower of the Kentucky Derby; the winning horse wears a huge blanket of roses. Ask a local florist to donate roses and sort them for table decorations in trophy cups. Do an educational program reviewing the different types of roses. Learn more about roses at the web site of the American Rose Society, [www.rose.org](http://www.rose.org). If you are located near Shreveport, LA, visit their 118-acre rose garden at the Gardens of the American Rose Center.

❖ *My Old Kentucky Home* is the song that is sung when the horses step onto the track for the Kentucky Derby post parade (walk to the starting gates). The song was written by Stephen Collins Foster in 1853. (Foster lived from 1826 to 1864.)

**Note:** Some of the lyrics are controversial. In 1986, the Kentucky General Assembly voted to change some of the words in the song. A lyric analysis may be of interest, and so may be leaving the song out of your program all together. Like all programs that you offer, doing your due diligence on the content is important. **CF**



## *Mother's Day, continued from page 12*

Put all of the ingredients in a mixing bowl then combine using a pastry cutter. Sprinkle the topping over the fruit. Bake at 350° for 1 hour or until bubbly in the middle.

**Note:** The ingredients of this recipe can be halved and baked in an 8"-square pan.

### **BERRY CHEESECAKE PARFAIT**

- 2 – 8-oz. pkgs. cream cheese, softened
- 1 cup ricotta cheese
- ¼ cup honey
- 1 Tbsp. lemon juice
- 2 tsp. lemon zest
- ½ tsp. vanilla
- 1½ cups graham crackers or vanilla wafers, crushed
- 1 cup mixed berries
- 2 cups whipped topping

1) Beat cream cheese, ricotta cheese, honey, lemon juice, lemon zest, and vanilla until smooth.

2) Divide graham cracker or vanilla wafer crumbs between six clear parfait cups then press down.

3) Divide the cream cheese mixture equally into each cup then top with berries and a dollop of whipped topping. **CF**

# National Photo Month

*Creative Forecasting Editors*

## HISTORY OF THE CAMERA

**T**he invention of the camera, just like other discoveries, didn't happen overnight. Following is a short time line of some of the discoveries that led up to the modern camera.

**5<sup>th</sup> and 4<sup>th</sup> centuries B.C.** The basic principles of optics were developed by the Greeks and Chinese.

**1664 - 1666** Isaac Newton discovered that white light is made up of the different colors of the color spectrum.

**1727** Johann Heinrich Schulze discovered that silver nitrate darkens when it is exposed to light.

**1814** The first photograph was taken by Joseph Niépce with his camera obscura; however, it took eight hours once it was exposed to light and faded after time.

**1837** Louis Daguerre invented another type of photograph, a daguerreotype which only needed 30 minutes of exposure and didn't fade like that of Niépce.

**1851** Frederick Scott Archer invented the collodion process in which the photograph needed only two to three seconds of light exposure.

**1884** George Eastman invented a photographic film that was rolled paper.

**1900** The first mass-produced camera was invented. It was called The Brownie and sold for around \$1.00 each.

**1913** The first 35mm camera was available.

**1927** GE® invented the modern flash bulb.

**1935** Eastman Kodak® released Kodachrome® film.

**1948** The Polaroid® camera was invented and marketed by Edwin Land.

**1963** Eastman Kodak® introduced instant color film.

**1984** Canon® demonstrated the digital camera. (Digital images were around before this time, just not in a still camera. Digital image technology is similar to what is used in television images.)

### **PHOTOGRAPHY CLUB**

Members of the club can decide on projects they want to do, but following are some ideas to share with them.

- ✓ Take photographs at special events
- ✓ Take photographs of newly-admitted residents
- ✓ Select photos each month that will be posted on a community bulletin board
- ✓ Assemble community photo albums
- ✓ Select and send photos regularly to the local newspaper
- ✓ Coordinate special projects such as setting up an in-house photo gallery, creating a community calendar to sell, taking resident glamour shots, producing and selling personalized coffee cups or T-shirts
- ✓ Select, enlarge, and frame photos for residents' rooms
- ✓ Coordinate community events with local photographers

**CF**

# 27<sup>th</sup> Annual National Skilled Nursing Care Week<sup>®</sup>

## NATIONAL SKILLED NURSING CARE WEEK<sup>®</sup>

May 10 - 16, 2020

“Sharing Our Wisdom”

**N**ational Skilled Nursing Care Week<sup>®</sup> (NSNCW) is formerly known as National Nursing Home Week<sup>®</sup>. This week 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 begins on Mother’s Day and continues through the following Saturday.

Here is the information about the theme from AHCA’s web site, “This coming May, participate in NSNCW by sharing the wisdom of those you serve with the theme, *Sharing Our Wisdom*.”

“Wisdom is a synthesis of knowledge and experience. Residents offer a unique perspective based on their life experiences, reminding us to be present, celebrate the small moments, and value connections. There is much in-sight, purpose, and wisdom to be learned from our elders, those living with dementia, and people with developmental and intellectual disabilities if we just ask questions and listen. National Skilled Nursing Care Week (NSNCW) 2020 will focus on the collective wisdom that residents can offer and share.”

Visit [www.ahcancal.org/events/national\\_skilled\\_nursing\\_care\\_week](http://www.ahcancal.org/events/national_skilled_nursing_care_week) for more information and [www.facebook.com/NationalSkilledNursingCareWeek](http://www.facebook.com/NationalSkilledNursingCareWeek). Member communities should have received the product catalog and planning guide electronically in February. For non-members, the product catalog and planning guide can be downloaded free of charge from the web site.

We are excited to present the winners of *Creative Forecasting’s* 27<sup>th</sup> Annual National Skilled Nursing Care Week Contest. Thanks to all those who sent entries! These winning entries can be adapted for all settings.



## WINNERS

### FATHER’S DAY CAMPOUT

*Allie Bennett, Celeste Care, Horseshoe Bay, TX*

**W**e had a Father’s Day Campout with our long term care population, and it was a hit. It was a great reminiscing activity. Residents and their children and grandchildren were invited.

I pitched a tent and strung a rope across the room and hung bathing suits and towels from the rope. I put sleeping bags in the tent, as well as stuffed animals for the grandchildren to play with. A portable picnic table was also set up with pots and pans and plastic camping dishes on it. I also dressed like a camper to set the tone.

We set up an artificial campfire in our dining room. The flames were plastic and had a bright and colorful shimmer because of the red lights flickering under them. There was a fan in the campfire that made the “flames” move. A young man from the nearby college played campfire songs.

I gave everyone flashlights. The blinds were closed, and we turned off the lights, so it was dark. We sang and ate s’mores (heated in a microwave). I don’t know if people liked the flashlights or s’mores the best.

### MAKE AMERICA KIND AGAIN

*Tina Senecal, Director of Life Enrichment, The Ballou Home, Woonsocket, RI*

**F**or the 2019 National Skilled Nursing Care Week, we “lived soulfully” by choosing our theme to be “Make America Kind Again.” My friend, Lauren Scheuer, is an author and illustrator of many books. One of her books is called *Once Upon a Flock: Life with My Soulful Chickens*. Lauren also created some art on stickers, pins, and shirts a few years ago with the saying on them, “Make America Kind Again.” She was the inspiration behind the theme.

We held a Mother’s Day Doll Show. We displayed many donated, beautiful, porcelain dolls. Family members came and after an hour of display, each doll was raffled off to every resident at our home. This made our elders feel like young girls again, and they were over the moon.

Staff members listened for announcements each day (sometimes each hour) that a “kindness flag” was hidden in the building. When someone found it, he or she could return it to the life enrichment department for a prize. Prizes were gift certificates kindly donated by local businesses. ☛

People were asked to put slips of paper in a jar at the front desk with names of individuals they saw doing random acts of kindness. A raffle was held at the end of the week using these names.

On Monday, banners were displayed with the "Make America Kind Again" slogan along with red, white, and blue balloons and stars. Residents made poster boards with word cut-outs about "Kindness." We held a Volunteer Thank You Kindly Lunch and gave them kindness gift bags filled with homemade cookies, kindness pins, car stickers, and shirts.

On Tuesday, we invited the police and fire chiefs to talk to the residents and staff telling stories about acts of kindness they have witnessed at their jobs over the years. They stayed for lunch, and we gave them kindness gift bags. We later passed out hundreds of kindness cards that two local elementary schools made for the residents. (These were a huge hit, and residents made one large thank-you card to send to them.)

On Wednesday, the mayor of Woonsocket came to the community with local veterans. They told stories of kindness to the residents and staff. We presented them with patriotic blankets made by one of our volunteers, and one of our talented nurses sang *God Bless America*. The visitors stayed for lunch.

On Thursday, the director of human services in Woonsocket introduced a woman from the local community who was well known for her kindness. She told stories of what she enjoys doing to help others. We also had Girl Scouts come to our home to paint "kindness rocks" that were later placed in parks around town for people to find.

On Friday, residents enjoyed a Gift Shop Stop - a chance to shop at an indoor yard sale with bingo money and to buy each other gifts. The author, Lauren Scheuer, talked with residents and staff about her "Make America Kind Again" theme and the book she wrote about her chickens. She also brought one of her pet chickens for a visit and showed people how to draw chickens.

What a heartwarming week we all had!

### FRIENDS OF NATURE CAMP

*Kathryn Richards, ADC, St. Catherine of Siena Health Care, Caldwell, NJ*

**E**ach year, we provide special events during the summer for our residents. Our Friends of Nature Camp was a wonderful opportunity for them to be in touch with the world around them!

**Day 1 - In the Beginning** Residents took turns reading the creation account from the Bible. (cf. Genesis 1, 2) We decorated a table with plants, and residents lit battery-operated candles placing them on tables, one at a time, after

each scripture verse to represent the days of creation. We concluded the ceremony by singing *All Creatures of Our God and King*. Residents drew chalk art illustrations of the days of creation which were put on display later. We showed YouTube® videos about legends and stories about creation from different cultures and discussed their similarities with the Biblical account.

**Day 2 - Plants of the Bible** We brainstormed and listed on a white board references in scripture that mention various trees and plants. Plants including herbs, vegetables, and some fruits of the Bible were available for residents to handle and talk about. We showed a video on creation, *Planet Earth, Sanctuary of Life*. We also talked about vegetables and fruits that help various organs of the body. The day concluded playing a game of Follow Your Nose Bingo that has 30 distinct aroma diffusers to discover the world through scent.

**Day 3 - The Wonder of Water** We delved into the life and writings of Henry David Thoreau and read portions of *Walden* while reflecting on nature around us. We watched a video about water as our most valuable resource and talked about marine marvels then enjoyed trivia about sea turtles. Our group also played a game of Nature Bingo.

**Day 4 - The Beauty of Trees and Flowers** We showed a YouTube® video on key trees of the Bible, then our group put on a dramatization of the children's book, *The Tree that Always Said No*, a story about an unfriendly tree who wanted to be alone and chased away forest animals who sought to befriend him. The tree learns a valuable lesson on friendship when the forest critters help him get rid of a swarm of termites! This group drama brought on a lot of laughs and enjoyment. A local artist and graphic designer shared her talent by helping the residents paint colorful flowers. Residents were delighted at the outcome of their masterpieces. One resident stated proudly she wanted to give it to her niece who just moved in to a new house.

**Day 5 - Zoo Outreach Program** We partnered with the local zoo for two outreach programs: Animal Myths and Endangered Species. The zoo educators brought small animals, and the residents enjoyed petting these animal ambassadors. The educators showed a PowerPoint® presentation that taught us about shrinking animal habitats and the dangers that threaten various species. We played an earth science trivia game (choices available on Amazon.com), and we painted wooden animal masks with eye holes and long handles bought at a local craft store. The relative of a staff member just had her children's book published, *Patrick Puffin Learns a Lesson*, so we had an Author Afternoon and Story Reading. We all learned a lot about puffins, a bird most of us weren't familiar with, and enjoyed hearing how this book came about. We served mini eclairs for a Cream Puff-in Social. ☞

**Day 6 - Safari Day** The culmination of our Friends of Nature Camp ended with an Indoor Safari. We decorated our dining room with animal print materials and stand-up, cut-out cardboard animals including an elephant, zebra, and giraffe. Plants and animal masks (which the residents had made) were placed around the room. Staff members and volunteers were invited to dress up as animals, and they made their entries to lively music. We had penguins, giraffes, lions, bees and beekeepers, butterflies, raccoons, flamingos, and elephants. The residents participated by making animal sounds or pantomimed various animal characteristics such as waving their arms like butterflies, buzzing like bees, or clasping their arms together to make elephant trunks. After parading around the room and greeting the residents, each person gave a short description of the animal he or she represented. All the animals came out and everyone sang *All God's Creatures Got a Place in the Choir* (YouTube® video Celtic Thunder Heritage "A Place in the Choir"). We served animal crackers and tropical punch while we listened to animal-related tunes.

It was an unforgettable week with residents, staff, and volunteers engaged in a program that was both successful and enjoyed by all.

#### KENTUCKY DERBY THEME DAY

*Penny Sacksteder, Retired Life Enrichment Coordinator,  
Brethren, MI*

**I**'ve always enjoyed adding my little twist to suggestions found in *Creative Forecasting*. Over the years, the magazine has offered great ideas for celebrating the Kentucky Derby. Here are some we used for the Kentucky Derby and other horse-related activities.

In the May 2014 Musical Notes article, Music Therapist, Laura Wilson, focused on music by suggesting a party on race day featuring several horse songs, wide-brimmed hats, and traditional foods and drinks.\* Choosing a favorite and watching the race to see whose "pick" won also makes for an enjoyable event for all.

**\*Editor's Note:** *That article is featured in Musical Notes on page 22.*

In the May 2016 holiday article about the Kentucky Derby written by Michele Mason, we used a recipe for non-alcoholic mint juleps\*\* along with suggestions for doing a horse scavenger hunt, watching a horse-themed movie, and playing with horse figurines while reminiscing about horses in the residents' past.

**\*\*Editor's Note:** *See recipes for mint juleps - non-alcoholic and with alcohol versions on page 10.*

If you are feeling adventurous, do what our group did one year...we donned our flowery hats and took a ride to a horse

ranch. Spending time with horses on Kentucky Derby Day or Preakness Stakes Day (May 16 in 2020) made it extra special for people. (To arrange this, talk with folks. With our residents, there has to be someone with a family member or friend who has horses or knows someone who has horses.) The day my group went, some residents only wanted to watch the horses, others walked to them, and others patted or fed them. We got some great photos of ladies wearing big hats and hanging out with horses.

The Kentucky Derby and Preakness Stakes in May gave us a few more opportunities to enjoy the flowery hats our ladies created for the Easter parade or Mother's Day and to nurture our fascination with horses.

#### EDUCATIONAL PROGRAMS

*Rich Metayer, Vice President of the Resident Council,  
Pendleton Health and Rehab, Mystic, CT*

**T**he Recreation Director, Concetta Franchetti, at Pendleton Health and Rehab has given me the opportunity to be a leader in the Recreation Department presenting educational programs to my fellow residents. Following are some of the programs I have done:

**All about Boston** I was born in Boston and grew up in Massachusetts. I gave a presentation about Boston using my computer and displayed many pictures on a large screen. The residents loved the program.

