

Creative Program Ideas for August 2011

The birthstones for August are the peridot and sardonyx.
The flowers are the poppy and the gladiolus.

Celebrity Birthdays:

August 1, 1933 ~	Dom DeLuise	August 16, 1933~	Julie Newmar
August 2, 1924 ~	Carroll O'Connor	August 17, 1943 ~	Robert De Niro
August 3, 1926 ~	Tony Bennett	August 18, 1936 ~	Robert Redford
August 4, 1961 ~	Barack Obama	August 19, 1948 ~	Tipper Gore
August 5, 1946 ~	Loni Anderson	August 20, 1946 ~	Connie Chung
August 6, 1911 ~	Lucille Ball	August 21, 1936 ~	Wilt Chamberlain
August 7, 1926 ~	Stan Freberg	August 22, 1920 ~	Ray Bradbury
August 8, 1932 ~	Mel Tillis	August 23, 1912 ~	Gene Kelly
August 9, 1927 ~	Robert Shaw	August 24, 1960 ~	Cal Ripken, Jr.
August 10, 1928 ~	Jimmy Dean	August 25, 1930 ~	Sean Connery
August 11, 1925 ~	Mike Douglas	August 26, 1935 ~	Geraldine Ferraro
August 12, 1912 ~	Jane Wyatt	August 27, 1943 ~	Tuesday Weld
August 13, 1912~	Ben Hogan	August 28, 1930 ~	Ben Gazzara
August 14, 1945 ~	Steve Martin	August 29, 1917 ~	Isabel Sanford
August 15, 1912 ~	Julia Child	August 30, 1918 ~	Ted Williams
		August 31, 1924 ~	Buddy Hackett

Important Dates to Remember in August:

August 2 ~ Lincoln penny was issued in 1909

August 5 ~ Lady Liberty's Cornerstone Laid in 1884

August 7 ~ Purple Heart: Anniversary

August 14 ~ Anniversary of V-J Day: in 1945 the Japanese surrendered

August 21 ~ Senior Citizen's Day

Happiness Happens Month: There are two ways of looking at things: one is positive (the glass is half full) and the other is negative (the glass is half empty). During August, encourage your staff to focus on the positive aspects of life and to show the residents how to do this, too. Encourage the residents to share happy memories or happy events from their lives. Discuss what brings happiness to the residents now that they are older. Using old magazines, select pictures of happy events people are participating in and use these pictures to create a happiness collage for each floor or unit. During a discussion group, have the residents make a list the things that make them happy. Use a flip chart or dry erase board, to record this data. Incorporate some things from this list to write a group poem. Use the techniques found in *Close-Up* #516,

http://www.hccil.org/pro/frmNewsletter.asp?strFile=/pro/newsletters/closeup_new/2003/cu0516.html. Post the group poems on the floor/unit bulletin boards and publish them in the residents' newsletter. Be sure to give credit to the authors, even when the poem is written by a group.

American History Essay Contest: Help the 5th to 8th grade students participating in the facility's intergenerational program write an historical essay and submit it to the Daughters of the American Revolution. This contest begins in August, with a submission deadline date of December 15th. Information about the essay topics and rules can be found at

<http://www.dar.org/natsociety/content.cfm?ID=319&FO=Y&hd=n>. Instruct the children to select a topic that interests them and then pair them with a resident interested in the same topic. Have the pair work together to research the topic and write the article. Remind the residents that their role is one of a mentor and they **should not** write the article for the student.

American Adventure Month: Plan weekly activities focusing on the Americas and all the wonderful places to see in North and South America. Discuss the vacations the residents took with their families and what made these trips special. Gather information about vacation spots throughout North and South America. Ask a travel agency for posters and brochures from vacation areas in the Americas. Begin your American adventure by having the residents on each floor/unit choose a place they would like to visit. Gather information about that area and help the residents study the culture, music, dances, traditional ethnic clothing, foods, agriculture, transportation, etc. Have the residents help decorate the floor/unit with flags, pictures, posters, etc., which are native to the area they chose. Encourage the families to help the residents decorate their doors and rooms following the theme. Determine if any of the residents or staff are from the areas the residents have chosen to visit. Ask them to be part of the adventure by sharing their customs, traditional dress, music, and recipes during a social celebrating the diverse areas of the Americas. Serve refreshments from the areas chosen by the residents.

