

GRAMME ROCKS



**Bocce
Ball
Video
Inside !**

Writer: Colene Smyer Hank



TABLE OF CONTENTS



INSIDE ACTIVITIES

Introduction (Treasures of the World)

Dynamic Duo (Activity Director Tim Trafford, Assistant Activity Director Melody Childers)

The Gathering (Attendance at Activities)

Welcome New Residents

Volunteers

Art (Painter)

Art (Caricatures)

Bowling

Christmas Bazaar (Raising funds for purchasing extra special presents for residents)

Christmas Party

Cooking Class

Halloween Party

A Hat for All Occasions (Spa day and makeovers for residents)

Magic Act

Mardi Gras Party

Musical Worship

Music (Piano Recital)

Nail Polish Day

Pet Visits

Rocking Chair Therapy

Spiritual (C.W. Weiler Memorial Service)

Spiritual (Sandra's Baptism)

Spiritual (Giving Warms the Heart)

Spiritual (Living In the Moment)

Wood Carver

BOCCE BALL VIDEO

BOCCE BALL DIRECTIONS FOR PLAYING

OUTSIDE ACTIVITIES

Autumn on the Farm (A trip to the farm)

Fellows Lake Outing (Pontoon Boat Riding and Picnic)

Fishing Trip (Resident fish and have picnic)

Fourth of July Celebration (Live Fireworks at Nursing Home)

Sprinkler's Club (Residents Play in Sprinkler on Nursing Home Lawn)

Walk (Residents Take a Walk with Help of Catholic High School Students)

Water Fight (Residents Squirt Staff Members with Plastic Water Guns)

Words of Wisdom (Closing Remarks of Wisdom from Residents)

IN THE SUNSET OF LIFE...

*WE ARE
THE TREASURES
OF THE
WORLD!*



"RISE IN THE PRESENCE OF THE AGED, SHOW RESPECT FOR THE ELDERLY AND REVERE YOUR GOD. I AM THE LORD." (Leviticus 19:32)

Dear Readers,

The verse from Leviticus 19:32 above in red is a firm commandment from God found in the Old Testament that was purposely aimed at the Israelites with the goal of demonstrating how he expected older people to be treated. It is truly amazing to note how much honor he placed upon those living in the winter season of life. He literally demanded that his creation **RISE** in their presence, **SHOW** respect to them, and in so doing, reverence would be exhibited to him directly.

In deference to this mighty commandment from God Almighty, it is my pleasure as a disciple of Christ to introduce a collection titled "GRAMME ROCKS" that offers his entire creation a way to follow the principles stated so explicitly from Leviticus 19:32 above. The inspiration for the entire collection has come from observing two activity directors, Tim Trafford and Melody Childers, whose hearts are filled to overflowing with love for the elderly; so much that their actions reach unbelievable heights in offering the residents **they serve** reasons to become involved in life during their sunset years.

As an advocate for the older people, volunteer reader, and writer of materials found on **devotionalembbers.com**, it has been a pleasure to observe as well as participate in their program that can only be classified as extraordinary. In fact, the activities are so dramatic and filled with fun that even the residents' relatives frequently arrive just to partake of the joy filled festivities that abound; all because two people possess so much respect for the ones they serve and are willing to color outside the lines.

Thus, desiring to pass along the magical fun they exude to activity directors, administrators, residents' relatives, and the community at large, permission to share their work was sought and granted by Melody and Tim, as well as Keith Steenbergen, the health care facility administrator. Life to them is not about self, but making the world a better place for sweet old folks all over the universe. How does this involve you? READ ON.....

*****Administrators---** If you desire to enrich the residents' lives in your facility and are not afraid "to rock the house," this collection is for you. Launching this program means you will:

--- Hire an energetic activity director that loves the elderly and welcomes change

--- Budget dollars that will allow this department to flourish

--- Include yourself and your staff by participating and supporting the efforts with the realization that the activities are truly an integral part in each resident's care plan.

In so doing, you will quickly recognize that this department is literally viewed by relatives and community members as the very face of your healthcare facility. The impression you make on the outside world will be enormous. Word of mouth will cause community members to choose your facility due to the joy that is witnessed upon arriving for each visit.

*****Activity Directors---** If you are an eagle and desire to soar to new heights, then you will find the "GRAMME ROCKS" collection as a resource to be treasured.

*****Community Members---** Placing your loved one into a health care facility is one of your most important and challenging decisions in life. If you want peace of mind knowing your loved one is being engaged in fun and energizing activities, "GRAMME ROCKS" is the collection for you. In your search for the "right" health care facility, observe carefully the activity department from the perspective that it is an integral component of your loved one's overall care plan. If you sense an administrator with an open mind, share the collection with him/her. Excellent administrators are always desirous of growing and welcome change. AS A COMMUNITY MEMBER, SHARE THE COLLECTION WITH EVERYONE! After all, it is all creations' responsibility to make sure we obey God's commandment to "RISE IN THE PRESENCE OF THE AGED, AND SHOW RESPECT FOR THE ELDERLY"!

By making others aware of "GRAMME ROCKS", you will give the elderly a reason for living, prevent them from being lonely, and touch them deeply with the love and respect they deserve in the sunset of life. Amen!



"As for you, brothers, do not grow weary in doing good."

2 Thessalonians 3: 13



DYNAMIC DUO

"Gramme Rocks"; a collection of unique concepts designed for use with residents of health care facilities, took wings all because of the efforts of Activity Director Tim Trafford and Assistant Activity Director Melody Childers; a dynamic duo that colors outside the lines with such unique strokes that daily living for the elderly has been changed forever. Through their creativity, dreams daily transition into reality and the ordinary soars to the unimaginable; all because they never grow weary of doing good for those in the winter season of life; a group of people they view as extraordinary and incredibly loveable. Since "can't" and "impossible" are two words that simply don't exist in their minds, laughter echoes down the hallways and seeps out into the courtyard with such magnetism that those entering the premises can't help but smile. In fact, outside community members have stated, "They have more fun than we do!"

Also, dear readers, it is due to their continued support and keen imaginations that the material offered on devotionalembassadors.com continues to grow; thus, the latest arrival titled "Gramme Rocks". Not only did the participants experience these fun filled activities, but allowed themselves to be photographed with the goal of sharing their good fortune worldwide. After all, there is nothing the residents love more than to extend a helping hand to others; a behavior established over a lifetime.

MEET TIM:

"My inspiration to serve the elderly dates back to my childhood where I observed my grandfather in a nursing home. I knew what he was like when he still lived at home (alive with humor, personality and purpose) and couldn't understand why he was so different now that he was living in "the home." The environment lacked stimulation and appeared bland. It was here that I first thought, "I want to work in a nursing home someday."

Now, fast forward to after high school graduation when I had been accepted into physical therapy school. However prior to the start of the



first semester my dad passed away and I just wouldn't leave my mom. By the time she convinced me that I NEEDED to go to college, my spot in the PT program had been given away. I spoke to the admissions counselor and he led me to this up and coming profession called Recreational Therapy. It sounded promising so I enrolled and the rest is history; I became a Recreational Therapist.

As a society we treat our elderly poorly compared to other countries i.e. Japan and China to name a few. Additionally, we have become a disposable nation and quickly discard things when they no longer have purpose. Consequently, we tend to treat our elderly the same way. Although I may not be able to change the country, state or city in which I live, I CAN make a difference in the lives of those where I am employed; thus the primary motive that drives me. ONE person CAN make a difference if he chooses to act. President Jimmy Carter said, ""The measure of a society is found in how they treat their weakest and most helpless citizens." How will the society in which you are a part be measured?"

Nursing home residents give up so much of the control they have over their lifestyle when they come into a facility that their dignity and quality of life are at stake. Activities, if done correctly, should give them back some control and maximize their dignity, skills sets, and interests, while at the same time offering opportunities to feel purpose.

An individual's personality, meaning their heart and soul (their "spirit"; the things that make them unique), are usually developed by the age of 30. Thus, simply because the physical body begins to decline does not mean their "spirit" fails to be alive and well! It is still inside each elderly person and is just WAITING to come out. Therefore, staff members in the activity department have the opportunity and responsibility to facilitate that reactivation.

Empathy is a great word that can be defined as, "The ability to put yourself into other people's shoes and see life from their perspective." Try wearing the moccasins of a resident and ask yourself, "What would I want someone to do for me when I am living in a nursing home?" Not only should the answers to that question cause self enlightenment, but also serve as the cornerstone for all activity programs.

When I look into the eyes of nursing home residents I see a vast array of experiences and lessons from every walk of life. I recognize years and years of being there for others; whether in the capacity of a parent/ grandparent or as an employee in their former work environment. Also, in those eyes I still witness the desire to be the "giver", the thirst to remain self sufficient and independent. However in those same eyes I identify the vulnerability that comes from knowing they will need to be the "receiver" of care. As an activity director it is my honor to anticipate and exceed the needs of these vulnerable people while facilitating opportunities for them to continue to give.....to the staff, fellow residents, and to the community.

Repeatedly, I hear residents exclaim, "When I entered this place, I thought I was coming here to die. Little did I know I was actually coming here to LIVE." This has been said to me on more than one occasion. These words beautifully describe what nursing home residents can feel when care is individualized to bring out the best in everyone.

What is so great about choosing a career in the nursing home (or any setting involving the elderly) is that you get to be so close to the customers! How many people must go through the motions of work every day feeling like no one cares or notices, thus, prompting the question, "Do I really make a difference?" The beauty of working at a health care facility is that EVERYONE is given the opportunity to make an impact; regardless of the position held. The catch is that the difference made can be positive or negative; depending completely upon an individual's attitude. If you choose to go about your day with a caring heart and helping hands, along with the mission of advocating for the elderly, as a single individual, your actions will glow with the radiance of a shining light on a hill; exuding a brilliance that truly touches lives. Furthermore, since compassion and caring are contagious, sit back and watch it illuminate the darkest of places! Inspire people to share your passion. Since others are just WAITING for an opportunity to do something special, give them this privilege by allowing your behavior to set their spirit ablaze." Mark 4: 21 states, "And he said to them, "Is a lamp brought in to be put under a basket, or under a bed, and not on a stand?"

MEET MELODY:

"When answering the question, "What about my career do I love?" my reply is a resounding..... EVERYTHING! Being able to care and express love and gratitude to every resident is absolutely paramount in how I just responded.

The first thing to realize when interacting with the elderly is how vast the differences are among this population. God created each and every individual by the work of his hand without one being identical. Thus, after internalizing this fact, no matter the circumstances, it is my belief that every person deserves to be loved unconditionally.

Since these sweet old folks I serve have worked all their lives either as a homemaker or at a career, when they reach the sunset of their earthly journey, it is the time for them to enjoy life; totally free of worry and stress.

Although it is not their wish to be in a nursing home, we should assist them in all areas of their lives without hesitation or judgment. They have both great and challenging days just like all of us and react no differently than any person still living outside in the community. They get frustrated when their aging bodies limit the lifestyle they have enjoyed prior to entering the healthcare facility.



Their generation fought for freedom in faraway lands, built the roads you now travel, constructed the buildings where you reside or conduct business, started the churches that still exist, and had hopes and dreams just like every person in the world. They traveled the highways and byways that dished out joy, heartache, disappointment, and recognized how to right themselves and move forward under the direst of circumstances.

Therefore, rather than cast off these pathfinders, which is the usual norm in society, these seasoned veterans of life should be recognized as treasures; absolute gems that contain a storehouse of information at the ready when citizens of all ages are making the tough decisions in life. This group of elderly people possesses the ability to point out the stumbling blocks and the wisdom to offer assurance that, in spite of the dark and eerie clouds that enfold man, the sun will once again offer its brilliance as a new tomorrow peeks over the horizon. The behavior they now display in the sunset years of life is possible because they are no longer bothered by the layers those residing in the outside world struggle with every second of their lives. These sweet souls are now focused on the present and fully realize they have more yesterdays than tomorrows in front of them. Thus, they cherish each moment, individual, and gesture others extend in their direction.

One example that shows how small things mean so much to them can be illustrated by the last request from a sweet godly resident named Elsie. As I approached her bed, just prior to her departure, in a soft precious voice she said, "I only want to hear you sing one more time." Although I willingly granted her wish, I have to admit, the song was sung through a veil of my own tears. Little things mean the most!

When viewing the residents from the heart, I visualize each one as being a child once, then a teenager, an adult, and now, having endured life's hardships, reached the well deserved winter season of life. Even though their emotions are still alive and well, due to the aging process, the ability to express feelings may present a challenge. Recognizing this problem, it is my responsibility to model the same behavior used with my children; I must anticipate their needs and carefully listen; actions that will be received by them with gratitude beyond measure. These sweet old folks absolutely adore each gesture of kindness extended to them; an example mankind should follow without fail.

Finally, when I note a resident's health quickly declining, I know the shores of heaven are within view, and the earthly journey is nearing the end. Most indicate their lack of fear when that time arrives, they just dread the process required. As caretaker, having become intimately acquainted with them, I have made it my goal to ascertain if Jesus is present in their lives. Why? After watching the saints depart with the Savior in their lives, I AM CERTAIN BEYOND DOUBT THERE IS NOTHING TO WORRY ABOUT! They simply rest in his arms with the knowledge they are bound for their heavenly home. Breathing their last breath of earthly air means their next breath will be that of eternal life. "

Philippians 3:20-21 "But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself."

The Dynamic Duo At Work



Recognizing Sandra's uniqueness, these two dynamos anticipated her every need and allowed her personality to surface as an integral part of activities.



*Who has
more fun?*

SUPER HEROES TO OLD FOLKS!



KING OF COMEDY LIFTS THE SPIRIT!



*IN SYNC WHEN ADVOCATING FOR THE
ELDERLY!*



Closing:

Ladies and gentlemen, by now you certainly understand the importance of choosing the correct individual/s as activity director in a health care facility. They literally become the face, not only of the entire activities program, but the image of the facility itself. Choose well and then get 100% behind them!

Characteristics Of An Outstanding Activity Director

- **LOVES THE ELDERLY WITH ALL THEIR HEART MIND AND SOUL**
- **WELCOMES CHANGE AND NEW IDEAS WITH OPEN ARMS**
- **ADVOCATES FOR EACH RESIDENT, NO MATTER THE PERSONALITY OR STATE OF HEALTH**
- **HAS AN UNBELIEVABLE AMOUNT OF HUMOR THAT IS CONTAGIOUS**
- **ENJOYS BALANCING SEVERAL BALLS IN THE AIR AT ONE TIME**
- **LIKES THE SOUND OF HIS/HER OWN NAME BECAUSE IT WILL BE HEARD A LOT**
- **POSSESSES TREMENDOUS ORGANIZATIONAL SKILLS**
- **IS COMMUNITY MINDED**
- **TEAM SKILLS A NECESSITY**
- **REALIZATION THIS LIFE IS NOT ABOUT SELF**



LET THE GOOD TIMES ROLL!

"THE GATHERING"



"COME AND GET ME! PRETTY PLEASE!"

Dear Activity Director,

THINGS I HAVE DONE TO REMEMBER YOUR ACTIVITIES:

****Tied a ribbon on my wrist that got tangled in my hair*

****Slept with a note under my pillow that stuck to my nose*

****Moved the activity calendar in the middle of the floor so I would have to run over it with my wheelchair before leaving my room*

You will have to excuse my forgetfulness these days. Even though you hang a calendar of events on my wall, I still need you to come and get me prior to each activity you have so generously planned.

Love,

The humorous old geezer



BE DEVOTED TO ONE ANOTHER IN LOVE. HONOR ONE ANOTHER ABOVE YOURSELVES.

ROMANS 12: 10

WELCOME NEW RESIDENT!

WAYS TO VALUE NEW RESIDENTS



INTRODUCTION:

Elderly people are extremely cognizant of the changes that take place as their body ages; thus, the remark, "I used to be able to do that, but now I can't."

In addition, do you recall the song that began, "Beautiful girls, walk a little slower when you walk by me"; graphic lyrics that strike right at the issue of the aging process?

As a result of these physical changes, even though many older people try to put forth a stiff upper lip by showing a sense of humor when they recognize what is occurring in their bodies, down deep inside, they not only possess an acute awareness of these physical limitations, but exert great daily effort toward maintaining their independence as long as possible.

Thus, as Activity Director Tim Trafford stated at the beginning of this collection that tremendous sacrifices are required from those in need of assistance with their daily care, he equated it directly to their dignity and quality of life literally being at stake. In other words, the life style they had worked



to achieve as productive citizens operating in the outside community that is fading as quickly as a beautiful sunset, now rapidly brings on the *potential for tremendous stress, anxiety and depression to set in.*

Although society can do nothing to prevent the aging process from occurring, much can be done in offering value to these wonderful people that God loves so dearly. Thus, the following true stories should not only serve as a motivation for taking action, but touch the heart to the very core.



Number 1: John C Maxwell, leadership expert, bestselling author and coach, recently spoke at the Global Leadership Summit on ways to value the very essence of people by offering the following touching story about his father:

Upon facing the reality that he needed to move into an assisted living facility, he approached his own son, John, requesting that he support him in being the first resident in a complex that was under construction in his local area. Wondering why his father was so insistent that he be the first to move into the facility, John was surprised by the reply that came from his loved one's lips. His father indicated that it was absolutely critical that he get quickly situated so that upon arrival of each individual moving into the facility that he be there to greet them with the following words: **"I am _____ Maxwell. I live here. And...you are going to like living here, too."** Ladies and gentlemen, can you imagine how touched each person was upon hearing these words of comfort? After all, they were coming from an individual that was wearing their moccasins. This kind man was looking outside himself and adding value to the life of another. Maxwell concluded his presentation by stating, "You can make a difference for the ages."

Hello
my name is

Number 2: A sweet lady described her 90 year old mother-in-law's health as having declined to the point of requiring the expertise from a different facility. Realizing the ramifications the change could have on her frame of mind, the family members found themselves in a state of worry, thus, bracing for the worst possible scenario. However upon approaching the facility, relief from their anxious thoughts was immediately extended due to the behavior of employees there. As the elderly person was wheeled into her new place that was to be called "home," the entire staff was waiting to meet her and holding a bouquet of balloons as a greeting. Do you think this resident and her family members felt valued? Let's hear a resounding, "YES"!

APPLICATION LEVEL:

Let us now put the principles described above into action by going even deeper into additional ways healthcare facilities can add value to the lives of new residents.

SUPPLIES NEEDED:

****BOUQUET OF BALLOONS READILY AVAILABLE FOR EACH NEW RESIDENT**

****STAFF MEMBERS DESIGNATED TO BE A PART OF THE GREETING PARTY**

**** GREETING COMMITTEE MADE UP OF RESIDENTS**

Directions:

The Activity Director, Administrator, and Head of Nursing meet to decide which staff members should be present upon the arrival of each new resident to the facility. (Day and Night) In the event that a resident arrives in late evening, the greeting committee must be present at the front door.



Additionally, the Activity Director will select a committee of four residents to represent those already living at the facility. Once the four people have been selected, training must take place in order for things to go smoothly. During the training, first make sure a willingness to serve on the greeting committee is obvious. Then, discuss appropriate pleasant remarks the residents can make to the new arrivals as a warm welcome. It would be great if a member of the resident greeting committee could be the one holding the balloons, as well as the first to speak. There is no individual that can make a greater impact than the one wearing the moccasins of the person arriving that is in need of assistance with daily care. No one knows better the pain and agony of giving up independence brought on by the aging body.

After the new arrival gets settled into his/her room, it would be a wonderful gesture for a member of the resident welcome committee to walk along beside the person for a while. In order to make certain this is well organized, a notebook containing the new arrivals' names and room numbers can be kept in a drawer readily available for the members of the welcome committee. (This will accommodate their need for being reminded of the names and room numbers.)

****Important to have short meetings with the welcoming committee for the purpose of making sure everything is going smoothly.**

REASONS FOR WELCOME COMMITTEE

It adds value to:

- 1) The new arrival's life by letting the individual know, not only that he/she is expected, but welcome.
- 2) If resident's family members accompany their loved one, it offers assurance that excellent care will be extended. There is nothing worse than leaving the loved one alone in the facility upon departure.
- 3) A clear message is sent to all staff members that each resident is of equal importance. Our facility loves and greets them all; no matter the hour or time of day.
- 4) The resident welcome committee members feel tremendous purpose by adding value to another's life. It supports the habit of looking after others, rather than concentrating on self.
- 5) It promotes a sense of community. We are all here to support one another.



"LET EACH OF YOU LOOK NOT ONLY TO HIS OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS."

PHILIPPIANS 2: 4



VOLUNTEERS

**LOOK WHO
SHOWED UP TO
VOLUNTEER!**



OVER 100 VOLUNTEERS!

No! Your eyes did not deceive you! Tim Trafford and Melody Childers have over 100 volunteers and growing! At this point, you might ask, "Why so many?"

Answer:

1) When more helping hands are available, engagement of participants becomes a certainty!

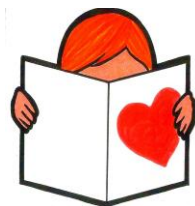
2) Volunteers guarantee the time for activity directors to think outside the box!

3) Dreams suddenly become a reality!

At this point, please don't push your panic button, thinking that all the volunteers will approach at the same time, thus, creating bedlam. You will soon discover individuals desiring to volunteer possess such unique gifts and passions that plugging them into your existing program makes the ordinary become extraordinary. Simply stated, they can be scheduled to arrive for different occasions and times, based on residents' needs and the activity you have planned. Due to the aging process, almost every resident requires assistance during the winter season of life; making it not humanly possible for just two people to effectively operate. Since most residents have mobility issues, difficulty using their limbs, along with visual and hearing challenges, adding volunteers to your program can redefine the word "engagement". (Important to center on bedridden residents, as well)

First, let us focus on a few of the numerous ways in which volunteers support Tim and Melody's program, followed by specific aspects of obtaining volunteers, training, and assigning them to tasks.

USING VOLUNTEERS:



READING:

Volunteers can read to residents on a one to one basis, whether they're in wheelchairs, mobile, or bedridden. You will find a variety of materials on www.devotionalembbers.com that can be downloaded to a reader. It is becoming a common occurrence for an activity director to download the materials to the healthcare facility reader and have it available for any volunteer upon arrival. The old people simply think they are watching TV. This special one on one time offers the opportunity for much needed stimulating conversation. When you review the material available on the website listed above, you will discover a variety of selections that allow the ability to meet the residents' needs. Mixing up the material choices adds spice to your time together as well as meeting their ever changing state of health. Some days are simply better than others. (Their physical and mental condition impacts your decision.) Please note the story books for all ages are dearly loved by everyone!



ENTERTAINMENT:

Local church musical groups are always willing to perform for nursing home residents. In addition, educational institutions are delighted to have groups visit the elderly because it offers the ability for the students to get involved in community service. Even the center on aging has retired groups of people desirous of performing for old folks. Home school organizations that have choirs and orchestras go out of their way to include performing at health care facilities as a part of their educational curriculum for students. If a local high school is within walking distance of your facility, the marching band would love the opportunity to perform right outside in the driveway. Residents can be rolled out on the patio or view the excitement through windows. Even music teachers invite the privilege of having a recital just for you. Remember this: **THE ACTIVITY DIRECTORS ARE ALWAYS INVOLVED WITH THE RESIDENTS THROUGHOUT THE ENTIRE PERFORMANCE. THEY CLAP, LAUGH, AND COMMENT DURING THE TIME A GROUP IS OFFERING ENTERTAINMENT. THEY DO NOT INTRODUCE THE GROUP AND LEAVE THE ROOM! ENTERTAINERS WILL PLACE FACILITIES WHERE THERE IS THIS TYPE OF INVOLVEMENT AT THE TOP OF THEIR LIST. IN FACT, YOU WILL HAVE SO MANY GROUPS DESIRING TO PERFORM THAT IT WILL TAKE A MIRACLE TO SCHEDULE THEM ALL. HAVING THEM TO BECOME A REGULAR PART OF YOUR ACTIVITIES ALLOWS YOU TO USE YOUR BUDGET WISELY. WORD OF MOUTH SPREADS EVERYWHERE REGARDING THE VALUE YOU PLACE UPON THEIR EFFORTS!**

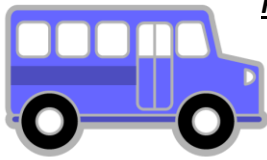


ANNUAL CHRISTMAS DINNER

Many facilities have begun offering family Christmas dinners for the residents and their relatives; a time when tables are covered with white cloths and adorned with beautiful decorations. Tim and Melody make this event truly special by clustering family members in private settings all over the facility. Every alcove in the various wings becomes a private dining room with live soft music being performed by students from the local colleges and universities playing seasonal renditions on harps, flutes, pianos, keyboards, accordions, and fiddles. Invitations go out well in advance of the special dinner so that RSVPs can be sent in on time. (Limit of 2 relatives) Although staff members serve the family members, volunteers are scheduled in for advanced preparation as well as cleanup. Helping hands are a must to pull this event off in grand style. The activity director organizes a floor plan (like a wedding) so that everyone has a table assignment. Family names are a part of the centerpiece as a friendly welcome.

As the time draws near, it is interesting to listen to the comments made by the residents regarding the entire affair. Since the health care facility where they now reside is home, it is like inviting them into their own residence. They often describe the assortment of food the family can expect to savor. After all, this truly is their home and the other residents there are their family. Those without family

members attending are invited by other residents to sit at their tables without being prompted. If the elderly living in a health care facility are cherished, the entire place becomes like a caring community. They look out for one another and eagerly share what they have with those left alone. This is truly an event that strums the strings of the heart!



FIELDTRIPS

Whether you take the residents fishing, on a ride to see the fall leaves, to a pumpkin patch, or special concert, volunteers are a “MUST”. All those extra hands make tending to the entire group a much easier task.