**Sports Teams in Massachusetts** I gave a program about the Boston Red Sox, Boston Bruins, and other Massachusetts-based sports teams with video.

**All about Universities** I am a Massachusetts Institute of Technology (MIT) graduate and retired chief engineer. I gave a program with video about MIT and also discussed other Massachusetts universities. Of note, MIT is ranked the number two university in the world.

**All about Maine** Maine is one of my favorite places. I spent much time in the state when I was growing up. I showed many pictures. The residents enjoyed the beauty and wonders of Maine.

**All about the University of Connecticut** Known as UCONN, "The Huskies" are one of the best women's basketball programs in the country.

Throughout the years, I have given computer classes, travelogues, Sunday leadership classes, and programs about civics. My mother was a four-term state representative in Massachusetts. Last November, I conducted weekly programs on the Armed Forces - the Army, Navy, Marines, Air Force, and Coast Guard. There was video, and residents especially enjoyed the music. **CF**

# Medical Notes

Valerie J. Schereck, MSN, ANP-C

## AMYOTROPHIC LATERAL SCLEROSIS



**myotrophic Lateral Sclerosis (ALS) is also known as Lou Gehrig's disease and is a progressive neurodegenerative disease which is caused by deterioration and death of motor neurons.**

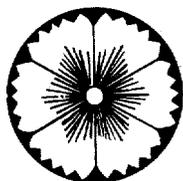
Motor neurons are nerve cells that extend from the brain to the spinal cord and to the muscles throughout the body. They initiate and provide vital communication links between the brain and voluntary muscles.

Charles Bell first described this disease in 1824, and he called it progressive muscular atrophy. It became well known in the U.S. in 1939 when the baseball player Lou Gehrig was diagnosed with the disease, thus, the name Lou Gehrig's disease. In 1963, the famous cosmologist Stephen Hawking developed the disease.

Other names for ALS include Charcot's disease and motor neuron disease. In 1969, Jean-Martin Charcot introduced the term amyotrophic lateral sclerosis to link the symptoms with the disease. Amyotrophic comes from the Greek word, *amyotrophia*; a means "no," myo means "muscle," and trophia means "nourishment." Therefore, amyotrophia means "no muscle nourishment" which describes the loss of signals of motor neurons to muscle cells in ALS. Lateral identifies the areas in the spinal cord where the affected motor neurons that control the muscles are located. Sclerosis means "scarring" or hardening and refers to the death of the motor neurons in the spinal cord.

### EPIDEMIOLOGY

ALS is the most common motor neuron disease in adults and the third most common neurodegenerative disease after Alzheimer's disease and Parkinson's disease. Throughout the world, ALS will affect 1.9 people per 100,000 annually. Men have a higher risk of developing it than women. Although ALS can occur in all races and ethnic backgrounds, it is more common in whites than Africans, Asians, and Hispanics. It can affect people at any age but the peak incidence is between 50 - 75 years and decreases dramatically after 80 years.



## CAUSES

The exact cause of ALS is unknown, but genetic and environmental factors seem to play a role in its development. It is classified as either familial or sporadic, depending upon whether there is a family history of the disease. The majority of ALS cases (90% or more) are considered sporadic. This means that the disease occurs at random with no clearly associated risk factors and no family history of the disease.

Familial or genetic ALS accounts for about 5% to 10% of all cases. In this form of ALS, an individual inherits the disease from his or her parents. Mutations in more than a dozen genes have been found to cause familial ALS. Approximately 25% to 40% of all cases are caused by a defect in the gene known as C9ORF2. Another 12% to 20% of familial cases are caused by mutations in the gene known as SOD1.

Other factors that have been associated with the development of ALS include head injury, military service, tobacco use, occupational exposure to lead, exposure to heavy metals, farming, beta carotene intake, and exposure to pesticides.

## CLASSIFICATION

ALS can be classified in several different ways: how fast the disease progresses (slow vs. fast progression), whether it is inherited (familial) or sporadic, age of onset, and where it starts. In approximately 25% of cases, muscles in the face, mouth, and throat are affected first. This form is called bulbar onset. In approximately 5% of cases, muscles in the trunk are affected first. Spinal onset ALS, also known as limb onset ALS, begins with weakness in the arms and legs and accounts for two-thirds of all cases of classic ALS.

ALS can also be classified based on age of onset. Peak age of onset is 58 - 63 for sporadic ALS, and 47 - 52 for familial ALS. Approximately 10% of all cases begin before age 45 and 1% of cases begin before age 25 (juvenile ALS).

## SIGNS AND SYMPTOMS

Initial signs and symptoms of ALS are often so subtle that they may be overlooked. The earliest symptoms usually include muscle weakness and muscle atrophy. In spinal onset ALS, the first symptoms are in the arms and legs. Individuals may experience awkwardness, tripping, or stumbling when walking or running. They may also experience difficulty with tasks requiring manual dexterity such as buttoning a shirt, writing, or turning a key in the lock. Muscle spasms and muscle cramps can occur and can be quite painful.

Pain is a symptom that is experienced by most people with ALS. This can take the form of neuropathic pain (pain caused by nerve damage), spasticity, muscle cramps, and pain caused by reduced mobility. Pain can also be experienced due to contractures (shortening of a muscle or joint), and in the neck, back, and shoulders, and from pressure ulcers.

Over time as the disease progresses, individuals may experience difficulties moving, swallowing (dysphagia), and speaking or forming words. Difficulty with chewing or swallowing makes eating more problematic and increases the risk of choking or aspirating food into the lungs. Weight loss is common and may be helped with the placement of a feeding tube. As the disease progresses, the muscles that support breathing are affected, and breathing and lung function are diminished. Most people with ALS die of respiratory failure or pneumonia.

## TREATMENT AND MANAGEMENT

There is no cure for ALS. Management of the disease focuses on treating symptoms and providing supportive care. The goal of treatment is to improve quality of life and prolong survival.

Physical therapy can promote functional independence through aerobic, range of motion, and stretching exercises. Occupational therapy can assist with activities of daily living through the use of adaptive equipment. Speech therapy can assist people with ALS who have difficulty speaking. Preventing weight loss and malnutrition in individuals with ALS improves both survival and quality of life. Initially, difficulty swallowing can be managed by dietary changes and swallowing techniques. A feeding tube should be considered for severe weight loss and as the disease progresses.

There are two medications that have been approved for use in the treatment of ALS. Riluzole has been found to modestly prolong survival by about two to three months. Edaravone has been shown to modestly slow decline in function. It may work by protecting motor neurons from oxidative stress. Other medications used are anti-spasmodics, muscle relaxants, antianxiety medications, antidepressants, and pain relief medications.

Non-invasive ventilation is the primary treatment for respiratory failure in ALS. It was the first treatment to improve both survival and quality of life for people with the disease.

Palliative care, which relieves symptoms and improves quality of life without treating the underlying disease, should begin soon after a diagnosis of ALS.

ALS is a progressive neurodegenerative disorder that has no cure and a poor prognosis.

## INDIVIDUAL ADAPTATIONS

*Rosann Moore, CTRS*

*"Hello, my name is Stephen Hawking - physicist, cosmologist, and something of a dreamer. Although I cannot move and I have to speak through a computer, in my mind, I am free."* -Stephen Hawking

Even though Stephen Hawking had ALS for 55 years, it did not stop him from participating in those things he enjoyed - working, learning, and discovering. With the many challenges that a person with ALS faces, activity pursuits can remain enjoyable. Activity team members can assist in successful participation, although it may be different from before.

## CONSIDERATIONS FOR ACTIVITY PARTICIPATION

- ✓ Each person with ALS will differ; therefore, activity tolerance will be varied. Someone in the beginning stages may still be able to exercise. Later stages may prevent movement of the body, so physical activities may become difficult.
- ✓ Discuss the participant's activity interests to determine what activities are most enjoyable, interesting, and important to him or her. Make a plan with the person regarding how best to continue those interests.
- ✓ As the disease progresses, the person with ALS will likely have decreased tolerance for physical activity, mobility, and muscle coordination. Work within his or her abilities, noting the best times of day to do activities, as well as which ones are tolerable. Focus on what can be accomplished.
- ✓ Use modifications, as necessary, so the person enjoys activities. These might include but are not limited to communication devices and activity adaptive equipment. Mobility to and from activities is likely to be an electric wheelchair.

## EXPLORING ACTIVITIES

- ❖ Many physical activities may become difficult to manage as ALS progresses. Modifications may need to be made along the way. If an individual loved running, he or she may still enjoy the outdoors and nature in a different way. If gardening was a love, he or she can continue to participate by using the senses and smelling, looking at, and feeling plants. He or she can still plan a garden by using creative skills. 



❖ More often, the senses are not affected with ALS; however, they may be affected by age-related changes. Use sensory stimulation to engage a participant in an activity. Use the senses of sight, sound, smell, and touch. Avoid food and food aromas. An individual with ALS may have swallowing and breathing difficulties and may be on a feeding tube. Check with the individual for his or her preferences.

❖ Another activity, as Stephen Hawking's quote might suggest, is using intellectual strength to learn. Learning through reading, games, discussions, and other intellectual activities are avenues to explore.

✓ An individual with ALS will likely have a form of communication system in place that team members can familiarize themselves with. Learn to communicate and have discussions with the resident about topics he or she is interested in. Allow the person time to respond and watch for facial expressions.

✓ Play trivia and other intellectual games. Again, allow response time with his or her form of communication.

✓ Read to the resident or set up audio books for him or her to listen to.

✓ Reminisce using personal photographs, as well as using historical photos that show how times have changed (i.e., toys that kids play with now as opposed to toys when the participant was young).

✓ Watching shows on channels like the History Channel, National Geographic, and PBS might be enjoyable for someone who likes to learn. Likewise, there is an abundance of TV for entertainment, news, talk shows, and sports.

❖ Following is a combined Intellectual and Sensory Activity with the theme of Johannes Brahms.

✓ Intellectual Activity: The following are a few general facts about Johannes Brahms to ponder and discuss. To add more facts to the discussion, visit the Internet and search for Johannes Brahms or check out a book from the library. If possible, include pictures of Brahms.

- Johannes Brahms was born May 7, 1833 in Hamburg, Germany.
- His father, also a musician, taught him to play piano at a very young age.
- Brahms primarily played the piano, first performing at a young age.
- Brahms became a pianist and composer who wrote music, compositions, symphonies, and many other pieces.
- Brahms's name is included with other classical musicians. Perhaps you've heard of the three B's - Bach, Beethoven, and Brahms.
- Brahms died April 3, 1897.

✓ Sensory Activity: The sense of sound, specifically Brahms's music, is highlighted in this activity.

• Listen to the music of Johannes Brahms. There are many YouTube® videos of his music to choose from, as well as many pieces of music. Ask the person about this genre of music and if he or she has any favorites, how the music makes him or her feel, and could he or she listen to this kind of music all the time, some of the time, or not at all.

• Listen to music of other great composers and compare. Ask what the differences are and what the person's preferences are.

• Ask for requests of classical music and play them. **CF**



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# Hot Flashes

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

## MAY CALENDAR PLANNING

**I** love May! It is a month with so many special days and events to celebrate and enjoy with your residents, families, and co-workers. When creating your calendar for the month, remember to include daily activities that use large motor skills (i.e., exercise, dance), fine motor skills (i.e., crafts, needlework, cooking, sorting), cognitive (i.e., exercising the brain with puzzles, word searches, reminiscing, spelling bees), and social and emotional (i.e., parties, church, music, movies) activities. Use *Creative Forecasting's* list of Dates To Celebrate to put together your calendar. This provides you a "map," giving you daily and/or weekly themes. Activities are not all parties, bingo, and church, though. You must have large group and small group activities, as well as independent and one-to-one visits to meet the needs of all your residents. Be creative. Talk with your residents and refer to their activity assessments to ensure you are providing for their individual interests.

Spring is in the air. Plan some activities outside so people can get a boost from warm sunshine and fresh air. Negative behaviors of those who have dementia can be decreased by bringing them into the sunshine. Make sun tea. Plant flowers and start vegetable plants. We all know April showers bring May flowers! Reminisce about May holidays such as Mother's Day and Memorial Day.

### CREATIVE IDEAS FOR SPECIAL DAYS IN MAY 2020

**May 1 - May Day** Start the month with a May Day Celebration. Decorate with fresh flowers, host a tea time, and make May baskets. May Day is celebrated in most countries as a workers' holiday or Labor Day.

**May 2 - 146<sup>th</sup> Running of the Kentucky Derby** Make Kentucky Derby hats with the ladies. Watch the race on a big-screen television. Serve mint juleps and make and decorate cookies in the shape of a horse. Ask team members to join in and race using stick horses. Watch the movies, *Secretariat* and/or *Seabiscuit*.

**May 5 - Cinco de Mayo** This day commemorates when the Mexican army beat the French army at the Battle of Puebla on May 5, 1862. People celebrate this day sharing the rich Hispanic culture and singing, dancing, and eating. Invite a Mariachi band to perform. Serve chips and salsa and margaritas and have a taco bar. Fill a piñata full of candy and small trinkets. Watch a travel video about Mexico.

**May 6 - National Nurses' Day** It was created to honor nurses who provide quality care to people. Encourage residents to write cards and notes of thanks to the nurses.

**May 10 - Mother's Day** Plan a grand event to honor all mothers (i.e., brunch, luncheon, afternoon tea). Recognize all residents who are mothers and include team members. Invite families to your event. Incorporate special music and entertainment, flowers, corsages, small gifts, and certificates for mothers with the most kids, grandkids, oldest, etc. Contact a local clothing store to put on a spring / summer fashion show.

**May 10 - 16 - National Skilled Nursing Care Week®** I love the theme this year, "Sharing Our Wisdom." We can learn so much from our residents and their experiences in life. To begin planning this week's festivities, invite each department to assist and take on responsibility for an activity or day of celebration. It's a team effort to make these events a success. Invite community members to participate in planned activities.

**May 16 - Armed Forces Day** This is a day to honor men and women from all branches of the military. The first Armed Forces Day was celebrated in 1950. Assist residents to send cards and letters to those serving. Ask the American Legion or another military group to visit with your residents. Take pictures and have an honor guard participate in a flag ceremony. Play patriotic music. Reminisce with residents about their experiences in the military. Have a *M\*A\*S\*H*TV show marathon.

**May 25 - Memorial Day** This holiday dates back to the Civil War. It is observed to honor men and women who gave their lives to the service of our country. American families also remember loved ones who have died. Graves are decorated, parades are held, and families have picnics. Get your residents involved in making homemade ice cream, shucking corn, and preparing for a picnic.

Use these suggestions and come up with your own ideas to create meaningful and enjoyable activity programs. Happy planning! **CF**



# Musical Notes

Laura Wilson, RMT

## KENTUCKY DERBY MUSIC AND PARTY

**T**he Kentucky Derby is a prominent horse race held in Louisville, KY, on the first Saturday in May (May 2 in 2020). It is billed as the most exciting two minutes in sports that brings along with it many traditions and a two-week-long festival. The race has been run since the late 1800s and got its start thanks to the efforts of horseracing enthusiast Colonel Meriwether Lewis Clark, grandson of William Clark of the Lewis and Clark expedition. After spending time in France attending horse racing events, Clark promoted the idea of having a race in his hometown of Louisville, KY to a venue that became known as Churchill Downs. The Kentucky Derby is also called "The Run for the Roses" because of the blanket of roses that is placed over the head of the winning horse.

