

Creative Program Ideas for August 2012

The birthstones for those born in August are the peridot and sardonyx. The flowers are the larkspur and water lily.



Celebrity Birthdays:

August 1, 1933 ~ Dom DeLuise
August 2, 1924 ~ Carroll O'Connor
August 3, 1926 ~ Tony Bennett
August 4, 1961 ~ Barrack Obama
August 5, 1946 ~ Loni Anderson
August 6, 1930 ~ Neil Armstrong
August 7, 1942 ~ B. J. Thomas
August 8, 1953 ~ Donny Most
August 9, 1963 ~ Whitney Houston
August 10, 1928 ~ Eddy Fisher
August 11, 1953 ~ "Hulk" Hogan
August 12, 1912 ~ Jane Wyatt
August 13, 1930 ~ Don Ho
August 14, 1968 ~ Halle Berry

August 15, 1912 ~ Julia Child
August 16, 1969 ~ Christian Slater
August 17, 1943 ~ Robert De Niro
August 18, 1942 ~ Isaac Hayes
August 19, 1963 ~ John Stamos
August 20, 1954 ~ Al Roker
August 21, 1936 ~ Wilt Chamberlain
August 22, 1940 ~ Valerie Harper
August 23, 1949 ~ Rick Springfield
August 24, 1938 ~ Mason Williams
August 25, 1961 ~ Billy Ray Cyrus

August 26, 1935 ~ Geraldine Ferraro

August 27, 1916 ~ Martha Rae

August 28, 1930 ~ Ben Gazzara

August 29, 1938 ~ Peter Jennrings

August 30, 1915 ~ Ingrid Bergman

August 31, 1919 ~ Kitty Wells

Important Dates in August:

August 2 ~ In 1909 the **Lincoln penny was issued**

August 21 ~ In 1959 **Hawaii became the 50th state**

August 14 ~ **Anniversary of V-J Day:**
Commemorating the Japanese surrender to the Allies.

Happiness Happens Month: During the small group activities this month, ask the residents to give examples of happy things that have happened in the last week. Help the residents focus on the positive things going on around them, e.g., a visit from family members who live in another state; guessing the winning phrase on Wheel of Fortune before the winner; being able to go on the outing to the ice cream parlor; holding their great-grandchild for the first time; being able to sit outdoors and enjoy the sun and facility's garden; etc. Make a list of some of these examples and post the list on the main bulletin board and/or publish the list in the newsletter.

What Will Be Your Legacy Month: Many people do not realize how their actions affect and influence others. In a small group, invite the residents to share the type of legacy they would like to leave for their family. Ask them to share the types of contributions they have made over their lifetime. Invite the families to share what their loved one means to them and how this resident has influenced other family

members' lives. For many residents, this type of discussion can be very empowering, especially for the resident who doesn't possess much self-esteem. The stories shared within this group may affect the residents' lives for many years to come.

State Fair Month: Use the beginning of the month to work on the residents' entries for the facility's state fair at the end of the month. Display the arts and crafts projects made by the residents. Have the cooking and baking groups make pies, cakes, candy, and canned goods for the judges to taste. Ask dignitaries from the community to be the judges. Award ribbons to the top three winners in each category. Be sure to invite the families and the local media to cover the event.

Summer Olympics (July 27 – August 12): This year, the summer Olympics take place in London, England, with many spectacular events taking place. Events include: volleyball, badminton, cycling, basketball, table tennis, weightlifting, wrestling, etc. With a little modification, the facility can hold its own Olympic Games. Set up balloon volleyball and badminton courts in the dining room, outdoors or in another large area. Use a Nerf basketball and small hoop for basketball



playoffs. Have the residents arm wrestle as one of the competitions. Work with the rehab department to hold cycling matches and dumbbell lifting contests. Play the Olympic theme fanfare (<http://www.youtube.com/watch?v=EbHw8DBCXQ8>) while the residents complete the torch relay through the facility. For more information, and a complete schedule of events, visit: <http://www.london2012.com/>.

August 1-7 ~ National Clown Week: In 1971, President Richard Nixon issued the proclamation establishing National Clown Week. Get permission from the administrator for the staff to dress like clowns during the celebration. Discuss the history of clowns with the residents. Determine how many famous clowns the residents can name. Invite a clown from the community to come to the facility and demonstrate the correct way to apply clown make-up. For more information, visit: <http://nationalclownweek.org/>. **Note:** Some individuals DO NOT like clowns. Before launching events featuring professional clowns or staff dressed as clowns, determine who has an aversion to clowns and plan your activities to limit these individuals' contact with ANY clowns.