CRAFT TIME

Given the fact that so many elderly people living in facilities have challenges using their limbs, when doing crafts, volunteers are necessary for every table. Sometimes the resident is only able to dictate what he/she would like to accomplish on the craft project of choice which requires the volunteer’s hands to be the critical factor for completing the artistic endeavor.

After having reviewed the possibilities above, do you now see how important it is to have volunteers? The sky is the limit when you know help is simply a contact away.

1) Attracting volunteers:

When first beginning a volunteer program, contacts to approach are as follows: Churches, Senior Centers, Local Civic Organizations, and Charitable Societies. Also, if residents’ family members observe the numerous activities, they either volunteer to help, or encourage relatives and friends to get involved. Before you know it, volunteers will arrive! The main draw that attracts volunteers is an activity department possessing a high energy level due to all the exciting things that are constantly transpiring. Develop this type of program and “THEY WILL COME TO YOU.”

2) Initial Interview:

Be prepared to gather important information regarding your volunteer. It is not all about your needs, but also making certain you tap into their talents and passions, as well. Otherwise, it will be hard to keep them on board. The following information sheet will guide you through your initial interview and serve as a card for your file or computer. (Be sure to take the volunteer on a tour of the facility.)



VOLUNTEER INFORMATION FORM



1) Name: _____

2) Address: _____

3) Phone Number: _____ Email Address: _____

4) Hobbies: _____

5) Is there something you already have in mind to share with the elderly? _____

6) How many days per week/month would you like to volunteer? _____

7) Is there a day or time that is better for you? _____

8) Are you open to receiving a call if help is needed when doing a project or special activity?

9) How much advance time do you need to clear your schedule for an activity? _____

10) Are you willing to work with a large group? _____

11) Are you willing to work on a one to one basis? _____

12) Do you mind reading or visiting a bed ridden individual? _____

13) Do you have a reader (technical device) of your own? _____

14) Have you worked with elderly people before? _____

15) Would you be willing to ride along on field trips? _____

16) Additional information:

****Please accept our gratitude for the time you are willing to donate as a volunteer! Here is the contact information for the facility: Phone Number: _____ Email: _____**

You will be receiving an activity calendar every month via email

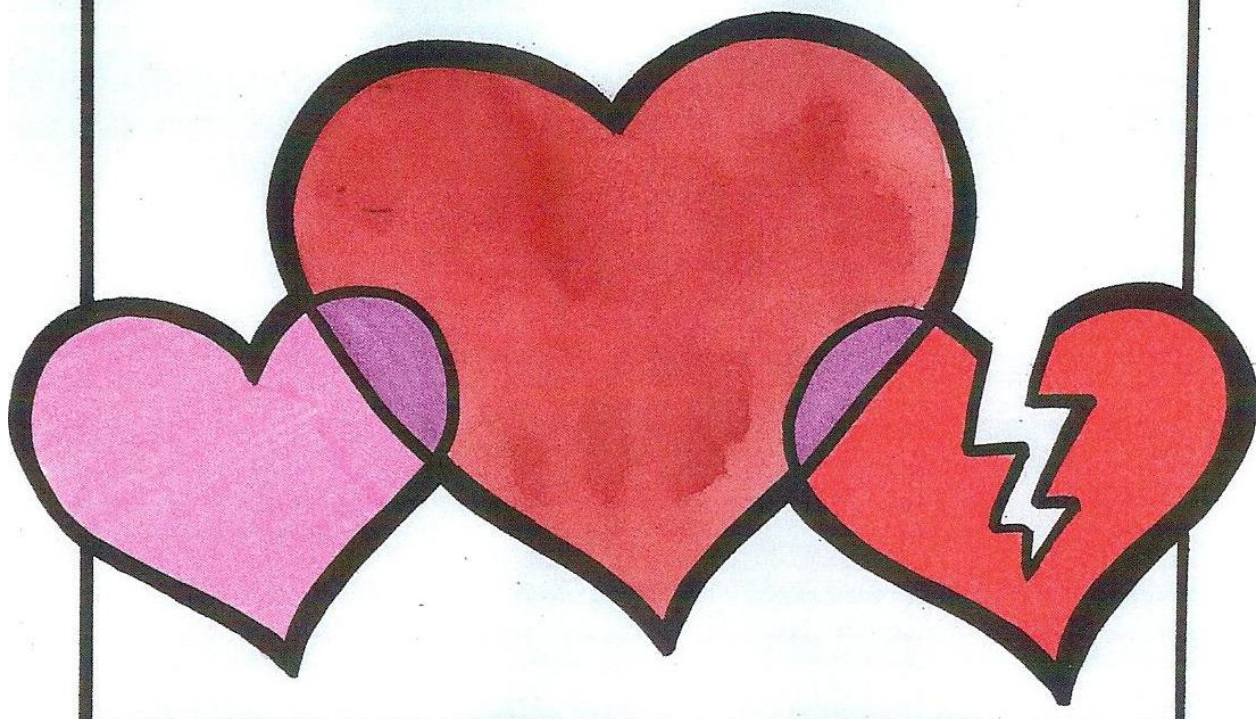
3) Volunteer Training:

If you are training more than one volunteer, it is suggested that you try to group them into one session. Since you will already have interviewed the volunteer, have in your mind the individual you think would be a good match. Introduce the volunteer and the resident so the stage can be set. If it is a one on one time with a bedridden resident, help the volunteer locate the best place for carrying on a conversation. (Is the resident hard of hearing or facing vision challenges?) Suggest simply a time of visiting together for the first visit. Then after a bit, the volunteer can ask if the resident would mind if some of the visit be a time of reading and discussing material. Example: One resident loved scientific articles about lightening. The volunteer found articles on this. (Or use devotionalembbers.com for devotional material at various levels.) Be creative and flexible. Above all, please remember how much the resident cherishes your presence.

****If you are having a challenge, don't hesitate to contact the activity director. Since you get the opportunity of spending time on an individual basis with the resident, you will obtain valuable information the activity director needs to hear in order to better meet the needs of that individual. Since the activity director doesn't have the freedom to focus solely on one resident, any input you can submit will be extremely valuable.**

SPREAD THE WORD TO YOUR FRIENDS ABOUT BEING A VOLUNTEER. TOGETHER WE CAN HONOR THESE SWEET PEOPLE IN THEIR WINTER SEASON OF LIFE.

TWO HEARTS BECOME ONE!



"The heavens declare the glory of God; the skies proclaim the work of his hands."

Psalm 19: 1



THE GALLERY



*"A photograph is usually looked at
seldom looked into." – Ansel Adams*

ACTIVITY: Visiting Artist

SUPPLIES NEEDED:

****Visiting Artist**

**** Table for propping up artist's paintings (Artist usually brings easel)**

****Microphone so residents can hear the artist's voice better**

Directions:

After the artist has completed her set up, the Activity Director makes the introduction to the audience in a jubilant manner with the purpose of bringing the residents into the moment and creating excitement about the opportunity of viewing a wide variety of beautiful paintings. Then, after a painting is presented by the artist, the activity director holds the drawing in front of each resident so the work can be carefully scrutinized. This accommodates the residents' visual needs brought on by the aging process. As this is transpiring, the audience members are invited to participate by making comments or asking questions.

Consequently, if this process is followed, the quote made by Ansel Adams, "A PHOTOGRAPH IS USUALLY LOOKED AT SELDOM LOOKED INTO", will not even be an issue. Given the fact the elderly residents are known to be living in the moment, in what is labeled as their winter season of life, they are eager to drink deeply of each experience. No longer are they concerned about any type of façade called, "What will others think if I truly share my thoughts?" Additionally, the wisdom they impart is worth its weight in gold!

Result: Not only will the presentation be enhanced, but develop into a learning experience for everyone involved.

MEET THE ARTIST

Ladies and gentlemen, meet Lyndsey Standage, a young lady that just graduated from high school and possess the maturity of a very wise adult. Not only will she attend Drury University in the fall with a full scholarship in golf, but at the same time, pursue a career in the field of art; a direction that will allow her to turn her passion into a career.

Consequently, when the writer invited Lyndsey to present her art to residents of a nursing home, she literally jumped at the opportunity without a moment's hesitation. This young lady absolutely thrives on the possibility of spreading her love affair with art to others; no matter the age.

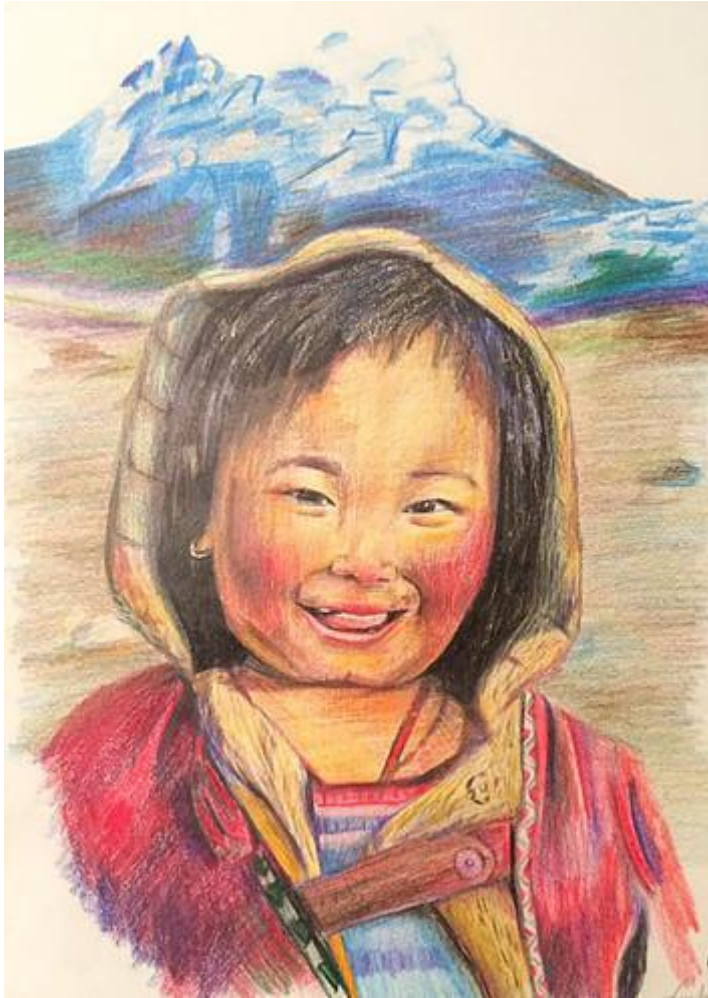
Thus, the confidence she displayed when handed the microphone, was astounding, indeed! Her demeanor and sweet personality captured the attention of every resident in the room from the moment she spoke her first word until the closing farewell.



LET THE SHOW BEGIN!



Lyndsey was accompanied by her friend, Nick Shannon, who assisted her throughout the presentation. Having known each other since 8th grade, the ease with which they interacted was amazing. There is nothing Nick enjoys more than sitting in a room with Lyndsey just watching and admiring this artist at work. It can be described as a comfortable, peaceful silence where two hearts become one.



"Native Girl"

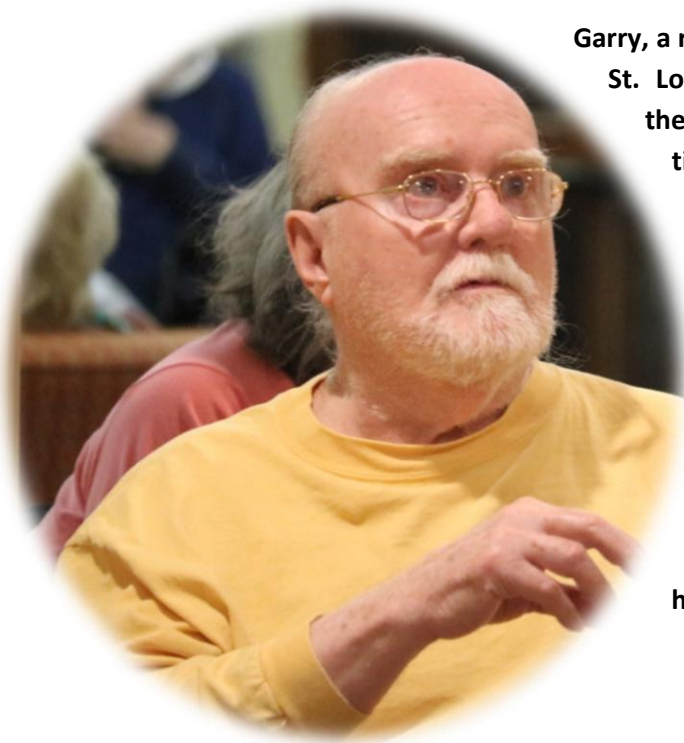


"Father Time"

As you view the paintings above, it should be noted the medium this artist uses doesn't seem to matter. She is at ease with pencils, oil, acrylic, water color, or charcoal and chooses based on what she is trying to achieve. Although her favorite subject is painting portraits, she is at home in the contemporary world, as well. No matter what Lyndsey paints, the canvas is literally alive with passion. If she is painting the portrait of a homeless individual, you sense her compassion with every stroke of her brush. If she is showing humor in her drawings, your funny bone is immediately tickled. Her beautiful paintings allow you to peer deeply into her soul.



The residents are glued to Lyndsey's comments about this portrait of her favorite teacher; a gentleman whose unique personality offered the challenge of literally making the soul of an individual come alive on canvas. The residents were so captivated by it they quizzed her about, not only his name, but who he was as a person.



Garry, a resident that had worked for a department store in St. Louis, Missouri called Famous and Barr designing their windows, catalogues, and store sets, wasted no time in asking poignant questions regarding Lyndsey's paintings. He wanted to know why she chose to make the eyes portray a certain expression as well as what changes she would make if she had a do over.

(Note the expression on Lyndsey's face as she responds.) She was also offered the opportunity to team with this gentleman as she pursued her studies at Drury University. Not only would Garry enjoy sharing his wisdom, but her company, as well.

THEY ARE GLUED TO HER EVERY WORD!



OH, JOY!



MORE INSTRUCTION!



At this point, Lyndsey shared another approach used by her art teacher that taught how to gain a sense of freedom when approaching a project. She had to paint a self portrait by viewing herself from the chin up; a very difficult task, indeed. When she observed the residents peering at it in a quizzical manner, she quickly told them it was perfectly all right if they felt it did not resemble her. That was a show of confidence, wasn't it? They just smiled sweetly at her and quickly started dishing out compliments.



This is the usual procedure Tim Trafford and Melody Childers follow when a presentation occurs. They always involve the residents by giving them the opportunity to view the paintings close up which facilitates learning. Lyndsey actually invited the residents to touch her paintings so they could get a sense of the layering process she used to achieve the depth desired.

PASSING OF TIME!



Lyndsey shared a very interesting approach showing the passing of time by using a subject's appearance as the years progressed. This group of people could certainly relate to the fact that life is like the flowers in the field; here today and gone tomorrow. At this point, the writer wondered what was going through their minds as their eyes soaked in the theme. During this stage of life, all layers have been whittled away causing them to live in the moment; thus, enjoying each wonderful ray of sunshine. Although they relish the memories stored in their earlier seasons of the journey, they don't linger there.

A CHANGE OF PACE!



After seeing many beautiful paintings, Lyndsey surprised the group by requesting a volunteer to serve as a model. The task at hand would be for her to paint a portrait of this person within only 15 minutes. So many people wanted to be selected that a drawing had to be the method of choice. (Lyndsey studied her very carefully before beginning.)

LYNDSEY BEGAN!

SHIRLEY WATCHED!



***“COMMENTS FROM THE
AUDIENCE”***

**SHE IS EXCELLENT! WE LOVE ART AND APPRECIATE THIS
EXPERIENCE!**

IMPOSSIBLE TO CHOOSE A FAVORITE!





HOW DOES SHE DO THAT?

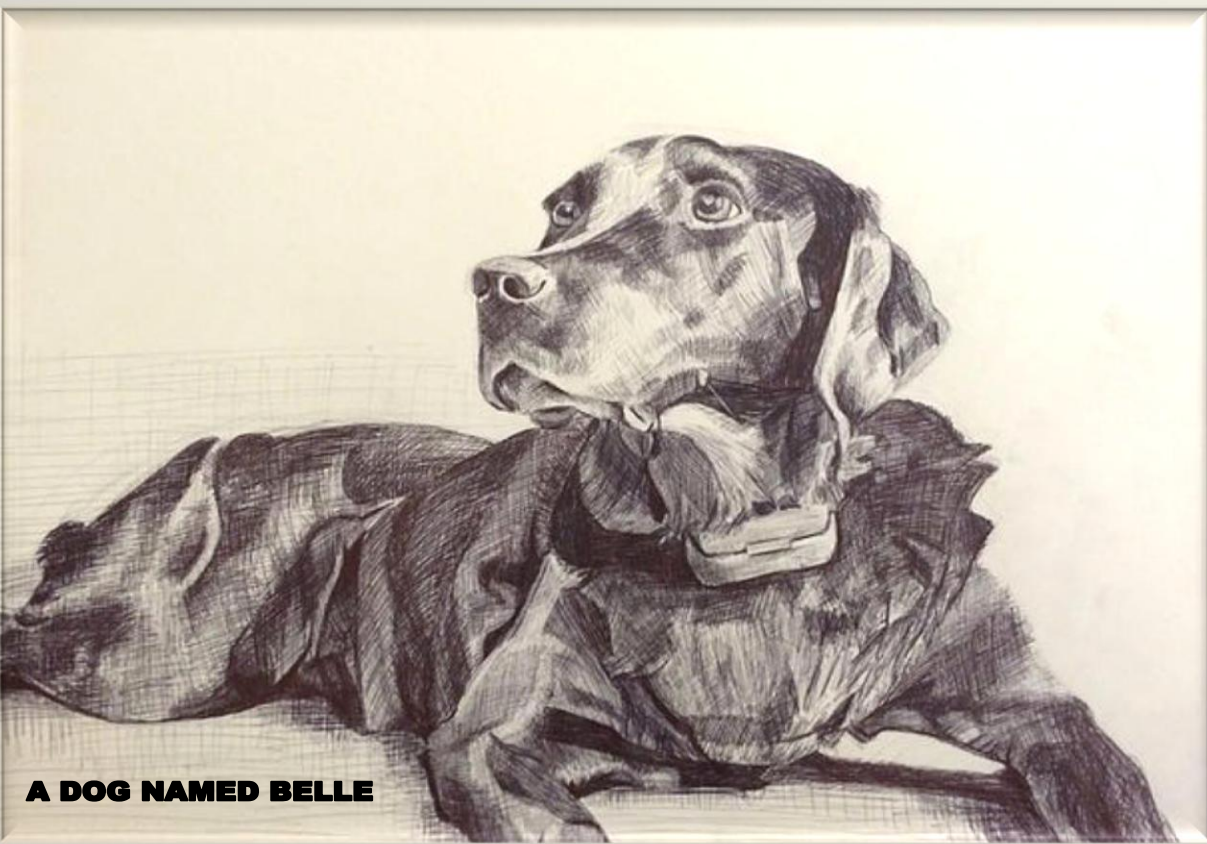
WHEELCHAIR STANDING OVATION!





LYNDSEY'S GALLERY

ENJOY A SAMPLE OF LYNDSEY'S TALENT AS AN ARTIST

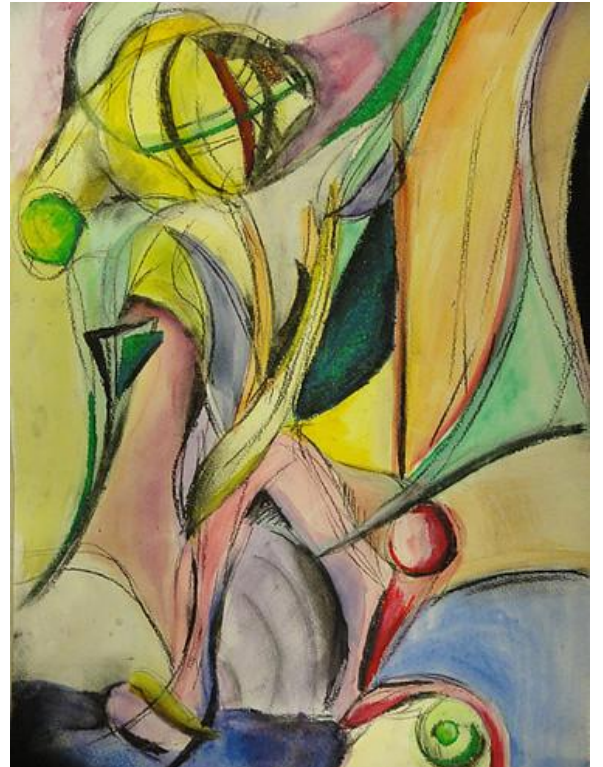


A DOG NAMED BELLE

ABSTRACT 1



ABSTRACT 2





"JUST PLAYING AROUND"

"SMOKING MAN"



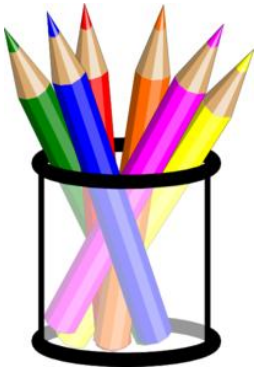
Ladies and gentlemen, these paintings will give you just a tantalizing sample of Lyndsey Standage's works of art. The talent this young artist possesses is truly an extraordinary blessing from her Creator. One only needs to study her work for a short time to conclude how bright her future will be in this journey called life. These gifts coupled with her sweet spirit present a magnificent duo that will allow her to touch many lives; a destiny that she understands fully.

In order to appreciate even more of her work, the writer invites you to visit her site:

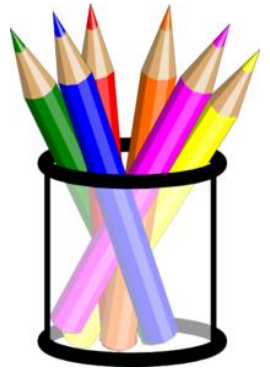
sscoop.wix.com/standagelyndseyart

EACH OF YOU SHOULD USE WHATEVER GIFT YOU HAVE RECEIVED TO SERVE OTHERS...

1 Peter 4: 10



CARICATURES



BACKGROUND

"A caricature is a rendered image showing the features of its subject in a simplified or exaggerated way through sketching, pencil strokes or through other artistic drawings.



Some of the earliest caricatures are found in the works of Leonardo da Vinci, who actively sought people with deformities to use as models. The point was to offer an impression of the original which was more striking than a portrait.

Caricature took a road to its first successes in the closed aristocratic circles of France and Italy, where such portraits could be passed about for mutual enjoyment." (Wikipedia)

(Picture above: A modern, street-style caricature, with the subject holding the picture for comparison.)

ACTIVITY: Caricature Drawings of Residents

SUPPLIES NEEDED:

****Artist that can draw caricatures (Contact your local high school for a student artist possessing this ability)**

****Table for artist with ample room for supplies**

Directions:

Gather your residents prior to the time for the artist to arrive and explain to them the definition of a caricature. Some of the elderly people will not have heard about this type of art. If you have samples of caricature drawings to show them, it will add greatly to the explanation. (See drawing above.) Be aware that the residents love to watch the artist at work, as well as view the finished caricatures. Invite the artist to be humorous with the residents.

At the conclusion, assist each resident in posting his/her caricature on the wall or a designated favorite spot as chosen by each participant.

MEET THE ARTIST

TOMMY BOLLS



As a senior at Catholic High School in Springfield, Missouri, Tommy elected to do the illustrations in a book for all ages called, "IN GRAMME'S SHOES" as his Community Service Project that is now posted on line at www.devotionalembbers.com. (Please note that a Community Service Project is required for all students prior to graduation.)

Long before one line was drawn on a page for this project, he willingly met a sweet bedridden resident, Ruby Smith; formerly a teacher in a one room school that was chosen as a model for Gramme.

As Tommy stood at the foot of her bed, even as a young student, he was drawn to her wonderful spirit that was filled with love toward everyone.

The end result was a beautiful book that asks the reader to wear Gramme's shoes all the way through life. This tender story has touched the hearts of young and old alike around the world.

As an outcropping of this project, he volunteered to do caricatures of the residents. Needless to say..... A GOOD TIME WAS HAD BY ALL!!!!





*BRAVE SOUL WILMA WAS FIRST TO SIT FOR
TOMMY! NOTE THE
RESIDENTS OBSERVING!*



*LOOK WHO ROLLED HER
WHEELCHAIR RIGHT UP
TO THE TABLE TO BE
THE NEXT VOLUNTEER
MODEL!*



*MURLENE AND DAM HOLD HANDS AS THEY
WATCH TOMMY WORK. SINCE DAM CANNOT
SPEAK ENGLISH, SHE FEELS SECURE WITH*

*MURLENE'S
DECISION.*



MABEL STUDIES HER FACE!