This storied race also has music associated with the festivities and for this month's activity, your group will have a Kentucky Derby Party complete with songs, derby hats, food, and drink. They may be miles away from Kentucky but will be able to enjoy the race like the elite at Churchill Downs.

You can hold the party on the actual day of the race and have it on a television in the background or use a DVD or YouTube® video of a previous race.

### OBJECTIVES

- ❖ Music appreciation
- ❖ Social interaction

### SUPPLIES

- ❖ Wide-brimmed hats for your participants
- ❖ Derby live on television or video of a previous Kentucky Derby
- ❖ Mint Julep - This iced drink usually consists of bourbon, mint, and sugar syrup. Some sort of green punch or mint drink could be substituted, depending on dietary concerns.
- ❖ Burgoo - This is a thick stew served at the Derby and is popular in Kentucky. It consists of beef, chicken, pork, and vegetables. Small cups of a hearty canned stew would work instead.

### MUSIC

- *My Old Kentucky Home* - Stephen Foster. In 1922, a tradition was started by playing this song while the horses paraded in front of the grandstand before the race.
- *Run for the Roses* - Dan Fogelberg. This folk ballad celebrates the beauty of the horses and the tradition of the Kentucky Derby race.

### Horse Songs for the Party

- *The Race is On* - George Jones. This upbeat song uses a horserace as a metaphor for heartbreak.
- *Horsey, Keep Your Tail Up* - Spike Jones. This comedy song has great sound effects and humorous lyrics.
- *Run, Molly, Run* - The Kingston Trio
- *Stewball* - The Hollies
- *Camptown Races* - Johnny Cash

### ACTIVITY STEPS

- ❖ Organize the group and hand out hats to participants who want to wear them.
- ❖ Read a brief history of the Kentucky Derby horse race.
- ❖ Discuss this year's entrants.
- ❖ Ask the group to pick a favorite horse, either for the actual live race or the DVD of a previous race.
- ❖ Read the group the lyrics to *My Old Kentucky Home* by Stephen Foster. Note that it is the state song of Kentucky and words have been changed from the original version. ("People" has been substituted for the older inappropriate term, "darkies.")
- ❖ Have the group sing together or with the festivities of the race as the horses are paraded out.
- ❖ Read the group the lyrics to *Run for the Roses*. Play the group the song before the race begins.
- ❖ Hand out mint juleps and burgoo or substitutes as the race begins.
- ❖ Play the remainder of the horse songs in the background as the party and race festivities continue.
- ❖ Determine who chose the highest-finishing horse.
- ❖ Proceed to the discussion questions.

### GROUP DISCUSSION QUESTIONS

- ❖ Have you ever been to a horse race?
- ❖ Have you ever owned a horse?
- ❖ Do you watch horse racing on television?
- ❖ Which of the songs about horses did you like the best?
- ❖ Have you ever had a mint julep before? **CF**





## On the Road

John McIlvennan, BA, ADC

### TRAVELING TO TAIWAN

*"Please speak more slowly." (Ching ni shuo man yi dian.)*  
*"Please drive more slowly." (Ching kai man yi dian.)*  
(English and Chinese pronunciations)

### HISTORY

**T**aiwan, officially known as the Republic of China, is an island state in East Asia. It is about 100 miles off the coast of mainland China. The island is only about 14,000 square miles but has 23.7 million people, making it among the most densely populated countries in the world. Having traveled there a few years ago, it is easy to attest to a feeling of being among a lot of people - all of the time, especially in the capital city of Taipei.

People from the mainland of Asia settled here about 30,000 years ago when sea levels were much lower and there was a land bridge to the special spot. With the rising of the seas, this area became an isolated island. Taiwanese native people settled here and called it home for thousands of years. That all changed when the Dutch came to trade in 1542. They called it Formosa (beautiful island) but soon the island became known as Taiwan (terraced bay) after their main port. They began to admit the ethnic Chinese to the island (the Han). The Qing dynasty of China formerly annexed it to the Chinese Empire. It remained in Chinese hands until the Japanese captured it in 1895 and kept it for an even 50 years, only giving it up when they were defeated at the end of World War II.

Taiwan might have remained a forgotten island if it were not for the Chinese Civil War (fought intermittently between 1927 and 1949). When the Chinese communists took over the mainland and called their country the People's Republic of China, the losing side, the Nationalists (or Free China), fled to this island where they would be safe. Two million of them immigrated on U.S. warships. This was the cream of Chinese society including intellectuals and the best businessmen. Stubbornly refusing to surrender, they built Taiwan into an "Asian Tiger," with one of the richest economies in the world (now ranked 23<sup>rd</sup>), all based on trade. They were a military dictatorship for many years until transitioning to a democracy in the 1980s.

The political situation is at a standstill currently. Taiwan was ousted from the United Nations in 1971, and only a small handful of countries recognize it as an independent country. Communist China sees Taiwan as a renegade province and wants it reunited with the Motherland of China. The people of Taiwan are not sure at this moment.

*"This is too expensive." (Zheige tai gui le.)*  
*"This is very cheap." (Zheige tai pian yi.)*

### PLACES TO SEE

Taiwan's popular elected president resides in the Presidential Office Building in the capital city of Taipei. The Japanese originally built it for their governors. One of the greatest attractions is the National Palace Museum. It has more than 650,000 pieces of Chinese bronze, jade, calligraphy, paintings, and porcelain and is considered one of the greatest collections of Chinese art in the world. The Nationalists moved this collection from the Forbidden City in Beijing during the Chinese Civil War. This collection is estimated to be one-tenth of all of China's cultural treasures, and it is so extensive that only 1% is on display at any one time.

People pray at the Lungshan Temple of Manka in the main city. About 35% of the people practice Buddhism, 33% believe in Taoism, 4% are Christian, and 19% are irreligious. Taipei 101 (formerly known as the Taipei World Financial Center) held the world record for skyscraper height from 2004 to 2010, higher than the Sears Tower or the Empire State Building in the U.S.

Taiwan has a subtropical climate, and it can be hot. The eastern two-thirds of the country is mountainous, and the one-third facing west is relatively flat (where most of the people live).

*"Give me one of those." (Wo yao yi ge.)*  
*"Give me two of them." (Wo yao liang ge.)*

### TEA AND CHINESE HOSPITALITY

Tea made its first appearance in China during the Tang dynasty some 1,200 years ago, and the Chinese people have never tired of drinking tea since. Most families enjoy tea as their everyday beverage and would even consider the day flawed without it. For a visiting friend, a cup of hot tea is served the moment the guest takes his or her seat. To offer the guest only a glass of water is considered improper and rude. The person so treated would feel unwelcome and probably never return.

Tea comes in many varieties, but most Chinese prefer green tea like jasmine or oolong, rather than black tea. When drinking tea the Chinese way, the tea leaves are put directly into each person's tea cup - a large, handle-less earthenware mug. As the tea is sipped and consumed, hot water is added immediately. This process can be repeated many times. Each person's cup is a sort of teapot in miniature. One advantage of drinking tea this way is that two friends can pass a couple of hours in pleasant conversation accompanied by a single cup of tea.

Because drinking tea and serving tea is tied with courtesy, don't forget that if a servant serves you tea during Chinese New Year, you should slip him or her a red envelope filled with a crisp new \$100 bill inside. That could be one expensive New Year's.

**Writer's Note:** Resources include one magical trip to Taiwan a few years ago and Internet sites. **CF**



# Reminiscent Corner

Pegi Schlis, CTRS, ACC, AC-BC

## MAY IN HISTORY

### 10 YEARS AGO (2010)

**T**he Pittsburgh Penguins played their final game at Civic Arena where they had played since 1967. The Civic Arena was the first retractable roof, major-sports venue in the world. The operating cost and repairs to the hydraulic jacks halted all full retractions after 1995. The roof remained permanently closed after 2001. The Penguins moved across the street to the new Consol Energy Center.

- The last piece of Yankee Stadium fell in New York City. This ended a two-year demolition process.
- Jessica Watson, a 16-year-old from Australia, became the youngest person to sail solo, non-stop around the world. It took her 210 days. She floated out of Sydney Harbor on October 18, 2009 in her 34-foot pink sailboat, Ella's Pink Lady, and returned on May 14.

### 20 YEARS AGO (2000)

- The comic strip, "Bringing Up Father," ended its 87-year run in newspapers.
- Barry Bonds was the first Major League Baseball player to hit a home run into San Francisco Bay.
- President Bill Clinton announced that GPS (global positioning system) access would no longer be restricted to the U.S. military. It was a satellite-based radionavigation system owned by the U.S. government and operated by the U.S. Air Force providing users with positioning, navigation, and timing (PNT) services.

### 30 YEARS AGO (1990)

- Microsoft released Windows 3.0®.
- The Dow Jones average hit a record 2,821.53.
- The Bank of China Tower in Hong Kong opened as the first supertall skyscraper outside the U.S.
- The Hubble Space Telescope sent the first photographs from space.
- The last episode of *Newhart* starring Bob Newhart aired on TV.
- In the 63<sup>rd</sup> National Spelling Bee, Amy Marie Dimak won by spelling fibranne.

### 40 YEARS AGO (1980)

- The organization, Mothers Against Drunk Driving (MADD), was formed by Candy Lightner after her 13-year-old daughter, Cari, was killed by a drunk driver in Fair Oaks, CA.
- The Department of Education began operations.
- The Department of Health and Human Services began operations.
- Mount St. Helens erupted in Washington killing 57 people.
- *Star Wars, Episode V, The Empire Strikes Back*, was released.

- The best-selling arcade game of all time, *Pac-Man*, was released.
- Pink Floyd's *Another Brick in the Wall* was banned in South Africa.
- The movies, *Friday the 13<sup>th</sup>* and *The Shining*, were released in theaters.

### 50 YEARS AGO (1970)

- Four students at Kent State University in Ohio were killed and nine wounded by Ohio State National Guardsmen at a protest against the invasion into Cambodia.
- In the Hard Hat Riot, unionized construction workers attacked more than 1,000 students and others protesting the Kent State shootings near the New York City Hall.
- An F5 tornado hit Lubbock, TX killing 28 people.
- Diane Crump was the first woman jockey at the Kentucky Derby.
- The song, *Long & Winding Road*, became The Beatles' last record release. It was their 20<sup>th</sup> No.1 hit.

### 100 YEARS AGO (1920)

- The first baseball game of the Negro National League was played in Indianapolis, IN.
- Renowned baseball slugger, Babe Ruth, smashed his 50<sup>th</sup> career home run in Major League Baseball. It was his first for the New York Yankees.
- President Woodrow Wilson made the Communist Labor Party illegal.
- French soldier and a national heroine, Joan of Arc (Jeanne d'Arc), was canonized a saint by the Roman Catholic Church.

## DISCUSSION QUESTIONS

- ❖ Did you collect baseball cards? Which ones were your favorites?
- ❖ Were you a Beatles fan? What were your favorite songs?
- ❖ Did you ever watch horror films?
- ❖ Did you ever participate in a spelling bee?
- ❖ Have you ever gone sailing? **CF**

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# **LEFT SIDE OF EVENT CALENDAR**

# **RIGHT SIDE OF EVENT CALENDAR**

# Culture Change

Barbara Ritchey, ADC, RLC, CDP

## TEAM PLAYERS

I remember years ago when the dietary department tended to the dietary needs of the residents, nursing provided health care, housekeeping cleaned residents' rooms, maintenance handled the building, the administrator ran the community, and the activity department was responsible for all activities. Not anymore. Times are changing. Companies are promoting a team-directed environment in their communities. Our company is one that instills this concept. We are referred to as "universal workers." We help in all departments, as needed, if qualified to do so. Our goal is to provide person-centered care, and it becomes quite easy when there is a team in place and on the same page.

Morning meetings are set up to discuss daily and future issues. Events are discussed and each department's responsibilities in those events.

**Note:** If there is a lack of team participation at your community, don't fret. You can be instrumental in pulling people together. Bond with team members, help in other departments as time allows, if you are permitted to do so. Friends are more likely to work with friends. Ask them for ideas and invite them to participate, and perhaps even lead activities. Following are a few things our team members have done, when asked.

## TEAM STORIES

- ★ Everyone loves a party. Maybe a team member loves to host tea parties. Our director of nursing hosted a beautiful tea for the ladies and brought all her own tea service, from tablecloths to teapots.
- ★ Reoccurring issues come up such as "wrinkled clothes" and sometimes a solution escapes us or doesn't work. In getting to know our director of nursing, I found she loved to iron, so one day I asked her if she would like to resolve the issue by ironing for the residents. She was now able to do something she loved and spend quality time with the residents as the problem was resolved.
- ★ Our maintenance men drive the bus, take the men to Home Depot and enlist their help on projects, hold art classes, play guitar, and help with happy hours.
- ★ Our bookkeepers lead exercise classes, give sign language classes, call bingo, and do crafts with the residents.
- ★ Our cooks leave the kitchen to dance with the residents and hold cooking and garnishing classes.
- ★ Our housekeepers write letters for those who can't, stop to visit and play games of cards.

- ★ Our caregivers come in on their days off to take residents shopping, do crafts, bring in their children to color and play games, host programs by cooking meals from their native countries (for a "round the world" activity).
- ★ Our administrators fill in for the beautician, hold cooking activities, and go on field trips. One brought his son on a winter day to sled down a hill while residents watched from the warmth of the home.

## VOLUNTEERS, FAMILIES, AND RESIDENTS

- ★ Volunteers make up a super team. Of course, it takes time to build this team; however, the benefits will far outweigh the time spent.
- ★ Family council can be a tremendous help as part of the team. Attend their meetings. Some councils do fund raisers to provide items for the residents such as popcorn machines, freezers, etc. Some may hold activities for them such as a Christmas Shop for residents to shop for gifts.
- ★ Residents are certainly our special team members. They can hold many positions including ambassadors, welcome committee, flower arrangers, community outreach, party preppers, and baking committee.

## TEAMWORK AND TEAM SPIRIT

Many years ago, I worked for a company that embraced teamwork. They were building a new nursing home to replace the old one. We were permitted to decorate our halls as "neighborhoods." To build team spirit and to also help our memory care residents find their homes easier, we turned our hallways into "streets." Hummingbird Lane had hummingbird feeders hanging from the ceiling and pictures of hummingbirds on the walls. Evergreen Avenue had pictures of evergreens down their hallway. Mimosa Avenue had murals of mimosa trees and bushes down the hallway and white trellises that looked like fences painted by my artist husband. Retired members of a carpenters' union made mailboxes I'd designed. The residents decorated them for outside their doors. The mailboxes were instrumental in getting some residents out of their beds each morning to look for mail. That mail was always there!

