



THE IADA NEWS

Newsletter of the Indiana Activity Directors Association
Summer Quarter, 2013

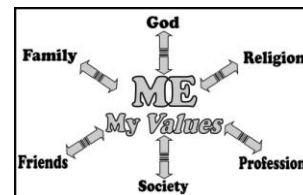
Tools for Meaningful Activities

By Brian Daniels, editor

When it comes to Activities, two things Johnny Rowlette drove home to me in the Activity Directors Course (many moons ago) were the words “**purposeful**” and “**meaningful**.” I think about those words every day when I go to work. What is the purpose of what I’m doing? Will the people who live at Timbercrest find it meaningful?

Here are some helpful tools I’ve come up with for keeping Activities full of purpose and meaning:

1) My own sense of meaning and purpose. I don’t mean to be philosophical first thing, but it’s true: if I don’t have a sense of meaning and purpose, how on earth can I communicate it to people who live where I work? Personally, I find meaning in my relationship with God and my wife and family; I find serving others gives me a great sense of purpose. How about you?



2) Stop using labels. This is a hard one. Several years ago I decided, on purpose, to quit labeling people, including people who live at Timbercrest. I rarely call them “residents” anymore, because it became too easy to objectify them. **If I know them by name, I can also know what gives them purpose and meaning, too.** In the broader world, I use labels for people as little as possible. It’s one thing to oppose “liberals,” but it’s entirely another to oppose “Steve,” my friend who also happens to be liberal. See the difference? No one thinks alike. You may have 50 farmers in your facility, but they won’t see everything the same way. It’s true for other labels, too. **Don’t label: get to know people.**



3) Use the QIS interview and activity assessment to your advantage.

Everyone knows the extra time and work the QIS interviews take, *but use them to your advantage*; the same with activity assessments. Don’t look at them as a chore – look at them as an opportunity to get to know someone better. I know a woman who likes to joke: “My list of friends is full and I’m not taking any applications.” We may not be able to be everyone’s friend, but we can certainly get to know them better through these tools.



4) Surveys and focus groups. Don’t roll your eyes: seriously, survey people who live in the facility regularly. When they get a piece of paper, they can communicate their real thoughts (as they’re able). They may say to your face, “I can’t wait to play Bingo,” but on an anonymous survey they may say, “I wish there were something to do besides Bingo.” Try focus groups, also. Sit down with specific groups and ask them questions: groups like younger people living there, local



people, people who have no family, recently widowed, etc. Any opportunity to allow voices to be heard and acted on will be worth the effort.

5) Participate in the wider community. Does your town have a **festival**?

What can you do to be involved with that festival – *not what Marketing does, giving out fans or yard sticks* – but things that will involve people?

Can a **Boy Scout troop** host their dunk tank at your place? How about a Church having their **food booth** in your parking lot? Is there a way to get people to the parade? Etc. Too often people feel isolated when they move to a facility. Breaking down that isolation and involving the wider community can help add meaning and purpose. The same goes

throughout the year. Invite the high school **cheerleaders** to do a demonstration at your place. Let the **Church women** have their meeting

in your activity room once in a while... and invite people who live there to the meeting. How about **hosting Lions or Rotary or Optimist** – not for Marketing purposes, but to provide an opportunity for people to be involved. *See the article by Melissa Serry of Hamilton Grove to see this in action!*

6) Finally, **ask yourself if you want to do the things you're doing when you move in.** Don't say,

"I'm never living here." Instead, *plan on it.* Even if you never live in long-term care, you need to think that way. **As you're planning your activities, ask yourself, "Is this the kind of thing I want to do when I move in?"** It can change your way working!



A Fun Song – submitted by a person who lives at Timbercrest

Tune: The Battle Hymn of the Republic

They call us "Senior Citizens," the "elderly," the "old;"

They seem to think the tale of life

For us has all been told.

But though the parts are wearing out

And hair is growing thin,

We're never giving in!

Refrain Oh, we're still alive and singing! Oh, we're still alive and singing!