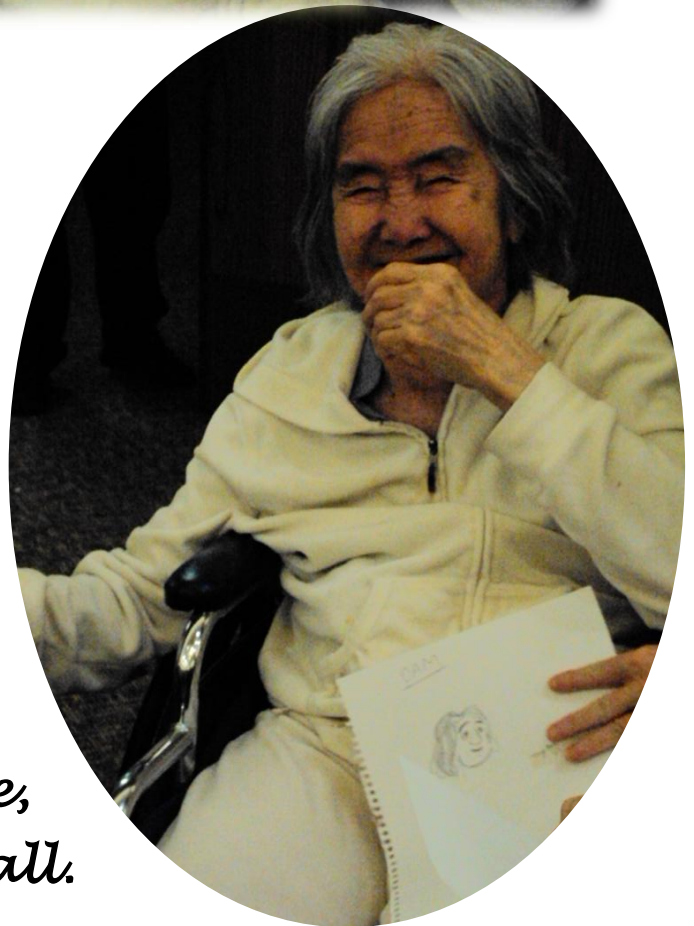


DO YOU SEE DAM BEING PUSHED TOWARD THE TABLE? SINCE SHE DOESN'T SPEAK ENGLISH, WHAT WILL SHE THINK OF HER FINISHED PIECE OF ART CALLED A CARICATURE? STAY TUNED FOR HER REACTION!

What's wrong with this artist? Is he blind or do I not know how I look?
Maybe Murlene will say something!



Thank goodness for technology! Melody Childers came to the rescue by typing the word caricature into her phone requesting a translation into Vietnamese. After reading loudly in her own familiar language, the photograph says it all.



PROUD RESIDENTS SHOW OFF CARICATURES



*I'M A
REAL
BEAUTY!*

LIKEWISE!



GLAMOUR



BEA



Tommy Ballo
5/2/14

QUEEN



**SWEET
SHIRLEY**

**LOVELY
IVA**

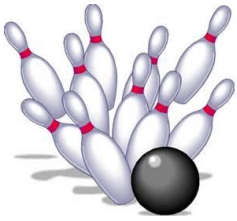




**GINGER
FULL
OF
GRACE**

**MILDRED THE
BUSINESS
OWNER**

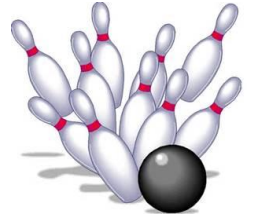




"I CAN DO ALL THIS THROUGH HIM WHO GIVES ME STRENGTH."

PHILIPPIANS 4: 13

BOWLING



Most residents have been on leagues or have a familiarity with the game of bowling; a sport whose 5,000 year old roots have been traced all the way back to ancient Egypt and the Roman Empire. Although the discovery of artifacts show the first primitive bowling balls were made from husks of grain, covered in leather, eventually the concept made its way into modern society; as graphically illustrated in the *Harpers Weekly Magazine* in 1860. (shown in the picture to the left)

A tongue-in-cheek illustration of a bowling alley, from the cover of Harpers Weekly magazine (U.S., 1860)

Obviously as most things are handed down from one generation to another, the format changes a bit; which brings us to the game of bowling for elderly people sitting in wheelchairs possessing physical limitations due to the aging process.

ACTIVITY: Bowling

Supplies Needed:

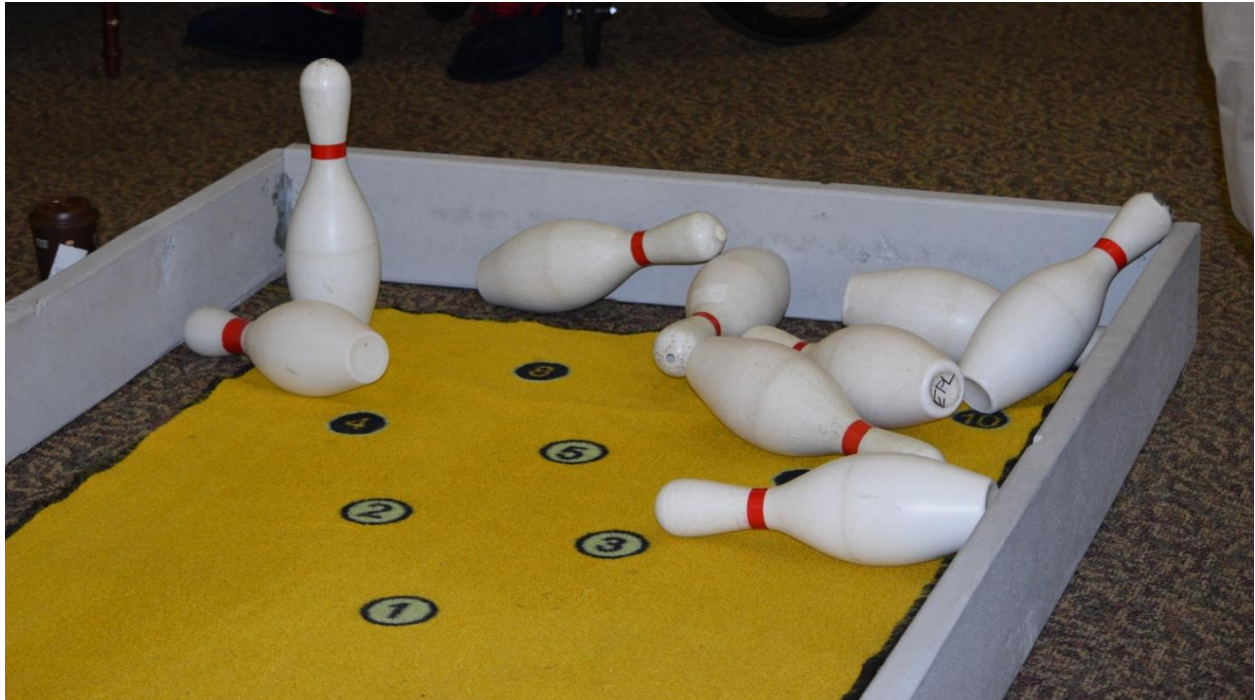
*****In School Bowling Set
Containing:***

- 1) Carpet Material Alley***
- 2) Bowling pins***
- 3) Ball***
- 4) Ramp***





Since bowling is known as a throwing game, the ramp is absolutely critical for individuals like the elderly. Given the fact that older people lack the ability to throw due to physical constraints, it not only makes playing this game possible, but allows them to take aim.



Please view the close-up image of the gray frame that creates the backdrop for the alley. It is a simple structure that was built of (2—2 x 6 x 6 boards and 1-2 x 6 x 4 board) painted gray. The maintenance people cut and painted these boards that are quickly screwed into place prior to playing the game. If you are not handy, simply request either a friendly maintenance member of the staff, or a helpful volunteer from the community to assist in the construction process.


Cost: The Activity Director visited a nearby bowling alley and inquired into locating an in-school bowling set. (as pictured below) When the owner of the alley heard it was for residents of the nursing home, it touched his heart so deeply that he donated it as a goodwill gesture. (Is picked up prior to each game and returned the same day.)



SCORE BOARD

The score board is a menu board that serves a dual role. The same marker for posting the menu items is now used for keeping score. After the residents are divided in two groups, they decide on team names; as shown on the board. (Team members change each time bowling is on the calendar.)

The Carder's		The Strikers	
9	107	7	
19	116	14	
29	124	23	
38	139	42	136
48		50	145
68		60	
77		70	
87		79	
97		89	
		99	
		118	
		136	



"GAME ON!"



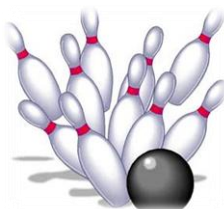
First, note both Melody and Tim at work with two groups of players. The game is so popular that two lanes are necessary; a really good thing. One group is in the activity room while the other bowls in the center area of the nursing home directly behind. Can you see the score board in between? Residents keep their eye focused on the board.

Now, key in on Dam, wearing blue, using the ramp to set the path she wants the ball to roll. By the way folks, she does not speak English but is absolutely stellar at bowling. Note her expression! Do you think this is serious business? She is into it big time! And...if you were there in person, your ears would note total silence with all eyes focused on the bowler.

"GO GIRL! WE NEED THAT SCORE! A STRIKE WILL BE ABSOLUTELY FINE."

GET A STRIKE!

Look at her face! Do you get the idea that she is competitive? If the competition hears a loud yell, they stop and all heads turn toward the score board!



WE HEARD THE YELL! AND...HERE WE COME!

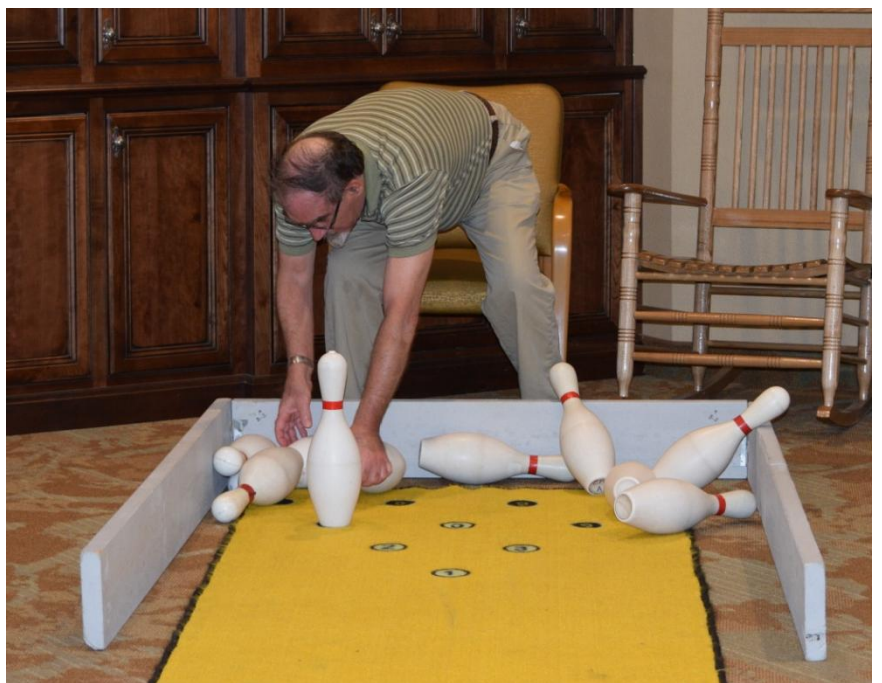


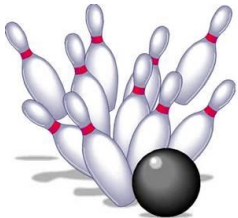
NOTE THE FACES!

THIS GUY IS A PLAYER AND THEY KNOW IT! HE WILL TAKE US TO THE FINISH LINE WITH A PERFECT STRIKE? WONDER WHY? HAVING BEEN A GEM CUTTER, HE LOVES TO USE HIS SKILL OF ACCURACY!

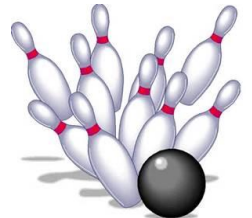


**SO MANY PINS TO
SET BACK UP! WHO
DOES IT? STAFF
MEMBERS,
VOLUNTEERS, AND
GOOD SPORT LES IN
PHOTOGRAPH TO
THE RIGHT!**





QUESTION: WHY DO YOU LIKE TO BOWL?



ANSWERS: FROM THE RESIDENTS ABOVE!

1) "BECAUSE OLD PEOPLE ARE ABLE TO PLAY THIS GAME!"

2) "BECAUSE I HAD TO WORK SO HARD ALL MY LIFE THAT I NEVER GOT A CHANCE TO BOWL. I SAW OTHER PEOPLE PLAY IT AND WISHED I COULD GO WITH THEM TO THE ALLEY!"

3) "BECAUSE IT IS JUST PLAIN FUN!"

TRY IT. YOU'LL LIKE IT!



"DO NOT WITHHOLD GOOD FROM THOSE TO WHOM IT IS DUE, WHEN IT IS IN YOUR POWER TO DO IT."

Proverbs 3:27



"For it is in giving that we receive."

St. Francis of Assisi

INTRODUCTION:

Every November, excitement builds as the date for the annual bazaar approaches; an event that raises extra money for the purchase of extraordinary gifts for the residents. In fact, it has become such a tradition that community members have written the date on their calendar each year as a reminder to make a contribution; all because they are assured that every dollar will be spent on making Christmas a wonderful time for a generation of people known as "givers".

Thus, throughout the year, it is a common occurrence for people to drop off items, knowing they will be stored just for the bazaar. Overtime, the tradition has become so well known that the phone starts to ring well in advance with callers stating, "I have found some items that have been in closets for years and thought you might be able to use them for your bazaar. It is time for someone to get good out of these things!"

As a result, such a variety of items are brought in that beautiful displays can be arranged on tables that create an atmosphere for buying. As the shopper arrives, he/she will not only have choices that fit into a budget, but also get a chance to place bids on more costly items that are in silent auctions.

Consequently, the afternoon before the big day is so entertaining for the residents that it is like watching a movie. You will find them sitting in their wheelchairs peering into the rooms as the volunteers work in teams pricing and setting up displays on the tables. Once the table is full, it is then moved into a staging area ready to be quickly placed into position by 9:00 AM sharp the following morning. If all the items are first sorted, a marketing scheme will soon become apparent; an important process that establishes a festive atmosphere that enhances the shopping experience.

Then as the tables are placed in position the morning of the event, being aware of your highest traffic areas will allow you to place your pricier items in full view; just like a retail business. It also offers impact, and tantalizes the buyers to move throughout the bazaar area.

ACTIVITY: Christmas Bazaar

SUPPLIES NEEDED:

- **A space for storing items throughout the year labeled, "Bazaar".***
- **Transportation for picking up items from community members (Tables, Chairs, or boxes of items)***
- **Volunteers for set up the day prior and on Bazaar Day***
- **Scraps of festive material or paper for using as part of displays***
- **Price tags, markers, scissors, tape***
- **Cloths for covering empty tables to enhance display***
- **Either live piano player or taped music for mood***
- **Cash box with ample amount of starting change***
- **Plastic bag/boxes for using when sale is completed***
- **Volunteers as cashiers and others for working outside tables for purpose of regrouping and consolidating items as bazaar progresses and items are sold. Some volunteers assist in carrying items for shoppers.***
- **Tables designated for silent auction items/paper for writing bids near object (Time listed when bidding will close.)***
- **Spread the word about auction through word of mouth (residents' family members or posting a sign if facility management will allow). Some local retail owners will be desirous of participating. Each year, news about your bazaar will grow, causing it to bring in more funds for residents' gifts. Don't be shy about inviting local church and community groups to shop.***

IMPORTANT: BE SURE YOU TO SEND THANK YOU NOTES TO EVERY VOLUNTEER AND INDIVIDUAL THAT CONTRIBUTES TO YOUR BAZAAR! IF YOU HAVE SNAPPED PHOTOGRAPHS, SEND ONE ALONG. THEN IF YOU REALLY WANT TO CREATE JOY, MAIL A PHOTOGRAPH OF A RESIDENT RECEIVING A GIFT AT THE CHRISTMAS PARTY AS A FOLLOW UP NOTE! UNBELIEVABLE REACTION! TAKES TIME, BUT WORTH EVERY MINUTE! THIS IS HOW AN EVENT GROWS!

**SEE EXAMPLE BELOW OF POSSIBLE ANNOUNCEMENT TO
OBTAIN DONATIONS AND SHOPPERS**



TIS THE SEASON.....
FOR THE CHRISTMAS BAZAAR AT _____



WHAT: CHRISTMAS BAZAAR AT _____

WHEN: _____

Time: _____

YOU CAN HELP BY: DONATING GIFT CERTIFICATES, CASH, CRAFTS, NEEDLEWORK, QUILTS, ART WORK, SERVICES, OR DECORATIVE ITEMS.
DONATIONS WILL BE SOLD OR AUCTIONED OFF AT THE NOVEMBER 10TH BAZAAR WITH ALL PROCEEDS GOING DIRECTLY TO THE PURCHASE OF CHRISTMAS GIFTS FOR THE RESIDENTS.

You are also welcome to shop at the bazaar on _____

CONTACT: (Name), ACTIVITY DIRECTOR @ (facility name)

ITEMS FOR SALE



AFGHANS



DECORATIONS

BAKED GOODS



DISH SETS



ASSORTED ITEMS



ANIMAL

DOLLS



FURNITURE

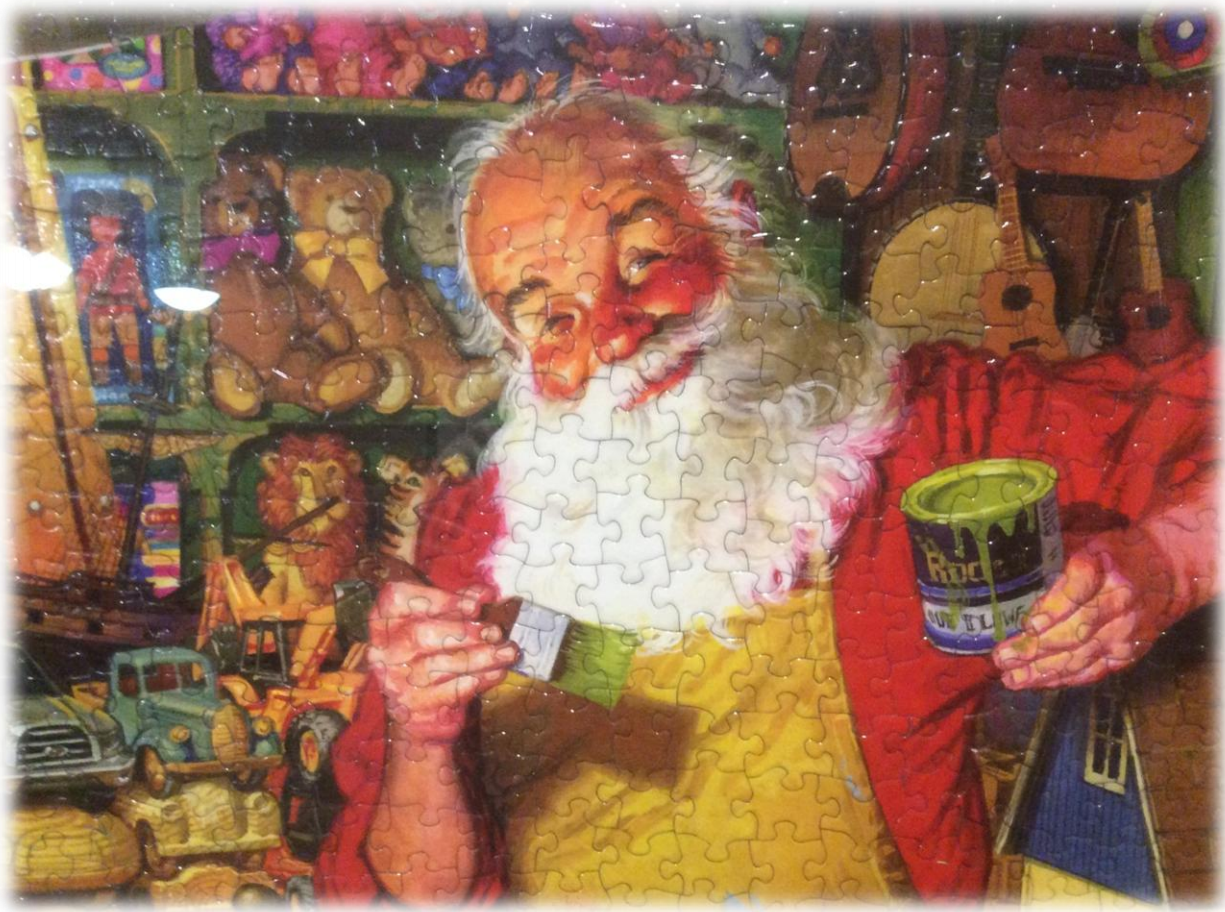


KNITTED BOOTIES



SILENT AUCTION





**Residents' puzzles that were framed
and signed by them.**



***DON'T FORGET YOUR
DONATION JAR!***

GOAL WAS REACHED!

REQUEST FROM RESIDENTS

Throughout this collection, it is often mentioned that residents grieve over their inability to make contributions to others in society as they have done all their lives. Therefore, when they hear about an individual in the winter season of life that is still active and functioning alone, it thrills them beyond measure. Instead of harboring feelings of jealousy or gloom, wishing to be wearing her shoes, they applaud loudly and frequently inquire after the individual's welfare. In fact, they choose to joyously journey right along with the fortunate person from afar; living vicariously through her actions.

Thus, as a volunteer reader in a local nursing home, the writer has experienced this attitude first hand from the residents repeatedly regarding the independence of her own 95 year old mother. When they hear about her picking strawberries at age 95 every spring, without fail, they get almost giddy with pride; especially when she sends in some as a threat for them.

PICK UNTIL YOU DROP!



Then, when they heard the writer's mother was getting ready to stay up all night baking pastries for her church bazaar to be held a couple of days after the one scheduled for their facility, a special request was submitted with great pride through an ambassador stating, "We would like you to feature your mother's work as a part of the "Gramme Rocks" collection. Not only was it a generous gesture that demonstrates the spirit under which they operate daily, it sweetly plucked at the writer's mother's heart strings.

Therefore, the day before the church bazaar, before entering the kitchen belonging to a very busy mother, the mouth watering aromas of freshly baked goods were already wafting their way out into the garage as a way of warning the writer that her feet were getting ready to enter into a high energy area. Looking back, words would not be available to describe the all night bake off about to unfold in Pearl's kitchen. Operating as her volunteer assistant, hands were set into motion upon entering the "EVERYTHING MUST BE DELIVERED BY 9:00 O'CLOCK TOMORROW MORNING.....FRESH, WARM, AND COMPLETED TO PERFECTION" zone.

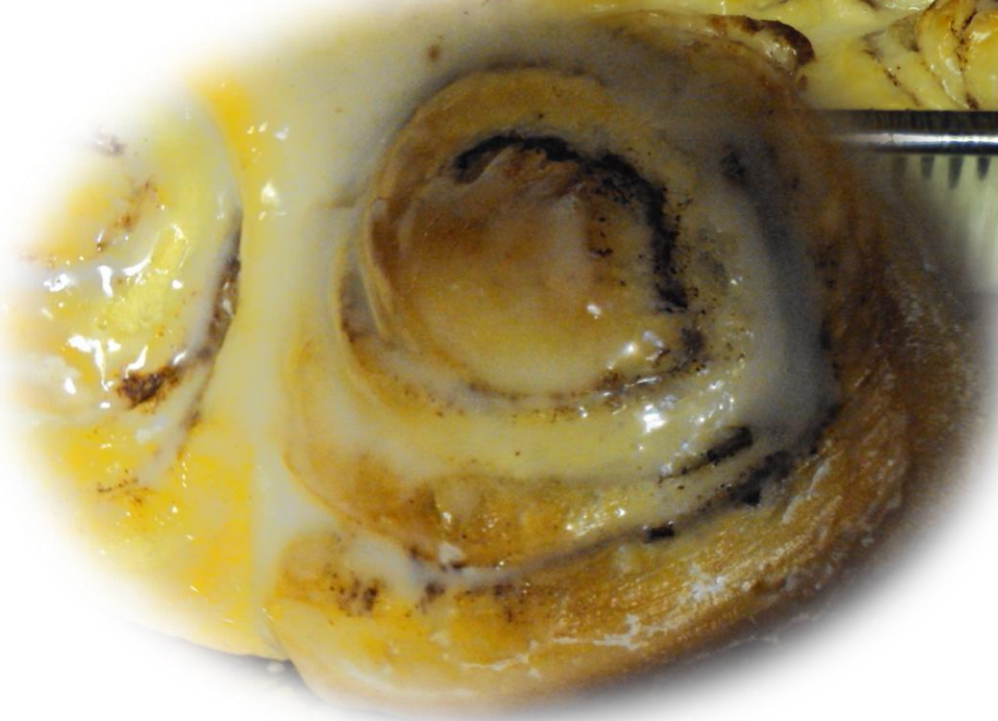


**GO
PEARL!**



Consequently, timers were set for 2:00, 3:00 and 4:00 (AS IN AM) complying with the handling of her yeast recipes; meaning:

*Cinnamon
Rolls (6 ½
dozen)*



Fresh Apple Turnovers (5 dozen)



Glazed Donuts (5 dozen)





*Assorted Whole
Pies (Special
Orders)*



*Oat
Meal/Raisin/Chocolate
Chip Cookies (4
dozen)*

APPLAUSE PLEASE! Having finished on time, smelling like a bakery on wheels, the loaded car and two tired elves sped down the street toward bazaar headquarters. As the car approached, anxious shoppers were already gathering at the entrance waiting for the doors to open.

Seated at a table in the corner, the writer's 95 year old mother, Pearl, contentedly watched as the excitement of the day unfolded. After all, this special event had been an entire year in the making. Long before the stage was set for making pastries, her hands had joined ladies aid members in patiently making quilts one stitch at a time. Folks, my mother's hands had touched almost every quilt hanging in site!



95 YEAR OLD PEARL



SERVANT OF GOD!

FOR UNTO YOU IS BORN THIS DAY IN THE CITY OF DAVID A SAVIOR, WHICH IS CHRIST THE LORD.

Luke 2:11



CHRISTMAS

“JOY TO THE WORLD!”



INTRODUCTION:

Each December in the health care facility, excitement starts to build very early in the hearts and minds of the residents due to all the entertainment that is provided by the outside community. Since this group of silver haired people have no pretenses remaining in their lives, it allows them to live in the present; meaning they enjoy every precious moment during this festive season. Giving and receiving fellowship is absolutely their favorite past time in the whole world. Thus, when the community members arrive for a time of worshipping together, it thrills them beyond measure; especially if children are a part of the group. Wouldn't it be a treat if those visiting at Christmas would make it a habit to arrive at health care facilities throughout the year, too?