Each team member that wished to adopted five residents who he or she visited each day and did special things for them. Family members would let us (their neighbors) know of issues needing to be addressed such as missing clothes, glasses, etc. We would then try to resolve them. The administrator had very few concerns to address due to the teamwork of the neighbors (team members).

Taking on projects of this magnitude built a very strong team. Members of that family council team stayed on for many years even after their loved ones passed.

Sometimes a team goes beyond being a team and becomes family! **CF**



## Good News!

### STAVING OFF PARKINSON'S SYMPTOMS

Jennifer Mulson, Features Writer for *The Gazette Newspaper*,  
Colorado Springs, CO

**Editor's Note:** This article is being reprinted with permission from *The Gazette newspaper*.

**T**he gloves come on during Emily Moncheski's specialized fitness classes. Her five students in this session at Old School Boxing Gym belly up to the punching bag and prepare to jab for their lives.

The two women and three men have been diagnosed with Parkinson's disease. But they refuse to bow to the degenerative condition that can dismantle bodies over time.

They come to Moncheski to get their heart rates up, to sweat, to challenge their bodies with physical exercise that combines big movements with cognitive games. Recent research indicates high-intensity exercise is one of the best things a Parkinson's patient can do.

"Amplitude training – big movements – actually slows the progression of Parkinson's," said Moncheski, a physical therapist who specializes in working with those who have the disease. "It's the only thing that slows the progression. Any medications just treat symptoms."

She cites a University of Colorado study that compared people who walked on a treadmill at moderate to high intensity (based on their heart rates) with a group that walked at a self-selected pace. The latter progressed in the disease compared with those who worked at a higher intensity.

"If they went at their own leisurely pace and weren't pushing it, they weren't getting this symptom prevention," Moncheski said. "It (exercise) affects neurochemicals and helps the brain make better connections."

Actor Alan Alda revealed last year that he'd been diagnosed with Parkinson's three and a half years earlier. He's had a full life since, he said, and urged others not to be afraid if they were diagnosed. "You still have things you can do." He told *The New York Times*. Exercise is one of his staples: boxing three times a week, playing tennis and marching to John Philip Sousa music.

When Mary Roney was diagnosed at 62, her neurologist told her it wasn't the end of the world and that she had 10 good years left. That wasn't good enough for Roney who wanted to be proactive. She found Moncheski through a Parkinson's symposium and now does one-on-one sessions with the physical therapist, as well as her boxing and high-intensity classes. Roney also works with a personal trainer at the gym and does Nia, a non-impact movement class that blends martial arts, dance arts, and healing arts.

"I've stemmed the progression of it. I'm more than holding my own," said Roney, 66. "I've noticed my gait has become better. My fine motor skills are better. Not that I've been inactive, but I'm making a focus of working out. The alternative is unacceptable to me because it's going to hit my quality of life."

The 55-minute boot camp-style class begins with a disclaimer about brain games by Moncheski: "We're doing multiple things at one time so don't get frustrated." With some upbeat '60s music in the background, she gets to work warming up the crowd. Early exercises are aimed at helping participants learn to catch themselves if they start to fall backwards, while others are designed to help them practice moving their feet when they feel glued to the ground, a common Parkinson's symptom called freezing.

Then comes the session's main focus: big movements paired with some "brain sweat," Moncheski said. The participants lunge forward and call out a letter of the alphabet, then lunge backward and call out ascending numbers in increments of two – a challenging task for anyone.

After a lighthearted exercise involving chairs and reacting to baby cries, dog barks and bird calls on Moncheski's phone, she has the students enter the boxing ring and lie down, all their heads meeting in the middle in a starfish pattern. A bit more brain work coupled with some final stretches winds the class down.

Early symptoms of Parkinson's differ by person but can include a foot that drags while walking, an arm that doesn't naturally swing or an unnaturally quiet voice. The disease causes everything to get smaller and slower, including the voice.

Singer-songwriter Linda Ronstadt is a prime example. She noticed vocal difficulties in 2000 and was forced to retire in 2009, though her official diagnosis didn't come until 2013. "And then you have to learn to ask people to help, and that – that took a little doing," she said in a *CBS News* report this year. "But I do that now, because I need the help."

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*Continued on page 39*

# Regulations Update

Carmen Bowman, MHS

## BE PROACTIVE WITH THE CMS ACTIVITIES CRITICAL ELEMENT PATHWAY, PART 11

**Editor's Note:** *Part 1 of this article appeared in the July 2019 issue, Part 2 appeared in August 2019, Part 3 appeared in September 2019, Part 4 appeared in October 2019, and Part 5 appeared in November 2019, Part 6 appeared in December 2019, Part 7 appeared in January 2020, Part 8 appeared in February 2020, Part 9 appeared in March 2020, and Part 10 appeared in April 2020, all on pages 31 and 32.*

**P**art of the new CMS regulatory process includes Critical Element Pathways (CEP) used by surveyors during survey. We are diving into the Activities CEP over several articles and continue with Record Review.

### **Record Review: (continued)**

■ How does the facility encourage and support the development of new interests, hobbies, and skills?

■ How does the facility provide activities to help the resident reach the goal?

### ➤ **New Interests, Hobbies, and Skills**

The idea of older people learning new things is wonderful, isn't it? So, there are two sides of this coin. One, older people may not have interest in learning new things. Perhaps challenge yourself to strategize and be creative helping people to find and try new interests. The other side of the coin is that many older people now have time on their hands, perhaps in abundance, compared to their busy career and family days. Perhaps they never tried new things because they didn't have time. All this time on their hands may serve well and result in new opportunities.

Have you heard of older people realizing they never knew they could draw, for instance, and then found out they were pretty good? An educator from the 1800s, Charlotte Mason, taught that many people don't know how to draw simply because they didn't take the time. She taught that if they sit down and try to slowly draw whatever they were looking at, they probably could. I tried this once, and I think she is correct. Utilize your own creative and strategic skills to encourage people to try new things. I find it interesting that CMS actually draws this out right here in this Record Review guiding surveyors to look into how a home encourages and supports

each resident in developing new interests, hobbies, and skills. So, take it seriously and perhaps create a place in the record to document both asking (assessment) and experimenting (also assessment) with residents to develop new interests, hobbies, and skills. If this prompt does not exist on your corporate forms, create an additional form; that is something you can do.

### ➤ **"Help the Resident Reach the Goal"**

This is new in the CMS requirements and a very good practice, part of the Culture Change movement. This prompt guides professionals to ask each resident or his or her representative what his or her goal is or goals are. This is wonderful. How many of you are tired of making up goals for someone else? You would never make up goals for me, and I would never make up goals for you.

So, although this has been the traditional, institutional way, CMS wisely prompts us to now ask residents or representatives what their goals are or what the residents' goals would be. Note here, we *don't* want to ask resident representatives what *their* goals are *for* the residents. This has become problematic, as many of you know.

### ✓ **Resident's Goals**

In fact, did you know the phrase, "resident's goal," appears 153 times throughout the new CMS regulations? Have fun asking the resident when you can, "What are your goals for spending your time? For your quality of life? For having meaning and purpose?" I wouldn't ask what are your activity goals just because it is not normal; adults don't typically design goals for activities but what seems to be more natural is goals for daily life or a larger purpose. Some homes ask new residents how they would like to contribute to the life of the home (note *not* facility as people don't live in facilities, they live in homes and communities). I think that is getting at what really matters to most people.

### ✓ **"I Want to Help People."**

I asked a nursing home resident, Pat, once what her goals were for her quality of life. She responded, "Well, I've been thinking about that." Wow! First lesson is we have no idea what people are thinking about. And she actually went on to say, "I want to help people." She continued again without prompting, "... And because I cannot walk and am crippled up with arthritis (showing me her contractures), I figure I need to help people with my voice." Unbelievable! I found out later that Pat was one of the first women in the 1940s to obtain a Ph.D. in philosophy. You can see this coming out in her answer and that she certainly was a self-actualized person. Some residents are at this self-actualized level of living; others will need your help, prompting, and suggestions. I then said to her, "Pat, I know there are lonely people living here... (I was going to go on to explain who might benefit from her friendship...)" and she enthusiastically interrupted by asking, "Who?" What a

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*Continued on following page*

## Regulations Update, continued from page 31

beautiful depiction of what residents can do, might want to do, and how they often desire to help others no matter their abilities.

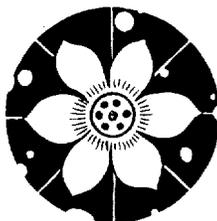
### ✓ Quote Residents

Since we are now asking residents what their goals are, it follows to quote what they say. "I clean with the housekeeper every day at 10:30 a.m." This is what Nora SHOWED she wanted to do and told us without words. She would clean and dust with her open hand which was her way of telling us what she wanted to do and seemingly what brought her joy, meaning, and purpose. Isn't it wonderful people can show us and tell us things even without words? Don't ever dismiss your observations; they are equally important and sometimes the only way a person has of telling us.

### ✓ There Is Power in Quoting Residents

Have you ever had a family member say to you, "Take my mom to every activity, even if she doesn't want to go."? We know the person is talking out of guilt, and we also know we can't ever make a resident do something he or she doesn't want to do. So, if you were to ask this resident what her goals are for her life right now, perhaps she says something like: "I am happy watching my shows. I don't want to go anywhere; leave me alone." I say, quote her! There is power in her words and her wishes. And, no family member, surveyor, or professional can argue with it. It is a beautiful way to honor the person. It also takes undue pressure off of you. It is the resident's goal. Period. That is the way it should be, and this survey tool guides us to go in that direction.

*Carmen Bowman, MHS, of Edu-Catering: Catering Education for Compliance and Culture Change is a Culture Change expert. Bring national, conference, cutting-edge education directly to your TEAM. Does your entire team know that engagement with real life helps homes reach beyond minimal regulatory compliance and actually improves resident health? It is the TEAM that changes institutional culture, or not. TEAM coaching calls just over the phone are affordable and the only way to change culture quickly. Be a leader, make it happen in the home you represent. Contact Carmen by e-mail: [carmen@edu-catering.com](mailto:carmen@edu-catering.com) or phone: (303) 981-7228 and visit [www.edu-catering.com](http://www.edu-catering.com). CF*



# Promoting Real Life

Carmen Bowman, MHS

## FILLING IN THE GAP



**S**adly and unfortunately, many of our assessment processes and forms miss things, important things about a person. We are often stuck with corporate forms. Thus, I propose an idea that costs no money and requires no additional form. I call it "Filling in the Gap." This idea came from hearing a true story about my friend Kim who took care of her mother living with dementia for many years and then the time came to move her into an assisted living community. Kim very naturally wrote out every detail about caring for her mom...in essence, she wrote her mom's care plan. What a gift to everyone - to caregivers who didn't know her mom, to certainly her mom, and even to herself. I'm sure she slept better because of it. So, what if you did that? You could certainly ask the person or family to write every detail or better yet ask them to tell you every detail so you can write it down. Ask clarifying questions as you go. Just keep asking, "What else?" Filling in the Gap - there are probably gaps in any system of questions on forms. You will discover better information than any form that guides you. Move more and more toward normal. Many say that they discover much richer information when they meet people naturally instead of over forms anyway. CF



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# Opportunities for Individuals with Memory-impairment

Cathy Allen, CTRS, CDP, CDAL

## FAMILY MEMORIES



**When we work with individuals with memory-impairment, we want to stimulate their long-term memories by including reminiscing opportunities in their daily lives.** Many of them can reminisce about their childhoods and young adult and

adult lives. They can share stories about cooking, education, careers, farming, military, marriages, families, and travel.

## IDEAS RELATED TO FAMILIES

- ❖ **Sharing Stories** They can share stories that tell us who they are.
- ❖ **Talk about Love** They can share how they were courted or how they courted their spouses or if they eloped and the dynamics around that. Weddings are a wonderful topic to discuss. If able, use their wedding photos and ask them to talk about their weddings and marriages.
- ❖ **Children** They can talk about their children, how they raised them, advice they gave them, and cooking and baking for their families. Some participants may be able to talk about their adult children, grandchildren, and great-grandchildren.
- ❖ **Family Traditions** They can share family traditions and how they celebrated birthdays and anniversaries. If you mention specific holidays, many people can share their traditions and associated memories.
- ❖ **Family Secrets** They can share family secrets, if they wish.
- ❖ **Family Recipes** They can reminisce about favorite recipes and then make them in cooking and baking clubs to share with others.
- ❖ **Home Remedies** They can reminisce about home remedies and ways they treated illnesses (i.e., common cold, allergies).
- ❖ **Life Experiences** They can talk about their school days, college, awards, honors, accomplishments, military, trade school, career, and travels.
- ❖ **Show and Tell** Ask people to bring photographs of themselves and their families and reminisce about the pictures. (This is a nice way to enhance their long-term memories.)

- ❖ **PowerPoint® Video Presentation** Using residents' family photographs, create a PowerPoint® presentation to show to the residents on the TV using an HDMI cable attached to a laptop computer.

- ❖ **Resident Cookbook**

- ✓ Invite each resident's family member to share at least one family recipe.
- ✓ Create a cookbook with all the recipes.
- ✓ Send each family member a cookbook as a gift.
- ✓ Host a fund raiser to sell the cookbooks to staff and visitors. The community sales and marketing team can give cookbooks to potential residents.
- ✓ Make a Cooking and Baking Basket with the cookbook and other related items for a community raffle / auction.

- ❖ **Family Events** Look at planning events throughout the month geared around the family. Here are some examples:

- ✓ Family Council Meetings - Invite family members to openly discuss concerns and make suggestions and recommendations.
- ✓ Family Caregiver Support Group - Invite family members to attend an educational support group to listen to guest speakers and have discussions. Topics can include stages of Alzheimer's, dementia, communication, common behaviors, coping with loved ones with memory-impairment, depression, and caregiver stress.
- ✓ Family Friday Night Candlelight Dinners - Host special dinners for the residents and their families and friends. Residents can help decorate and make centerpieces.

- ❖ **Creative Writing** Participants can write or dictate letters or cards to send to family members (i.e., spouses, children, grandchildren, siblings, nieces or nephews).

- ✓ Request each recipient to answer the statement: "My most memorable thing about you is..." In the letter, request the recipient to include memories of holidays, traditions, celebrations, music, accomplishments, awards, honors, advice, presentations, gifts, sporting events, schooling, careers, family gatherings, family meals, community involvement, family outings, and/or vacations.
- ✓ Request each recipient to mail the letter back to the community to the attention of the Activity or Life Enrichment Department or to hand deliver it.
- ✓ Read the letters to the residents and team members.
- ✓ Create a Family Bulletin Board and post residents' pictures and copies of the letters.
- ✓ Later, place each letter in the appropriate resident's memory book.

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*Continued on page 39*

# Simple Expressions

Maria Leonardo, ACC, AC-BC

## MAY ACTIVITY TOPICS

### **M**ay is Older Americans Month and opportunities to engage your residents abound.

It is always great to have members of the team be a part of programs, whenever possible.