August 1 ~ Rounds Resounding Day: As children we learn many songs, but the songs that are the most fun are the rounds such as *Row, Row, Row Your Boat*, *Make New Friends*, etc. See how many rounds the residents can name. Write the titles on a flip chart or dry erase board. When the list is completed, have the residents select their favorites and try to sing these songs. Once everyone is familiar with the words to a song, break into groups so the song can be sung as a round. Remind the residents that this is for fun and no one has to be a singer to join in! For more information about rounds and lists of common musical rounds, visit: <http://www-personal.umich.edu/~msmiller/rounds.html>.

August 3 ~ Twins Day: Determine if any of the residents, volunteers, family

members, and staff are a twin. Display pictures of everyone who is a twin. Discuss the difference between identical, fraternal, and conjoined twins. Have those who are a twin discuss what it's like to grow up as a twin. Determine if any of the twins ever played tricks on others, e.g., taking each other's place while dating, taking tests, working, etc. Discuss some of the famous twins, e.g., Mary-Kate and Ashley Olsen, Morgan and Paul Hamm, Jenna and Barbara Bush, etc. For more information, visit: <http://www.twin-pregnancy-and-beyond.com/identical-twins-or-fraternal-twins.html>, and <http://multiples.about.com/cs/funfacts/a/twinzygosity.htm>.

August 9-12 ~ National Hobo Week: At the height of the Great Depression, more



Red Skelton as
Freddie the Freeloader

than a quarter million teenagers were living on the road in America, many criss-crossing the country by illegally hopping freight trains. Tell stories about hobos and the type of lifestyle they have chosen. Get permission from the administrator to declare a "hobo" casual dress day for the staff. Work with the dietician to serve a hobo stew for one of the meals during the week. Organize a hobo parade around the facility, and then gather for lemonade and cookies afterward. Show movies or television clips featuring hobos. Talk about famous clowns who portrayed hobos, such as Emmett Kelly and Red Skelton. For more information about hobos, visit: <http://www.pbs.org/wgbh/amex/rails/>,

<http://www.angelfire.com/folk/famoustramp/reference.html>, and http://www.eccentricneworleans.com/perri_the_hobo.htm.

August 11-15 ~ National Scrabble Week: Playing Scrabble is a lot of fun, especially for residents who love watching Wheel of Fortune. Hold Scrabble tournaments on each floor or unit and then have the playoffs toward the end of the week. The winning players from the floor or unit tournaments should play each other until a final winner is declared. Try to borrow several deluxe versions of this game, where the board has the ability to turn toward each player. This will make it easier to play the game. Give prizes to the finalists and a larger prize to the ultimate winner.

August 21 ~ Poet's Day: There are many different types of poetry. Poems are not as hard to write as some people think. Encourage the residents to write original poems and share them during a creative writing group. Have volunteers use a computer to type each resident's poem on special paper using a fancy type. When finished, print, mat, and frame the poem for the resident's room. If the residents prefer, have them bring a favorite poem to share with the group. Discuss the resident's favorite poets and read some of their favorite poets' works. Publish the residents' poems in the facility newsletter. For information about writing poetry, visit: <http://www.poemofquotes.com/articles/ways-to-write-poetry.php>, and <http://www.wikihow.com/Write-a-Poem>.

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 demonstrate their pet's tricks or something special the pet can do. Reward the canine guests with small bags of dog treats the residents made earlier in the week. For recipes to make the treats, visit: <http://allrecipes.com/recipe/dog-treats-i/>, <http://www.bullwrinkle.com/Assets/Recipes/Recipes.htm>, or <http://www.gourmetsleuth.com/Articles/Homemade-640/dogtreat-recipes.aspx>.



August 31 ~ Diana, Princess of Wales: Death Anniversary: 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 have the residents discuss their reaction to the movie.

For instructions on how to make a clay castle, click [here](#).

Members Only is a weekly publication focused on association-specific news and member facility best practices for both the Illinois Health Care Association and Illinois Council on Long Term Care. Questions or comments may be addressed to Editors Kevin Kavanaugh and Myrtle Klauer at 773-478-6613. Past issues of **Members Only** can be found at www.hccil.org.