Oh, we're still alive and singing! And we're never giving in!

We've served around the world

To improve humanity

We've worked and raised our families

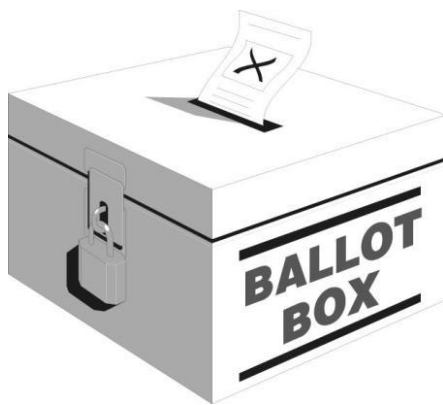
And now our time is free

With doctor calls and breaking falls

New hips, new teeth, new knees,

"What's that? Speak louder please!

Refrain



It's ELECTION Season

It is time again for nominations of Executive Board officers. **The following persons have already agreed to run for office, but all positions are open for nominating until Thursday August 15, 2013, and during elections at the annual business meeting.**

Please send nominations to Erica Thomas IADA State Secretary at ericadthomas@yahoo.com . The slate of officers will then be sent with the dates for requesting and voting absentee.

President	Barb Eckert
1 st Vice President Membership	Toni Jacobsma
2 nd Vice President Education	Terri Dickus
Secretary	Erica Thomas
Treasurer	Sheila Daws
Co-Treasurer	Dietlind Woods

Please remember that district elections must be held prior to the Fall Convention
(October 2-4 – at Nashville, Indiana)



Accreditation Renewals

The following members have accreditation renewals due in 2013:

Bateman, Diana	Benson, Amanda	Bradley, Janice
Dager, April	Daniels, Brian	Dearth, Glenda
Henderson, Madison	Hladek, Janet	Holme, Tonya
Jacobsma, Toni	Lindzy, Jim	Rowe, Glenda
Shenefield, Marianne	Daws-Study, Sheila	Waltman, Shari
Woods, Dietlind	Zahrn, Judy	

IDEAS!

One Activity Director was tired of pre-cut foam crafts from Oriental Trading Co. What did she do? She turned to Pinterest. Not everything on Pinterest is suitable, but there are plenty of new, up-to-date, and easy craft ideas on Pinterest. There are do-it-yourself ideas. There are things that are current. Try Pinterest. You have to sign up, but you'll get more ideas than you can handle! ☺

From the Desk of Barb Eckert

IADA President

As president of this professional organization I feel it is important that I keep you informed. Here is some information:

- Over the years IADA has provided name tags but many of you wear your company name tag and never use the plastic name tags; in addition, some of you don't like the plastic name tags. **This upcoming fall conference we ask that you wear you facility name tag.**
- **IADA now accepts credit cards.** Credit cards can be used for membership fees as well as conference fees. For more information please call our state Treasurer, Sheila Daws, at 812-545-1695.
- **IADA will have a 40 year celebration in Fall 2014.** If you are interested in helping plan this birthday celebration please contact Barb Eckert at abca@embarqmail.com
- The board has had to make some very difficult decisions. As humans we DO NOT like change so it was very hard for the board. **Spring Conference 2014** will be a one day workshop in the Indianapolis area. Several of you requested to go to the Drury Inn and we heard you so Terri is working with the Drury Inn and has also contacted some national speakers and is waiting on replies with topics and their charges and expenses. *We will keep you informed on this.*

Just a reminder that district nominations and elections must be held prior to the fall conference!

Are you helping your district grow? Can you hold an office within your district? Can you hold an office on the state level? All offices are up for election. Is your district providing the quality education that each AD needs to serve the residents? Ask yourself, have I made a phone call to encourage and invite someone new (maybe it is someone that has been at the facility for a long time but doesn't attend the educational opportunities), could I send an email or could I text?