Consider how to set up the room, what materials you will use, and who will carry them out. In some communities, there are universal workers, and CNAs may be the ones who lead or assist. Even if you have team members there, at least one CNA should be nearby when there are residents with memory disorders. If there aren't additional hands and eyes on residents, then we risk elopements or situational dilemmas that could have been avoided if there was additional help. When meeting with your supervisor, discuss the benefits and safety reasons for CNAs to assist. Also, consider adding a CNA as a floater who might overlap into two departments that may help budget expenses. Some CNAs do get the opportunity to work in activities and love the variety, and this often results in other team members having greater respect for the work activity people do.

## 55<sup>TH</sup> ANNUAL OLDER AMERICANS MONTH

The theme for 2020 is "Make Your Mark," and it personalizes the many contributions older Americans have made. Plan an exhibit with biographies about your residents. Be sure to get their families' approval before you put any personal information out for others to see. Ask family for personal items to display. For example, if a resident had a quilting hobby, it would be great to display a quilt that she made. Ask families to write bios about their loved ones' lives. Ask your local county government for a proclamation to declare Older Americans Month in your town or city and for a local official to present it at the community.

## KENTUCKY DERBY

May 2, 2020

The Kentucky Derby is a great reason to have a themed event leading up to the horse race. Residents can make hats using white paper plates and crepe paper streamers, artificial flowers, ribbons, and other miscellaneous items to add color. Plan a Derby Party and Parade for residents to wear their derby hats. Team members can vote on their favorites. Make drinks like non-alcoholic mint juleps. (See Kentucky Derby article on page 10 for a recipe.) Create a PowerPoint® slideshow of different horses and ponies. Broadcast it onto a wall or on a large TV while playing the song, *Run for the Roses*, by Dan Fogelberg.

## MOTHER'S DAY

May 10, 2020

Often, family members visit on Mother's Day, and this is a great time to invite them to a special luncheon or entertainment. Carnations or roses can be handed out to the ladies before a meal or have chocolate-covered strawberries on small plates for the ladies at the social. Another popular idea is to host a Mother's Day Tea and ask families to bring favorite tea cups or consider buying cups at a local thrift store so that each person has a special one to use. Also, ask family members to bring homemade breads or muffins and cookies. Read a special poem at the beginning of the event honoring mothers like the one I wrote in 2012.

## HOW DO WE HONOR OUR MOTHER

Maria Leonardo, Venice, FL

*All her life she gave  
to pass on and to share.*

*Glean the best, there is so much there.*

*Through our eyes, heart, and mind, she is always with us  
finding our way, we find a way to get through.*

*There's good in the children that remind us of her  
no matter who we are.*

*Let's live life's dance because without her,  
we wouldn't have had the chance.*

## NATIONAL BROWN-BAG-IT DAY

May 25

Brown bags are not as popular as they used to be to carry lunches in, but they are an easy resource for residents to paint or draw on. These bags can be used for lunches for a spring outdoor picnic. In addition to carrying all the goodies for lunch, they make great conversation starters. They may also be used to put battery-powered tea lights in for decorations for a special event.

## 27<sup>TH</sup> ANNUAL SENIOR HEALTH & FITNESS DAY

May 27

Exercise for older adults is the focus of this day. Individuals who are cognitively challenged tend to be less mobile, unless they exhibit wandering tendencies. Try chair exercise classes which can include chair chi or chair dance or movement regularly. Make a progress form and list the activities your residents attend and give them credit for their attempts. Use gold stars to attach to the progress sheets and praise residents for all attempts. Remember modeling the moves for your residents in slow, deliberate form helps them to follow your movements more easily. **CF**

# Activity Exchange

## CROCHETED FIDGET GLOVE & SENSORY BAG

*Creative Forecasting Editors*



**and J Crochet, owned by Janet Robinson of Fort Wayne, IN has been making crocheted sensory products for people who have dementia for the past five years.** (They

can also be used for babies and toddlers and people who have autism.) They are made with brightly-colored yarns and are hand washable with warm water and a mild soap. These products can calm and/or distract individuals when they get anxious, fidgety, or bored but also offer a respite for caregivers.

The two most popular items are the Fidget Glove and Sensory Bag. The Fidget Glove fits snugly over the hand midway up the arm. There is an opening for fingers and a thumb hole, so it stays in place. The gloves are customized with four items that are securely attached (choose from 25 items), some interactive like a zipper and ribbons, some with different textured yarn, and some interesting shapes and designs. Each Sensory Bag holds eight squares made from different kinds of yarn such as wool, acrylic, and cotton. There are also different textures such as scratchy, silky, fluffy, and stringy. The bag has a crocheted drawstring so it's easy to open and close. The Fidget Glove and Sensory Bag from A and J Crochet are very well constructed and lightweight. The colors of the yarn used are vibrant. Each of these items would be calming yet visually stimulating and provide tactile stimulation for a person with dementia (and for babies and children, as well). They are hand washable, so they can be kept clean. Janet offers a money-back guarantee if someone is not completely satisfied as long as the customer mails the item back. (So far, there have not been any returns.)

The Fidget Glove and Sensory Bag are each priced at \$37.00 with free shipping. Janet has other crocheted products she sells (shipping charges are additional) including Fidget Squares - 10 yarn squares of different colors that slide around a band that is worn on the wrist that sells for \$8.00, Crocheted Balls and Cubes - six stuffed balls that sell for \$25.00 and six cubes that sell for \$30.00; balls and/or cubes can be used for games or just to squeeze as a stress reliever. Additional products are the Fidget Cube - six different items on it that sells for \$52.00, Fidget Book - five pages of items that sells for \$37.00, and Fidget Mat - six items that sells for \$42.00. A and J Crochet also makes pet sweaters, wine bottle covers, and golf club covers. Visit the web site at [www.etsy.com/shop/AandJCrochet](http://www.etsy.com/shop/AandJCrochet) to place an order. You can also contact Janet at (260) 466-5333 or [aandjcrochet976@gmail.com](mailto:aandjcrochet976@gmail.com).

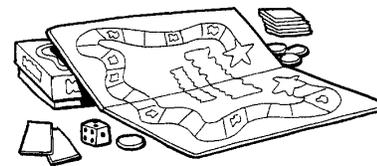
## GAMES GALORE

*Tara Weiss, Activity Director, Lakewood Senior Living,  
Boiling Springs, SC*



**any games we play have been adapted from board games.** We tweak the ideas to suit us and our seniors' abilities and strengths. Here are some games we have adapted:

- **Encore** We pick a really broad subject and two teams go back and forth trying to name songs that fit the theme (i.e., Songs with a Woman's Name, Songs with a Color in the Title).
- **Battle of the Sexes** Mixed teams of ladies, men, and students compete to be the first group to get 30 questions right. They are asked male- and female-oriented questions. The question reader has to skim ahead for appropriate questions.
- **Would Ya...?** This is an easier game than Would You Rather? The questions are simpler and lighter. The majority rules even though there is no right answer, so players get a point for agreeing with the majority.
- **Trivia Pursuit** It becomes Fill in the Blank. We take an older version of Trivia Pursuit and read a whole question and answer leaving out a word of the host's choice. A name, place, event, date, or keyword can be left out, and the participants have to fill it in to get a pie piece. Each person gets a wipe board and dry erase marker to write his or her answer and spelling doesn't matter. The first player to fill in his or her pie wins. **CF**



### SERVICE FOR JOY

*Denise Tapia-Watson, AD, CDP, QMAP*



**ur elders made Paracord Survival Bracelets for the troops, as well as put together care package donations.** We learned how to make the Paracord survival bracelets using the site,

[www.operationgratitude.com/express-your-thanks/paracord-bracelets](http://www.operationgratitude.com/express-your-thanks/paracord-bracelets), and mailed them to the distribution center. We bought the 550 paracord (7½-ft.-long pieces for each bracelet) in a variety of colors at a local craft store. (On the web site scroll down and read the FAQ section for further information.) **CF**



### ASPIRIN CAKE *Source Unknown*

☺ Light oven. Get bowl, spoons, and ingredients. Grease pan; crack nuts. Remove 18 toy blocks and seven toy autos from kitchen table. Measure 2 cups flour. Get baking powder. Remove Johnny's hands from flour. Wash flour off of him. Put flour, baking powder, and salt in sifter. Get dustpan and broom; sweep up pieces of bowl Johnny knocked on the floor. Get another bowl.

Answer doorbell. Remove Johnny's hand from bowl. Wash Johnny. Get eggs, answer phone. Take 1/2-inch of salt from greased pan and look for Johnny. Take greased pan, empty out layer of nutshells. Slap Johnny's hands. Pick up pieces of bowl knocked off when Johnny fled. Wash kitchen floor; wash table. Wash walls, Wash dishes. Call bakery. Take aspirin. Lie down.

### LIMERICKS

*Mildred Helgesen, Logan Valley Manor, Lyons, NE*

☺ There was a young lady named Abby  
who had a young kitten named Tabby.  
She said, "Is it nice  
to eat all those mice?  
I'm afraid you're getting quite flabby."



☺ There was a young fellow named Bobby  
who took painting up as a hobby.  
The scenes that he made  
were all a dark shade  
and landed out in the lobby.

☺ There is a young boss here named Andy  
with tools he seems to be handy.  
I asked, "Are you able  
to fix up my table?"  
He said, "If you give me some candy."

☺ An efficient young woman, Ilene,  
she comes to the Manor to clean.  
She sweeps and she mops,  
to me she's the tops.  
She even dusted my screen.

☺ Our custodian here is named Mike.  
There's a lot about him to like.  
And when I implore  
to please fix my door,  
he doesn't tell me to go take a hike.



☺ There is a young clown we call Blinkie  
who's extremely fond of Twinkies.  
She ate five one day  
in the usual way.  
She is now known as Twinkie Blinkie.

## HUMOR PAGE

### MORE LIMERICKS *Source Unknown*



☺ Of attorneys the nun was in awe.  
To become one someday, she foresaw.  
She did study and cram  
so she'd pass the bar exam,  
and today she's a sister-in-law.

☺ At Starbucks where they're all on the go,  
their profits continue to grow.  
Employees sing a song;  
customers sing along,  
"Happiness is a thing called Joe."

☺ It seems there has been some confusion  
concerning my dental protrusion.  
My buck teeth don't come  
from sucking my thumb,  
so please do not jump to occlusion.



### A MOTHER'S LIMERICK *Source Unknown*

☺ There once was a busy mother of three  
who tried to be the best housewife you could be  
So as the laundry kept pilin',  
she kept right on smilin'  
and said, "It's not like they can fire me!"

### PUNS FOR FUN *Source Unknown*



- ☺ The only thing that's free of charge is a dead battery.
- ☺ The popcorn machine was invented by a Kentucky colonel.
- ☺ Show me a blacksmith who is making hardware for a bathroom, and I'll show you a man who is forging ahead.
- ☺ During an argument in the Garden of Eden, Adam was overheard to say, "I wear the plants in this family!"
- ☺ The inventor of rope passed on to his heirs more than they might have expected. He bequeathed to them a "Hempire."
- ☺ An artist wanted to buy a new easel but wasn't sure what size to get. At the art shop, they offered him two, a big one and a small one. He pondered for a while and finally decided on the lesser of the two easels.
- ☺ I saw a lady who was wearing a classic ivory brooch with a silhouette but instead of a single profile, there were multiple images. Her brooch looked to be very crowded. I asked what it was called. She said it was called a "crameo."

# Generational Connections

Becky Dinello, ADC

## GRAND-BUDDIES AND MORE

**P**lanning for National Skilled Nursing Care Week® is the typical focus for many Activity and Recreation Professionals in May. Although intergenerational programming may take a back seat, it can enhance special celebrations. For example, 2020 is the 101<sup>st</sup> Children's Book Week (May 4 - 10, 2020). Partner with a school or invite staff children to read with seniors. Share residents' favorite books, have themed parties, and organize a book drive to give back to the local community. Celebrate teacher appreciation (PTA Teacher Appreciation Week in 2020 is May 4 - 8), honoring local teachers and your community's retired ones to make for a memorable recognition.

Continue to organize the Life Story Book Project with fourth grade students and your seniors or "grand-buddies," as I wrote about in the April 2020 issue (Page 37). After establishing a connection with a school, meet with teachers to discuss the details and responsibilities of each group. Consider applying for a small grant or fund raising as it could cover the costs of school transportation and hard-cover 5" x 7" blank books and scrapbooking materials.

A good ratio for students to residents is 4:1 or 5:1, each group with a parent chaperone. The private school we worked with averaged 100 students in four classes. Just after the school year begins, with your guidance, teachers should plan a time to explain the project's purpose to students and build excitement for the relationships they will create. Be sure to read *The Grannyman* by Judith Byron Schachner.

Send a list of resident participants to the teachers to assign to groups. One-hour (morning) interviews took place once in February and again in March. We split the classes between two days so that we weren't overwhelmed. Students met with residents in rooms or quiet areas in the community, sometimes with spouses or family members. Interviews included questions about their hometowns, families, friends, schools, meeting their spouses, children, careers, favorite things, and what they like about living in the community. Students were given time in school to work on their books, typing the text, drawing illustrations, and including "about the author" bios and pictures so grand-buddies will remember them.

In May, we used the auditorium to gather all involved including families. Students sang songs and shared favorite moments, then broke into groups to present and read their books to their grand-buddies. Many joyful tears and heart-felt thanks were shared as these one-of-a-kind keepsakes created unforgettable relationships! It truly was the best thing ever! **CF**



# Spelling Bee Words

Pegi Schlis, CTRS, ACC, AC-BC

## MYSTERY AUTHORS

MARIO PUZO  
TOM CLANCY  
KEN FOLLETT  
TANA FRENCH  
WILKIE COLLINS  
DENNIS LAHANE  
TRUMAN CAPOTE  
WALTER MOSLEY  
AGATHA CHRISTIE  
GRAHAM GREENE  
CHARLES DICKENS  
EDGAR ALLAN POE  
DASHIELL HAMMETT  
PATRICIA HIGHSMITH  
DOROTHY L. SAYERS  
JOSEPH WAMBAUGH  
RAYMOND CHANDLER  
MARY HIGGINS CLARK  
FYODOR DOSTOEVSKY  
ARTHUR CONAN DOYLE

## HAMBURGER TOPPINGS

HAM  
SALSA  
PESTO  
OLIVES  
MANGO  
APPLES  
CHEESE  
PICKLES  
LETTUCE  
AVOCADO  
TOMATOES  
BACON JAM  
JALAPENOS  
GARLIC AIOLI  
GUACAMOLE  
BLUE CHEESE  
FRIED ONIONS  
HORSE RADISH  
CRANBERRY SAUCE  
ROASTED RED PEPPERS



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# Sensory Sensations

Mariellen Combs, MS, CTRS, CRC

## EGGSPRESS YOURSELF

**E**ggspire the fun of celebrating **National Egg Month!** This holiday was established in the month of May by The American Egg Board in the 1990s. Both nutritious and affordable, eggs provide an excellent source of protein for people to stay full and energized throughout the day. An egg has 13 essential vitamins and minerals and plays a role in brain function, eye health, healthy pregnancy, muscle strength, and weight management. Eggsplore the senses with the following activities in small groups or during one-to-one visits with your participants.