Activity Director Tim Trafford and Assistant Activity Director Melody Childers choose to color beyond the lines with their vision of the residents' Christmas celebration. They pause and think about each resident and write a list of special gifts that would please him/her at Christmas time. When observing their notes regarding each individual, it is amazing to observe how intimately they both know every resident; a fact that speaks loudly as to why they are such successful activity directors. It clearly points out how much these two people care about the people they serve so faithfully. Their passion in life happens to be the way they earn a living.

ACTIVITY: Annual Christmas party

Supplies Needed:

*****Christmas gifts for each individual selected ahead of time.***

*****Christmas bags, tags and tissue (The gifts are placed in a large Christmas bag with tissue on top. Since most residents struggle with the process of opening a gift, this serves as a wonderful solution. The cost for bags can be covered through the generous contribution of community groups.)***

*****Home School Orchestra/Chorus is their choice for entertainment. (Free of charge and wonderful) You may know of another group in your area that will work. If so, book well in advance.***

*****Costs of special party. Since there is an additional cost to provide extra special gifts, you will need to establish a budget (\$ per resident base on amount you have to spend) Obviously, it will be necessary to supplement your budget allowance as provided by the facility.***

*****Schedule in your volunteers for this festive season according to their desires and talents***

Ways to Raise Money

- 1) Have a Christmas Bazaar in November; a time when you set up tables in a large space and offer items for sale to community members, residents' family members, and staff. When word is passed well in advance of the impending bazaar, it is amazing how many free items you receive for the tables. (Quilts, knitted items, baked goods, crafts) Some kind individual/s will offer an expensive item that you can auction off for a higher price. Once you establish this as a way of raising extra funds for special gifts, it is shocking to see how many items pour in for the sale. These can be stored throughout the year for this special time.***

Directions:

Making your shopping list early allows you to find bargains. Also, it is wise to put together 4 extra Christmas presents (male and female) for new arrivals or human error. It is wise to organize your plan well in advance so volunteers are ready to assist your efforts throughout the season. Since all able bodied residents, family members, and entertainment will require extra space, draw a diagram. (Figure in additional chairs for guests.) Have a volunteer ready with the camera to provide wonderful memories for later that can be shown on the large screen TV.

LET THE FUN BEGIN!





The beautiful gifts are organized according to hall numbers in the locked activity room and are secretly awaiting Santa's arrival!



ANTICIPATION!

HOME SCHOOL ORCHESTRA ALL TUNED UP AND READY!



SO MUCH FUN TO
SING ALONG!
COME ON GROUP.
LET'S LIFT UP OUR
VOICES!

After singing together the beautiful carols of Christmas, hearts were full to overflowing with joy and the anticipation of Santa's arrival. Then being prompted by Tim, the group yelled out.....

HEY, SANTA!

As if by magic, look who is coming down the hallway! Yours truly in all his jolly splendor.



SQUEALS AND LAUGHTER ABOUND!

HO! HO! HO!





**WHAT CAN IT
BE?**

**DO YOU COME
POTTY
TRAINED?**



**One year's
supply of
overalls! Thank
you Santa!**

**DO YOU WANT ME TO GET A
SPEEDING TICKET, SANTA?**



OH, JOY!



**SO HAPPY TO
SEE OTHERS ARE
ENJOYING THEIR
CHRISTMAS!**



**MY
BFF!**

HELP ME, PLEASE!



AND...THE ELVES HEARD!



GIFTS OF LOVE



WHAT COULD THIS BE?



SANTA REMEMBERS EVERYONE!



*AN UNFORGETTABLE MAN! WONDERFUL
PERSON THAT HAD A HEART FULL OF
LOVE! INCREDIBLY SMART!
UNBELIEVABLY GENEROUS! ALWAYS PUT
OTHERS FIRST! SANTA, YOU'RE WITH A
PROUD RETIRED SECURITY GUARD FOR
THE ST. LOUIS CARDINALS!*



*MINT CHOCOLATE CHIP
SMOOTHIE CAPPED OFF
THE CELEBRATION!*

YUM!

MERRY CHRISTMAS TO ONE & ALL!

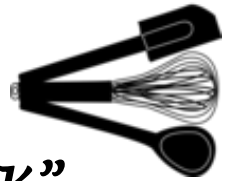


"SHE WATCHES OVER THE AFFAIRS OF HER HOUSEHOLD."

PROVERBS 31: 27



COOKING WITH GRANDMA



"JUST LIKE GRANDMA USED TO COOK"



ACTIVITY: Cooking Class

SUPPLIES NEEDED: Listed per recipe

Background:



Do you recall as a child when you stood on a stool beside your grandmother as she made sugar cookies; a time that conjures up emotions brought to life by almost every sense you possess? What patience and humor she demonstrated as she beheld your precious face covered with a blanket of white flour that was filled with total rapture! Does your mouth water as you remember the taste from the dollops of sugar cookie dough she placed into your mouth as a prelude to what would come out of the oven later? Although the mess you so amply created on the cabinets, self, and floor added to her already full list of chores, the memories she was storing in her mind far outweighed the labor required.

Then, as special occasions occurred that prompted relatives to gather from far and wide, are you able to recreate the sights, sounds, and fragrances that floated in the air causing you even now to pause and suck in their delightful aroma? When revisiting your memory of what it was like to walk into grandma's kitchen, your skin probably still reacts today by becoming a bit clammy as you recall the intensity of the heat generated from her old wood cook stove with the reservoir on the side filled with scalding hot water that would later be empty from all the dishwashing that was required.

Folks, there was absolutely nothing that equaled the communion that took place among the members of the family; a blend of colorful personalities that made the day literally alive with energy! These were the days; a time when labor in the fields paused for much needed fellowship and restoration that allowed the creation of golden memories to be stored in hearts as a treasure chest to be opened during the winter season of life.

Thus, if you want to listen in on the residents' feelings about the best recipes, just walk among the tables at mealtime and witness the various critiques espoused by those dining together. Without doubt, you will come away being glad that you are not in the position of cook in the kitchen at that moment. Think of how many female cooks that have prepared meals over a long period of time you are trying to please. Not only did these women provide food for their own family members, but also large numbers of hay hands every summer as well as those attending church socials. It was better to be caught dead than to arrive at a function with an inferior recipe and face the wrath of other females present. Tongues would wag for certain!

Then, stroll among the tables during a cooking class and observe the euphoric expressions worn on the residents' faces as they work together to create a recipe. You will get a free lesson as to the best recipes and ingredients to use that have been handed down from generation to generation. These cooks are cognizant of how to make dishes that are lip smacking good and will settle for nothing less than the best. No shortcuts! No substitutes! If you want to score as an activity director, just write the words, "COOKING CLASS" on the schedule and there will be no question as far as pleasing the crowd. They will all be there with bells on!

Although you will see a kitchen in the following photographs, please don't be discouraged and think offering a cooking class at your facility is impossible. Prior to the activity room being remodeled for the residents pictured, preparing delicious concoctions still occurred. In fact, the aroma of the yummy dishes wafted out into the hallways causing hungry staff members to suddenly appear with mouths watering, bellies growling, accompanied by pleading expressions upon their faces. And...it always worked! ALMOST ALWAYS!

Directions:

As you view the photographs below, the supplies you need will be apparent. However, the most important aspect of this activity is that those in the lead role spark it up by having fun and acting silly. As the chili recipe was being put together, Activity Director Tim Trafford kept the residents laughing and engaged by involving them in every aspect of each ingredient. Assistant Activity Director Melody Childers, chimed in and kept the routine going by having all the ingredients ready for him to grab. The most humorous time was adding spices to the dish. Tim would have them smell the spice and then vote on how much they desired to add. When it came to the spice called Coriander, most had never heard of it! Thus, this offered an opportunity for Tim to really ham it up! After each resident smelled it, they voted on adding just a touch; and no more. After all, why change a good thing? Throughout the time of adding ingredients, Tim would pretend to almost drop the entire container of spice into the pot of chili; an act that caused gasps and outlandish laughter!

Are you getting the concept that it is a fun time? Folks, it is critical to realize this as the most important ingredient of any activity! It is not about boringly whipping up a recipe, but having a roaring good time as a group.



CHILI WORTH BRAGGING ABOUT

<i>Hamburger----</i> 3 lbs.	<i>1-12oz. can of tomato sauce</i>
<i>Onion----</i> 2 large	<i>Stewed Tom. (3-15 oz cans)</i>
<i>Chili Pwd.----</i> 1 ½ TBSP	<i>Brown Sugar---</i> 2 TBSP
<i>Garlic ----</i> 2 TBSP	<i>Black Pepper----</i> 2 TBSP
<i>Salt---</i> 1 Tsp.	<i>Corriander----</i> 1 Tsp

(Shredded Cheese for topping and Saltine Crackers)

Sauté hamburger until brown. Chop onions. Place the hamburger and onions into pot that already contains all other listed ingredients. Cook for 1 ½ hours. Serve in star foam soup bowls along with plastic spoons. (While this is cooking, show a movie on the large screen TV)

Dessert dish will be made at the conclusion of the movie.

CHOP THOSE ONIONS, WILMA!

**DO YOU KNOW HOW MANY
ONIONS I HAVE CHOPPED IN
MY LIFETIME?**



**"YOU GIRLS CUT AWAY! THEY
ALWAYS MAKE ME CRY!"**



KEEP RIGHT ON STIRRING, GIRL!



TIME TO VOTE ON SPICES!



All right, everyone, it is time to decide if we agree with the recipe directions on the spice amounts. The rule is that everyone must express an opinion. HERE WE GO!

CORRI.....WHAT?



TELL ME WHEN!!!!!!!!!!!!!!

WHAT? I CAN'T HEAR YOU?

DID YOU SAY TWO OR SIX?

**HAS HE GONE
NUTS?**



**WATCH HIM,
SYLVIA! WE
DON'T WANT
TO BURN OUR
TONGUES ON
THIS!**



NOSEY PEOPLE MUST STIR!





CHERRY CHEESECAKE

2 ½ Graham Crackers per person (For Crust)

1 TBSP melted butter per person

Jello Brand (No Bake) Cheese Cake Dessert Mix (11.1 oz. Box)

(The amount of dessert mix depends on the # of residents)

Cherry Canned Pie Filling

Give each resident a star foam dessert bowl, spoon, and glass as a smashing tool. Have them smash the crackers with the glass. Distribute the butter directing them to stir it into the graham cracker mixture. Pat the graham cracker down on the bottom and sides of dessert bowl. While they are doing this, a staff member mixes the cheese cake dessert filling according to box directions; followed by distributing it to each resident, asking them to spread it out with their spoon. Place a dollop of cherry pie filling on top of each resident's completed dessert.



TIME FOR THE BUTTER!



**STIR IN THE BUTTER,
LELA!**



CHEESE CAKE



TOPPING TIME





***TOTALLY
WORTH
THE
WAIT! NO
SHARING!
IT IS ALL
MINE!***

I KNOW THAT THERE IS NOTHING BETTER FOR PEOPLE THAN TO BE HAPPY AND TO DO GOOD WHILE THEY LIVE.

Ecclesiastes 3:12

HALLOWEEN



“BOO TO YOU!”

ACTIVITY: Halloween Party

SUPPLIES NEEDED:

- ** Staff members and residents willing to dress up in Halloween costumes**
- ** Spooky music for DVD player**
- ** Decorations to create atmosphere**
- ** Ballots for voting**
- ** Numbers on cards for each contestant**
- ** Refreshments of choice**

Introduction:

Every autumn when the leaves had fallen to the ground and appeared as a crisp blanket that covered the Ozark hills and dells all around the Elk Creek, Missouri countryside, it provided motivation for my sweet old grandpa upon arising to yell out to my grandma, "THE FROST IS ON THE PUMPKIN, Noree!" As a part of that refreshing change in landscape, children everywhere could be seen taking turns burying one another under a thick covering of leaves until totally hidden from sight; an exciting requirement when playing the game "Dead Man". Then, unbeknown to all those around, the child that was totally hidden would suddenly jump up with a mighty shout, scaring the "living daylights" out of those trying to anticipate his actions. Without fail, under the scrutiny of vigilant mothers, this game seemed to always occur just after they had bathed their children in that old fashioned galvanized tub filled to the brim with water that was laboriously drawn by hand and carried from the well; making ready for the time when a full week's worth of dirt had to be diligently scrubbed away. However, given the fact that each fall this was a well established custom, the ever vigilant mothers would resolve in their minds that fun took priority over being clean from top to bottom. After all, how many times would childhood occur; a pattern of thinking that always took place in every mothers reasoning process.



These were the autumn days on the farm, when cellar shelves were sagging under the weight of canned goods stocked and ready for the cold winter days that would soon arrive. Labor in the fields had been finished just in time for a well deserved respite; God's way of providing a break from working under the hot summer sun until hands were callused and sore.

Thus, in good and perfect time, every fall like clockwork, my grandpa's eyes would wander toward the

old dresser that held his flannel shirts and incredibly scratchy, long handled underwear; necessary clothing that was replaced by Santa Claus every Christmas, without fail.



Elk Creek School

Then, as October 31st grew near, neighbors from far and wide would begin planning the community celebration that would be held at the Elk Creek School. Instead of being just one room, it actually had two spaces that were set up as

classrooms. It was for every celebration that community members entered the doors at the far right that served as a cafeteria and entertainment center. A beautifully painted vaudeville type canvas on a roller serving as a curtain in front of the stage provided a backdrop for every celebration.

Moms and dads then arrived in vehicles with little spooks all dressed up in the back seat, unable to sit still as they imagined themselves as the winner of the “ugliest contest.” Costumes were simply large sized clothing stuffed with pillows for the lower part of the attire. The only expenditure was possibly a mask purchased from the dime store that would be worn by generation after generation within each family. After the judging had ended, homemade games were run by adults; including a favorite called bobbing for apples.



By Caleb Zahnd from USA - Bobbing for apples

Treats were usually apples, popcorn, cider, and candy corn; which everyone was grateful to receive.

These were the yesteryears that most residents in the healthcare facilities recall with great fondness. This generation of “givers” was accustomed to making sure others “received”. It was not about what you didn’t have, but family centered love and affection. Yet, just as Activity Director Tim Trafford stated earlier in this collection, the child within these old people he serves is still there just waiting to come out! And...COME OUT IT DID AT HALLOWEEN! The residents in the following photographs are an example of what it means to live in the present and enjoy each moment of their lives.

In order to substantiate this statement, the writer would like to share an incident that occurred with her parents long after their three girls all had homes of their own. The child within the two empty nesters emerged one Halloween and showed its face to unsuspecting neighbors. Prior to arriving at the community center for a Halloween celebration, these two had a barrel of laughs by dressing up and knocking on a friend's door while in route. As their two long time friends stood at the door wearing surprised and amused expressions, their small son looked into familiar eyes that were peering at him through the holes in the mask and shouted, "I have seen those blue eyes somewhere!" Thus, knowing that "curiosity is thought to kill a cat", the husband followed the two rebel rousers in his pick-up truck to solve the mystery. Shining his headlights on the vehicle the two masked bandits quickly entered, to his delight, he recognized that it belonged to his one and only church pastor. Trick or treat! Priceless, indeed!

As you observe the photographs of the 2016 Halloween party, you are invited to key in on the faces of the residents as they either participate or judge the entrees. It is important to keep in mind that many of these old souls are actually being given the opportunity to "receive" for the first time in their lives! What fun!

IT'S PARTY TIME!



TREATS ARE READY!



**PEANUT BUTTER AND
JELLY! ACTIVITY
DIRECTORS TIM
TRAFFORD AND MELODY
CHILDERS ARE DRESSED
FOR ACTION!**

**WE'VE WORKED
HARD! EVERYTHING
IS IN ORDER!**





WE ARE OFF!

**THE LEAD CAR OUT IN FRONT
SETTING THE SPEED ON THE
TRACK FOR AN EXCITING
HALLOWEEN!**



Les dressed as THE HOBO FROM ROGERSVILLE holding his number for all to see! Right behind him attired as the State Farm Representative hurrying to take a phone call is asked by an onlooker, “And....WHAT KIND OF PANTS ARE YOU WEARING?” His reply, “Tan Kakis.” (Do you think that was a set up?)



ENTRY AFTER ENTRY! ZOO KEEPER MURLENE AND DOG WALKER WANDA WERE TWO RESIDENTS MAKING THEIR DEBUT!



CHOICE AFTER CHOICE!



Holy Halloween! Batman!
And.....Robin!



WAIT A MINUTE! DO I HEAR BUZZING?

**"SO MANY
THEY SEEM TO**



**PEOPLE!
BE SMILING!**

Ladies and gentlemen, at this point, it is imperative to pause and focus a bit on subjects that take precedent over everything else in the hearts and minds of elderly people. Children! Puppies! If you want to check this out, just let a little child enter the room and observe the reactions of the elderly residents. It will appear as though you can see love dripping from their expressions like honey from a comb. First you will hear, "Oh.....Oh.....isn't she cute?" This will be followed by hands reaching to stroke the little one. Just repeat these actions in regard to a puppy entering the facility. So, what is the meaning behind this explanation? Simply stated, when these little ones arrived on the scene, the adult contestants didn't have a chance. Let's see if this is true!

TIME TO VOTE



Ballots were passed out. Contestants were lined up in front of the residents so a decision could be made that was hard, indeed. They thought and thought! You could have heard a pin drop on the carpeted floor. This was serious business to each and every one!



Look how intent on making the right choices the residents appear. They are not discussing decisions with anyone. They are taking their responsibility of judging as a serious matter!

Above all, it is important to remember that you are observing a very polite generation of people. They were taught to have manners and always keep the feelings of others in mind. That was simply the code of honor that prevailed when these elderly people were raised. These were the accepted rules of the society!

THE WINNERS ARE:

1



2

3



ARE YOU SURPRISED?

PROBABLY NOT!

TREATS OR WITCHES BREW?



Actually, it is dry ice with hot water poured on top (Be careful doing this) to create drama. Here comes the cider.





YUM!



HOBO FROM ROGERSVILLE SERVES



**HAPPY
HALLOWEEN!**

"Gray hair is a crown of glory; it is gained in a righteous life."

Proverbs 16: 31 (ESV)



"A HAT FOR ALL OCCASIONS!"

Activity: Hat Day

Supplies Needed:

- ** Hats**
- ** Volunteers**
- ** Make up Products**
- ** Photographer (Volunteer)**
- ** Refreshments**



**NIEDERHUTH
FAMILY**



Background: Meet the generous Niederhuth family members; well known for their love of millinery; an appreciation that was passed along from generation to generation. In fact their admiration for making and wearing hats was so deeply rooted that community members would vicariously partake in this fascination. Every Sunday, church attendees would look forward to the arrival of the two sisters pictured above just to see what style of hat would adorn their heads.

Consequently, when Hazel (above on the left) was sorting through her enormous collection of hats, she graciously approached the nursing home with the idea of providing some as a gift to the residents. She felt strongly that not only would the love for hats be promoted, but appreciated by a generation of people that had worn them as a part of their attire in younger days.

Therefore, when receiving Hazel's generous offer of 20 hats as a gift, Tim Trafford (Activity Director) and Melody Childers (Assistant Activity Director) went into action; thus, the birth of HAT DAY!

Directions:

Realizing fully that even residents in the winter of their lives still enjoyed feeling attractive, they organized a plan to offer a total make-over to both female and male residents. Using volunteers, they proceeded to set up the following stations:

****Since fancy nail day occurred every Wednesday, this prompted the decision for Thursday to be Hat Day.**

Station #1: Hair Styling (Two people curled and combed hair) Dry only, no washing.

Station #2: Make-up (Two people served as make-up artists—showing results with hand mirrors.



Station # 3: Hats (The beautiful hats were displayed creatively on a table with Hazel the one gifting them to the event greeting each resident and suggesting possible choices. Assorted scarves and jewelry were a part of this table for added impact.)



CROWNING GLORY IS ONE OF HAZEL'S HATS!



WOW!

WOW!

WOW!

Station # 4: Photography (An art teacher from a local high school and a student desiring to become a photographer set up an area using a white back drop with lighting and received the residents for taking pictures. The student then edited the photographs and provided them to the activity directors on a disc that was later shown on the large screen TV.)



Instructor:

Heather

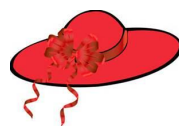


MUSIC: Myrna Jent

REFRESHMENTS: First & Calvary
Presbyterian Church Women's Group



LET THE SHOW BEGIN!



CLASSY!





ATTITUDE!





UPTOWN !





ELEGANT !





IN VOGUE !





DASHING !





UNFORGETTABLE !



*TWO SPECIAL
VOLUNTEERS
HAMMING IT
UP! ALEXENDRA
& GRACE!*

A GOOD TIME HAD BY ALL!

A TIME TO WEEP, AND A TIME TO LAUGH; A TIME TO MOURN, AND A TIME TO DANCE;

Ecclesiastes 3: 4



MAGIC ACT



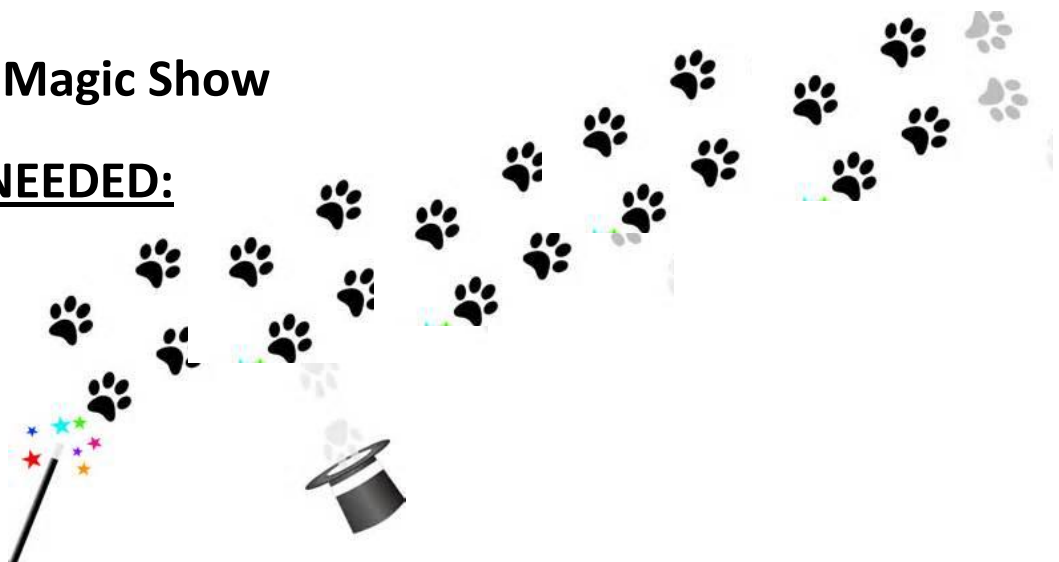
The Houdini Serial, 1919 movie poster

Harry Houdini (born Erik Weisz,^{[\[nb 1\]](#)} later Ehrich Weiss or Harry Weiss; March 24, 1874 – October 31, 1926) was an American [illusionist](#) and [stunt performer](#), noted for his sensational [escape acts](#). He first attracted notice in [vaudeville](#) in the US and then as "Harry Handcuff Houdini" on a tour of Europe, where he challenged police forces to keep him locked up. Soon he extended his repertoire to include chains, ropes slung from skyscrapers, [straitjackets](#) under water, and having to escape from and [hold his breath](#) inside a sealed milk can. (Wikipedia)

ACTIVITY: Magic Show

SUPPLIES NEEDED:

** Magician



INTRODUCTION:

Since the great Houdini's time of death was on October 31st, Halloween seemed a perfect time to bring "Marty the Magician" to perform for the elderly and take him up on his offer of **"Satisfaction Guaranteed."** The description of providing not only magic, but tons of laughter and audience participation appeared to be just the ticket for touching the hearts of the elderly and putting a smile on their faces. Given the fact that Marty's claim to fame was surprising the audience with a "LIVE BUNNY RABBIT", how could one go wrong? After all, not only do the sweet old folks still enjoy fun, but also go crazy over animals! Having been promised fun and high energy entertainment, "OFF WE GO"!



***"MARTY THE MAGICIAN" WASTED NO TIME IN
ELECTRIFYING THIS RECEPTIVE AUDIENCE!***

**"Wow!" I am ready!
Fingernails and all!**



WASTING NO TIME...

A PAPER HAT CAME FROM THIN AIR!





THAT WAS SHARED WITH OTHERS....

INCLUDING....ACTIVITY DIRECTOR, TIM!



TRICK AFTER TRICK



BOTTLES OF ROOT BEER MULTIPLIED!



MAGICAL RINGS!



“REMEMBER HOW THESE PEOPLE FEEL ABOUT CHILDREN AND ANIMALS? WELL, GUESS WHO STOLE THE SHOW WHEN THE PROMISED RABBIT APPEARED? STUDY THE PHOTOGRAPHS AND DECIDE!



