

Creative Program Ideas for September 2011

The birthstone for September is the sapphire.
The flowers are the aster, pansy, and morning glory.

Celebrity Birthdays:

September 1, 1939 ~	Lily Tomlin	September 16, 1927 ~	Peter Falk
September 2, 1948 ~	Christa McAuliffe	September 17, 1945 ~	Phil Jackson
September 3, 1913 ~	Alan Ladd	September 18, 1905 ~	Greta Garbo
September 4, 1918 ~	Paul Harvey	September 19, 1933 ~	David McCallum
September 5, 1929 ~	Bob Newhart	September 20, 1928 ~	Dr. Joyce Brothers
September 6, 1937 ~	Jo Anne Worley	September 21, 1934 ~	Leonard Cohen
September 7, 1939 ~	Richard Roundtree	September 22, 1927 ~	Tommy Lasorda
September 8, 1922 ~	Sid Caesar	September 23, 1920 ~	Mickey Rooney
September 9, 1925 ~	Cliff Robertson	September 24, 1923 ~	Sheila MacRae
September 10, 1929 ~	Arnold Palmer	September 25, 1931 ~	Barbara Walters
September 11, 1940 ~	Brian DePalma	September 26, 1914 ~	Jack LaLanne
September 12, 1941 ~	Linda Gray	September 27, 1924 ~	Jayne Meadows
September 13, 1937 ~	Fred Silverman	September 28, 1934 ~	Bridgitte Bardot
September 14, 1944 ~	Joey Heatherton	September 29, 1935 ~	Jerry Lee Lewis
September 15, 1922 ~	Jackie Cooper	September 30, 1931 ~	Angie Dickinson

Important Dates to Remember in September:

September 5 ~ Labor Day

September 11 ~ Grandparents Day

September 23 ~ Fall Equinox

September 28 ~ Yom Kippur

September 29 ~ Rosh Hashanah

Foods showcased this month: apples, beef, black walnuts, blueberries, cheese pizza, chicken, chili, chili peppers, cranberries, figs, honey, mushrooms, oatmeal, onions, peanuts, popcorn, potatoes, pumpkins, sweet corn, waffles, and wild rice. Incorporate as many of these foods as possible during cooking groups or serve as refreshments during activities.

Coupon Month: During these challenging economic times, people are using coupons more than ever. Collect recent newspapers and magazines. Organize a service club or encourage the independent residents to clip coupons in their spare time. Sort the coupons according to category, e.g., cleaning supplies, vegetables, restaurants, laundry, etc., and place them in an accordion file or recipe box with dividers. Residents can also download coupons from manufacturer's sites. Place the coupons in a location where staff and visitors can access them.

Festival of Children is a month-long celebration that offers many opportunities to invite children to do things with the residents. Reorganize the facility's intergenerational program. Celebrate the beginning of a new school year. Ask the residents and children what they would like to do during their times together for the next several months. Invite the grandchildren for special activities throughout the month. Kick this off on Grandparent's Day, September 11th.

Library Card Sign-Up Month: Plan a trip to the local library so the residents can get library

cards and take out books they'd like to read. Talk to the librarian to make all the arrangements. Get applications prior to the visit and ask volunteers to assist the residents who need help completing the applications. Ask if your local library has a home-delivered books program that the "homebound" residents can take part in. Plan regular visits to the library and encourage the residents to read more. Help the residents register for talking books and purchase book holders for the residents who have difficulty holding books. Talk about the residents' favorite authors, what kind of books they like to read, the history of the national library system, etc.

Piano Month: Invite a piano teacher to hold a recital at the facility. Invite the residents who play the piano to show off their talents, too. After the recital, serve refreshments and invite the piano students and their parents to stay and visit with the residents. Discuss famous pianists such as Liberace, Elton John, and others.

Preparedness Month: Hold discussion groups on each floor/unit and talk about how to prepare for natural disasters and a possible fire in the facility. Go through the steps for a safe evacuation of the residents and staff. Make sure the residents know how to report a fire and where the fire extinguishers are located. Talk about what to do if a fire starts in a location nearby. Talk about the difference between a tornado watch and a tornado warning. Discuss what to do if the residents hear the tornado siren or when the staff implements a tornado drill. Be sure the residents know the importance of listening to the directions given by the staff. Hold in-services for the staff and volunteers to reinforce the policies and procedures for natural disasters and fires.

September 1st ~ Art Linkletter's House Party: On this date in 1952, television's longest running variety show premiered. Hosted by Art Linkletter, the show was a blend of talk and audience participation. The show started on radio and then made the change to television in 1968, under the name *The Linkletter Show*. The highlight of each show was Linkletter's interview with four schoolchildren. The host and viewers never knew what the children would say, which caused many laughs during this segment. Discuss the residents' memories about the show and if anyone visited the show while it was on radio or television. Organize your own variety show following a similar format. Include an interview with some of the children involved in the intergenerational program. For more information, visit:
<http://www.nndb.com/people/643/000022577/>.