★ **Visual** Design a variety of egg-themed memory matching games. Print and laminate pictures of egg-laying creatures (i.e., alligator, cardinal, dinosaur, frog, grasshopper, herring, iguana, ladybug, ostrich, platypus, snake, turtle) along with their corresponding names. On a large dry erase board, tape laminated number signs 1 - 24 so that you are able to flip up each of the numbers to reveal a picture or name underneath. Ask participants to individually choose a number to flip over to reveal a picture / name then ask another participant to choose the number where he or she thinks the match is hiding. If they're right, take off the numbers to expose the correct match, and if they're incorrect, remind them what is hiding under those two numbers and then flip them back over before continuing. Other variations include matching pictures of different Fabergé eggs, clip art eggs, or different ways eggs are prepared.

★ **Auditory** An eggciting way to test this sense is to fill plastic Easter eggs with different objects for participants to guess what's inside by shaking them. Suggestions include beads, beans, bells, buttons, coins, dice, jelly beans, marbles, paper clips, pebbles, soda pop tabs, and uncooked rice. Seal the eggs with tape, if needed. Display laminated pictures of the objects on the table for them to choose from. Have participants take turns shaking the eggs and placing them on the picture of what they think is inside. Once finished, open the eggs and see how well they matched the objects to their sounds. For an additional challenge, ask participants to select a few of the eggs to sort by ascending or descending tone or make two of each egg to see if they can match the objects by their sounds.

★ **Tactile** This is an eggcellent way for participants to work together in small teams to engineer a way to protect an egg (either hard-boiled or raw) from breaking after it's dropped from a set height. Begin by showing them the height from which you'll drop the egg (i.e., from the top of a ladder, out a window). Place a plastic dropcloth where you'll be

facilitating the egg drop and to ensure safety, have only team members drop the eggs. Give teams 10 - 15 minutes to create their egg protectors using a variety of provided materials (i.e., cardboard tubes, cotton balls, feathers, newspapers, packing peanuts, plastic bags, craft sticks, rubber bands, sponges, straws, string, tape). Take turns testing their protectors and checking their eggs for cracks. Discuss their results and how they'd improve their designs, if needed.

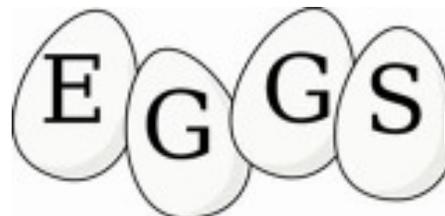
★ **Smell** Let's face it, the smell of eggs, especially when they've gone bad, isn't all it's cracked up to be! Place cotton balls with a variety of scents associated with spring and Mother's Day on them (i.e., baby powder, cherry blossom, cinnamon, cucumber, cut grass, lavender, lemon, lilac, linen, sugar cookie, roses, vanilla) in plastic eggs that have tiny holes in the bottom. Have participants guess what scent is inside each egg. They can also decorate hard-boiled eggs with scented markers or by adding scented extracts into egg dye.

★ **Taste** There are so many ways to enjoy the Incredible Edible Egg! No matter the egg dish you serve, hopefully, it will leave people feeling "sunny side up!" Here's a Dr. Seuss-themed deviled egg recipe celebrating Children's Book Week (May 4 - 10 in 2020):

### GREEN EGGS AND HAM

- 6 eggs (hard-boiled, cooled, peeled and cut in half lengthways)
- ¼ cup mayonnaise
- 1 tsp. yellow mustard
- 2/3 cup cooked country ham, finely chopped
- 4 drops green food coloring
- paprika or black pepper

- 1) Scoop egg yolks into a bowl, mash thoroughly, and mix with the remaining ingredients.
- 2) Add the yolk mixture to egg halves.
- 3) Season with paprika or pepper, as desired. **GF**



## Good News!, continued from page 30

It's why Moncheski has her clients make big movements and get loud while doing it. "A person with Parkinson's needs to be challenged," she said. "It needs to be novel and new. No class looks the same. It helps keep their attention. And when they're engaged, that's when the brain makes new connections. It's neuroplasticity."

It's improving thinking while moving, which is what life requires of us all. Picking up the phone while talking to somebody and not tripping is usually second nature but can be challenging for Parkinson's patients as they lose the neurotransmitter dopamine. Moncheski's exercises are designed to improve balance by training the brain to switch tasks quickly while maintaining quality of movement.

"We're rewiring that area of the brain that relies on dopamine. We're using a different section of the brain versus the automatic you and I get to use," she said. "We don't have to think about swinging our arms as we walk. It just happens. That's because of dopamine. People with Parkinson's don't have that. If we say pick up your foot or swing your arm, they can do it by accessing the motor control area of the brain."

The ideal amount of exercise for those with Parkinson's is three to five days a week of 20 to 30 minutes of high intensity cardio paired with balance, strengthening and cognitive engagement. Attending a class with others who have the disease also provides community and social benefits.

Moncheski has seen firsthand the effectiveness of the protocol. It propelled her to complete Parkinson Wellness Training four years ago and begin offering classes. "I started seeing people get better and was hooked," she said. "I've had people come to classes and go back to their doctor who almost second-guesses their diagnosis because they're not progressing. You expect Parkinson's to progress."

Roney is still in the first of the Parkinson's five stages. A trembling right hand initially got her to the doctor. Late last year, she was put on a dopamine drug, but in the face of a degenerative disease, she feels as if she's winning if she's holding her own.

"Everybody's on something different and different doses." Roney said. "It's a really perplexing disease to figure out. They want to cure it, but I'd be happy if they were able to find something that stemmed it." **CF**

## Opportunities for Individuals with Memory-impairment, continued from page 33

### ❖ Creative Expression Program

#### CREATING A PHOTO MEMORY GIFT

- 1) Take pictures of residents participating in day-to-day events and activities and on outings.
- 2) Purchase 8½" x 11" picture frames from discount stores (dollar store, Walmart, Target, Aldi, Big Lots!).
- 3) Using pieces of colored paper to fit into the frames, glue the pictures, and residents can decorate with markers, colored pencils, foam pieces, lace, buttons, sequins, felt pieces, glitter, and glitter glue, as desired.
- 4) When the masterpiece is dry, place it into the frame.
- 5) Mail the frame to a family member or present during a family event.

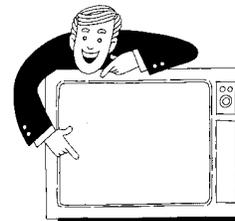
### ❖ Discussion about Family-themed Comedy TV Shows

A great activity would be to show an episode(s) of one of the TV programs listed below. The shows can be viewed free of charge through the Internet. (Attach a computer to a TV via Wi-Fi using an HDMI cable.) The following web sites are resources to find older television shows:

- ✓ [www.televisionfanatic.com](http://www.televisionfanatic.com)
- ✓ [www.youtube.com](http://www.youtube.com)

### Older Popular Comedy TV Shows

- ✓ *The Jack Benny Show*, 1932 - 1955
- ✓ *The Goldbergs*, 1949 - 1951
- ✓ *I Love Lucy*, 1951 - 1957
- ✓ *The Nelsons*, 1952 - 1966
- ✓ *Father Knows Best*, 1954 - 1958
- ✓ *Leave It to Beaver*, 1957 - 1963
- ✓ *The Donna Reed Show*, 1958 - 1966 **CF**



### E-MAIL US YOUR GOOD NEWS!

**E**

*-mail us your Good News about residents fulfilling Bucket List dreams or achieving other goals. Send them to [cfi@cfactive.com](mailto:cfi@cfactive.com) to be considered for this column.*



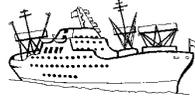
# Creative Musings

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"!

## TRAVEL

Mary Lee Dzuck, Overture Fairview, Fairview, TX

From New York down to the San Francisco Bay,  
what a beautiful traveler's delight, fantastic places to stay.  
Islands, hotels, cruises, and airliners bid me welcome,  
magical spots to visit,  
restaurants with cuisine so fine,  
I'd be your guest to dine.



I'd raise a toast to you, my friend, with a glass of  
hearty chilled wine,  
I'd amble on down to Hub Porteno,  
take in the sights in Buenos Aires, Argentina.  
I'd trek to Vienna, Austria,  
I'd coif my hair and don a fabulous gown.  
I'd venture to British Columbia,  
wade in the Adams River  
and photograph the sockeye salmon  
on a breathtaking run.  
Back home write a great fish story,  
then I'd truly be in my glory.  
I'd fly to help the Great Lakes,  
so essential for jobs and for life.  
I'd take time to close the gaps, I'd lessen the strife  
and yes, if a certain young gentleman proposes,  
I'd be his devoted wife.  
I'd walk with the sacred wolf and bask in the glow  
of the full, full moon and hold hands with my new mate.



## A TRAVELER'S PRAYER

Jessie Clagett, Tiffin, OH

St. Christopher, we pray to thee,  
protect us all, where e'er we be,  
on land, aloft, or on the sea.  
And keep us safe and free from harm  
within the shelter of thy arm.

St. Christopher, patron of travelers,  
protect us where e'er we roam.  
Ward off every threat of disaster  
and bring us safety back home.



## FREEDOM OF PRAYER

Residents, Odd Fellow & Rebekah Home, Jackson, MI

As we all sit and discuss  
that prayer is our choice.  
We've decided it's a must  
to now use our loudest voice.



Prayer to us is love;  
the message is quite clear.  
From our heavenly Father above,  
we quietly listen to hear.

## NIGHTINGALE PRAYER - THE FLAME OF FLORENCE NIGHTINGALE'S LEGACY

Deva-Marie Beck, Ph.D., RN, Nightingale Initiative for  
Global Health ([www.nighvision.net](http://www.nighvision.net))

Today, our world needs healing and to be rekindled  
with Love.  
Once, Florence Nightingale lit her beacon of lamplight  
to comfort the wounded.  
Her light has blazed a path of service across a Century  
to us -  
through her example and through the countless nurses and  
healers who have followed in her footsteps.

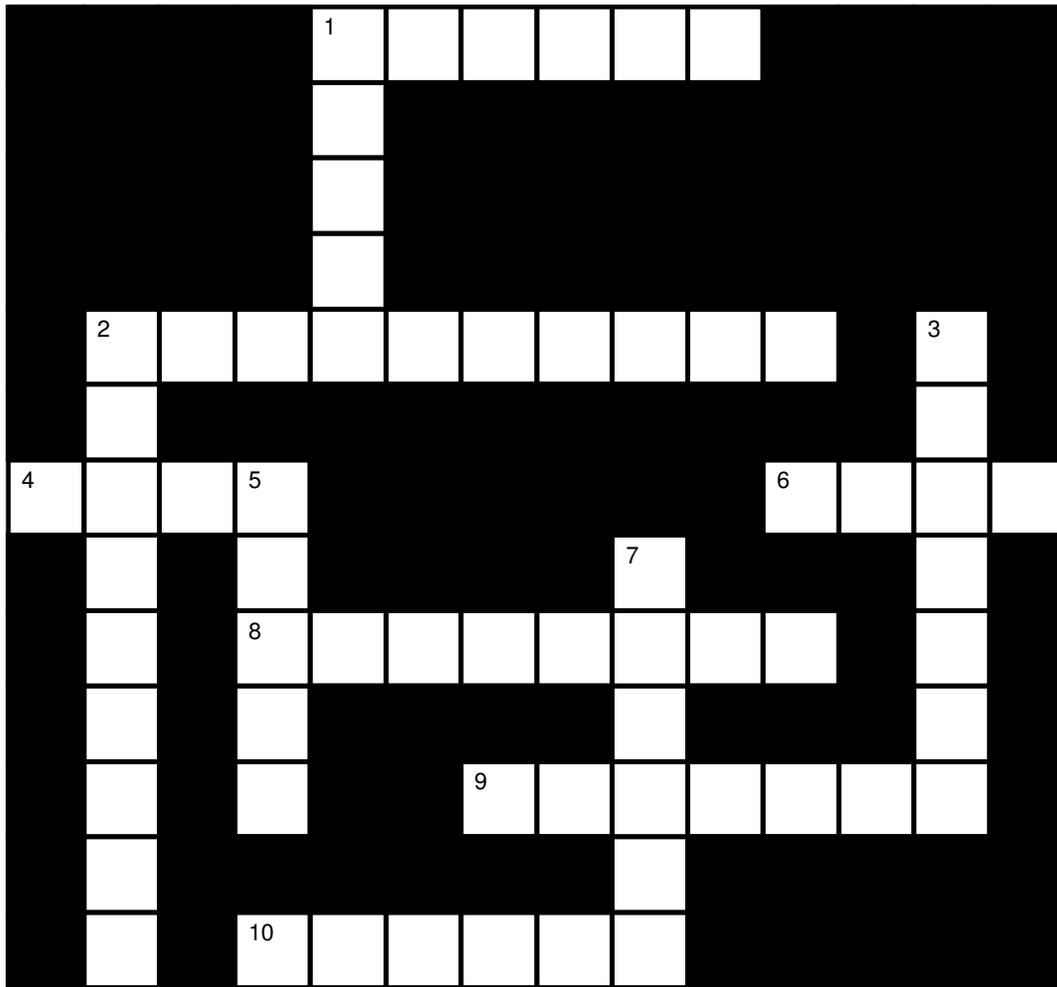
Today, we celebrate the flame of Florence Nightingale's  
legacy.  
Let that same light be rekindled to burn brightly in our hearts.  
Let us take up our own 'lanterns of caring,' each in our  
own ways -  
to more brightly walk our own paths of service to the  
world -  
to more clearly share our own noble purpose with  
each other.

May human caring become the lantern for the 21<sup>st</sup> century.  
May we better learn to care for ourselves, for each other  
and for all Creation.

Through our caring, may we be the keepers of that flame  
that our spirits may burn brightly to kindle the hearts of  
our children and great-grandchildren - as they, too, follow  
in these footsteps.



