

VADA News

*Newsletter and Journal of the Indiana Activity Directors Association
Summer Quarter 2008*

Have You Taken Your Vacation Yet?

By Brian Daniels, IADA News Editor

It seems that many Activity Directors have a hard time differentiating between work time and recreation time. Even on days off, we spend time looking at things that “might be fun for the residents.” Here are a few questions to ask yourself:

- Have you been out to eat with your spouse and said to yourself, “You know, the residents would love coming here”?
- Has there been a group perform at your Church or social club and you’ve thought, “I wonder how much it would cost to bring them to my facility?”
- Have you ever asked your Mary Kay-Tupperware-Longaberger Basket-Arbonne-purse party lady to come have a party in your facility?
- Have you ever day dreamed about a way to charter a bus to take resident to Branson?

If you’ve answered yes to any of these, it’s time to take a vacation. Maybe a day-to-day vacation.

Burn out happens when workers in any field – not just activities – feel as if they’re never away from their jobs. They take work-related calls at home. They shop or do errands for work off the clock. Their identity becomes so wrapped up in their career, that they don’t remember who they are.

Activity directors are particularly susceptible to this because **we’re ‘nice people’**. We’re not in it for the money, we’re in it for the benefit of the people who live in our facilities. With tight budgets and limited resources, we make birthdays special, parties happen, spend valuable time with residents one-on-one, and find time to document it all and attend care plan meetings. But we do it all because we’re nice.

Nice isn’t bad: in fact, people who are not nice won’t make it in Activities. However, in order to be effective, professional Activity Directors, **we need to take time for ourselves**. Here are seven ways to do this:

- 1) **Take your vacation time.** This may sound odd, but many of us don’t. If you get two weeks vacation, take it. Don’t save your days and take the extra pay. You need time away from your facility. You need time with your family and friends. You need time to get re-grounded in who you are.
- 2) **Take your vacation time.** Don’t use your vacation time to go to Conferences. That’s work. Does your DON use her vacation time to go to Nursing conferences? Does your administrator use her vacation time to attend IAHSSA or IHCA meetings? Then why should you use your vacation time for your professional training, certification, and continuing education?
- 3) **Find a mini-vacation spot.** Maybe you can’t take a full week’s vacation, but you need a day away. Where do you like to go? This may sound odd, but I like to go paint pottery. It releases my creative energy. It’s fairly inexpensive. My wife likes what I do and bring home. Whatever it is you need to do, find a place where you can re-group. (I’ll show you some pottery at Fall Conference in October. 😊)
- 4) **Re-sort your priorities.** One of the things we do because we’re good natured and want to help everybody is that we get confused about “who’s most important.” As important as the people we work with are, they’re not worth leaving your child at the sitter for an extra hour or two. We all love the



people we work with, but none are more important than your spouse or family. Find some space in your office or cubicle to put up pictures of the people in your life who are most important and remind yourself (and them) of their importance every day.

- 5) **Have a weekly Sabbath.** In my opinion, going to Church and taking the day off on a Sunday are a top shelf priority. Whether or not you're religious, you need a Sabbath. We were not made to work 24/7. We have a housekeeper where I work who has chosen to work every weekend: it's the schedule she wanted. So she has a 'Sabbath' every Monday. That's her day. No interruptions, no obligations. It's her time. You should find a way to have a weekly day of rest.
- 6) **Quit making excuses for working too much.** If you aren't there, do you think the residents won't have anything to do? Sure they need you, but they need you to be in top form. And they'll get along fine while you're away. Who's responsible for activities when you're not there? Find out who is and put them on it so you can feel confident that when you're at home you can really be at home.
- 7) **Plan your time away or vacation in advance . . .**or you probably won't take it. Maybe you're just going to take a long weekend to visit your parents or go to Victory Field with some friends or take your kids to Indiana Beach. But make plans to do it. Make it special by looking forward to it. When we used to go visit my late mother in Findlay, there was a Chinese restaurant there that made Chicken Almond Ding in a way we've never had any other place. Of course, we planned to see my Mom while we were there, but we really liked going out to that Chinese place!