National Inventors' Month: Just about everyone has had a great idea for a new invention, but has never followed through with getting a patent. Discuss some of the ideas the residents had for a unique invention and some of the actual inventions that came close to their ideas. Have some fun and stimulate the residents' imagination by having them invent other uses for common objects. Take a small paper bag and collect everyday objects, e.g., a large paper clip, bottle brush, zip-lock bag, baby food jar with a lid, rubber band, ice cream scoop, skein of yarn, comb, scarf, flowerpot, etc. (enough for a small group of residents). Have the residents sit in a circle. Ask them to close their eyes, reach into the bag, and choose one object. Once everyone has an object, give the residents a few minutes to think of another use for their object. Go around the circle and have each resident describe his or her new "invention" based on the object he or she is holding. Give the other residents a chance to share their own ideas about alternate uses for the object.

State Fair Month: Many states schedule state fairs during the month of August. Discuss some of the attractions at a state fair and determine if the residents ever entered an animal they raised, something they canned or baked, or something they made in a state fair. Talk to the families to determine if there are pictures of the residents with their entry or other memorabilia from the event. Ask the families to make copies of the pictures and to take pictures of their loved one with the memorabilia. Post the pictures on a special bulletin board in a prominent spot and include pictures in the facility newsletter. Hold your own state fair at the end of the month. Display arts and crafts items made by the residents. Have the cooking and baking group make pies, cakes, candy, and canned goods for the judges to taste. Ask dignitaries in the community to be the judges and award 1st, 2nd, and 3rd place ribbons in all categories. Be sure to invite the families and the local paper and cable station to cover the event. Have part of the event outside and serve cotton candy, flavored crushed cones, ice cream, soft drinks, etc.

Family Meal Month: Throughout August, invite the families to come and eat with their loved one(s) for a specific meal. Have the families complete a reservation form so the facility can plan ahead. Other ideas include a family picnic or an outing to a restaurant that can

accommodate a large dinner/luncheon party. Ask the Family Council to help plan and execute the event. The Family Council can raise funds to cover the costs of the event or the facility can charge a small fee to cover the cost of the meal for the residents. Consider setting up tables and chairs in the activity center for additional seating and meal service.

What Will Be Your Legacy Month: Many people do not realize how their actions affect and influence others. Make time for the residents to discuss what kind of lifelong impressions and contributions they will leave for their families. Invite the families to share what their loved one means to them and how the resident has influenced various members of the family. For many, a discussion like this will be very empowering, especially for the resident who doesn't have too much self-esteem. The stories shared within this group may affect the residents' lives for many years to come.

August 6 ~ Sister's Day: Today is the day to celebrate the special bond sisters share. Write a group poem about sisters and print it in the facility newsletter. Invite the residents' sisters to a special luncheon or social in their honor. Help the residents design a card for their sister(s) and mail it for them. Invite the residents to make a videotape featuring the memories they have of their sister(s) and share the videotape with the resident's sister(s).

August 7 to 13 ~ Don't Wait -- Celebrate! Week: This is the week for spontaneous and frequent celebrations. Celebrations are good for you, your health, and your relationships. Incorporate small celebrations on each floor or unit and have the residents choose the theme. Ask the residents what they would like to celebrate and then design decorations, choose the refreshments, and invite others to join the fun. In this fast-paced world, we often forget to celebrate the small things, e.g., a successful therapy session, a distant relative visiting or calling, a new grandchild, etc. For ideas about how to celebrate, visit: <http://www.pattysachs.com/dontwait.htm>.

August 10 to 16 ~ Elvis Week: Celebrate the life of Elvis Presley, the King of Rock and Roll. Hang posters of Elvis throughout the facility. Show his movies and play his music during the weeklong celebration. Hold an Elvis look-alike contest and include the residents, volunteers, staff, and families. Discuss his career, home in Memphis (Graceland), military service, marriage, daughter, etc. Determine what the residents think about Elvis, his music, and his life. For more information, visit: <http://www.elvis.com/>.