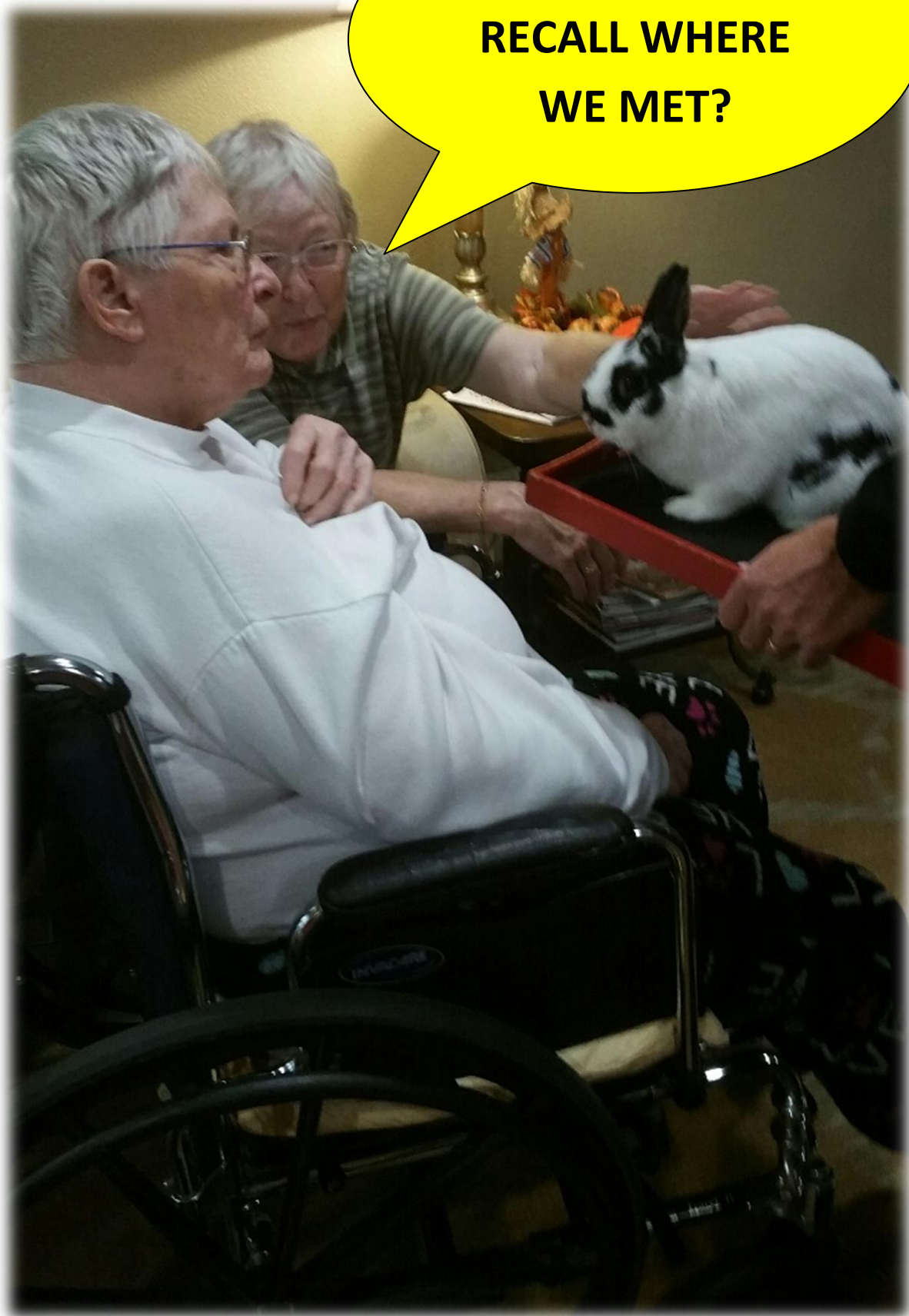


**"CAN'T KEEP
MY HANDS
OFF OF YOU!"**

NEW RESIDENT! NEW FRIEND!



**"I'M TRYING TO
RECALL WHERE
WE MET?"**



**"YOU'RE JUST THE CUTEST
LITTLE THING I HAVE EVER
SEEN! ABSOLUTELY
ADORABLE!"**



"MARTY THE MAGICIAN"



"And do not be grieved for the joy of the Lord is your strength."



Nehemiah 8:10

MARDI GRAS



"Let the good times roll!"

ACTIVITY: Mardi Gras & Monthly Birthday Celebration

SUPPLIES NEEDED:

- *Mardi Gras Decorations (Save from year to year)*
- *Live Band That Plays Cajun Music*
- *Birthday Cake Using Mardi Gras Theme- (All birthdays for this particular month celebrated simultaneously. (A birthday celebration is held each month)*
- *Vanilla Ice Cream*
- *Bowls and spoons*
- *Masks for residents also fun*

Directions: Since almost every resident is familiar with the celebration of Mardi Gras, it is fun to use it as another way of inviting the residents to smile. The band members are dressed for the occasion and full of mischievous fun. The songs are familiar and easy for the residents to sing. If you have a large screen TV, the words to the songs can be flashing on the screen to promote greater participation. The Activity Director and Assistant Activity Director move around the room clapping and singing as a way of encouraging the residents to engage in the fun. You will even notice dancing in the picture. This is not uncommon! Many times during celebrations, the staff members will join the party and dance with the residents willing to kick their heels up with joy. Sometimes, they even dance with people that are in wheelchairs. So much fun!

History of Mardi Gras:

Mardi Gras (/ˈmaːrɪˈɡrɑː/), also called Shrove Tuesday,^[1] or Fat Tuesday,^{[2][3][4][5][6]} in English, refers to events of the Carnival celebrations, beginning on or after the Christian feasts of the Epiphany (Three King's Day) and culminating on the day before Ash Wednesday. Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season.





*"Let the party
begin!"*

*(Garry brings out his costume every year for this
special party)*



*The 3 piece band rocks the house with
Cajun music!*



Is there any question as to how these residents feel about the music?

Party



Time!

"Put on your dancing shoes!"





Yum! Cake!

"We've got a little Cajun in our souls!"



"MAKE A JOYFUL NOISE UNTO THE LORD..."

PSALM 98: 4



SCHWEITZER CHOIRS

SENIOR SAINTS AND JOY PICKERS



ACTIVITY: Musical Worship

Supplies Needed:

****** *Musical Groups from local churches*

(Many of your local churches have more than just one large choir. Often there will be quartets, trios, instrumental groups that are made up of retirees whose mission is to visit health care and assisted living facilities on a regular basis. Contact: Choir director or minister)

Key: Assist them by engaging the residents!

Make this time of worship through music more enjoyable for everyone by engaging the residents. This is done through verbal interaction and clapping. Activity directors should make it a point to be an

integral part of the entire program. This will also support the musicians and make them feel valuable to the residents.

Directions:

Gather the residents 15 minutes prior to event. **(Stagger their seating so they can see the group better.)** Be aware that musicians will need assistance in setting up area. In the case of this particular group, more space was needed due to the number of participants and musical instruments used in offering a wide variety of selections. This group needed a piano in the mix, as well.

Questions When Booking the Group:

- 1) Number of members participating
- 2) Musical Stand For Conductor
- 3) Piano needed
- 4) Amount of space needed for group **(Musicians with instruments will need armless chairs.)**
- 5) Microphone for conductor or MC
- 6) Length of time needed
- 7) Do you have DVD of words to encourage sing-along? If so, the performing group will need to be in close proximity to the large screen TV where words will be displayed.

*****Please remember this is musical worship, not a musical performance.**

SCHWEITZER JOY PICKERS & SENIOR SAINTS CHOIR IN ACTION:



INTRODUCTION OF THE GROUP BY TIM TRAFFORD, ACTIVITY DIRECTOR



*MUSIC DIRECTOR CHERYLL MOLL INTRODUCES
EACH SELECTION!*



ANTICIPATION

THERE'S MUSIC IN THE AIR!



AND...JOY IN THE HEART!

I'LL FLY AWAY!



AND THOSE FEET BEGIN TO DANCE!





AMAZING GRACE!

THAT SAVED A WRETCH LIKE ME!

Ladies and Gentlemen,

The above photograph was a reaction to the words, "that saved a wretch like me". As the words were sung, Sandra pointed to her own heart and then to the sky as a sign of redemption from her Savior!



This is worship in its purest form! Please observe the peace and contentment on the faces above.

Halleluiah Amen!

CHILDREN ARE A HERITAGE FROM THE LORD, OFFSPRING A REWARD FROM HIM

Psalm 127: 3



PIANO RECITAL



“MUSIC has the POWER
of producing a certain
effect on the moral
character of the SOUL,
and if it has the power to
do this, it is clear that the
YOUNG must be directed
to music and must be
EDUCATED in it.”

Aristotle

INTRODUCTION:

The quote from Aristotle above paints an extremely vivid picture in the mind as to the importance of music on character development, doesn't it? Certainly, it only takes a moment to observe the impact music has on even the elderly simply by observing their facial expressions when listening to a familiar arrangement. It is a common happening to witness these old folks with emotions of joy, peace, and adoration sweeping all over their wrinkled faces when notes from their favorite hymns fill the air. Even older people that have mental acuity issues will come to life when hearing music. They may be unable to communicate any longer, but be proficient in singing all the words to an old time favorite hymn; a song that was committed to memory during the younger years of their lives.

Then, when you combine these feelings with their love for little children, a music recital is just what the doctor ordered once a month on Saturday in the nursing home. When a young person sits down at the keyboard, even though just a beginner, the residents will remain absolutely spell bound, wearing enormous smiles, along with encouraging expressions throughout the performance.

Certainly, this writer can empathize with these little ones as they sit uncomfortably on the piano bench trying to recall from memory all the memorized notes that make up the assigned piece of music. If you have never been in this position, it is almost impossible to imagine the shaking hands and shortness of breath that always erupt without control. Then, when the left hand has trouble keeping up with the right, even at this young age, you know it is a formula for disaster. Given these feelings in conjunction with the desire to make mom and dad proud causes the time your little bottom is on that piano bench to feel like an eternity. After all, hard earned money was even spent on a new dress and shiny black patent leather shoes that, at the moment, seem to be keeping perfect time with your trembling hands. Oh, bother! Whoever is sitting on the hands of that clock needs to get off sooner rather than later!

The piano studio conducting this recital is Keys by Degrees under the director of Lisa Pitts. Since Lisa's Grandfather was a resident in this facility many years ago, the connection served as a platform for launching the music program for residents. The "practice recital" benefits the students prior to performing in an "actual recital". While the students receive extra practice, the residents are given a gift of music from young people; a win-win situation for sure. Notice the piano is facing the wall? Although the activity director prefers the piano turned so the students face the audience, the music teacher desires just the opposite as a way of easing the nervousness of the students.

In addition, Activity Director Melody Childers fondly recalls listening to some of the older students when they were first learning to play the piano. Having been a part of the process so long, offers a feeling of accomplishment on her part, as well. After all, is it possible to even estimate the value that an "encourager" adds to the life of another? Supporting others is so important that it is mentioned in the Bible many times as something we all should do for our fellowman.

ACTIVITY: Piano Recital

SUPPLIES:

- Piano
- Piano teacher with pupils

As you enjoy these wonderful photographs of a music recital, please be aware that the relationship between this music teacher and nursing home staff has been established over a long period of time. The bottom line for creating this type of situation is that of creating a welcoming environment for all concerned. The activity director sets the stage and works diligently on keeping the residents involved in every aspect of the performance. After all, there is nothing more wonderful than spending time communicating with people that could be "Grandmother"!

After the students have completed the recital, they always mingle with the residents before leaving. It might be a great idea if you prepare the residents in advance as to the types of comments that would offer encouragement to the young people.



HALLOWEEN MUSIC RECITAL



UP CLOSE AND PERSONAL



NEXT



APPLAUSE!



*“LET’S HEAR IT FOR A JOB WELL
DONE BY THESE YOUNG
MUSICIANS AND THEIR
TEACHER.”*

MAY THE FAVOR OF THE LORD OUR GOD REST ON US; ESTABLISH THE WORK OF OUR HANDS FOR US...

Psalm 90:17

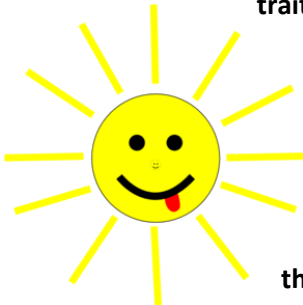


“MORE THAN JUST A LITTLE NAIL POLISH”



INTRODUCTION:

On Wednesday after lunch, there is a lot of scurrying around as the residents make a beeline toward the activity room with the goal of reserving their place in line; all because they desire pretty nails. Although there are three manicurists, the residents have a favorite individual in mind; a behavioral trait we all possess.



This writer can vividly recall Activity Director Tim Trafford facing a huge learning curve when it came to polishing nails. Often it has been stated that his wild creativity has him constantly coloring outside the lines. Unfortunately, when he first began, the residents commented that he was doing the same thing when it came to being a manicurist; polishing outside the lines! Actually, their remarks serve as an enormous test for checking his healthy ego. If he catches residents favoring someone other than himself, he threatens them by humorously describing how their nails will look after he gets through with them; a promise they know he will keep. They will laugh and state, “You can’t get anything over on him!”



Actually, the photographs you will shortly enjoy demonstrate the act of painting nails is only a small benefit the residents receive. Please note how deeply the “one on one” time between the activity director and resident reaches; meaning all the way to the heart. **However, this is possible only if a sensitivity and willingness on behalf of the manicurist exists. The following points are the reward of time well spent:**

- 1) A chance to obtain wisdom from the resident
- 2) An opportunity to observe the overall health of each person (Physically and mentally)
- 3) Ask open ended questions (Who, What, Where and How) in order to allow conversations to be more than just yes or no answers.
- 4) Learn about the residents’ favorite memories
- 5) Figuring out the hot button for each resident will allow you to reach the goal of engagement.
- 6) Getting to know the resident more intimately will promote peace and contentment in the winter season of life.
- 7) Observing the interactions of the residents as they wait in line will allow you to check their social skills. (Patience, friendship with others, anger, compassion toward the members of their health care community.)

****Be aware of the messages inside the talking balloons located beside the pictures that stress these 7 points.**

ACTIVITY: PRETTY NAILS

SUPPLIES NEEDED:

**** Loads of fingernail polish (Offers the ability to provide choices.)**

**** Polish Remover**

**** Nail files and clippers**

**** Cotton Balls**

**** Wet towels**

**** Waste Baskets beside each station**

Directions:

Each resident receives two coats of favorite color and one clear coat. Once completed, push them to the side and allow 10 minutes for drying. Otherwise, they will bang them on the wheels of their chair and damage the polish. Be careful to note the order of the line in front of you so you can let them know clearly when it is his/her time. Otherwise, those residents without the ability to stay in line will get very frustrated.



Note the variety of nail polish colors. This is due to residents' family members and friends contributing to supply on an ongoing basis. Put the word out and your cases will be full.





**CHOICES!
CHOICES!
CHOICES!**



**PATIENCE,
PLEASE!**



**RESIDENT LELA IS THE OFFICAL PERSON THAT REMOVES POLISH! SHE SAVES
SO MUCH TIME FOR THE MANICURISTS!**



**NOTE THE
LAUGHTER! BEA
IS ALWAYS
MAKING QUIPS!**

**A TEAM AT WORK! (RESIDENTS, MANICURIST,
ADMINISTRATOR LOOKS ON! IT TAKES A VILLAGE!**



SWEET LORRAIN COMMENTED THAT SHE WAS ASHAMED OF THE CONDITION OF HER HANDS. TIM REPLIED, "BE PROUD OF YOUR HANDS! THEY SHOW THAT YOU WORKED VERY HARD ALL YOUR LIFE! PLEASE NOTE LORRAIN'S FACIAL REACTION!



MORE THAN JUST HAVING PRETTY NAILS!



LITTLE COOPER WAS SPOTTED IN THE HALLWAY BY TIM. KNOWING HOW MUCH THIS RESIDENT LOVED LITTLE CHILDREN, THAT SWEET YOUNG MAN WAS INVITED TO SIT A SPELL IN THIS KIND SOUL'S LAP! IT WAS HARD TO TELL WHICH ONE ENJOYED IT MORE! A TENDER MOMENT, INDEED!



WORTH THE WAIT!



"A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed."

Proverbs 15: 13



PET VISITS



"DOGS MAKE A HAPPY HEART"

ACTIVITY: Pet Visits

SUPPLIES NEEDED:

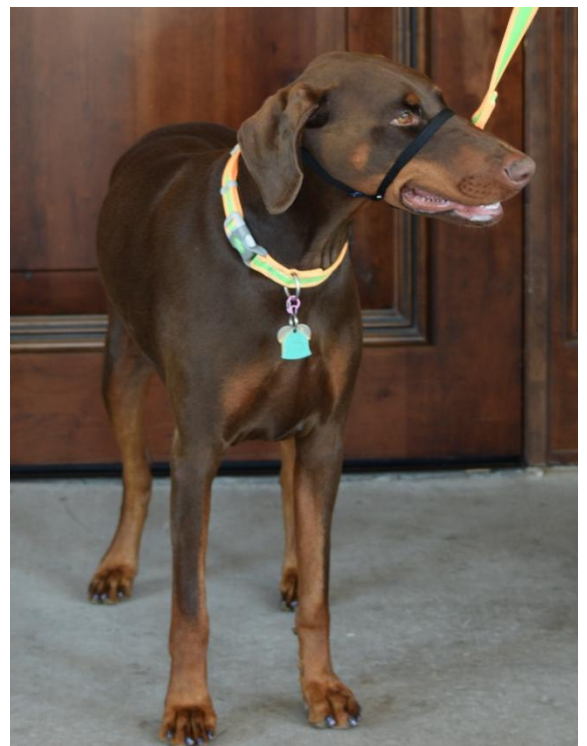
**** Dogs--** (Organizations that offer pet therapy often come to the nursing homes free of charge simply as a charitable endeavor or out of the need to allow their dogs to be around people for training purposes.) Community members love the opportunity to share their dogs with residents; including an added benefit of performing tricks. Some pets are so specialized that they are trained to visit bedridden patients.

Directions: Pet Visiting is an activity that can be offered inside or outside; depending on the season. If organized outside, it offers the added feature of allowing the residents to enjoy some fresh air simultaneously.

Goal: Even as far back as 1859, Florence Nightingale wrote that a small pet "is often excellent for the sick and for long chronic cases especially." In addition, numerous studies have been conducted that show positive results regarding the impact of pet therapy on the emotional, physical, and mental wellbeing of institutionalized elderly people.

Since many residents have experienced the joy of pet ownership, it not only allows a chance to share precious memories, but also offers an opportunity for them to ask the owner questions about those in attendance; thus promoting exercise for the brain.

Precious K 9s brought out a Great Dane, Doberman, and two small dogs to this residential care facility just so they could get accustomed to being around people. As you enjoy the reactions on the next page, please bear in mind that, not only the handlers were in charge of the animals, **but the two activity directors were right in the middle of the activity talking to the resident/s about the animals in order to promote engagement.**



💖💖 "Best Friends Forever" 💖💖



This gentle man held the little puppy throughout the pet therapy session. The two became one!



Faces of love!



Resident works as a team with trainer as they get this little dog to settle down a bit. There is nothing like being able to contribute.



TREATS FOR GOOD BEHAVIOR!

*"I HAVEN'T SEEN YOU BEFORE! WHERE
HAVE YOU BEEN ALL MY LIFE?"*



"ASK ME NO QUESTIONS & I'LL TELL YOU NO LIES!"





OLIVE

Meet Olive owned by Erinn and Doug Johnson, Pet Therapy of The Ozarks, that goes from room to room to visit with residents. Her sweet personality draws them like a magnet. They get to interact with her on a personal level.

Then, when the visit has concluded, she says her prayers and departs gracefully!



WALTER ARRIVES!



Walter, Olive's brother just passed mustard and was allowed for the first time to visit residents in the health care facility. His personality is one of loving life to the fullest and wanting to get acquainted with everyone he meets. After meeting Wilma for the first time, he loved being invited to rest on her bed and behold her face. By the way, a kiss was part of the interaction.

Did his sister, Olive, feel left out? Absolutely not! Since her personality is quiet and reserved, she was thrilled for her brother to take over the "contact" part of the visitation. What a team! Their behavior served as a reflection of all God's creatures great and small, including mankind. How uniquely we have been made!

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU."

1 Peter 5: 7



ROCKING CHAIR THERAPY

Rocking Chair Therapy Research



"When first introduced to the concept of Rocking Chair Therapy people rarely question the idea - it's as if they had known it all along. But they always want to know more. Through personal accounts, therapist insight, medical research and historical references we're able to convey the potentially therapeutic benefits of rocking in a rocking chair. This site seeks to explore and gather information for people interested in the subject. Certainly, we are not medical professionals and in no way intend to prescribe or make crazy claims. We just want to share the passion and promise of rocking in a rocking chair."

"Research from the Columbia Hospital in Milwaukee, Wisconsin resulted in an article in the "American Journal of Sports Medicine", March-April 1989 titled "Seniors ROCKING TO GOOD HEALTH" detailing the benefits of rocking to older Americans. It is good for the mind, body and spirit and even can help those with an otherwise sedentary lifestyle to achieve muscle tone through the manageable, non-weight bearing exercise of rocking in a rocking chair."

"Later, studies at the University of Rochester, Rochester, New York using Rocking Chair Therapy with Alzheimer and Dementia patients. Their research showed that seniors could literally rock away their anxiety and depression. The patients required less medication and their balance improved as well. Further benefits included a happier nursing home staff. Families of rocking seniors were happier because their loved ones were happier. Isn't it interesting that this research showed that one intervention (rocking) produced six benefits, and effected many people in a positive way?"

"Arthritis Today", the magazine of the Arthritis Foundation, suggests "rock the night away." The article continues: "Sit in a rocking chair while watching TV or reading, and just rock. Rocking is relaxing and it can improve strength and flexibility – especially in your knees." (Type in the title above and you will find amazing research regarding rocking chair therapy. In addition, look up the studies at the University of Rochester, Rochester, New York using Rocking Chair Therapy for an in depth look at the advantages of this program for the elderly.)

ACTIVITY: Rocking Chair Therapy

SUPPLIES NEEDED: ***Rocking Chair that is sturdy and washable.*

Directions:

So easy! So beneficial! Simply invite residents to sit in the rocking chair and enjoy!



One day when the first snow had arrived filling the air with soft flakes and covering the ground with a blanket of white, Activity Director Tim Trafford whispered in the ear of Santa's elves his desire to have a rocking chair that was sturdy and washable for the purpose of using it as therapy for the residents. (Supporting balance was his goal.) He described the elderly people he was ministering to as being from a generation that was accustomed to having a rocking chair in the living room as well as on the front porch.

Thus, the elves possessing enormous love for older people went right to work by contacting the manager of the local Cracker Barrel Restaurant regarding the request, along with the need for it to be affordable. Wasting not a second, the manager responded by suggesting an appropriate design that just happened to be on sale. In addition, he

even offered to deliver it to the facility.

Since the annual Christmas Party was being held the very next day, timing was everything for its arrival. Waiting until all the residents were at lunch, the rocking chair was quickly slipped through the front door and placed out of site.

Then, after all the carols had been sung and the beautiful presents unwrapped, Santa's elves brought the rocking chair out and set it in front of the residents. When spotting the special present, the residents, in one unified voice exclaimed:



“A ROCKING CHAIR!”



The rocking chair had a message to all the residents that said, "ROCK ON!" FROM: SANTA!

Tucked safely behind the tag containing Santa's picture was a poem titled: "MY OLD ROCKING CHAIR" written just for these sweet old folks.

(You will find the poem as part of the introduction at the beginning of the collection.)



Since Santa had climbed down so many chimneys delivering gifts to the good boys and girls, he was sure the kind faces he was witnessing would cut him some slack. Thus, with eyes twinkling, he gave an enormous sigh and was the first to try out the new rocking chair.



Not to be outdone, this eager rocking chair generation wasted no time in testing the beautiful present themselves.



SOUTHERN BELLE BEA WAS FIRST!

LES WAS NEXT!



SANTA SCORED!



MY OLD ROCKING CHAIR



Sitting alone in my rocking chair
Relaxing, thinking, free of care
Letting gentle breezes kiss my face
Stirring sweet thoughts time can't erase.

Oh how my mind wanders back in time
Recalling treasured memories so sublime
Dear rocking chair my very best friend
Such precious reflections to me you send.

Let my spirit gently soar magically high
Riding on clouds in the azure blue sky
Treasuring each blessing one by one
Packed with laughter, filled with fun.

Sitting alone in my rocking chair
Relaxing, thinking, free of care
Resting safely in my Master's hand
Until I reach His promised land.

(Colene Smyer Hank)

"PRECIOUS IN THE SIGHT OF THE LORD IS THE DEATH OF HIS SAINTS"

Psalm 166:15



C.W. MEMORIAL

"REST IN PEACE DEAR ONE!"



CAROL WEILER

ACTIVITY: Monthly Memorial Service

Supplies Needed:

- *Minister (Hospice will usually send Chaplin to do short service)
- *Family members invited of those that have passed
- *Memorabilia of those that have passed
- *Individual to lead discussion about each resident that has passed
- *Length of service usually one hour
- *Recorded music (Sing along with favorite old hymns) you can download these from www.devotionalembbers.com found in hymnal on home page if desired

Description:

Carol Weiler felt so strongly about honoring her fellow residents who had passed away that she brought the issue in front of the residents' council; a meeting where all people living in the facility are invited to attend with the goal of airing to the administrator their concerns or recommendations.

Since the majority of people living in residential care facilities are in the winter season of life, it is very common for some to pass away on a monthly basis. Thus, prior to establishing a memorial service, the usual happening was for individuals to notice a fellow resident's absence at mealtime; the first indication that something was amiss; resulting in a mission conducted by a few to inquire about the situation. Acting from a compassionate stance, the policy that had been established was for staff members to keep the situation quiet so residents would not be upset.

However, Carol expressed the opposite point of view by stating, "When they close the hallway doors to the wings it is due to the fact that a resident has died and they are hiding it from our vision. OUT OF SIGHT? OUT OF MIND? I THINK NOT! They forget that we are adults and fully realize that death is a natural part of the process of living; especially in a health care facility. I am going to let my feelings be known at the next residents' council meeting."

Therefore, staying true to her words, that is exactly what took place! Thus, the end result was the birth of the C.W. Memorial Service that is held once a month for residents desiring to attend. Thus, after being present at the very first service, many of them expressed great satisfaction in getting a chance to remember those who had been cherished residents of their tightly bound community because it offered dignity for the departed and promoted closure for those remaining behind. Having attended some of these services, the writer would have to say that she is in total agreement with their sentiments.