Summer is vacation season. Give your self a break. Kick off your shoes, turn off your cell phone and get away from it all. You'll be glad you did!

News from Around the Districts

District 1 – Northwest – Judy Zahrn, AD, reporting

District 1 is still having fun meetings. May 20th was the last meeting in Culver with Miller's Merry Manor as the host. We honored our Administrators and each received a gift. Brad Harris, CPA, CNA from Miller's Merry Manor, Corporate was the guest speaker doing Leadership Part II. This was very informative and a fun lesson.

District 1 currently has 42 members. July 15th will be our Workshop. There will be 3 speakers along with 6 vendors. The Workshop will be held in Valparaiso with Terri Dickus as hostess at St. Agnes Adult Day Services. District 1 continues to recruit new members. On July 15th nominations for new District Officers will take place. Have a safe and fun filled summer.

District 2 – Northeast – Brian Daniels, AD, reporting

So and so from the Bowen Center presenting a program on "Depression and Aging" at our July 15 meeting at Lutheran Homes of Fort Wayne.

District 3 – Central North – Judith Hahn, AD, reporting

Hope one and all had a great 4th. Our next meeting for our District will be July 18th 2008 at St. Anthony Health Care here in Layette at 9:00am. God Bless.

District 8 – South East – Angela M. Goode, AD, reporting

August 15th, we will be going to Riveroaks in Princeton at 12 noon. Our topic " Depression in the Elderly." We are getting ready for our Fall Fling on September 4th at SWIRCA from 2-4. We have a wonderful turn out and we are expecting around 240 people again at this event. All area nursing homes and retirement villages are invited. We have music and refreshments. Lots of fun for all. On October 17th our meeting is at the Good Samaritan Home in Evansville our topic "Music Therapy."

Angela is now at Transcendent Healthcare, 725 S. 2nd Street, Boonville, In 47601, (812)897-1375

What's Going On Around the State?

From Dietlind Woods, Plainfield Health Care, Plainfield:

The one thing that has been going on at my facility is that we bought a **Wii game** and the residents enjoy playing golf and bowling on it. As every year they have also been working on **projects to enter in the Hendricks County 4-H fair**. We do real well every year and have taken lots of first and second place ribbons and some champion ones.

From Linda Ogram, Towne House Retirement Community, Fort Wayne:

Here at Towne House we have a tradition for Father's Day. The day before Father's Day I invite the **Old Fort Model A Club** to park their vintage cars together in a side parking lot and have breakfast on the patio. While the drivers are eating breakfast, I bring out all the residents to see the cars and get their pictures taken with their favorite. Many family members come and push their resident's wheelchair amongst the cars and reminisce. I get lots of great pictures of residents who don't come outdoors for activities but they will come out for old cars. I have had the **Hot Rod Association** in for other occasions. If you feed the drivers and give them a place separate so they can fellowship with each other, they will usually agree to come.

From Linda Suba, Golden Living Brookview, Indianapolis:

At our facility, Golden Living Brookview, we have a **fireworks display** in the parking lot of the facility on July 2 of this year. We try and do this every year for the residents. During the summer months we take our residents **fishing at a private home lake** in Trafagar at least once a month. We also take our residents to **concert on the canal downtown** at the Historical Society during the day for a concert at least once a month.

From Judith Hahn, Indiana Veterans Home, Battle Ground:

Our facility on July the 4th had a **Hog Roast** for all the residents and their families and the working stay as well as on Saturday July 5th. We took two bus loads of residents including w/c residents up to the Madam Carroll for the Boat Parade that gave honor to the world War II residents. The public was invited with their boats dressed out for the Honor and we all paraded down the lake. They had live music on the boat for the resident and families to enjoy and dance to. We provided the lunch for all and had a great time with all the ones that were a part of this special day for the veterans that had severed our great country.