August 12 ~ Watermelon Festival: There's nothing like ice cold watermelon on a hot day! Purchase several different types of watermelons. If the weather is nice, take the residents outside to enjoy the cold watermelon. Organize a taste test and have the residents determine which type of watermelon they like the best. See if the color influences the residents' perception of taste by including watermelons that are yellow inside instead of red.

August 13 ~ Garage Sale Day: Here's another chance to make some money for the activity department or Resident Council. Have the residents help you clean the activity department's storage area(s). When an item is located for the sale, put a price tag on the item before packing it away. Invite the residents, staff, volunteers, and families to donate items for the sale, too. Ask them to price their items before placing them into the collection bins around the facility – this will save a lot of time. Have the residents choose what the money will be used for, e.g., a Wii or new programs for the facility's Wii; card stock and ink for the computer printers the

residents use; new gas barbeque; tickets for the residents' favorite movie theater, etc. Be sure to share the goal the residents are working towards in your publicity for the event. Write a press release for the local paper and hang flyers around the community. Be sure to include a rain date just in case the weather doesn't cooperate on the planned weekend.

August 15 ~ National Relaxation Day: This is the perfect day to reduce stress and help the residents improve their life by relaxing. Discuss the types of activities that help the residents relax. Use simple massage to help the residents release the tension in their shoulders. Gently massage lotion on the residents' hands and arms. Play soothing music and introduce the residents to guided imagery. Use fragrances such as lavender to calm and relax the residents. Take a slow walk and stop to *smell the roses* along the way. For more ideas, visit: http://www.rumela.com/events/events_august_relaxation.htm.

August 19 ~ "Black Cow" (Root Beer Float) Invented: Anniversary: In 1893, Frank J. Wisner, the owner of Cripple Creek Brewing Company served the first root beer float. Inspired by the moonlit view of snowcapped Cow Mountain, he added a scoop of vanilla ice cream to his Myers Avenue red root beer and began serving it as the "Black Cow Mountain." Kids loved the drink and shortened the name to "Black Cow." Have an afternoon social with entertainment and serve "Black Cows" as the refreshment. Serve "Black Cows" at floor or unit activities and have the residents help make them. Talk about the soda fountains in drugstores and about the residents' memories of their first "Black Cow."

August 20 ~ Sandcastle and Sculpture Day Invite the residents' grandchildren and children involved in the intergenerational program for an afternoon of creating sandcastles. This is an outdoor activity. Spread plastic tablecloths on long tables and place containers of wet sand in front of the participants. Encourage the residents and children to work together to create something out of the sand. Provide small pails, trowels, molds, etc. to help with the sculpting. **NOTE:** When the activity is over, be sure to sweep up all traces of the sand and dispose of it to prevent possible falls.

August 22 ~ Be An Angel Day: Encourage the residents, staff, and volunteers to perform an "act of kindness" for someone today. Be an angel to the new resident and show him or her how to get to the dining room; help your "neighbor" pull weeds in his or her container garden on the patio; lend your sweater to someone with a sudden chill; etc. For more information and ideas, visit: <http://www.holidayinsights.com/moreholidays/August/beanangelday.htm>.

August 26 ~ National Dog Day: More people have dogs as pets than any other animal. Organize a dog show and invite the families to bring their dogs to the facility for the residents to pet and enjoy. Organize a special event in the afternoon and have the owners "show off" their pet's tricks or something special the pet can do. Reward the canine guests with small bags of dog biscuits the residents made earlier in the week. For additional information, visit: <http://holidayinsights.com/moreholidays/August/nationaldogday.htm>.