September 2nd ~ Anniversary of Victory over Japan Day: On this day in 1945, a formal surrender ceremony was performed in Tokyo Bay, Japan aboard the battleship *USS Missouri*. The actual surrender had come in August, but the documentation making it official took place on this date. In an address to the nation, President Harry S. Truman declared September 2nd to be the official V-J Day. Included in this paragraph is a website containing news reel clips of the announcement. Play it for the residents and then discuss what they remember about the surrender and how they celebrated the end of the war. For more information, visit:
<http://video.google.com/videoplay?docid=8703739496132697585#>.

September 6th ~ Anniversary of First Radio Broadcast of a Prizefight: On this date in 1920, Jack Dempsey knocked out Billy Miske in the third round of a scheduled 10-round fight. The entire fight was broadcast over the radio to citizens across America. Discuss the fight and determine if any of the residents remember listening to the broadcast. Determine the residents' first memories of listening to sporting events while they happened through the "miracle" of radio. Discuss how television has revolutionized sports coverage throughout the world.

September 7th ~ Capturing Autumn Colors: Plan to take the residents for a walk to enjoy Mother Nature's splendor, now that the days are cooler and the leaves are changing colors. Collect as many different colored leaves as possible. When you return to the facility, have the residents help you press the leaves between the pages of several heavy books. Try to identify each leaf. Arrange the pressed leaves on white construction paper, glue down with craft glue, mat, and frame the "artwork." The leaves can also be used to create leaf screen prints. Small leaves can be placed on strips of white poster board, laminated, punched with a hole in the top, and tied with a piece of narrow ribbon to make a bookmark. These are excellent projects to do with the children in the intergenerational program.

September 10th ~ Share Ideas Day: Encourage the residents to share their ideas for the upcoming holiday season, beginning with Halloween and ending with New Year's Eve. Hold a brainstorming session and write down each idea. Have the residents select their favorite ideas for each holiday and discuss how to implement the ideas selected. Form committees for each holiday and encourage the residents to volunteer for at least one committee. Before ending the activity establish the next meeting dates for each committee. Don't forget to hold a wrap-up discussion the day after the event has been completed.

September 11th ~ Tenth Anniversary of the Attack on America: This year marks the tenth anniversary of the September 11th attacks on New York and Washington, DC. It often seems hard to believe it has been that long. So much has changed, and yet for many, the reminders of that day are ever present. We must remember those who died, pray for peace and healing, and reflect on the challenges that have arisen over the past ten years. There is no right or wrong way to remember, and each community's needs are different. Discuss how the residents would like to remember the events of that day. For ideas, visit: <http://www.nccusa.org/news/110725nineelevenresources.html>, and <http://www.rhr-na.org/blog/?p=3038>.

September 16th – 22nd ~ Scarecrow Festival: Encourage the residents, groups of schoolchildren, and families to have some fun designing and making their own scarecrows. Gather all the supplies for making the scarecrows. Stop by a thrift store to buy old clothes -- old slacks, flannel shirts, dresses, hats, gloves, belts, scarves, etc., or ask for donations of these articles. Purchase several bales of hay/straw. Assemble and display the scarecrows outdoors. Place a large number of the scarecrows in front of the facility and invite the community to vote for their favorite scarecrow. Invite the press to cover the awards ceremony and give ribbons to the 1st, 2nd, and 3rd place winners. Take pictures of the winners with their scarecrows.

September 17th-23rd ~ Clean Hands Week: With cold and flu season around the corner, take this opportunity to teach the residents proper hand washing techniques. Ask the CNAs to review these techniques with the residents each time they provide care. Ask one of the nursing supervisors to provide in-services for the entire staff and volunteers. This could also be done during a family council or support group meeting so the families are aware of the importance of good hand hygiene. Have the children involved in the intergenerational program practice these techniques, too. Taking the time now to reinforce proper hand washing techniques will pay off later by helping to prevent the spread of colds and the flu in the facility.

September 17th ~ Citizenship Day: Determine if any of the residents became citizens after coming to the United States. Discuss how old they were and why they wanted to become

American citizens. Discuss what it means to be a good citizen. Make a list of the residents' responses. Ask the staff, visitors, and children in the intergenerational program to add to the list. Publish the finished list in the facility's newsletter. Ask the staff to vote for the resident on each floor/unit who exemplifies the concept of a good citizen. Publish the residents' names in the newsletter and present each winner with a certificate of recognition during a social in their honor.

September 18th ~ Anniversary of the Iron Horse Being Outraced by a Horse: On this date in 1830, the first locomotive built in America lost a nine-mile race to a horse. The engine, named Tom Thumb, was plagued with problems from the start of the race. A leaking boiler actually prevented the engine from finishing the race. Talk about train trips the residents have taken. Ask the residents to describe the meals in the dining car; what it was like to sleep in the sleeping car; how long trips normally took; and how fast trains could go at that time. Write down some of the details of the residents' train travels and include their memories in the facility newsletter.