From Leah Bontrager, Wesley Manor, Frankfort:

I took a group of our residents to **Willowfield Lavender Farm** close to Mooresville, Indiana after seeing it advertised in Midwest Living magazine. The lavender farm is 7 years old and the only one in Indiana. Besides a variety of lavender being grown on the grounds, there are areas where individuals may pick their own lavender. **A gift shop sells lavender plants, dried lavender, shortbread cookies w/lavender, cards with pictures of the lavender farm, lavender pottery, teas, baskets handcrafted in Indiana**, as well as other lavender products. When we arrived we sat on the porch where we were served ice tea with lavender, peppermint and spearmint in it.

One of the owners spent approximately 40 minutes talking *Willowfield Lavender Farm, near Mooresville* about the history and benefits of lavender as well as the story behind their farm. We then had an opportunity to explore the grounds, including the home (made completely from old barn wood) of the couple who owns the farm. The residents truly enjoyed it. It's such a lovely place and the owners are very gracious. Our folks are still talking about the trip. (We ate at Gray's Cafeteria for lunch.) **See pictures of this trip throughout the newsletter!**



From Jack Cronin, Franklin United Methodist Community, Franklin:

We are having a **Luau party** outside under our veranda on August 23rd in the **evening with a DJ and tropical foods**. We have around 600 residents including 170 comprehensive care residents. We'll probably have around 200 at the party including around 50 from comprehensive care.

Last month we took a group of around 30 residents, including 15 health Center/Special Care Unit residents to an **Indianapolis Indians baseball game** in the evening. It was a beautiful evening.

For **Independence Day** every year for the past 5 years we have had **an indoor and an outdoor parade**. The indoor parade consists of around 20 residents from our health center in their decorated wheelchairs and walkers and they parade with staff and volunteers through the 5 comprehensive care units with patriotic music blaring. Then just as the indoor parade ends we take the 20 residents from the indoor parade and go outside to watch the outside parade which consists of a Franklin Fire Dept. truck, several Franklin police and Sheriff's vehicles, several local car dealer cars, several decorated resident golf carts, some residents on bicycles, and a go-cart or two.

In August we are having another **car-show for our community**. In the past we have had hot rod cars from the 50's, 60's and 70's but this time we are having a **model T club come in honor of the 100th anniversary of the model T**. We'll serve root beer floats, hotdogs, popcorn etc and have music from that era. We'll bring as many of our comprehensive care residents outside as want to go.

We'll have **Labor Day/End of Summer cookouts** for all of our areas (those in houses, assisted living and all 5 comprehensive care units) in early September.

In October we'll have **an Oktoberfest for the whole community with a polka band** plus we have a Trick or Treat night for the children of employees where the kids go to all of the comprehensive care units and assisted living and the residents pass out candy that we provide. Then the kids go to all of our houses (around 50). We usually have around 100 children plus parents and most of our residents participate.

From Faye Myers, Grace Village Retirement Community, Winona Lake:

We took a group of Healthcare and Assisted Living residents to **Kosciusko County Fair** on Thurs., July 9, as it is Senior Day. We will be there in the morning for the Chain Gang Barbershop Quartet, play some Bingo at the Activity tent, see whatever sights they want to see and eat lots of fair food. *Nursing just loves us!!*

Mon., July 7, was **Blue Monday** so residents and staff dressed in blue and Activities made **blueberry pancakes** in the Healthcare DR for breakfast. Fresh blueberries were quite a hit. We did the pancakes in addition to whatever was being served for breakfast, just set up some electric frying pans and cooked in the DR.

Our birthday parties are patriotic themes this month, and HC residents have been making Uncle Sam pins (Activity Connection) and centerpieces.

Every month we have **Cooking Club in HC**, once a month. The residents suggest menus, we meet at 11:00 (have been using the Activity Center in Assisted Living as it has a kitchen area) and they prepare and eat the meal. Some of their favorites have been lasagna, chili, fried chicken and the yearly summer cookout. Last month was the all time favorite, I think. We baked potatoes and the residents prepared toppings, chopped onions, lettuce, tomatoes, etc for a mini salad bar. We usually have 10-12 residents and sometimes some of the family members join us. My least favorite menu was last summer we made potato salad and **everyone** had a different way to make it: I couldn't please anyone ☹. But we had a lot of interaction and discussion on that one so maybe it was a success after all.