# COMIC BOOK TRIVIA CROSSWORD PUZZLE



## ACROSS

1. What is the name of Charlie Brown's dog?
2. Superman's alter-ego is Clark Kent. What Kansas town did he grow up in?
4. This comic series by Harvey Comics was first published in 1953 and featured the stories of the richest kid in the world, Richie \_\_\_\_\_
6. Who drew the first Batman story? Bob \_\_\_\_\_
8. This series was created by Jim Davis in 1978. It features Jon Arbuckle and his cat, \_\_\_\_\_.
9. Charles Schulz was the artist who created Snoopy, Charlie Brown, and the gang. What did the series become known as?
10. This comic series is set in a U.S. army camp and features the capers of a soldier. \_\_\_\_\_ Bailey

## DOWN

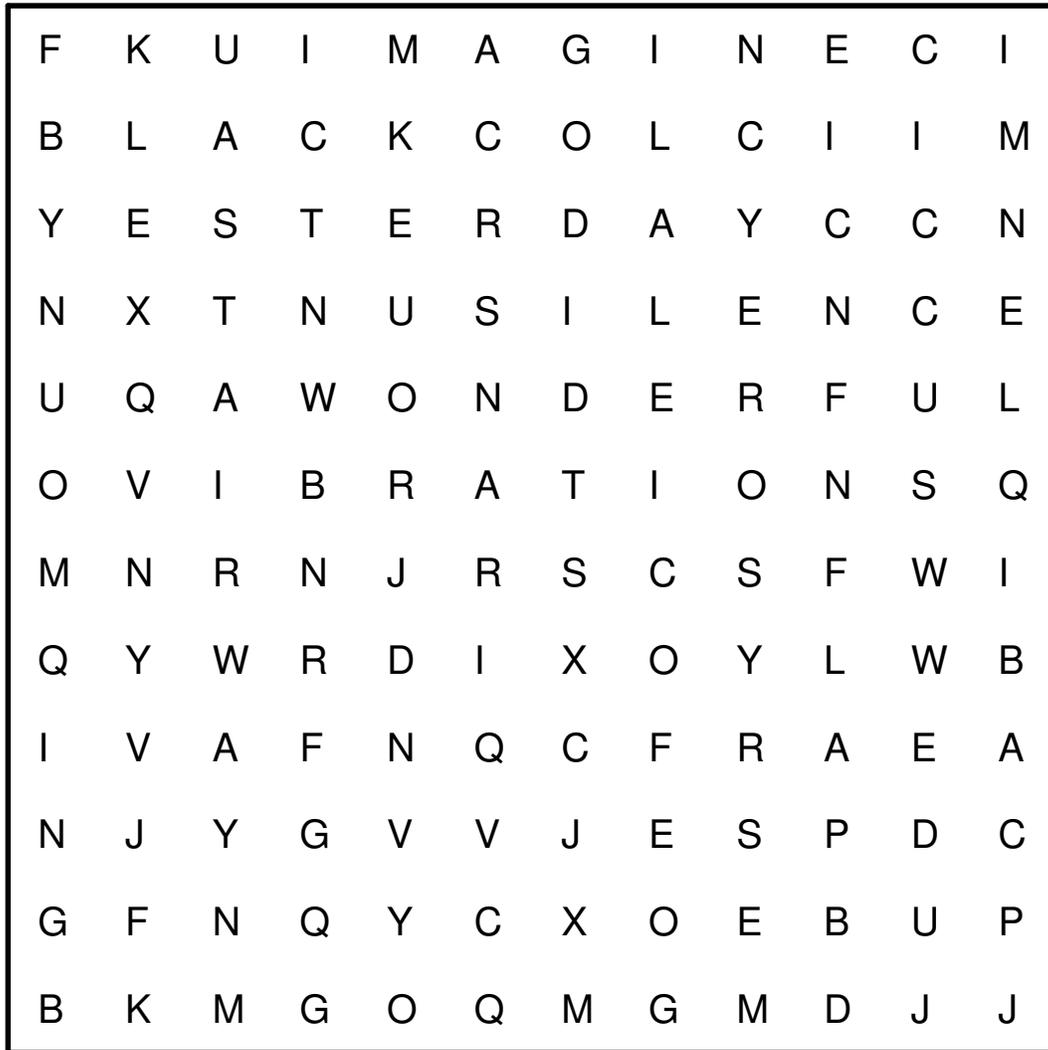
1. Superman is called "The Man of \_\_\_\_\_."
2. He was created by Stan Lee and first appeared in comics in 1962.
3. This is considered to be the first true comic book. It was published in 1933 and sold only in Woolworth's. *Famous* \_\_\_\_\_
5. This comic was created by Dik Browne in 1973 and features the adventures of a Viking warrior. \_\_\_\_\_ the Horrible
7. Created by Hank Ketcham, this comic features the antics of a five-year-old boy and his dog, Ruff. Dennis the \_\_\_\_\_



**WORD LIST:** BEETLE, FUNNIES, GARFIELD, HAGAR, KANE, MENACE, PEANUTS, RICH, SMALLVILLE, SNOOPY, SPIDERMAN, STEEL



# TOP MUSIC HITS WORD SEARCH



## WORD LIST

- **LET IT BE**
  - **PAINT IT BLACK**
  - **ROCK AROUND THE CLOCK**
  - **GOD ONLY KNOWS**
  - **IMAGINE**
- **HEY JUDE**
  - **WOULDN'T IT BE NICE**
  - **I CAN'T GET NO (SATISFACTION)**
  - **BAD MOON RISING**
  - **THE SOUND OF SILENCE**
- **STAIRWAY TO HEAVEN**
  - **HERE COMES THE SUN**
  - **GOOD VIBRATIONS**
  - **WHAT A WONDERFUL WORLD**
  - **YESTERDAY**





# A Word to the Wise

John McIlvennan, BA, ADC, Word Wizard

## BEGGAR



**A**bout the year 1180, a priest of the city of Liege, Belgium, Lambert le Begue, founded a religious sisterhood which from his name was known as Beguines. They devoted themselves to a religious life and chastity. A few years later, a similar order for men was established, and these members were called Beghards, again after their founder's name.

It was possible for thieves and imposters to go about the Low Countries impersonating the Beghards. The name was attached to such men, whether religious or not, who lived by asking for and receiving alms. The Beghards of Belgium and Holland by natural phonetic spelling became the "beggars" of England.

## FRANK

**I**n the late sixth and early seventh centuries A.D., a warlike German tribe living along the lower stretches of the Rhine River moved steadily southward finally occupying all the coastal country north of the Pyrenees. The members of this tribe were known to the Romans as "Franci" after the javelin with which they were efficiently armed. The English equivalent is "Franks," and the tribe was known in English accounts by this name. They became the only free people in this land, and because of this, their name lost the Roman name of javelin and came to be used as meaning "free."

Because of their power and scorn of trickery in their dealings with themselves and others, the Franks became noted, not only for their freedom, but for their integrity. Hence "frank" came to denote their characteristics of straightforwardness and candor.

By the way, part of the land they occupied still honors this old, free tribe that spoke clearly and honestly by the name it bears, France.

## FUDGE

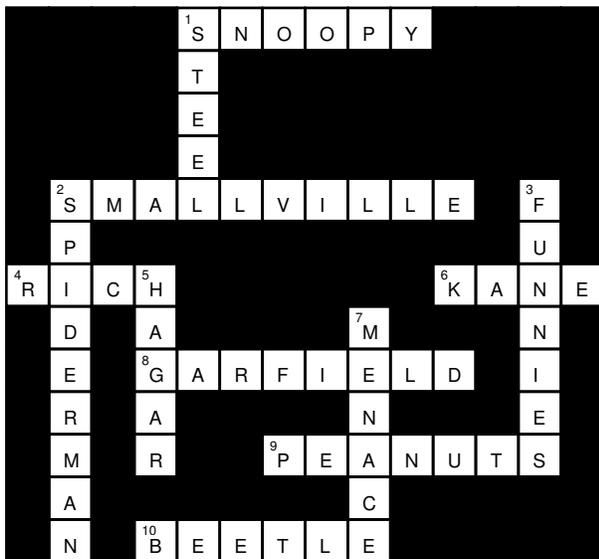
**I**ssac D'Israeli (father of the statesman, Benjamin Disraeli), in his book, *Curiosities of Literature*, published in 1791, quoted a story that went the rounds of the British navy in 1700 that explains the source.

"There was, sir, in our time one Captain Fudge, commander of a merchantman ship, who upon his return from a voyage, always brought home his owners a good cargo of lies, so much that now aboard ship the sailors, when they hear a great lie told, cry out, "You fudge it."

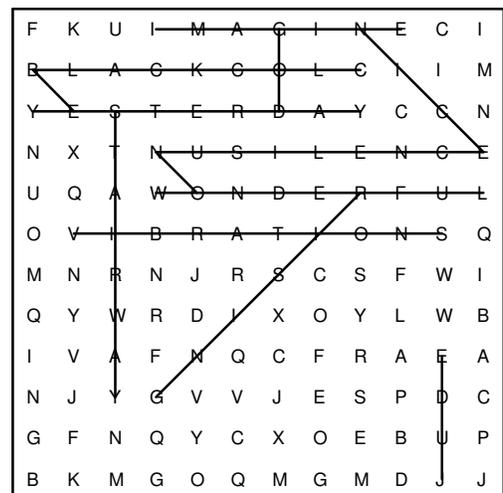
There was a real Captain Fudge living at this time according to the records, and he was said to have been known by some as "Lying Fudge." He gave us the source of the verb to fudge or not fully tell the truth.

History easily is going to insert someone's name into our everyday language, so always keep a good reputation, because you never know when, or how, your name will end up in everyday speech. **CF**

### Answers to COMIC BOOK TRIVIA CROSSWORD PUZZLE (from page 41)



### Answers to TOP MUSIC HITS WORD SEARCH (from page 42)





# May Word Pictures Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

PRICE <

2.

UUUU



3.

ARM

(RIGHT)

4.

NON ¢ ¢ ¢ ¢

5.

6 C



6.

TAÆZ DRIVER

7.



8.

D8  
D8  
D8  
D8



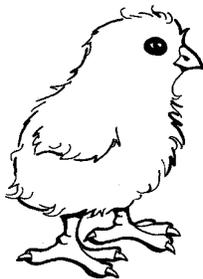
9.

ACCIDENTALLY  
PURPOSE

10.

CU L8R

11.



FLICK

12.

PANTS



# May Birthday Quiz Rob Clagett

- 1<sup>st</sup> 1939 Her classic hits include *Both Sides Now*, *Chelsea Morning*, and *Send in the Clowns*.
- 2<sup>nd</sup> 1729/1796 She was Russia's longest-ruling female leader after organizing the coup d'état that resulted in her husband, Peter III, being overthrown.
- 3<sup>rd</sup> 1933/2006 He has been called the "Godfather of Soul" and "Soul Brother No.1." His hit songs include *Please, Please, Please* and *Papa's Got a Brand New Bag*.
- 4<sup>th</sup> 1989 One of Northern Ireland's best all-time golfers, he is one of four players to win three of golf's majors by the age of 25, joining Jack Nicklaus, Tiger Woods, and Jordan Speith.
- 5<sup>th</sup> 1818/1883 His written works include *The Communist Manifesto* and *Das Kapital*.
- 6<sup>th</sup> 1961 Before he became one of the Hollywood's most bankable stars, he found fame as Dr. Doug Ross on the medical drama, *ER*.
- 7<sup>th</sup> 1922/2006 He can be seen on TBS and TNT (24 hours in a row on Christmas Day) as Mr. Parker (the Old Man) in the classic, *A Christmas Story*.
- 8<sup>th</sup> 1940 She married Daryl Dragon in 1975 after their accountant suggested marriage to reduce their taxable income. Their hit songs included *Love Will Keep Us Together* and *Muskrat Love*.
- 9<sup>th</sup> 1918/2012 He retired from CBS's *60 Minutes* in 2006 after 38 years. His son, Chris, can be seen on *Fox News Sunday*.
- 10<sup>th</sup> 1899/1987 His career as a dancer, singer, and choreographer spanned 77 years. His most memorable dancing partner was Ginger Rogers.
- 11<sup>th</sup> 1989 He was drafted by the Carolina Panthers with the first pick of the 2011 NFL draft.
- 12<sup>th</sup> 1907/2003 She was awarded her fourth Best Actress Academy Award® for her role as Ethel Thayer in *On Golden Pond*.
- 13<sup>th</sup> 1964 He has been the host of CBS' *The Late Show with \_\_\_\_\_* since September 8, 2015.
- 14<sup>th</sup> 1944 He followed his 1973 film, *American Graffiti*, with the epic *Star Wars* franchise.
- 15<sup>th</sup> 1969 This Dallas Cowboys running back retired from the NFL as the league's all-time leading rusher.
- 16<sup>th</sup> 1929/2019 He served as a U.S. representative from Michigan from 1967 to 2017.
- 17<sup>th</sup> 1936/2010 His first film as a director was *Easy Rider*...he co-starred with Peter Fonda in the same film.
- 18<sup>th</sup> 1970 She left *Saturday Night Live* after nine years to create the comedy series, *30 Rock* and *Unbreakable Kimmy Schmidt*. She does a great Sarah Palin imitation, too.
- 19<sup>th</sup> 1949 His sons, Eli and Peyton, won four Super Bowls between them.
- 20<sup>th</sup> 1946 This rock 'n' roll diva was married to both Sonny Bono and Gregg Allman.
- 21<sup>st</sup> 1959 She was the first African-American woman to serve as the U.S. attorney general.
- 22<sup>nd</sup> 1987 This Serbian professional tennis player has won 16 Grand Slam singles titles.
- 23<sup>rd</sup> 1950 He was the 77<sup>th</sup> U.S. attorney general (1989 to 1990) and became the 85<sup>th</sup> U.S. attorney general in February 2019.
- 24<sup>th</sup> 1955 She is both Johnny Cash's eldest daughter and a successful singer-songwriter in her own right.
- 25<sup>th</sup> 1936 He is known as one of Nashville's better songwriters, penning the hits, *Harper Valley PTA*, *(Old Dogs, Children and) Watermelon Wine*, and *I Like Beer*, among others.
- 26<sup>th</sup> 1948 She joined Fleetwood Mac with boyfriend Lindsey Buckingham in 1975.
- 27<sup>th</sup> 1925/2008 His Navajo Tribal Police mysteries featured detectives Jim Chee and Joe Leaphorn.
- 28<sup>th</sup> 1938 This former Los Angeles Lakers' star player and former executive is known as "The Logo;" his silhouette is incorporated in the NBA logo.
- 29<sup>th</sup> 1903/2003 *Thanks for the Memory*.
- 30<sup>th</sup> 1964 She embarked on a solo career after her mother, Naomi, retired from performing for medical reasons.
- 31<sup>st</sup> 1930 He is the director and producer of the biographical drama, *Richard Jewell*, released in November 2019.



# Bulletin Board Trivia Rob Clagett

## **MAGNUM, PI**

1. Magnum's baseball hat and Hawaiian shirt are displayed at the Smithsonian. Which MLB team's baseball cap did he wear?
2. This iconic comedienne (red hair) made a guest appearance on *Magnum, PI*...she was locked in a bank vault with Magnum.
3. What was Magnum's first name?
4. Magnum lived in a guest house at an estate called Robin's Nest. Name the Hawaiian island where Robin's Nest was located.
5. Magnum's favorite beer was...
6. Rick managed the bar, and Higgins was on the board of directors for this swanky, exclusive club; it was where the Magnum gang hung out.
7. This guest star was a boxer turned professional wrestler whose stage name was "Mr. White Death." Who was it? (Hint: *McHale's Navy*)
8. How did Magnum's friend, T.C., make his living? What does T.C. stand for?
9. Did Jack Lord's character, Detective Captain Steve McGarrett (*Hawaii Five-O*), appear in *Magnum, PI*?
10. At the series conclusion, what did Magnum decide to do for a living?

## **GENERAL SCIENCE**

11. What type of rock can float on water?
12. Name the seventh planet from the sun.
13. Quicksilver is another name for this element.
14. Which part of the human body produces red blood cells?
15. What are the three states of matter?
16. 100° Celsius = \_\_\_\_\_° Fahrenheit
17. How many valves does a healthy human heart have?
18. What is the chemical formula for salt?
19. Good news! The ozone layer in the Earth's atmosphere is showing signs of recovery. What does ozone do?
20. Animals without backbones are called...