September 19th ~ Talk Like a Pirate Day: Here's a chance to swash your buckles and add a little larceny to your dialogue by talking like a pirate, e.g., "Arr, matey, it be a fine day," "Arr, come here me beauty." Add some color and fun by asking everyone to dress like pirates. Discuss the famous pirates, both historical and fictional. Challenge the residents to see how many words they can make out of the name of one of the most famous pirates, Long John Silver. During the afternoon, show one of the *Pirates of the Caribbean* movies. For more information, visit: <http://en.wikipedia.org/wiki/Piracy>.

September 22nd ~ Dear Diary Day: Studies have shown that keeping a diary or journal can be beneficial and helpful when working through difficult situations during one's life. Here's a chance to decorate those used 3-ring binders lying around the department. Gently wash them with a damp washcloth. Provide material, buttons, sequins, ribbon, yarn, etc. as decorations for the residents to create a beautiful journal. Once the binders are decorated, fill them with notebook paper. These personalized binders can be used as the resident's journal or diary or given to other residents who would like to participate in journaling. Encourage the residents to record special things that happened during the day. For residents unable to write, encourage the families or caregivers to record highlights of their visits, a special event, progress made during therapy, etc. Later, they can select pages from the resident's journal to read during visits.

September 24th ~ R.E.A.D. in America Day: **R**eading helps **E**veryone **A**ccomplish **D**reams is a great intergenerational activity. The day's motto is, "Anything is possible if you read." The purpose is to raise awareness about youth literacy and encourage the power of daily reading for our youth. Launch an after school reading program for local children. Ask the residents to volunteer to help the children with their school reading assignments or to simply read a book to young children during a facility-sponsored story hour and then discuss the book. Work with the teachers at a local grade school to develop a reading program with your residents and to provide insight regarding the children's reading abilities. Play word games to help develop the children's vocabulary, which will also enhance their reading skills.

September 25th ~ Gold Star Mother's Day: Determine who was a Gold Star mother and plan to honor them today. Ask the VFW to help plan and participate in the celebration. Give each Gold Star mother a framed certificate. Ask the mothers to share information about their son or

daughter, what war they fought in, and whether their son or daughter returned home safely. Also honor the staff who are Gold Star Mothers. For additional information, visit: <http://www.timeanddate.com/holidays/us/gold-star-mothers-day>.

September 28th ~ Good Neighbor Day: In many facilities, the residents living next door to each other don't really know one another. Take this opportunity to remedy this. Hold a "block party" for each floor/unit and introduce everyone to their neighbors. If the floor/unit is large, divide up the party for each wing instead of the entire floor/unit. Play several ice breaker games to help the residents get acquainted. For a list of game ideas, visit: <http://www.icebreakers.ws/>.

September 29th ~ Anniversary of the Veterans of Foreign Wars (VFW) Being Established: If you do not have a relationship with your local VFW post, now is the time to establish one. Determine if any of the residents were members of the VFW and some of the activities they enjoyed as members of this organization. In many communities, VFW members do more than provide flags for the facility – they buy gifts for the veterans on their birthdays and Christmas; they sponsor pizza parties for all the residents; they invite the residents to functions at the VFW Post; they bring books and magazines for all the residents to enjoy; etc. Take this opportunity to "turn the tables" and throw a party in their honor. Invite the local VFW to a social and ask some of the residents (especially the veterans) to formally thank them for all they do.

September 30th ~ Anniversary of Babe Ruth's Last Game as a Yankee: On this date in 1934, Babe Ruth left the New York Yankees. He told Joe Williams, sports editor for Scripps-Howard newspapers, that he was angry at not being named Yankee manager after 15 seasons with the ball club. Discuss what the residents recall about this event and how they felt at the time.

September Craft

Create a stamp with apples and begin printing your own designs on everything from wrapping paper to T-shirts.

What you'll need:

- Apples
- Paint
- Paper plate, shallow tray, or wide paint brushes
- Something to print on, like paper
- Newspapers to protect the table
- Knife to cut the apple



How to make it:

1. Apple printing is always fun: there are two very different prints you can get by cutting apples in half through the middle OR from the top to bottom.
2. You can cut them in half through the stem, dip them in red and green paint, and make a very nice-looking collage of apple shapes. Cutting them through the middle makes a circle stamp with a star in the middle.

3. To paint on a t-shirt or tote, put a thick layer of paper inside the shirt/tote to prevent the paint from bleeding through to the back of the fabric.
4. An easy and very effective project is to decorate a plain tote with apple stamps cut from top to bottom (making an apple shape) in a horizontal line around the tote. (See picture.)
5. You can make a wreath by using two colors of green paint and apples cut through the middle (to make circles with 'star' centers). Then take a sponge, cut a triangle (for 1/2 of the bow) and dip it into red paint - add the bow. To make dark green paint, add a little black paint at a time to some green paint.

Tips:

If you are going to make your prints on paper, use washable poster paint for good results. If you want to decorate fabric - like a t-shirt or tote, make sure to get fabric paints - and make sure the residents and children are dressed in old clothing or covered with an apron!