The Retirement Living section has been taking some trips. They went to the **Fort Wayne Wizards baseball game** last month, also spent **a day at Shipshewanna**, and in May, took the trip to Indy and then **Cincinnati to the Creation Museum**.

From Lisa Moore, Lutheran Homes, Fort Wayne:

The residents and staff at Lutheran Home had a **"Patriotic Parade"** on July 11. Staff will team up with residents and decorate themselves, wheelchairs, and walker's and anything else they can find and parade through the halls. There will be **secret judges** along the parade route to judge for the best patriotic couple and/or single. A special prize will be awarded.

For **Father's Day**, Lutheran Home Assisted Living gathered all the men (all 12) the Friday before

for a special lunch prepared by our new chef. A volunteer cooked rib-eye steaks on the grill and we had fried potatoes and onions, green beans and strawberry shortcake to top it off. The men could care less about activities but food is a way to their hearts! We planned games for afterwards but of course they all wanted to lay down after lunch and some watched golf!

Ideas for Entertainers

From Kelly Jones, Heritage Point

Retirement Community, Warren:

Eli Arnold (Dixie Land Band) – (260)497-7148

performing for our State fair event

Jackman Family – (260)765-5184

Gary Bishop (keyboard, oldies) – (260)356- 1079

Friends & Strings (Gospel) – (765)384-5176

Rick Lovelady 574-269-1041 Banjo and Saxophone)

Marks Ark (Animal show) 260-657-3505 coming in

2009 have seen his show though and it's GREAT

Darlene McCarthy (guitar)

Susan Nash, Ft. Wayne Zoo winter shows

(260)432-0698

Tanya Crevier, www.enthusianinterational.com ;

motivational basketball tricks speaker, spins 10 basketballs at one time has a wonderful testimony and very talented. From South Dakota summers work best for us because she helps with basketball camp at Taylor in Upland and we book while she is there.

Sam Tash (banjo) – (260)747-6675

Whitefield's Ministry Tom McVicker – (765)284-7073 (Come see the music Singing w/ drawings) would be WONDERFUL for any time. I have seen their *In The Garden* performance, Patriotic program and have them booked for Christmas parties

JoJu Animal Grams – (260)982-2077 Booked for our State Fair look forward to working with her

Have you had entertainers to your facility that have gone well?

Send them along to the IADA News – bdaniels@timbercrest.org



Residents of Wesley Manor enjoy the shade at Willowfield Lavender Farm, Mooresville

From the Education Desk

By IADA Second Vice President Terri Dickus

I am excited about our upcoming **conference in October**. Through the generosity of **ROWLETT & LAKER, INC.** we **have two national speakers. Cindy Bradshaw of NCCAP and Chris Bobos**. Chris and Cindy are coming as a team and promise to make this one of the best conferences we've ever had. There will be something for everyone: independent living, long term care, adult day service, Alzheimer's care, and assisted living. Whether you are an **Activity Director, Administrator or Social Worker** this is one conference you won't want to miss. There are sessions on **management, generational identity, adapting programming for different populations**.

Mark Laker will open our conference with his brand of humor with "Wellness: Let's get Personal". **Senior Shopping Service** will once again sponsor and host our Thursday evening party. This time the theme is Mardi Gras. Also, **Pam Ken** is hosting and sponsoring our first Exhibitor's Reception on Wednesday evening. There will be refreshments, and entertainment. Please patronize these sponsors and exhibitors and let them know how much they are appreciated.

ACCREDITATION RENEWAL

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Pam Clevenger
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Deb Davis
Nola Davis
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DUE 2010

Lynn Castor
Cindy Colpitts
Sharon Hartwell
Barb Eckert
Linda Suba
Fran Tedrow
Susan Wardlow
Terri Dickus

The above listed names are **CURRENT MEMBERS** with accreditation. Remember, it is your responsibility to keep your accreditation renewal up to date. **You must turn in your hours every two years to the I.A.D.A.** to keep current. If your accreditation has lapsed you will need to retake the accreditation test at the Spring Conference or Fall Convention.