## **WELL KNOWN...**

21. Michelangelo, R. Buckminster Fuller, Louis Henri Sullivan, Frank Gehry, Frank Lloyd Wright
22. Confucius, Plato, Aristotle, Thomas Hobbes, Mary Wollstonecraft, Jean-Paul Sartre
23. Bill Shoemaker, Red Pollard, John R. Velazquez, Pat Day, Eddie Arcaro, Steve Cauthen
24. Archimedes, Clarence Birdseye, Jacques Cousteau, Alexander Graham Bell, Thomas Edison
25. Silver, copper, Leonard Bernstein, Sir Colin Davis, Carlo Maria Giulini, Arturo Toscanini, Carlos Kleiber
26. Susan B. Anthony, Elizabeth Cady Stanton, Emmeline Pankhurst, Carrie Chapman Catt, Alice Paul
27. Mae Jemison, Yuri Gagarin, Sally Ride, John Glenn, Neil Armstrong, Buzz Aldrin, Frank Borman

*Continued on next page*



# Bulletin Board Trivia *Rob Clagett*

28. Vasco Núñez de Balboa, Zebulon Pike, Daniel Boone, Meriwether Lewis, William Clark, James Cook
29. Janet Guthrie, Richard Petty, Jackie Stewart, Mario Andretti, Niki Lauda
30. Mike Pompeo, Rex Tillerson, John Kerry, Hillary Rodham Clinton, Condoleezza Rice, Colin Powell

## **SPORTS SCANDALS - MATCH 'EM UP**

- |   |  |
|---|--|
| 31. Spygate, Deflategate (NFL)                                  | A. Tonya Harding                       |
| 32. Bountygate (NFL)  | B. Larry Nassar                        |
| 33. Dowd Report, gambling, Cincinnati Reds (MLB)                | C. Houston Astros, Boston Red Sox      |
| 34. Only NCAA football team disbanded for financial shenanigans | D. New England Patriots                |
| 35. Sexual abuse (Michigan State University and USA Gymnastics) | E. Pete Rose                           |
| 36. Positive steroids test, 1988 Seoul Olympics, 100-meter dash | F. "Shoeless" Joe Jackson              |
| 37. Tour de France  | G. New Orleans Saints                  |
| 38. Nancy Kerrigan  | H. SMU (Southern Methodist University) |
| 39. Electronic sign stealing (MLB)                              | I. Ben Johnson                         |
| 40. Black Sox   | J. Lance Armstrong                     |

## **NOLA CUISINE**

41. Holy trinity
42. French and African roots, dark roux, holy trinity, okra, sausage and/or seafood, spices, served over rice
43. French "to smother," blonde roux, holy trinity, crawfish tails, spices, served over rice
44. Inspired by Spanish paella, chicken and/or seafood and/or sausage, holy trinity, spices, rice
45. Traditionally served on Monday (laundry day)
46. Round Italian bread (topped with sesame seeds), cured meats (typically ham and sausage), provolone cheese, olive salad
47. Flaky donut "without the hole," copious amounts of powdered sugar, served with chicory-flavored coffee or hot chocolate
48. French bread, fried oysters or fried shrimp, lettuce, tomato, mayonnaise (or sauce)
49. Bananas, vanilla ice cream, brown sugar, cinnamon, banana liqueur, dark rum
50. Sugar, milk, butter, pecans
51. Fluffy shaved ice, flavored syrups
52. Cross between coffee cake and cinnamon roll, yellow, green, & purple frosting, tiny plastic baby
53. Shrimp grilled in Worcestershire sauce and butter, spices, typically served over creamy grits
54. Oysters on the half-shell topped with bread crumbs, butter, and herbs then baked
55. Light rum, dark rum, passion fruit juice, orange juice, fresh lime juice, simple syrup, grenadine, garnished with orange slice and cherry
56. Crushed ice, absinthe, powdered sugar, rye whiskey, Peychaud's Bitters, lemon peel twist



# This Was the Year...1955

Pegi Schlis, CTRS, ACC, AC-BC

## U.S. PRESIDENT & VICE PRESIDENT

Dwight Eisenhower & Richard Nixon

## TIME MAGAZINE PERSON OF THE YEAR

Harlow Curtice

## COST OF LIVING

- New House - \$10,950
- Average Income - \$4,137
- New Car - \$1,910
- Average Rent - \$87 per month
- Gasoline - 23¢ per gallon
- Harvard Tuition - \$800 per year
- Movie Ticket - 75¢
- Postage Stamp - 3¢
- One Ounce Gold - \$35.03
- Year End Close Dow Jones Industrial Average - 488.40

## COST OF FOOD

- Granulated Sugar - 85¢ for 10 lbs.
- Milk - 92¢ per gallon
- Ground Coffee - 80¢ per pound
- Bacon - 58¢ per pound
- Eggs - 27¢ per dozen
- Ground Beef - 56¢ per pound
- Fresh Bread - 18¢ per loaf

## NATIONAL AND WORLD NEWS

- Winston Churchill retired as British prime minister.
- The St. Lawrence Seaway opened to ocean vessels from Montreal to U.S. ports on the Great Lakes.
- Disneyland opened in California.
- Two labor unions, the AFL and the CIO, united to become the AFL-CIO.
- Albert Einstein passed way from heart failure at age 76.
- Rosa Parks' arrest in Montgomery, AL set the American civil rights movement in motion.
- Ray Kroc started the McDonald's fast food restaurant chain by opening the first franchise in partnership with the McDonald brothers.
- Harland Sanders began Kentucky Fried Chicken.
- James Dean died in a car crash.
- "In God We Trust" was added to all U.S. paper currency.

## TECHNOLOGY NEWS

- The microwave oven was invented.
- The first *Guinness Book of World Records* was published by the Guinness Brewing Company following a pub debate over the fastest species of European game bird.
- Fish fingers were marketed by Birds Eye®.
- The first atomically-generated power was used in the U.S.

## POPULAR QUOTE

- "Now it's time to say good-bye to all our company, M-I-C-K-E-Y M-O-U-S-E..." - *The Mickey Mouse Club*

## POPULAR MOVIES

- *Marty* (Academy Award® winner)
- *Rebel Without a Cause*
- *Lady and the Tramp*
- *To Catch a Thief*
- *East of Eden*
- *The Seven Year Itch*

## POPULAR TV SHOWS

- *The \$64,000 Question*
- *I Love Lucy*
- *The Ed Sullivan Show*
- *Disneyland*
- *The Jack Benny Show*
- *December Bride*
- *You Bet Your Life*
- *Dragnet*
- *The Millionaire*
- *I've Got a Secret*

## FADS

- Tonka® trucks
- Pluto Platter Flying Saucer (Frisbee®-like)
- Play-Doh® (off-white)

## SPORTS CHAMPIONS

- Brooklyn Dodgers (baseball)
- Cleveland Browns (football)
- Bob Sweikert (Indianapolis 500)
- Detroit Red Wings (hockey)
- University of San Francisco (NCAA basketball)
- Syracuse Nationals (NBA)
- Howard Cassady from Ohio State (Heisman Trophy®)
- Swaps (Kentucky Derby)
- Tony Trabert & Louise Brough (singles at Wimbledon)
- Jack Fleck (golf U.S. Open)
- Kippax Fearnought, Bulldog (Westminster Dog Show)

## MUSIC

- *Ain't That a Shame* (Pat Boone)
- *Autumn Leaves* (Roger Williams)
- *The Ballad of Davy Crockett* (Bill Hayes)
- *Hearts of Stone* (The Fontane Sisters)
- *Learnin' the Blues* (Frank Sinatra)
- *Let Me Go, Lover* (Joan Weber)
- *Sixteen Tons* (Tennessee Ernie Ford)
- *Unchained Melody* (Les Baxter)
- *Rock Around the Clock* (Bill Haley & His Comets)
- *Love Is a Many-Splendored Thing* (The Four Aces)

## BORN THIS YEAR

- Bruce Willis
- Kelsey Grammer
- Kevin Costner
- Reba McEntire
- Whoopi Goldberg
- Steve Jobs
- Bill Gates
- Phil Simms



# Person, Place, or Thing? *Rob Clagett*

## PERSON

“Angel” was born to a wealthy English family in 1820, received a classical education (grammar, logic, and rhetoric), and studied arithmetic, geometry, music, and astronomy. Her father was her primary teacher. She was expected to become a “well-married” wife and mother when she came of age, an idea she abhorred.

She took a tour of Europe with her family in 1838 and met a British ex-patriot in Paris by the name of Mary Clarke. “Clarkey” had strange attitudes toward the status quo including the idea that women should / could be men’s equal.

She journeyed to Germany in 1844 and learned the basics of her life’s work at Lutheran Hospital at Kaiserwerth.

After receiving a divine calling, “Angel” dedicated herself to helping the poor, an idea opposed by her entire family. Her work with the indigent brought her to the attention of government officials, and she was recruited to tour the field hospitals established during the Crimean War. She was appalled at the filthy conditions. Most of the war dead succumbed to infectious diseases instead of wounds received in battle. Her efforts dropped mortality rates from 42 percent to two percent.

Back in England, she developed statistical graphics (the precursor to pie charts) to communicate her ideas for improved health care. Her presentations to parliament led to the world’s first nursing school. Nursing became the first honorable career for women in the Victorian era. She was the first woman elected to the Royal Statistical Society.

“Angel” never married for fear of being distracted from her divine calling. Because of a disease contracted during the Crimean War, she spent her final years bedridden but managed to teach and mentor hundreds of nurses and consulted with doctors from both the North and South during the U.S. Civil War.

She is still known as “The Lady with the Lamp” and “Ministering Angel.”

## THING

January 8 - Unsuccessful slave revolt along the German Coast in Louisiana

January 22 - Casas Revolt, San Antonio, Spanish Texas

March 25 - The Great Comet of \_\_\_\_\_ is first spotted.

July 24 - David Thompson reaches the mouth of the Columbia River to find Fort Astoria under construction.

July 30 - Shawnee warrior, Tecumseh, continues to visit southeastern Indian tribes with hopes of recruiting allies in his attempt to halt the loss of Indian lands to white emigrants.

October 11 - First steam-powered ferry service between New York City and Hoboken, NJ

October 20 - Maiden voyage of the steamboat *New Orleans* leaves Pittsburgh for New Orleans

November 7 - Battle of Tippecanoe

December 16 - New Madrid (Missouri Territory) earthquake

# Answer Page

## MAY WORD PICTURES

1. Priceless
2. *No Time Left for You*
3. Sidearm
4. Nonsense
5. Carbon footprint
6. Backseat driver
7. Plain spoken
8. First date
9. Accidentally on purpose
10. See you later
11. Chick flick
12. Fancy pants

## MAY BIRTHDAY QUIZ

- 1<sup>st</sup> Judy Collins
- 2<sup>nd</sup> Catherine the Great
- 3<sup>rd</sup> James Brown
- 4<sup>th</sup> Rory McIlroy
- 5<sup>th</sup> Karl Marx
- 6<sup>th</sup> George Clooney
- 7<sup>th</sup> Darren McGavin
- 8<sup>th</sup> Toni Tennille
- 9<sup>th</sup> Mike Wallace
- 10<sup>th</sup> Fred Astaire
- 11<sup>th</sup> Cam Newton
- 12<sup>th</sup> Katharine Hepburn
- 13<sup>th</sup> Stephen Colbert
- 14<sup>th</sup> George Lucas
- 15<sup>th</sup> Emmitt Smith
- 16<sup>th</sup> John Conyers
- 17<sup>th</sup> Dennis Hopper
- 18<sup>th</sup> Tina Fey
- 19<sup>th</sup> Archie Manning
- 20<sup>th</sup> Cher (Cherilyn Sarkisian)
- 21<sup>st</sup> Loretta Lynch
- 22<sup>nd</sup> Novak Djokovic
- 23<sup>rd</sup> William P. Barr
- 24<sup>th</sup> Rosanne Cash
- 25<sup>th</sup> Tom T. Hall
- 26<sup>th</sup> Stevie Nicks
- 27<sup>th</sup> Tony Hillerman
- 28<sup>th</sup> Jerry West
- 29<sup>th</sup> Bob Hope
- 30<sup>th</sup> Wynonna Judd
- 31<sup>st</sup> Clint Eastwood

## BULLETIN BOARD TRIVIA

1. Detroit Tigers
2. Carol Burnett
3. Thomas
4. Oahu
5. Old Dusseldorf - in a longneck bottle
6. The King Kamehameha Club
7. Ernest Borgnine
8. Helicopter pilot (Island Hoppers); Theodore Calvin
9. No
10. Re-enlist in the Navy
11. Pumice
12. Uranus
13. Mercury
14. Bone marrow
15. Solid, liquid, gas
16. 212°
17. Four
18. NaCl
19. Absorbs the sun's ultraviolet (UV) radiation
20. Invertebrates
21. Architects
22. Philosophers
23. Jockeys
24. Inventors
25. Conductors (I could not "resist" using silver and copper in this list.)
26. Suffragettes
27. Astronauts
28. Explorers
29. Race car drivers
30. U.S. secretaries of state
31. D
32. G
33. E
34. H
35. B
36. I
37. J
38. A
39. C
40. F
41. Celery, onions, peppers
42. Gumbo
43. Crawfish étouffée
44. Jambalaya
45. Red beans and rice
46. Muffaletta
47. Beignet
48. Po-boy
49. Bananas Foster
50. Praline
51. Snowball (snoball)
52. King cake
53. Barbecued shrimp
54. Oysters Rockefeller
55. Hurricane
56. Sazerac cocktail



## PERSON, PLACE, OR THING?

- Person - Florence Nightingale  
Thing - Year of 1811

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### Coming Next Issue:

In the June 2020 issue of *Creative Forecasting*, you can look forward to Drama Club, Great Outdoors and Camping Month, Father's Day, Summer Activities, Medical Notes on ADHD in Older Adults, Garden Club, On the Road to Pearl S. Buck's Homes, and more!

### LAST REMINDER! Adult Day Services and Assisted Living Contest:

We would like you to send us your unique activity ideas for our 25<sup>th</sup> Annual Adult Day Services and Assisted Living Contest that will be featured in the September 2020 issue of *Creative Forecasting*. E-mail your entry to [cfi@cfactive.com](mailto:cfi@cfactive.com) no later than April 1, 2020. Each winner will receive \$50.00.

**May 2020**

### Frequent Requests:

#### ANGEL FOOD PINEAPPLE CAKE

- 16-oz. box angel food cake mix
- 20-oz. can crushed pineapple and its juice

- 1) Mix the cake mix and pineapple, stir it by hand. The mixture will start to froth slightly.
- 2) Spray a 9" x 13" cake pan with cooking spray.
- 3) Pour the batter into the pan and bake at 350° for 30 minutes or until tests done.

YIELD: 24 servings

### Here's What Others Are Saying:

*"Your magazine is a wonderful resource, and Maggie Hayes in the Activity Department would not be happy if I let the subscription lapse!"* Ginny Street, Program Director, Hillside Adult Day Health Center, Attleboro, MA

*"I find that Creative Forecasting is the only resource that doesn't dumb down activities for those who have memory loss. Thanks for being the resource I need!"* Angie Fazio, Leonia, NJ



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