

THE LORD WILL INDEED GIVE WHAT IS GOOD, AND OUR LAND WILL YIELD ITS HARVEST.

Psalm 85: 12



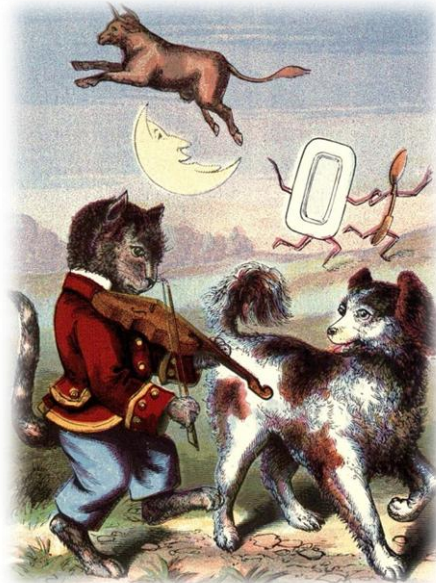
# AUTUMN ON THE FARM

*The farmer in the dell*

*The farmer in the dell*

*High -ho the derry-o*

*The farmer in the dell*



*This file was derived from Nursery Rhymes.djvu., Public Domain*

## BACKGROUND:

Since many of the residents grew up on a farm, or at least during the time when produce came to their table from local crops, there is nothing that brings back fonder memories than to recall nursery rhyme songs about that era. If you ask them about the oldie, "The Farmer In The Dell", most will smile and share stories about their lives on a farm, and even begin to sing the old familiar tune.

***However, don't think for a moment that it is acceptable to use children's' activities for the elderly because it is thought to fit their needs as nursing home residents. They are as bright as people in the outside community and need suitable adult activities that broaden and stimulate the thinking process. The latest research shows that individuals never stop learning; no matter the age.***

Then when the sweet old souls peer through their windows and note how beautifully God has painted the leaves from green to golden shades of yellow, orange, and red, their senses become alive with the familiar fragrances that filled the crisp air when autumn approached each year of their lives.

This time of harvest meant turning apples into cider for drinking throughout the cold winter season, proudly counting the glass jars filled with a variety of vegetables and fruits they grew themselves, and of course a time of frolicking in the thick covering of leaves gathered in heaps under the bare trees in the yard.

Perhaps the most talked about month of this happy season was the crazy behavior brought on by the approaching festivities of Halloween. Many of the old people recall it as being a community celebration; a time when pumpkins meant faces were to be carved for placing on the front porch, or spices added to a delicious golden pie mixture. Then, when the country roads were echoing with the laughter of both children and adults bouncing along on hay covered wagons, all was right with the world. If you listened in on their conversations, undoubtedly the approaching Thanksgiving Day when family would gather around the table was one of the most popular topics. *Life to them was and still remains all about family!*

#### **APPLESAUCE KICKOFF:**



*Activity directors, if you want to make this season truly come alive in the hearts and minds of the residents, gather them around tables and make applesauce from the fresh produce available at this time of the year. Invite your volunteers in to sit at the tables as the peeling and cutting of apples take place. Have a large pot ready to hold all the fresh apples, followed by adding their favorite spices to the mixture. Using a hot plate that is placed out of the reach of residents, allow the mixture to cook until ready to serve. As this recipe cooks, it will fill the*

*hallways with the fragrance of fall. (Prior to serving time, speak sweetly to the kitchen staff requesting that hot rolls be made for the grand finale of this wonderful recipe.) Watch the faces of the residents as you place a scoop of the warm applesauce on both halves of a delicious hot roll! Yum!*

## **ACTIVITY: Field Trip To The Farm**

### **SUPPLIES NEEDED:**

***\*\*A local farm that receives guests during the fall. (Hopefully one that grows pumpkins/apples) The one chosen by Tim and Melody was called Hampton Farms; a place they have been using for years.***

***\*\*The farm must have wagons equipped with a ramp so residents in wheelchairs can be wheeled up on it for enjoying a hay ride. Note the sides on the wagon in photograph below for safety reasons.***

***\*\*Willingness on the part of the owner to build a fire so food can be prepared.***

***\*\*Bring in a cooler, hot dogs, buns, and chips, accompaniments, along with either applesauce or fresh fruit for dessert. Also include bottled water on ice, and chocolate candy, marshmallows, & graham crackers for making smores.***

***\*\* Pack wipes, napkins, continence products, and required medicines for residents***

***\*\*Up to 5 volunteers or staff members required for trip.***

***\*\*Must have a bathroom facility suitable for elderly people***

***\*\*Cost will vary according to location. (Usually have discounts for elderly and group rates)***

**Directions:**

It is a wise idea to visit the farm prior to your excursion to assure it is equipped to handle residents in a nursing home. Brief your staff/volunteers so they know what is expected. Have a grand time by singing songs on the bus ride. The air on the return ride will probably be filled with snores from the tired residents that have been out in the fresh air. SO GOOD FOR THEM!



Although some farms offer corn mazes, you will find it very difficult to push wheelchairs through them. Make sure to let each resident choose a pumpkin to bring home. (Then, the next day, have fun drawing faces on the chosen pumpkins and place around the room for decorations. Carving is much harder and requires considerable assistance.)

## **LET THE FUN BEGIN!**

***THE TRACTOR AND WAGON EAGERLY AWAIT THE EXCITED GROUP!***





*"I LOVE YOU AND YOU LOVE ME! WHAT  
MORE IS THERE TO SAY? WERE YOU  
WAITING FOR US AGAIN THIS YEAR?"*



**FUN AWAITS US!**





*THIS OUTDOOR  
AIR MAKES A  
BODY HUNGRY!  
PLUS...IT ALWAYS  
TASTES BETTER ON  
HAMPTON'S FARM!*

**DO YOU THINK I  
REALLY ATE THIS  
FOR LUNCH?**



# PUMPKIN TIME!



*WAIT  
UP!*

*WORTH THE EFFORT!*





**LELA**

*ALREADY HAS A FACE  
IN MIND TO DRAW ON  
HER PUMPKIN.*



*DO WE LOOK LIKE TWINS?*



**THE STAFF GETS A TURN AT SOME FUN!**



# LAST LAUGH!

After a wonderful day at the farm, every member of the group welcomed the thought of that warm, soft bed that awaited them! Although it had been a spectacular day, the old body was in much need of a nap.

Thus, wearing sleepy smiles on their contented faces, they were pushed into the entrance and down the lighted hallway toward their rooms. Interestingly, when the welcoming staff members walked toward the tired crew, they witnessed a sight to behold.

As the residents were rolled down the corridor under the bright ceiling lights, their faces took on a ghost like iridescent quality. Not realizing this, they were confused as to the startled staff members suddenly going into fits of laughter.

However, soon the mystery was solved when someone asked, "Did you have "s'mores" for lunch?" When the word "yes" resounded in unison, it was soon determined the iridescent ghost like quality was due to dried marshmallow that was smeared over much of each resident's face. **Who says you need a costume for Halloween?**