The IADA website will be getting a new look. We are presently experiencing issues with our current website that we are not able to put things like attachments on our website. Even when we type something and it looks normal once we save it and close out to look at the website the font size is larger or it has centered itself on the page which has been very frustrating. The website is being rebuilt. We will have the ability to post pictures. Some other options of our website that we would like to offer in the future are being able to pay for membership or conference fees, looking into webinars, etc. Please be patient with us as we try to move forward. Remember, always with construction things slow down but after construction it is back up to speed. Thanks for your understanding.

IADA has lapel pins and will be available at the conference for \$2.00 each.



From the Education Desk

Terri Dickus, Vice President for Education

Believe it or not - **it's time to start thinking about the Fall Conference!**

Once again Fall Conference will be at **The Season's Lodge and Conference Center** in beautiful Nashville, Indiana.

Save these dates: October 2, 3 & 4. Register and make your reservations early.

We have a great session line-up with wonderful speakers. **John Collins** comes to us from Florida. He is **an Activity Consultant**, has served on the board of NCCAP and has earned several awards. **Amanda Benson** (one of our own) is Activity Director at The Pointe, Hamilton Grove in New Carlisle, IN. **If you have not had the opportunity to witness one of her science programs you are in for a treat.**

I promise you will leave this conference feeling refreshed and excited about your chosen profession.

See you there!

Terri Dickus

District 2 Moves Outside the Box

The Fort Wayne-Allen County Cancer Services hosted District 2 members in May and helped them see ways that Cancer Services can help give meaning and purpose to people who live in long-term care. The Service Center provides facilities for support groups, training, classes and education for people and families dealing with cancer.

Two highlights of the tour were the Wig Room and the Supply Room. The Wig Room provides free wigs for women who have lost their hair due to cancer treatments. A very large room with wigs floor to ceiling in every style and color imaginable are available for those who need them. Personal styling and consultation is available. The Supply Room has materials available for patients at no charge, including bed pads, wheel chairs and walkers, personal care items, and a myriad of specialized devices to make life better.

In addition to the May meeting, Cindy Bradshaw was the featured speaker at the District's annual Summer Seminar, hosted by Lutheran Life Villages in Fort Wayne. Cindy focused her teaching on documentation, left brain-right brain thinking, and innovative ways to get residents involved. Special thanks are due to Glenda Rowe, district education chair, and the Summer Seminar Committee, and to the staff and residents of Lutheran Life Villages. Thanks!



It's that time of year again for **fairs and festivals**. Every time you open the newspaper, listen to the radio or turn on the television there is another reminder for a county fair or festival of sorts.

Now take a trip down memory lane. Think about the things you couldn't wait to do at those fairs and festivals. Did you follow your nose to the food vendors for the hot dogs, elephant ears or sno-cones? Or did you head for the mid-way to take a ride on the Merry-Go-Round, Ferris Wheel or Tilt-A-Whirl? Whatever attraction you preferred, it is guaranteed that many great memories were made.

For many Americans with physical or mental handicaps those are memories they may never be able to make.

The residents of Hamilton Grove were invited to attend the Breman Firemen's Festival on Wednesday, July 3. The Breman Fire Department sets aside a couple of hours one day during their festival to give back to the community in a huge way. They invite facilities that provide care to people with special needs and nursing homes, assisted living facilities. Everyone who attended the festival was treated to hot dogs, soda, sno-cones and rides free of charge. The fire department assisted those that were not able to get on a ride by their own physical power, and also to assist with serving the food.

Some of our Residents braved the rides, while others enjoyed the chance to reminisce about some of their own childhood experiences. It was a great experience to see the joy and amazement not only on the faces of our

Residents but the faces of all of those in attendance. It was a lot of work for the fire department and their volunteers but from the looks on their faces they enjoyed providing this opportunity to others.

The staff and Residents at Hamilton Grove would like to extend our gratitude to the Breman Fire Department for providing such a unique experience for our seniors and for all of their services to the community to provide life saving support in times of need.

Written by Melissa Serry , Activity Department Hamilton Grove