Thus, it is important for this memorial to not be conducted like a funeral, but as a time when memories are shared with one another regarding that individual; meaning comments that bring tears as well as hearty laughter. Both family and friends to those whose lives are being celebrated are always invited to attend this special service, as well. Additionally, sometimes photographs are available for people to enjoy together. (In one case, a power point created by family members was shown to the attendees.)

Please find below a poem you may desire to use on the programs for the memorial service. Simply print it on a page of the program and use as a closing. If you are desirous of additional poems for your services, please go to www.devotionalembbers.com and open the collection called "JESUS IS THE HEART OF IT". Download free.



HIGHER GROUND

During the autumn of our lives, when the leaves of time begin to fall
Our tired eyes sweep the wide horizon, anticipating the Shepherd's call
As dark forbidding ominous clouds, sweep over the distant hill
The cold wind of the approaching storm, harshly announces the winter chill.

But no matter the raging tempest, faced by His sheep along the way
The Shepherd pours His life into theirs, and beside them He will stay
And if a loved one first departs, leaving those who care behind
The Shepherd will gently still remain, offering strength for all to find.

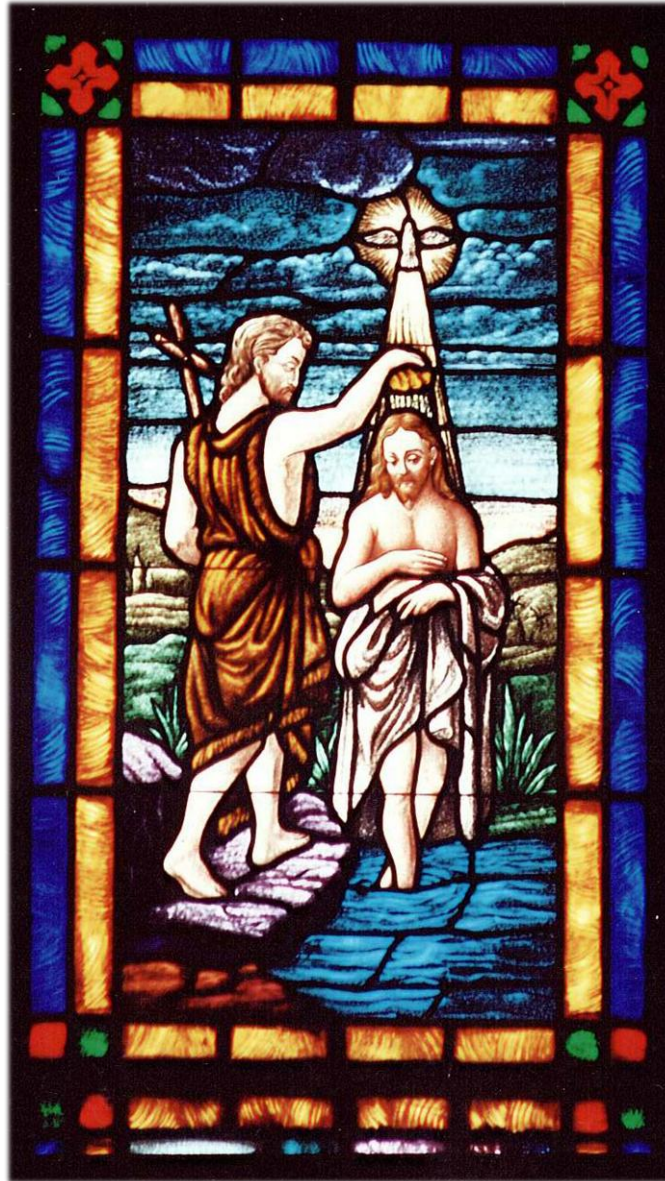
Yeah though I walk through death's dark valley, life for me will never stop
For the Lord promises this as the beginning, with higher ground waiting on top
He then prepares a table before me and sweetly anoints my head with oil
And with His goodness and mercy overflowing, nothing will make me ever recoil.

All through this life Christ attends to me, with tender care and concern
He is my Shepherd, to whom I belong, and to Him I will humbly return
That I shall dwell in His presence forever, gives cause for my cup to overflow
And one day, soon, I'll leave for higher ground, this I believe and know.

"FOR ALL OF YOU WHO WERE BAPTIZED INTO CHRIST HAVE CLOTHED YOURSELVES WITH CHRIST"

Galatians 3:27

SANDRA'S BAPTISM



"SANDRA'S STORY"

INTRODUCTION:

The following description serves as a poignant example of how our Lord can touch the hearts and minds of all his children; no matter their physical condition. What, to the human eye, appears as an individual without the ability to comprehend due to physical limitations, in the eyes of God is perfect beyond description. Only he knows each one of us better than we know ourselves.

Certainly these words applied to a feisty, fun seeking lady named Sandra. Although lacking the ability to care for herself physically, or communicate the desires of her heart verbally, she still found ways to get her point across; even though many times using methods that were surprising and shocking to those in her company.

However, in spite of the ruckus she sometimes created, those around her reserved a place in their hearts where only her name was written. Sandra, the free spirited lady, attracted friends like a bee to honey. This could easily be recognized by the residents' patience when they observed a display of her persistence, frequently using only her eyes accompanied by gestures that were considered border line as to political correctness. Simply stated, Sandra's resolve brought about change while at the same time teaching others a lesson in persistence.

Given the challenges she daily faced, down deep inside, it was evident the residents loved her with all CAPITAL LETTERS. She simply added color and ATTITUDE to every gathering; no matter who was present. If she ever moved away, it would leave a formidable spot to fill; one that would probably be impossible. Sandra's place belonged only to her; and to no other individual. She stood up for what she believed and insisted on being heard; all without the use of spoken words.

As the seasons arrived and departed in the health care facility where she resided, God worked his way into her heart all in his perfect time and manner. Therefore, on a mission to accomplish something that was incredibly important to her, Sandra demanded the attention of Activity Director Tim Trafford in record time. He witnessed her holding her nose and then pointing with the one finger that worked toward the sky. Upon determining that he was not interpreting her message, she would not let up! Throughout a three week period of time, the back and forth communication between the two sounded like this:

Tim: "Are you telling me that it stinks in this room?" Whiffing the air with his nose, he would reply, "IT DOES NOT SMELL BAD IN HERE!"

Sandra: She would grunt, frown, and wear an overall expression of displeasure at his stupidity. Not once! Not twice! This would go on day after day!

Finally, experiencing a moment of revelation, Tim loudly inquired, "ARE YOU TRYING TO TELL ME YOU WANT TO BE BAPTIZED?"

Sandra's face lit up with glory and relief. Raising her thumb in an affirmative signal meant her mission had finally been accomplished.

Therefore, Tim and Melody went into action making preparations for this big event. They offered Sandra the option of either being immersed or sprinkled. If she wanted baptism by being placed totally under water, he would use the Hoyer lift and a galvanized tub to accomplish the task. Sandra's decision was to be sprinkled.

Also, realizing Sandra was leading the way for other residents to make the same decision, Tim and Melody carefully organized the event with pleasure and respect. They recognized fully the significance of the act in the eyes of God that this child had finally reached a spiritual level that her Creator desired. He had been beckoning her toward him throughout her earthly life.

On Sandra's special day, guests, residents, and friends were invited to gather in a large area of the health care facility. It was evident how special this day was to all those in attendance. As the writer stood beside Sandra, this brave young woman looked up with worried eyes signaling signs of fear. Planting a kiss on her fore head, the writer whispered, "Don't be afraid. You are in the hands of Jesus." Locking eyes with the writer for a long time, she finally relaxed followed by her lips suddenly forming into an enormous smile.

Furthermore, as the writer observed the many guests that had arrived for this special moment in Sandra's life, the joy that exuded from their souls was indescribable. Her earthly father; an individual that had been through all the ups and downs with this beloved daughter, displayed eyes that shimmered with a veil of tears. All the restless nights and unconditional love he had been asked to endure had been worth the effort. This daughter, whom he dearly loved, was forever dedicating her life to Christ. In addition, given her physical challenges at this point on her earthly journey, he recognized that her Heavenly Father was using her to touch the hearts of many individuals. Sandra, his daughter that had once been physically perfect, was now rewriting the definition for the word "COURAGE".

Finally, just prior to being baptized through sprinkling, the minister went down on bended knee beside Sandra and stated, "Before I baptize you, I must ask you a very important question. Have you repented of your sins and accepted Jesus..... (Before he could finish with "as your Savior," this young woman's thumb that served as her one and only form of communication, was raised up in the air so quickly that the minister had to jerk his head back in order to save his nose.) Needless to say, laughter filled the entire area around this beautiful ceremony.

Luke 15: 10

"In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents.

(Program below)



Sandra Greer

Tuesday June 25

1:45 p.m.





Welcome.....Tim Trafford

Opening Prayer.....Rev. John Woody

Scripture Reading.....Annie Grant

Special Song.....Melody Childers & Lisa Pitts
“What a day that will be”

Message.....Dan Masters

Baptism.....Rev. John Woody & Dan Masters

All Sing.....Melody Childers & Lisa Pitts
“Amazing Grace”

Lyrics found on back of page of this program

Closing Prayer.....Mark Kilgore



SCRIPTURE READING

Matthew 28: 19 - 20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of age.



SONG

“Amazing Grace”

**Amazing grace, how sweet the sound,
That saved a wretch like me!
I once was lost, but now I am found,
Was blind, but now I see.**

**’Twas grace that taught my heart to fear,
And grace my fears relieved!
How precious did that grace appear,
the hour I first believed.**

**When we’ve been there ten thousand years,
bright shining as the sun!
We’ve no less days to sing God’s praise,
then when we first begun.**



*MEET SANDRA
GREER, CHILD OF
GOD!*

CLOSING:

In the beginning portion of Sandra's story, do you recall the prediction made by Tim Trafford that other residents would follow in the footsteps of this brave young woman? Ladies and gentlemen, that is exactly what transpired! Just a short time later, a resident that had attended this special baptism, gave her life to Christ and followed Sandra's lead.

In closing, let us contemplate together how God's hand was at work throughout Sandra's story with the following points:

- 1) Sandra had been placed under the care of two very spiritual activity directors that possessed unimaginable love for each resident; meaning they were constantly tuned in to their needs. Since the writer does not believe in coincidence, it must be stated that the Holy Spirit had his hand on both of these special people, as well.
- 2) God displayed tremendous patience in allowing Sandra to take her time in making the decision to follow him; in spite of her stubbornness regarding free will.
- 3) An earthly father was chosen for Sandra that had not only tenacity, but such unconditional love that he never left her side. Although she would constantly go astray from his teachings, he would hang right in there.
- 4) After Sandra's unfortunate accident, she was viewed by her Heavenly Father as worthy of his abounding love. He never gave up on her.
- 5) Sandra was led by the Spirit to make a decision regarding baptism that would impact many people.
- 6) Baptism for Sandra was not an easy decision from a physical point of view. Facing every moment of the rest of her life with the realization that she was totally dependent on others for every move, made submitting to baptism a major decision. It required placing herself at the mercy of others all the while being on display. God held her in his arms throughout the service, and surrounded her with a community of believers.
- 7) Sandra was used as an example of the necessity of witnessing to others in an enormous way. Given her personal testimony, what are we all waiting on?

"GO YE"!



"That the man of God may be perfect, thoroughly furnished unto all good works."

2 Timothy 3: 17



DOING GOOD TO ALL



"GIVING WARMS THE HEART!"

BACKGROUND:

Meet 95 year old, Pearl Smyer, a disciple that personally machine sewed 595 patch work quilts for abused children; an example of how God uses his creation, no matter the age, to still contribute to society.

Although her journey began with hand quilting, when approaching her winter season, she took that special talent and allowed her sewing machine to hum endlessly as she produced quilt after quilt for children in need.

Then, in an effort to share the blessing with others, some of the quilts were donated to a health care facility so the residents could help her deliver them personally to a local charitable organization that would pass them along to children in need of being wrapped in their warmth.

Since residents living in health care facilities desperately desire to give to others as they did when living in the outside community, Pearl's kind gesture was a blessing to more than just the children.

Recognizing this longing to serve others, resident ambassadors representing everyone were transported by the health care facility to the charitable organization where an emotional presentation was made to those in charge.

However, prior to this trip, not only was each quilt shown to the residents, but also the invitation of choosing a favorite to snuggle in for a bit. Thus, each resident was given the opportunity of personally caressing the quilt before it touched the young recipient. Folks, this provides great depth to the statement, "We are blessed to be a blessing to others"; a gesture residents of health care facilities long to do on a daily basis.

Additionally, since this generation had learned the art of making quilts as a necessary skill for keeping family members warm during the cold winter season, as Pearl's creations were presented, it was fascinating to observe the alertness of the audience. The residents were absolutely riveted on every aspect of the activity from beginning to end.

Then, as a culmination to the program, each resident was invited to wrap up in her favorite quilt as a way of passing love to the child that would soon be infolded in its warmth.

Supplies Needed:

Locate a group or individual that makes quilts or other items for children that are willing to share them with residents. Contact the center on aging or local churches with the purpose of identifying a source. (Even local quilt shops would be a wonderful avenue.)

CARESSING THE QUILTS WITH LOVE



*NOTE THE SWEET
EXPRESSIONS!*

CAN YOU FEEL THE LOVE?



*AS THE SWEET OLD FOLKS SAT THERE IN
WHAT APPEARED TO BE A STATE OF TOTAL
BLISS, THE QUESTION WAS ASKED:*

“WHAT ARE YOU THINKING RIGHT NOW?”

ELSIE REPLIED, "I AM PICTURING THE BEAUTIFUL SLEEPING FACE OF THE BABY BENEATH."



*"CAN YOU HEAR THE SOUND OF THE
LITTLE GIRL GIGGLING AS SHE HIDES
UNDER THIS SOFT QUILT?"*



***“ARE YOU IMAGINING IN YOUR MIND THE
LITTLE BOY GIVING THIS QUILT A RUN
FOR ITS MONEY?”***





NOTE IN THIS PHOTOGRAPH NOT ONLY THE JOY ON THE FACE OF THE RESIDENT TRANSFERRING HER LOVE TO THE RECEIPIENT, BUT ALSO THE ENGAGED FACES OF THOSE WATCHING AND SUPERVISING.

"THIS HAS BEEN SO MUCH FUN. LET'S DO IT AGAIN NEXT MONTH!" (Pearl will have to shove it in gear to fill this request, won't she?)



"LOVE THY NEIGHBOR AS THY SELF!"

"TRULY I TELL YOU, UNLESS YOU CHANGE AND BECOME LIKE LITTLECHILDREN, YOU WILL NEVER ENTER THE KINGDOM OF HEAVEN."

Matthew 18: 3



LIVING IN THE MOMENT

"Happiness, not in another place but this place... not for another hour, but this hour."

— Walt Whitman

INTRODUCTION:

Dear readers,

On your journey of life, do you recall a time when you paused and intently observed a child at play; a little one totally alone, yet thoroughly engrossed in a world of his own imagination? As an adult onlooker, it appeared that you could almost see the wheels turning at a very fast pace in his busy little mind; that seemingly was unaware of yesterday or tomorrow, but instead just "LIVING IN THE MOMENT." Not only did his facial expressions and physical gestures signal an interesting story plot that was in the process of unfolding, but was also accompanied by a variety of sounds coming from his own sweet little voice for added impact. Yet, throughout this precious time, not once did he notice that another's eyes were observing his every move; for at the moment, he simply had **"ALL"** he desired or needed. It was a time of total fulfillment!

Then, while watching this intriguing sight unfold, were you led to ask yourself, "Did I ever live in this wonderful world of childhood imagination; a time when the worries of the world were yet unknown and nothing mattered but the present joy of "just being"? How is it so easy to be in such a timeless state without being governed by a calendar or clock? Oh, to experience it all one more time!

Once upon a time, when this writer was but 5 years old, after all the festive events of Christmas Day had been unwrapped, she experienced one of these moments of timelessness; so impactful that it is still as fresh today as it was yesterday.

Although the family had just settled down and were all engrossed in processing the happenings of the day, in her little five year old mind, a desire took shape that turned into a longing so strong that it prompted her to ask, "Mom, can I put on my coat and go look at the sky one more time?" Probably being guided by the Holy Spirit, the reply from mom was, "Oh, all right, just for a little while!"

Folks, it was one of those dark, cold nights when you could almost see your breath form ice crystals in the air; a time so clear that nothing stood between your vision and the twinkling stars that served as a canopy overhead. Just like the child described earlier, this little girl was intent on a mission that absolutely nothing was to prevent. You see, she had come out all alone on this special night simply to live in a timeless state driven by the longing to locate a special star; the one that would tell her where to find baby Jesus.

Therefore, standing for what seemed to be the longest time, this tiny child was certain beyond doubt that one of the millions of stars that made up the heavens above her head blinked more brightly than all the others; a special gift bestowed on her from the Heavenly Father. In her mind, she had just found the star belonging to baby Jesus. Oh, how precious! Oh, how delightful!

Today, when processing this childhood moment through the lenses of an adult mind, this writer has surmised that, indeed, at this young age, a longing for God had taken wings and flown! It had not mattered what others thought, she was simply living in the present; a time for discovering a world larger than herself and her immediate surroundings; in a universe designed by her magnificent Creator.

Just recently another story that was brought to the writer's attention that will give us hope of once again being able to simply live in the present, was told by a wonderful, compassionate mother named Megan whose little girl was betwixt and between with her belief in Santa. Some of her classmates had already reached that hard decision, while other were still mulling over the facts. Fortunately, she had a mother that created a comfortable environment of being open for all questions and comments.

Therefore, having expressed her concerns to Megan regarding this puzzling dilemma, the little girl was transported to see Santa at a time when she could be alone with him; minus a rushed environment along with the freedom to simply have some questions answered.

Consequently, this little girl had the opportunity of sitting on Santa's lap and expressing to him her deepest feelings of concern regarding his existence. "Are you real or not?"

As a result of this carefully orchestrated situation, the reply this child heard will, undoubtedly serve as wisdom for her adult years to follow. Looking tenderly into her eyes, Santa replied, "Little children believe in me. However, there is a between stage; a time when people get older and no longer believe in me. It sounds like your friends are in that between stage. As Santa, I also visit residents living in nursing homes that are much older than you and your friends, and they believe in me for sure. They clap and smile when they see me coming every year." As the little girl took it all in, she was satisfied with the response. All because of Santa's wisdom, her dilemma was solved.

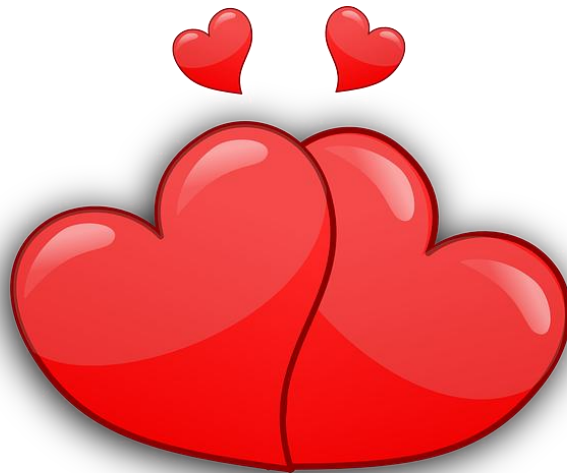
Ladies and gentlemen, the example Santa used regarding residents of nursing homes once again believing in him during their winter season of life was poignant, indeed. In order to substantiate his statement, all you need to do is attend a party held for them at Christmas time.



Additionally, as a volunteer ministering to them throughout the year, you will soon learn that their child like attitude toward life applies to almost every circumstance at this age. The Scripture from Matthew 18: 3 *“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven,”* fits their behavior like a glove. At this point on their earthly walk, all layers of pretension brought on by society at large matter no more. When viewing their own reflection in the mirror called “time”, they fully realize more yesterdays than tomorrows are peering back at them. Regardless, of this basic truth, instead of longing for the “good old days”, they choose to live in the present, savoring each and every moment.

Thus, just like the little girl that asked Santa the tough question, they choose to believe in goodness and see the best in every situation; not because their minds are old and lack mental acuity, but at this point in life, are filled to the brim with wisdom and courage. They have entered the deep waters of life and have not been swept away by the current, climbed the highest mountains wearing their cuts and scrapes as badges of honor, survived when their bellies growled due to scant food supplies, and, thus, fully recognize the important things in life.

Therefore, when a little child enters the building, all the basic principles regarding the importance of living in the present penned by the most highly regarded scholars, pale in comparison to what actually takes place. As an onlooker, when the hearts of a young child and a resident of a nursing home connect, truly, two hearts become one. Regardless of the generational gap, since both individuals are without the worldly blocks that prevent one from entering into a timeless state, a miracle appears to unfold right before the onlooker’s eyes. You will note they are communicating without words and have reached a depth of love that one can only desperately hope to attain.



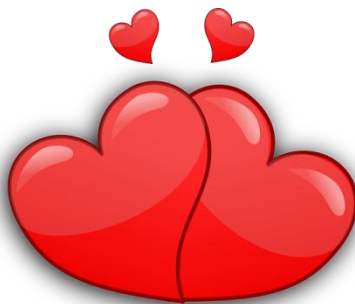
ACTIVITY: Visit by Child/Children

SUPPLIES NEEDED: (Children from Community)

As you enjoy the following priceless photographs taken by volunteer, Myrna Jent, please be aware of the fact that nothing was staged ahead of time. This little girl's grandmother had come to a bazaar that was being held for the purpose of raising extra money for the residents' Christmas gifts when, without prompting, the little one began interacting with the residents. In all the busyness of the moment, her actions stopped the bazaar; all because two people, generations removed from one another, chose to **"LIVE IN THE MOMENT."** Enjoy!



"LOVE IS PATIENT, LOVE IS KIND."





"IT DOES NOT ENVY, IT DOES NOT BOAST."





"IT IS NOT PROUD. IT IS NOT RUDE."



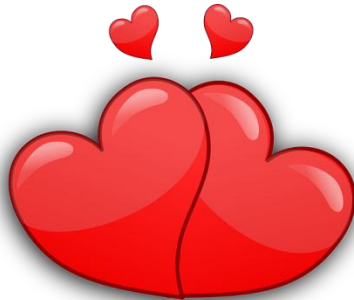


"IT IS NOT SELF-SEEKING."



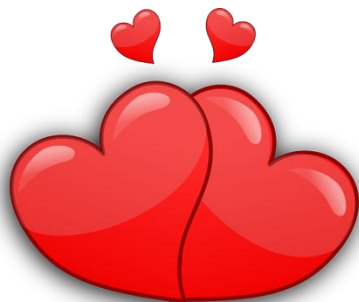


"IT IS NOT EASILY ANGERED."



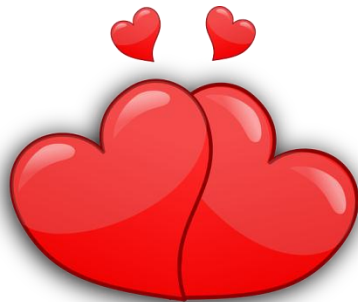


"IT KEEPS NO RECORD OF WRONG DOINGS."





"LOVE DOES NOT DELIGHT IN EVIL, BUT REJOICES WITH THE TRUTH."





"ALWAYS PROTECTS, TRUSTS, HOPES, AND PERSEVERES."



"LOVE NEVER FAILS!"

"HE IS SKILLED IN ENGRAVING AND MOUNTING GEMSTONES AND IN CARVING WOOD. HE IS A MASTER OF EVERY CRAFT!"

Exodus 31:5



WOOD CARVING



*GOD GIVES EACH PERSON
SPECIAL GIFTS TO USE FOR HIS
GLORY!*

INTRODUCTION:

After spending just a short time around elderly residents in a health care facility, you will marvel at the level of applause extended from them upon hearing about an individual overcoming adversity; especially if it is someone living in the winter season of life.

Certainly this is experienced by the writer in the facility where she volunteers as a reader every Thursday by witnessing the residents' responses regarding information about her own 95 year old mother that is still living independently. They not only are delighted to hear about the times when she stays up 24 hours baking food for her church Christmas Bazaar, but also want to know the flavors and order in which items are prepared for the 9:00 am deadline.

Then, when strawberry picking time rolls around each spring, without prompting, they remember to ask if she has already been out in the patch. Amazingly, after hearing that, as the oldest picker, she is greeted by the owner in a golf cart designated for her only, their responsive smiles light up the room. After all, this is a person their age still out in the world at large facing life head on! Bravo!



Consequently, when they were introduced to a very special man possessing a gift in carving wood, their attention became riveted on him. After having been told by his physician that the only way to deal with the diagnosis of rheumatoid arthritis was to use his hands in spite of great discomfort, their ears went into the listening mode called overdrive.

Thus, when learning that he chose to become a woodcarver, an art that he had never before done, the facial expressions they wore could only be described as pure unadulterated astonishment. How was it even possible for a person to take this approach selecting a category that he appreciated but had never tried?

Therefore, when Tim Trafford introduced his guest, Ron Cruse, as having been a woodcarver for only 3 years, the support they offered was incredible. As he began his presentation, one could have heard a feather drop in the room. However, after observing his first creation, the atmosphere turned into an electric energy field of excitement and joy!

Without doubt, this group immediately recognized they were witnessing an individual blessed by the Almighty with a very special talent! Not only was he using this incredible gift, but was doing so as therapy for his health; even though in obvious pain and agony. Since they were in the winter season of life, functioning daily with the results of an aging body, **empathy** was immediately extended.





*NOTE THE SHAPE OF HIS HANDS AND
SUPPORT NEEDED IN ORDER TO
FUNCTION!*





BIG AND SMALL! HE CAN DO IT ALL!





UP CLOSE AND PERSONAL!



HANG IN THERE!



ACTIVITY: Wood Carver Artisan

SUPPLIES:

****Wood Carver**

****Tables**

Directions:

Remember to introduce guest with excitement! As an activity director, always stay involved. Walk around sharing carvings up close and personal with each resident. Make remarks throughout presentation to promote engagement! Encourage questions and comments from residents!