August 27 ~ Corvette Crossroads Auto Show: This event is sponsored by the Mackinaw City Chamber of Commerce. You can have your own Corvette Auto Show by inviting a local Corvette Club to display their cars at the facility. Provide a space in the parking lot where the residents can easily access the Corvette Auto Show. Ask the owners to explain the history of

their model to the residents and explain how they acquired the car and restored it. Encourage the owners to let the residents (especially the men) look under the hood. If any of the owners are willing, organize a ride around the block for the residents who would like to say, "I've ridden in a Corvette!"

August 29 ~ More Herbs, Less Salt Day: It is a good idea to cut the amount of salt we consume each day. By using herbs in place of the salt, we may be able to lower our blood pressure while still enjoying tasty meals. Experiment with different herb combinations during a resident cooking group. Discuss the effects of sodium and why it is so important to reduce our intake of salt. Invite the dietitian to attend one of the cooking classes and have him or her discuss the use of specific herbs in cooking. Have the residents experiment with different herbs to jazz up the standard dishes made during the cooking class. Pass on the residents' favorite recipes to the dietary department. For additional information about cooking with herbs, visit: <http://www.nova.edu/cwis/ia/pubaffairs/ebulletin/health-tips/spice-up-your-life.html>.

August 31 ~ Anniversary of the Death of Diana, Princess of Wales: Discuss the tragic death of this charismatic individual and what the residents thought about the circumstances surrounding her death. Discuss her position in British society, her two sons, her humanitarian efforts, etc. Watch the movie, *The Queen* and ask the residents to share their reactions to the movie. For more information visit: <http://www.youtube.com/watch?v=o8kMfsza3Lo>, <http://www.mibazaar.com/princessdiana/> and http://womenshistory.about.com/od/diana/a/diana_death.htm.

August Craft



**Assorted white buttons
before dyeing**

Here's a great idea for using all the white buttons that are donated to the activity department each year. Recently, I discovered an article in a craft magazine that explained how simple it is to dye white buttons using Rit dyes. Once the buttons are dyed, they can be used for craft projects and other decorating ideas. The finished buttons can also be packaged according to color and sold as a fundraising project for the Resident Council.

Most white buttons are made out of nylon or some type of plastic. Rit is one of the few dyes that will color these materials. That means you can transform ordinary buttons into colorful accents that match or coordinate with whatever you are making.

Supplies Needed:

- ◆ Rit liquid or power dye – any color or mix dye to create a custom color. (The colors used in these photographs are: sunshine orange, evening blue, scarlet, fuchsia, lemon yellow, violet, apple green and golden yellow.)

- ◆ White Buttons
- ◆ Measuring Cup
- ◆ Measuring Spoons
- ◆ Disposable Plastic Containers for dyeing buttons
- ◆ Spoon for mixing dyes
- ◆ Rubber Gloves
- ◆ Plastic Table Cover
- ◆ Paper Towels

Instructions:

1. Cover the work surface with a plastic tablecloth.
2. Decide what colors you like and prepare the dyes according to the basic recipe below. Liquid dyes are more concentrated than powder dyes, so use half as much dye. Always test color with fabric scrap or paper towel before dyeing buttons. If color is too light, add more dye; if it is too dark, add more water.
3. **Basic Recipe:** Measure and mix 1 teaspoon liquid dye or 2 teaspoons powder dye with 1 Cup of **HOT** Water. Shake the liquid dyes before measuring. Water should be about 140°F. If your tap water is not hot enough, heat some water in the microwave or a tea kettle until it registers 140°F.
4. Pour the dye and water into a plastic container and stir. Make sure the container is deep enough to accommodate the number of buttons being dyed.
5. Immerse the buttons in dye solution for 2 to 5 minutes. Stir occasionally and check the color frequently. Remove the buttons when the desired color is achieved. Rinse the buttons and then wash the buttons with soap and water, rinse and dry the buttons with paper towels.



Muffin pan doubles as a button organizer

Place the finished buttons into clear plastic containers or sort into a muffin pan according to color.

Use plastic snack baggies to sort buttons for sale, e.g., 20 buttons the same color and size for \$1.00.

Use the finished buttons for crafts, scrapbooking projects, added color and

decoration in the bottom of a clear fresh cut flower vase, etc.



Buttons add a colorful accent to flower arrangements!