REMINDER: You DO NOT have to retake the accreditation test every two years but you must send in your hours to the IADA. If you believe your name should be listed or there is an error please contact Terri Dickus, 2nd Vice-president at 219-477-5433 or email Terri Dickus at tdickus@yahoo.com.



Willowfield Lavender Farm, Mooresville

I.A.D.A. Membership Report

By Barb Eckert

Thank you to everyone that has been a support to another Activity Director. That is what makes I.A.D.A. so special. We ask that you extend out a big I.A.D.A. welcome to the following new members:

- * Marsha Abney, Indiana Masonic Home, Franklin
- * Gayla Adams, Betty J. McCormick Senior Center, Vincennes
- * Megan Alldredge, River Pointe, Evansville
- * Heather Anderson, Catherine Kasper Home, Plymouth
- * Linda Beitzel, Saint Anne Home, Fort Wayne
- * Deanna Boeke, Miller's Merry Manor, Indianapolis
- * Tina Butler, Catherine Kasper Home, Plymouth
- * Jackie Calarie, Wittenberg Lutheran Village, Crown Point
- * Patricia Coffin, Day Break & Visiting Nurse Care, Anderson
- * Teresa DeMien, White County Council on Aging, Monticello
- * Tina Elliott, Miller's Merry Manor, Terre Haute
- * Tammy Everroad, Miller's Merry Manor, Peru
- * Jeremie Freck, Coventy Meadows A.L., Fort Wayne
- * Bonnie Glass, Hearth at Windermere, Fishers
- * Lena Herrington, Granview Health & Rehab., Martinsville
- * Toni Jacobsma, Sanctuary @ St. Paul's, South Bend
- * Donna Judd, North Willow Center, Indianapolis
- * Diane Klaum, Westminster Village North, Indianapolis
- * Betty Malone, Meadow Brooke Rehab Center, Anderson
- * Dixie Miller, Betty J. McCormick Center, Vincennes
- * Sherri Nail, Mitchell Manor, Mitchell
- * Terry Rodriguez, Greenwood Village South, Greenwood
- * Michelle Sailing, Little Sisters of the Poor, Evansville
- * Amber Scott, Providence Health Care, Terre Haute
- * Heather Souers, Meadowood Health Pavilion, Bloomington
- * Billie Jo Upchurch, Providence House, South Bend
- * Dusty Woods, Kokomo

All members please feel free to contact any of your state or district officers with any questions that you may have. All officers are listed in the 2008 directory. Currently there are 203 members in this professional organization.

Thank you to each of our Gold Sponsors for having the faith in this professional organization. We currently have five Gold Sponsors:

- ▶ Elder Source By Dobson Ministries
- ▶ Living Legacy & Associates, Inc.
- ▶ Rowlett & Laker, Inc.
- ▶ Senior Shopping Service, Inc.
- ▶ United Art & Education



Making baby blankets at St. Agnes Adult Day Service

Please visit our website as each of the gold sponsors has a link to their website. Please support each of these Gold Sponsors. **Special thanks to Terri Dickus for her diligence in revising the sponsor program.**

Did you know that we now have a new website of
www.indianaactivitydirectors.org.
Please check it out and email us your comments.

To celebrate the 300th Anniversary of the Church of the Brethren, the Timbercrest Seniors for Peace raised the funds and installed a new 'Peace Pole' for the north entrance of Timbercrest. Here Ralph Royer reads the words "May Peace Prevail on Earth" in a Nigerian dialect. The same words also are on the pole in Miami (Indian), German, Arabic, Spanish and English. The Church of the Brethren owns and operates Timbercrest, North Manchester, which began in 1889. The denomination is a pacifist group. There are several peace poles on the Timbercrest campus.