Most of all:

HAVE FUN TOGETHER!





"TAKE DELIGHT IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART."

PSALM 37:4



BOCCE BALL

"WE LOVE BOCCE BALL!"



(MELODY CHILDERS, ASSISTANT ACTIVITY DIRECTOR, LEADS THE NURSING HOME RESIDENTS IN BOCCE BALL)

OVERVIEW

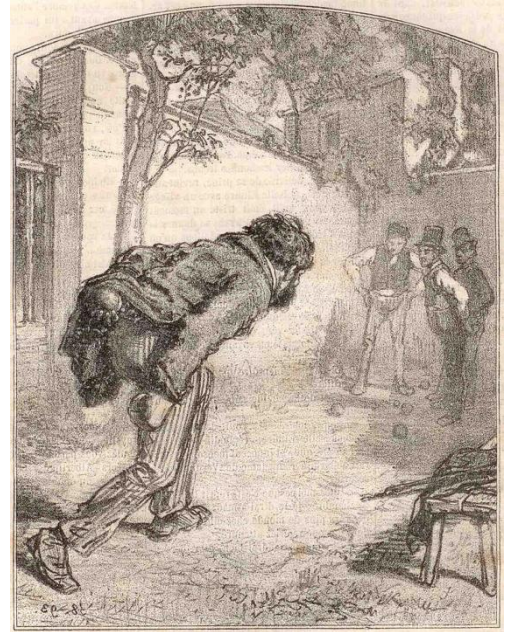
Due to the ministry of Dr. Doug McNeal, retired pediatrician, who has dedicated years and many hours of his time in addressing issues on behalf of individuals struggling with challenges of muscle control, there is now a new and glorious light shining on the horizon as a powerful beacon of hope for the elderly in the form of Bocce Ball.

As early as the 6th century B.C., Greeks were known to have played a game similar to Bocce Ball using flat sticks, stones, and later round stones.

Although this game has evolved as an incredibly popular sport globally, it is just now being recognized in the United States as a viable sport. Most people, who have knowledge about

the game, identify it as an Italian sport, but possess only general information about the rules of play and its benefits. In the event an individual has some background information on Bocce Ball, the first comment is regarding the usage of wooden balls along with a visual image of bowling.

Today, the game of Boccia that the Romans adopted from the Greeks has entered with great success into a vast array of different population groups throughout the United States. Not only are young children enjoying the sport whose secret has been kept so long, but also by families in backyards everywhere. (Interestingly enough, if the game is played outside, it is called Bocce. However, when enjoyed inside, it is referred to as Boccia Ball.)



In addition, many pictures and videos are showing up on the internet of elderly residents at independent living facilities totally immersed in Boccia as a wonderful recreational activity and a way of enjoying fellowship with one another. The versatility of the game allows them to play it on courts that are taped off or simply on the lawn; causing the activity to be an economical way of having fun together.

Proving the wonderful game of Boccia Ball has taken on a life of its own by crossing all boundaries, just type in USCPAA BOCCIA and the screen will light up with photographs and articles of individuals enjoying it as a part of the Special Olympics. Although they have limited muscle control, they can enjoy the game assisted by ramps or shoots.

Now, the spectacular game of Boccia Ball is being enjoyed with great gusto by another special group of individuals in the winter season of life and residing in a health care facility in Springfield, Missouri; all because Dr. Doug Mc Neal recognized them as being worthy and able to enjoy the sport.

Thus, it was through the efforts of Tim Trafford, Activity Director and Assistant Activity Director, Melody Childers that this game has now been offered to a totally new population. Not only did they willingly test the game, but were open and creative in adjusting it to meet the needs of the aging bodies of the residents challenged by various diseases. As you review the summary of their test results regarding Bocce Ball, you will want to provide a standing ovation of thunderous applause on behalf of the elderly all over the world.

TEST RESULTS:

No! Your eyes are not deceiving you! The residents at a local nursing home absolutely adore playing Bocce Ball and served as pathfinders in testing the game for the elderly in Springfield, Missouri under the direction of Tim Trafford, Activity Director and Melody Childers, Assistant Activity Director.

So much, it is important to note that their aging bodies did not stand in the way of allowing them to enjoy this ancient sport to the max. Even though some were dealing with the challenge of Parkinson's Disease, needed oxygen, or were confined to a wheelchair, while playing Bocce Ball, they stayed right in there with the best of them and basked in the enormous applause from their fellow residents because of their contributions. It was also reported that the attitudes of even those suffering from the greatest physical challenges improved socially due to the acceptance by the group during this sport.



Ladies and gentlemen, when it comes to the sport of Bocce Ball, please be aware this is serious business to these competitors; so much that a volunteer named Coleen, took it upon herself to bring in a tape measure to assure accurate scoring!

In fact, Tim and Melody had to become extremely creative with the seating arrangement due to the overwhelming number of residents desiring to play; so much that a new Bocce Ball set had to be ordered to accommodate the astounding number of participants. Oh joy!

ACTIVITY: Bocce Ball

Supplies:



FlagHouse (1-800.793.7900 USA) Email: flaghouse.com

Item Code Number: #G12686 (Soft Bocce Set)

(This soft Boccia set, developed by the National Disability Sports Alliance (NDSA), is ideal for everyone. Synthetic hand-sewn balls are designed for easy grip and true roll. Includes: 12 Boccia balls (6 red, 6 blue), 1 white target ball, and a heavy-duty carry bag. Official size and weight

Price: \$122)

Procedure:

Wherever you choose to play, maximize the space you have by spreading the residents out evenly around the room. A circle seems ideal but is not necessary. Staff must participate when there isn't the same number of residents on each team. Anyone that is not wheelchair bound can either stand or sit in a regular chair.

To begin, choose a player to "launch" the white ball. They should try to roll the white object ball somewhere in the middle of the circle. The person who throws the white ball will play their ball last. Then the play is rotated clockwise until each player has thrown their ball. Then the white ball is just rotated clockwise around the circle.

Object of the game: (To see who can throw the ball closest to the white ball.) If a red ball and a blue ball are deemed to be the same distance from the white object ball, both of those balls are removed. Next, look for the ball that is now closest to the white object ball. The ball closest to the white earns 1 point. If it is a "kisser" (touching the white ball) it is worth 3 points. Do not count balls that are next closest because it will get too confusing for the residents. The players will try to knock the opponent's ball away from the white ball as the game progresses. They will also try to throw their ball so it blocks their opponent from knocking it away from the white ball. (THE GAME IS COMPLETE WHEN A SCORE OF 5 HAS BEEN REACHED BY ONE TEAM vs 13 points in regulation Bocce Ball.) THIS IS A VARIATION FROM ORIGINAL SCORING FOR BOCCE BALL BECAUSE IT WORKS BETTER WITH ELDERLY RESIDENTS.

SCORING PHOTOGRAPHS

Let us now observe some balls close up to review the rules for scoring when playing Bocce Ball with the elderly population.



TARGET OR OBJECT BALL CALLED A PALLINA.

(Residents take turns throwing it out before each game.)



Look at the photo to the left. Which ball is closer to the target white ball? Hope your reply was, “RED”!



Which one is closer?

Hope you called it a tie. Both teams get

points. Do you remember what you do with all the other balls around? Hope you remembered to simply remove them to make scoring less complicated for the elderly players. Be sure you measure correctly because all eyes are on you!



Watch Melody carefully deciding which balls are closest. No matter how many balls are on the floor, all eyes are focused on the ones nearest to the white ball.



FLAGHOUSE

Boccia Ball Score Sheet

	Red	Blue	
Match # 1			Match # 1
Match # 2			Match # 2
Match # 3			Match # 3

	Red	Blue	
Match # 1			Match # 1
Match # 2			Match # 2
Match # 3			Match # 3

ELDERLY PEOPLE & EMOTIONS

Just because an individual living in the winter season of life, needs assistance with care and requires a wheelchair for mobility, doesn't mean emotions are absent! Their individual personalities are the same all their lives. ONCE FIESTY! ALWAYS FIESTY! ONCE COMPETITIVE! ALWAYS COMPETITIVE! Enjoy the following photographs and be amused! The game of Bocce Ball brings it all out!

COMPETITIVE!



*"WHERE SHOULD I
THROW THIS,
MELODY?"*

*DO YOU THINK
BEA (ON THE
LEFT) LIKES THE
WAY SHE JUST
THREW THE
BALL? NOT
COMPETITIVE
BEA!*





LELA HAS JUST
THROWN HER
RED BALL!
OBSERVE HER
REACTION
BELOW!

OH, RATS!



USES STRATEGY



READY?



AIM!



FIRE!



LAUGHTER!



PLEASE BE AWARE THAT THE TEST RESULTS SHOWED THAT MORE THAN ONE BOCCE BALL SET HAD TO BE PURCHASED DUE TO POPULARITY OF THE GAME. IF YOU START WITH ONLY ONE SET, THE RESIDENTS WILL NEED TO TAKE TURNS PLAYING. BE SURE TO PAY CAREFUL ATTENTION TO WHOSE TURN IT IS BECAUSE THEY WILL ALL WANT TO PLAY THROUGHOUT THE TIME PERIOD. WHY DID IT TAKE ONLY A SHORT TIME BEFORE MORE THAN ONE SET WAS ORDERED? THE RESIDENTS SAID IT ALL! "IT IS A GAME ALL OLD PEOPLE CAN PLAY!"



RESULTS:

- 1.) The game became so popular among the residents that an additional Bocce Ball set had to be ordered. Actually, a resident's family member donated the money to purchase the second set. **Bocce Ball has become such an enormous favorite to the residents that a third set is needed.**
- 2.) The elderly get so involved in the competitive spirit of the game that a volunteer noted the issue and brought in a tape measure to assure accurate scoring. Even in the elderly, the competitive spirit lives!
- 3) Socially, the game allowed even residents faced with the challenge of being excluded due to severe limited muscle control to be accepted by the group. They basked in the applause from their team mates.
- 4) Photographs say it all. See attached photographs filled with the happy faces. Common to hear the residents reminding one another as to the schedule on the calendar slotted for playing Bocce Ball.

MAGIC SHOT OF THE DAY!

*CAUTION! THESE GUYS
ARE GOOD!*

LOOK WHERE HIS RED BALL LANDED! IT
HIT THE FLOOR AND THEN JUMPED UP AND
STAYED ON TOP THE HEAP OF BALLS THAT
WERE ALREADY KISSING! OLD PEOPLE
ROCK FOREVER!



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

Psalm 85: 12



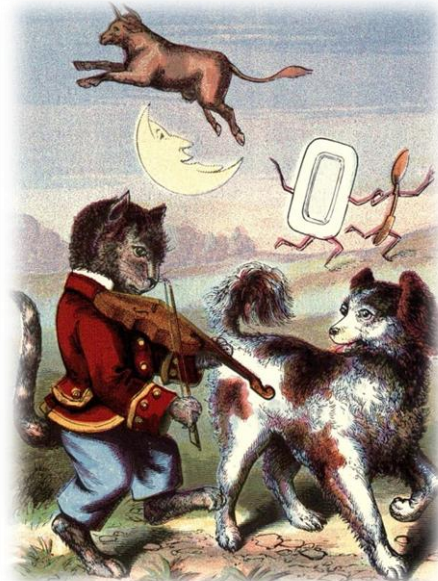
AUTUMN ON THE FARM

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?**



"THROUGH HIM ALL THINGS WERE MADE; WITHOUT HIM NOTHING WAS MADE THAT HAS BEEN MADE."

John 1:3



INTRODUCTION:

The hot days of summer were bidding their final farewell allowing the emerald green foliage to be subtly kissed by the sweet lips of autumn in shades of red, orange, and yellow; thus, making a perfect setting for an outing at Fellows Lake. Having stored wonderful memories of riding in the pontoon boat being rocked by the gentle gray waves, the residents recalled how they peered over its side and witnessed their reflections smiling back. Then, as the vessel made its way along the beautiful tree lined shore, they remembered how delicately the breeze fanned their hair to and fro in a synchronized rhythm keeping perfect time with their peaceful thoughts. Not wanting to miss a moment of this cherished event, the residents kept a sharp eye on the monthly calendar for September 8th.

Thus, after ruminating over many pleasant memories, this magical day had finally arrived and they were on their way; with each resident carefully dressed for the occasion. Some had meticulously selected jewelry for adding sparkle to the fun that waited; a special day that is always so expertly

planned by Tim and Melody; two activity directors that never fail to give their hearts and souls to the residents; this being their usual behavior for every project because they often state “we” all deserve the best life has to offer. Oh, how lucky for all of us that they are involved in our lives!

As the group departed, their little caravan consisting of three vans, a truck, and the photographer, made its way down the highway and through the woods in route to Fellows Lake.



*“Who could
not love this?”*



*Or
this?*

PONDERING THE MOMENT!



SO SPECIAL!



ACTIVITY: Fellows Lake Outing

SUPPLIES NEEDED:

- ** Transportation (For both mobile residents and those in wheelchairs)**
- ** Van for transporting food supplies and personal hygiene products**
- ** Menu (Described as a part of photographs) Coordinate with dietary dept.**
- ** Paper plates, napkins, plastic utensils, straws**
- ** Drinks on ice**
- ** Sanitary scissors and sanitary disposable plastic gloves**
- ** Charcoal (Match Light Brand), and lighter for outdoor grill**
- ** Any necessary medication for residents**
- ** Ample number of extra staff members for assisting in the event (Tim had 5 extra people)**
- ** Be sure event facility has a covered pavilion for rain or shine. Qualified staff from the chosen facility to assist in securing all residents in life jackets before departure; meaning captain, as well.**
- ** Restrooms that will accommodate residents in wheelchairs**
- ** Be organized with a list of all necessary items and steps well in advance of the date**
- ** Watch the weather report.**

Directions:

Allow ample time for loading residents and supplies when scheduling transportation. Since the pontoon boat handles approximately 6 residents at once, the remaining residents will be at the pavilion. Direct the captain to call you 10 minutes prior to arrival at the dock so you can load the next group of residents on the van and have them ready. For safety purposes, the extra staff members are totally involved in loading and unloading the residents.

As the first group is enjoying their ride, music is playing and lunch arrangements are being prepared. (Grill started, supplies unloaded) Also, all wheelchairs that have been transported in the back of a pickup are unloaded for ease in locating. (See photographs) The residents

enjoy looking out at the lake, as well as observing the staff members scurrying around making lunch preparations.

WE'VE ARRIVED!



**NOTE MY
BEAUTIFUL
JEWELRY?**

ALL ABOARD!



CAREFULLY BOARDED! LIFE JACKETS ON AND SECURED!



*WE ARE
OFF!*

BACK AT THE PAVILION!



MUSIC



GRILL



WHEELCHAIRS UNLOADED!



FOOD SUPPLIES



**BITE SIZED PIECES OF STEAK CUT WITH
SANITIZED SCISSORS BY MELODY AND BECKY!**



MENU



**** GRILLED STEAK**

**** POTATO SALAD**

**** BAKED BEANS**

**** CHIPS**

**** FRUIT CUP**

**** DRINK OF CHOICE**

*PHONE RINGS! HERE COMES THE HUNGRY
GROUP! LOAD'UM UP! MOVE'UM OUT!*



DAPPER FELLOW!

WET HAT!





NEXT GROUP'S OFF!





ALL THIS TRAVEL MAKES A BODY HUNGRY!



WE BID ADIEU TO A PERFECT DAY!



DEAR TIM, MELODY, STAFF MEMBERS, AND THE TWO GENTLEMEN AT FELLOWS LAKE:

THANK YOU FOR A LOVELY OUTING AT FELLOWS LAKE! WE REALIZE FULLY HOW MUCH WORK IT IS FOR YOU TO MAKE AN EVENT LIKE THIS SO SPECIAL!

PLEASE KNOW THAT WE ALL CHERISH YOUR ACTIONS AND FEEL BLESSED BEYOND MEASURE! THE ONE THING WE CAN DO THAT SURPASSES ALL ELSE IS TO SAY, WE LOVE YOU WITH ALL OUR HEARTS, MINDS, AND SOULS”!

THE RESIDENTS



"FOLLOW ME AND I WILL MAKE YOU FISHERS OF MEN."

Matthew 4:19

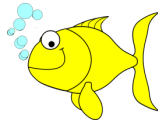


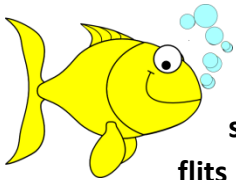
GONE FISHING



"WE'VE GONE TO DROWN SOME WORMS! CALL BACK LATER!"

Do you remember the
big one that got away? I
SURE DO!





“The BIG one that got away” is a memory that lasts a lifetime and is destined to surface when those soft fluffy clouds are lazily floating in the big open blue sky. It flits around in the mind like a bird after a pesky bug; tormenting the old brain until the yearning to “drown a few worms” becomes almost unbearable. After all, there is nothing as fine as relaxing on the river bank in your favorite spot with your line in the water patiently waiting for the fish to bite. That old world seems to slowly spin on its axis as if it has lessened its pace for this special day in your journey called life. Your thoughts are totally free of cares and woes; replaced by only the sounds the Great Creator has designed just for you. The birds in the canopy of trees overhead sound like a cacophony of only the sweetest of notes; trilling in a soft synchronized rhythm that touches your soul to the core of your being. Then, as if performing from the same sheet of music, the enormous bull frogs join right in with their deep bass voices adding depth to this special rendition.

Thus, as you study the ripples on the water, it is not a surprise when suddenly the fish start jumping above the silvery surface; appearing to satisfy their curiosity as to why this stranger feels a need to stare down into the water at them. Does it mean this larger than life creature is on a quest to locate the perfect specimen for his frying pan that is already on top of the stove? Well, if that’s the case, this old fish had better move on downstream!

Consequently, given this nostalgic background, when the word FISHING appeared on the activity calendar, the residents’ hearts skipped a beat in anticipation as to the pleasure that awaited them. Thus, when the big day finally arrived, without hesitation, they reached for their old straw hats and faithful sunglasses, in an effort to make ready for the event they so dearly loved. Wasting no time, the “GONE FISHING, CATCH YOU LATER, signs were left swaying gently on the doors to their empty rooms.

After all, Bois D’Arc Conservation Area, located 10 miles west of Springfield, not only was known for good fishing, but also had a wonderful history that evolved around the Osage orange trees that dominated the mostly open landscape. The Osage Indians that initially inhabited the region had used the sturdy limbs of these trees to make their bows: thus the French words bois d’ arc, meaning “arc of wood.” (Reason for town’s name Bois D’Arc) Based on this background alone, how could the fishing there not be out of this world?

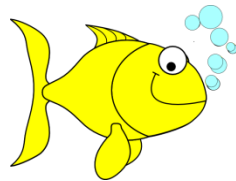
Therefore, traveling in their usual caravan of buses and pickup trucks filled to the max with wheelchairs and supplies, the happy group made its way along the beautiful Ozark roads toward this picturesque spot to enjoy a day of fishing. AND.....to think....that some individuals have the misconception that living in the nursing home during the winter season of life means sitting in wheelchairs all day with nothing to do! As a community member stated, “Those people have more fun than those of us living on the outside! Good for them! Maybe they will let me go along! JUST SAYING!”

Certainly, given the fact that this wonderful older generation was accustomed to sharing all they had with others, this fellow would be welcomed with open hearts and bushels of love!

*"SEE WHY WE
ARE SO
EXCITED?"*



LET THE GOOD TIMES ROLL!



ACTIVITY: FISHING

SUPPLIES NEEDED:

- ** Transportation (For both mobile residents and those in wheelchairs)**
- ** Van for transporting food supplies and personal hygiene products**
- ** Night crawlers (Walmart) Call ahead to make sure they are available.**
- ** Fishing Rods (If needed, try the local Conservation office.**
- **Lunch: Turkey Sandwiches, Fruit Cups, Chips, Water, Power Aide (Transported from facility)**
- ** Necessary medications**
- ** Restrooms that will accommodate individuals in wheelchairs**
- ** Watch weather report**
- ** Number of staff members to assist determined by residents' needs**



Experience has arrived!





CHOOSE YOUR SPOT!

“Now you would think the size of the night crawler would have brought in a larger bounty! After all, I slurped on my sucker and gave the big one plenty of time to notice my bait! I’ll not give up!”





**"I'LL DECLARE!
THE BIG FISH ATE
MY BAIT AND WENT
ON DOWN TO
SOMEONE ELSE'S
HOOK! WHAT'S A
BODY TO DO?"**

**"HOPE LELA
DOESN'T SEE THIS!
MAYBE SHE NEEDS
TO CHOOSE A
DIFFERENT FLAVOR
OF SUCKER!"**



JOY UNSPEAKABLE!



WORKED UP AN APPETITE!



*"THANKS FOR THE
OFFER, BUT I CAN
TAKE CARE OF THIS
FISH. AFTERALL, I
WAS A NURSE!"*

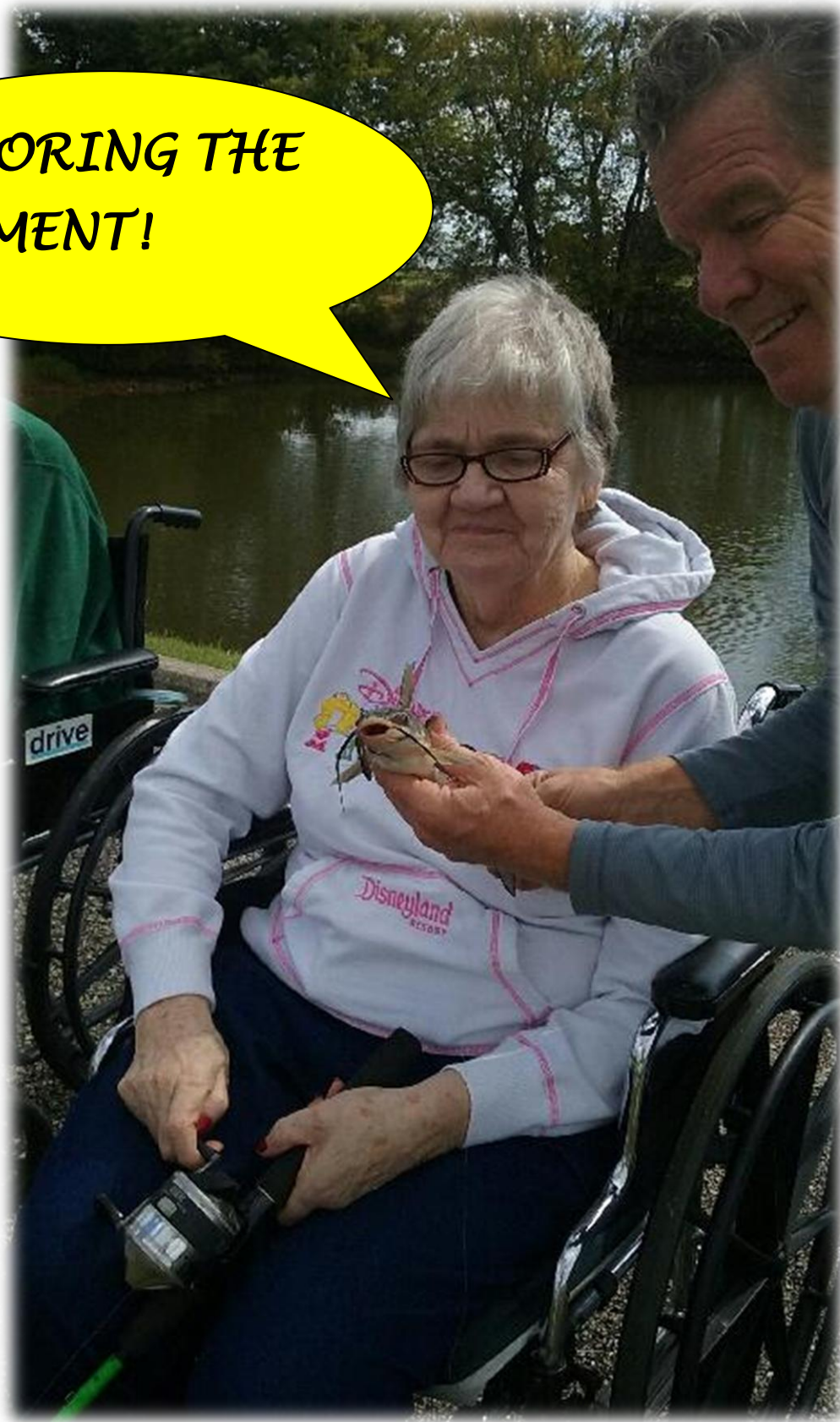
*"IT JUST DOESN'T
GET ANY BETTER
THAN THIS! THAT'S
WHAT A LIFETIME OF
FISHING WILL DO!"*





FRANK'S FISH!

*SAVORING THE
MOMENT!*





**"SLIPPERY
LITTLE DEVIL!"**

**"THESE ARE
THE
MOMENTS
TO
REMEMBER!"**



"REMEMBER THE FISH THAT GOT AWAY?"



**“WELL, IT
DIDN'T THIS
TIME!”**



WORDS OF WISDOM TO ALL YOU “YOUNGINS”:

***“KEEP DROWNING THOSE WORMS AND
SOON YOU’LL BE AS GOOD AS ALL OF US
OLD FOLKS! FISHING IS LIKE LIFE. YOU
JUST KEEP FISHING UNTIL YOU HOOK
YOUR DREAMS!”***

PROOF IS IN THE PUDDING

Do you remember at the beginning of this activity stating that experience had arrived when the residents took fishing rods in hand? Ladies and gentlemen, to prove that the “PROOF IS TRULY IN THE PUDDING”, please enjoy the photograph of a trophy that was awarded to Alma Dickens, one of the residents that enjoyed this special fishing trip.

The photograph (left) shows how she feels about fishing, even now.



ALMA DICKENS

AUGUST 1997

Held a state record for over

15 years

ENJOY WHAT YOU HAVE RATHER THAN DESIRING WHAT YOU DON'T HAVE.

ECCLESIASTES 6: 9



HAPPY 4TH OF JULY

"HURRAY FOR THE RED WHITE & BLUE!"



DECLARATION OF INDEPENDENCE

"We hold these truths to be self-evident that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness."

"Your generation fought and died for these rights! Let us celebrate our freedom together as proud Americans!"



ACTIVITY: 4th of July Celebration

SUPPLIES NEEDED:

***** Fountain Fireworks Only----- A ground device that emits showers of sparks several feet in the air. (No aerial)***

*****Radio with DVD---For playing patriotic music***

*****Area for fireworks display in wide open space (Be sure to approve with administrator)***

*****Maintenance staff will want to be involved***

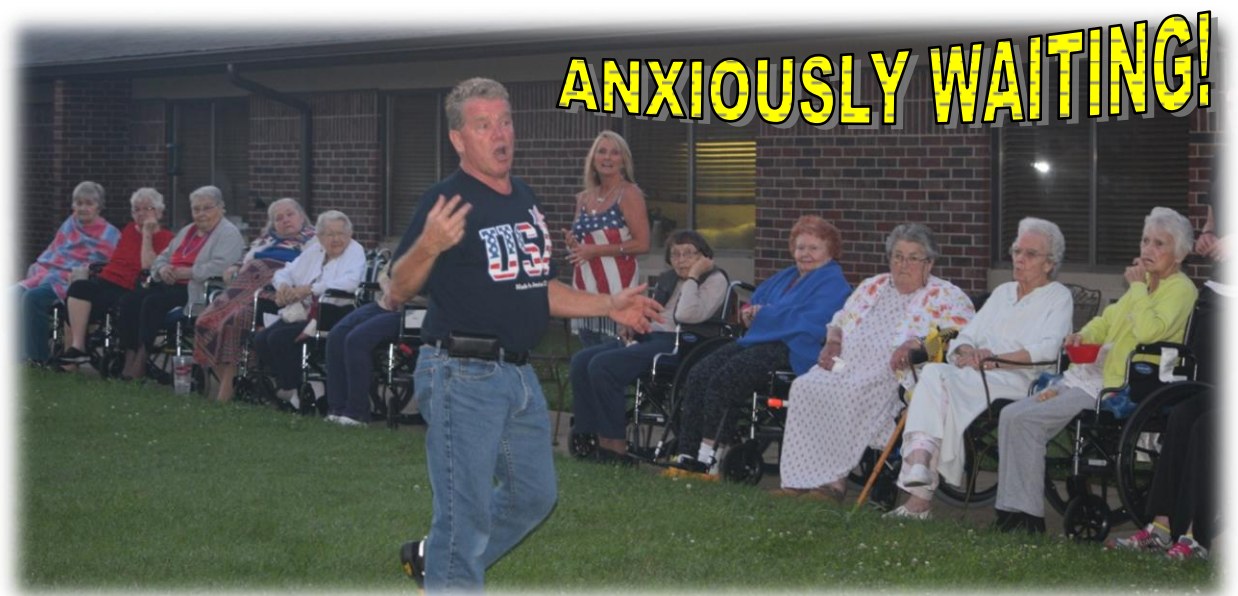
*****Safety glasses for those setting off fireworks***

*****Fire extinguisher at the ready***

*****Fire proof receptacle for holding used fireworks at the conclusion of the evening. (Always a good idea to wet the used fireworks down for safety purposes.)***

Directions:

Since it needed to be dark before the fireworks display, residents were dressed appropriately for outdoors. Some were ready for bed, using a robe for a shawl. Others simply wanted a wrap for warmth. They were gathered in the activity room prior to dark where they watched a movie and munched on popcorn. (This not only prepares them, but also keeps them occupied until time to be pushed outside. Otherwise, in their usual fashion, various ones will go back to their room.) When dark arrived, staff members assisted in pushing the residence quickly out onto the sidewalk that faced the fireworks display area. Have your music going to create an atmosphere of excitement.



“Are you finished, yet? Some of us have never seen a fireworks display!”



AND...NOW THE BIG SHOW!



BOOM!



"OH, MY!"

"My first fireworks!"



MINE, TOO!



WE'RE OLD PROS; SMOKE AND ALL!



WHO SAYS OLD
PEOPLE DON'T
HAVE FUN?

GRAMME

ROCKS!!!!!!!

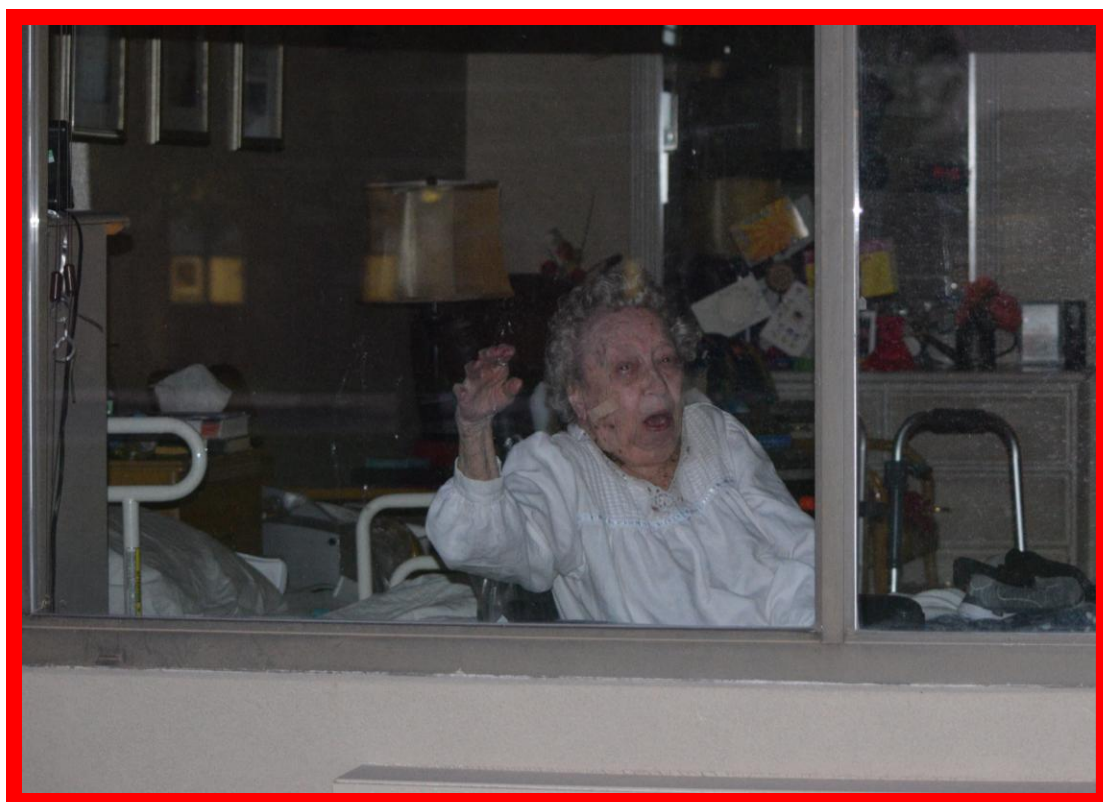




BRING IT ON!







WHAT A SHOW!

APPLAUSE! BRAVO!



SO MUCH
FUN, I'M
GOING TO
BE THE LAST
ONE IN!

"Like cold water to a thirsty soul, so is good news from a far country."

Proverbs 25: 25



SPRINKLER CLUB



"IN THE GOOD OLD SUMMER TIME"

Activity: Sprinkler Club

Supplies Needed:

*****Lawn Sprinkler***

*****Happy Hearts***

*****Residents & Staff***



Directions:

In the good old summer time when the fish are "jumpin", thermometers rise, and hearts long for days gone by, the magic moment has arrived to bring out the child again. What person fails to recall the thrill of running through the sprinkler while shrieking with laughter? Just ask! Watch residents eyes sparkle and lips break out into an enormous smile! Oh, to feel the rush of excitement as the cold drops of water soak the hot, sweaty body! **Tis Unadulterated...Pure....JOY!**

One summer while the residents were sitting out on the patio, a wheelchair bound individual without the ability to speak, but possessing a mischievous streak a mile long, repeatedly gestured toward the sprinkler and then to her chest. Recognizing the child within desired to come out and play, Melody, the Assistant Activity Director asked, "Are you wanting to be pushed through the sprinkler?" Answering with an enormous grin accompanied by one thumb up, there was no doubt as to the resident's desire.

Thus, without hesitation, action was taken immediately by the astute staff member, Melody Childers. Placing the ordinary sprinkler on the grass so that it would hit the sidewalk as pictured above, the resident was pushed back and forth through the cool sparkling water; thus, the birth of the SPRINKLER CLUB! When other residents witnessed the miracle, they demanded a share of the fun, too.

Sprinkler Club Rule:

(If a resident was pushed back and forth through the water, he/she had fulfilled the requirement for being a member of the SPRINKLER CLUB; thus, the list at the conclusion.)

***Enjoy the following photographs that include not only happy residents, but various staff members joining in on the fun. (This is a holistic approach to health care, folks!) Please note the facial expressions and the comments below each picture as testimonials.



KICK OFF TIME!

The troops are challenged by Activity Director Tim Trafford to become a child once again by joining in on the cool refreshing time and letting their spirits soar. His facial expression lets you know clearly that everyone of them is being playfully invited to become a member of the Sprinkler Club. Teasing and joking, he causes excitement and anticipation to rapidly build within the group; so much that he has to establish the order in which they will participate. The group is all fired up! Kick Off Time Has Almost Arrived! No bathing suits needed! Just come as you are; wheelchairs and all!

LET THE FUN BEGIN!

***PRESIDENT SANDRA
PUSHED BY TIM
TRAFFORD, ACTIVITY
DIRECTOR!***





IS GARRY WET OR..... IS IT A MIRAGE?



DUCK SHIRLEY, YOU'LL GET WET!

WHO HAS MORE FUN?

NO FOLKS, YOUR EYES ARE JUST FINE! IT IS KEITH, THE ADMINISTRATOR JOINING IN ON THE FUN! DO YOU THINK HE NEEDS WINDSHIELD WIPERS AS HE PUSHES FRIEDA THROUGH THE COOL REFRESHING WATER?





*HOLD ON MURLENE, MELODY
WILL COME THROUGH!*



*GRR...RRR...EAT FUN
ISN'T IT WILMA?*



*JUST A WALK IN THE PARK
FOR EDNA!*



*SINGING IN THE RAIN BY SYLVIA
& BRIAN (SOCIAL SERVICES)!*



WORLD CLASS SURFERS!

TONY AND MELODY "RIDIN" THOSE
GIANT DROPS OF WATER!
GO "GET-UM", CHAMP!



BRIAN, IF YOU DID
NOT GET SOAKED
BEFORE, YOU WILL
NOW! WANDA IS
GOING TO ENJOY EVERY
DROP THAT COMES HER
WAY! GRIN AND BEAR
IT!



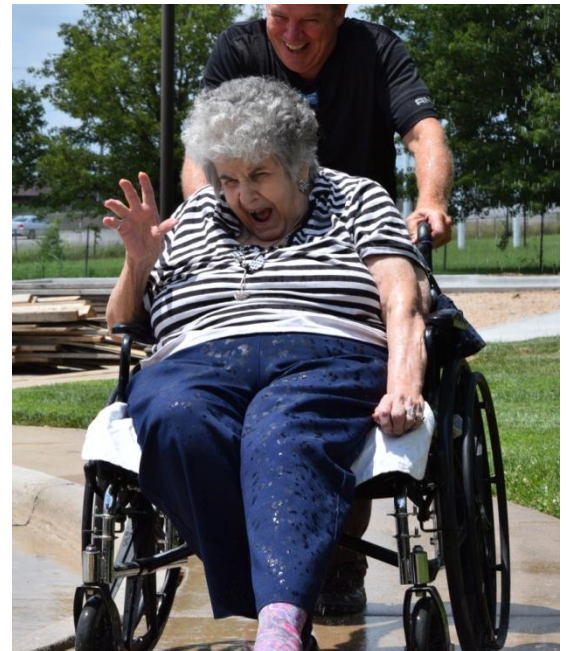
WELL I DO DECLARE! WHO WOULD
HAVE THOUGHT THAT WATER IS
WET?



HAT ON! FEET UP! I AM
REALLY PSYCHED UP FOR
THIS!



WHAT DO YOU NOT UNDERSTAND,
LELA, ABOUT THE WORD WAIT?



THOSE WHO LACK PATIENCE
GET A GOOD SOAKING!



*I FACE ADVERSITY BY MEETING
IT HEAD ON!*



*WHEN I SAY STOP, JAMES,
PARK IT FOR A BIT!*



DEBRA IS FINISHED AND DRIED OFF!

NOW THAT WAS GOOD!!!

POPCYCLES ANYONE?





SPRINKLER CLUB



SANDRA



DEBRA



GARRY



ALMA

SHIRLEY

FREDA

WANDA

UNA



WILMA



EDNA

TONY

SYLVIA

LELA



MAXINE



BESSIE



STAFF

TIM

MELODY

ALLISON

JAMES

BRIAN

KEITH



WE WALK BY FAITH NOT BY SIGHT.

2 Corinthians 5:7



WALK



“GO THE EXTRA MILE!”

BACKGROUND:

At the close of day when laboring hands were finally at rest, the sweet old folks that now reside in health care facilities were peacefully reclining in their front porch swings listening to the melodious call of the whippoorwill repeatedly announcing the approach of dusk. Even though storms were continuously sweeping over the mountains of life, this generation was unshaken by the impetuous winds of time because of their strong belief in God and support from their neighbors that surrounded them with love. In the face of the tempests that were hurling their force through acts that brought on war among nations, or facing hardships during what was known as “The Great Depression, their hope in a better tomorrow remained unshaken due to their faith in God and one another.

Consequently, even though at times, the coffers were almost down to nothing but crumbs, with the bottom ominously staring back, the neighbors that had “a little bit more” chipped in, not allowing anyone to go hungry. Thus, if a raging storm caused a neighbor’s barn to collapse, straw hats worn by caring neighbors could be seen on the distant horizon as the men folk, grasping heavy tool chests, made their way toward the disaster. Women, on the other hand, walked together in a group laden with baskets of food to provide sustenance for young and old alike. Then when a leak in the roof of a church allowed the cold rain into God’s house, no matter the denomination, folks gathered from far and wide carrying bundles of shingles, nails and a hammer.

Growing up during this time meant never bothering to lock the front door or worrying over worldly goods. When adversities had been the most severe, this generation had triumphed victoriously. These were the days.....the good old days....when the peace of God that passes all understanding always reined victorious because folks truly loved their neighbors as themselves.

Even now, there is simply nothing like having a neighbor that will “go the extra mile”; a generous act that was gallantly demonstrated on a beautiful fall day during the first week of October, 2016. As a way of participating in the program called “WALK” recommended by Aegis Therapies, two very resourceful activity directors, Tim Trafford and Melody Childers, found a way for wheelchair bound residents to show the community at large how much they supported wellness. After all, is there anything that lifts the spirit more than a walk in the park on a sunny fall day?

Thus, wasting no time, they were in contact with Principal Jeanne at Catholic High School requesting assistance toward making this program a reality for the residents. Fully realizing how dedicated this institution was in teaching their student body about the value of community service, activity directors, Tim and Melody, were both confident the idea would work. After all, it was not the first time the health care facility and their neighbor Catholic High School had cooperated together by combining generations to not only accomplish a task, but also have a lot of fun in the process. The bottom line is simply that sometimes, as human beings, we are all called to serve as another’s arms and legs. After all, isn’t that what God meant when he said, “Love your neighbor as yourself”?

Ladies and gentlemen, the bottom line is that God created a beautiful world filled with people of all races and colors. Additionally, he was fully aware that young people needed the wisdom of those that had already walked the crooked trails and survived. After all, how comforting is it, when facing the trials and tribulations of life, to observe an individual that has already been through the same fire and is alive to tell about it? This concept, plus, simply realizing diversity is a marvelous thing, is how God’s people endure the hardships on their journey in this complex world.

As you view the beautiful photographs that follow, you are invited to relish the sweet expressions on the faces of those involved. See if you can distinguish who is having more fun.

ACTIVITY: Walk (With Aegis Therapies)

SUPPLIES NEEDED:

**** Individuals to push wheelchairs (Highly recommend outside community members) If you have access to young people, even better.**

****Plan the route for walking. (This group simply walked around the community that was quiet with little traffic.**

****Ice Cream on a stick and water are great as a reward for a job well done. It also extends the conversations between the young and older generations. In addition, you will be given the opportunity of hearing the comments between the participants expressing their enjoyment of the experience.**



SHOTGUN START!



***SETTING RECORDS
FILLED WITH FUN AND
LAUGHTER, THE WALK
BEGINS!***

LEADING THE PACK....



KEITH!



**WALKER
LES!
DRESSED
FOR THE
OCCASION!**



**WHAT A
DAY!**



*SMILING ALLOWED FROM BOTH
THE YOUNG AND THE OLD!*



RETURN OF THE CONQUERING HEROS!



GOOD THINGS IN STORE FOR THOSE WHO WAIT!



LIKE.....ICE CREAM!



YUMMY!



DELICIOUS!

*“YOU TWO FELLOWS FEEL FREE TO
SEND ME A CARD AND I WILL
ANSWER YOU RIGHT BACK! THAT
IS FOR SURE!”*

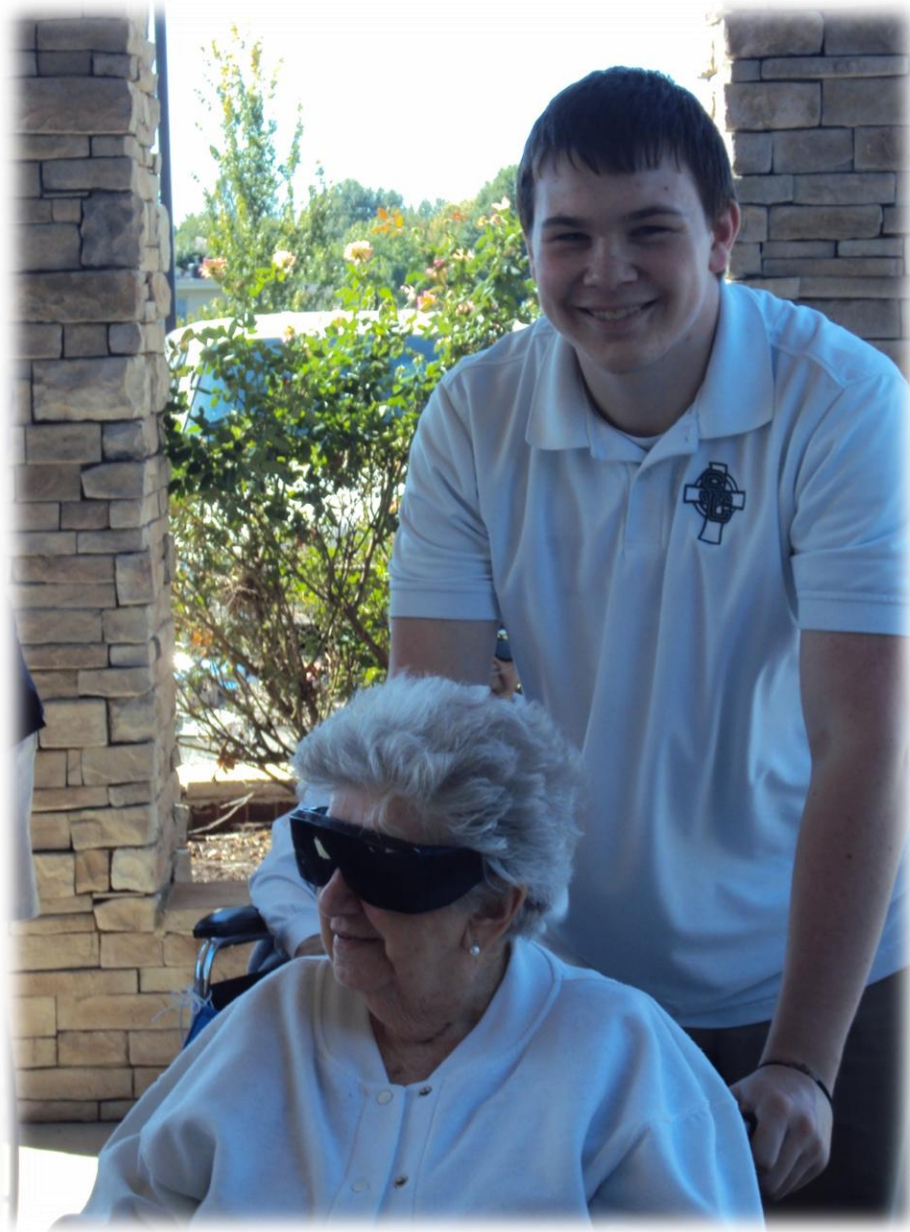


“SO MUCH GOING ON!”





***“WHAT A FINE WALK WE HAD
TOGETHER!”***



***SMILES THE ENTIRE TIME BETWEEN
THESE TWO FRIENDS!***

**"I'VE BEEN
TOLD THAT I'M
A RISK TAKER!
DID I
INFLUENCE
YOU IN THIS
DIRECTION
ON OUR
WALK?"**



**COME BACK AGAIN
REAL SOON! I HAVE
SO MUCH MORE TO
SAY TO YOU!**

WALK!



"A joyful heart is good medicine, but a crushed spirit dries up the bones."

Proverbs 17: 22



CHILD'S PLAY



"GROWING UP IS HIGHLY OVERRATED!"

Activity: Squirt Gun Fun

Supplies Needed:

****** *Cheap plastic squirt guns for each resident, plus two for activity directors.*

****** *Plastic containers filled with water for loading toy guns. (Place to side on table.)*

Directions: On a warm sunny day, wheel the residents to an outside patio and form a semi-circle in front of the door. Using your cell phone, call a **"friendly"** staff member to visit the group. When the individual joins the waiting residents, the activity director calls out, "Ready! Aim! Fire!" (Staff members called at this facility were: Administrator, Head of Nursing, Therapy members, nurses aids)

Goal: Just because the residents are considered to be in the winter season of life does not mean the child inside ceases to exist. It is critical for the activity director, assistant activity director, and volunteers to be engaged. The residents will follow their example. In the photographs included in this activity, please note how crazy-funny the activity directors are acting. It will give a signal to the residents to be free and interact. If this is done, the air around will be filled with gurgling laughter and noise!

***Keith, the administrator is
invited first!***

"READY? AIM! FIRE!" Said the Activity

Director dressed in blue.





"GOTCHA!"



*HEAD OF
NURSING
IS NEXT!*

Garry gets right into it! Don't let Shirley fool you.

She just looks innocent!



"MOM, HE STARTED IT!"



Folks, this is engagement! Activity Director Tim immediately came out firing! Look at the reaction of the residents! Although Assistant Activity Director Melody, dressed in orange, is holding her little green gun at her hip, she has been a part of the entire scene.



VICTIM AFTER VICTIM!

So many victims, it was time to reload!



Look! The outlaw is on his cell phone calling the next victim as another is getting drenched! Who will stop him?



**Busted!
Sandra
had the
last say!
It's over!**



"IS NOT WISDOM FOUND AMONG THE AGED? DOES NOT LONG LIFE BRING UNDERSTANDING?"

JOB 12:12



WORDS OF WISDOM



*"WISE MEN SPEAK BECAUSE THEY HAVE
SOMETHING TO SAY; FOOLS BECAUSE
THEY HAVE TO SAY SOMETHING."~PLATO*

As we bring this collection to a close, it is important to focus on the words of wisdom the elderly have to offer society. Thus, just because they are in the winter season of life and now are in need of assistance with their physical bodies, does not mean an inability to solve problems follows suit.

At this point on their earthly journey, they are focused on the present and are not encumbered by the hardships society inflicts on those living in the world at large. Therefore, when asked an opinion on an event or situation, their thinking is razor sharp; so much that it is startling.

Consequently, since many of you that are reading this collection are still functioning in the outside community, the writer wanted to close by offering to you wisdom from the elderly that you will want to pass on from generation to generation; thoughts that will be more valuable than gold for your entire family unit.

QUESTION: "WHAT WORDS OF WISDOM WOULD YOU LIKE TO PASS ON TO BOTH ADULTS AND YOUNG PEOPLE?"



"Always remember to forgive others even if you are the one that has been wronged. It is hard, but very necessary for a peaceful life."



*"Always remember to look
to the Lord for your
guidance and he will
never fail you."*



*"Never let anyone
discourage you from
achieving your dreams;
no matter your age. You
can do it!"*



"I am not afraid of death because Jesus has it covered for me. I just don't look forward to the process itself."



"There is no use to complain because it won't change anything."



*“As long as you
have breath, God
has purpose for
your life.”*



*“At my age, I
don’t think
about the past, I
just keep moving
forward.”*



*"Always be
kind to
little
children;
for they are
precious."*



*"Always
cherish your
friends."*



*"Be honest and
work hard!"*

*"Don't be afraid
of adventure and
life will be more
rewarding."*





*"Having a
positive outlook
on life makes
things a lot better
for you."*



*"Remember
to read to
older
people like
us. We love
to hear
your voice."*



“There is nothing like being hugged and touched by younger people.”



“Even though we graduated in 1939, we still have the same spirit and enjoy leading the parade of life. Just give us a chance!”



"People don't go to nursing homes to die. They go there to live."



Payton Smyer, a minister for over 50 years, and the writer's father delivers these final words of wisdom by stating: "THE ONLY THING YOU TAKE WITH YOU WHEN YOU EXIT THIS WORLD IS WHAT YOU LEAVE BEHIND; A PATH FOR OTHERS TO FOLLOW PAVED WITH MERCY, LOVE, AND GRACE; TRULY THE REFLECTION OF JESUS"