

Creative Program Ideas for June 2011

The birthstone for June is the pearl. The
flower is the jonquil.

Celebrity Birthdays:

June 1, 1934 ~ Pat Boone	June 16, 1943 ~ Joan Van Ark
June 2, 1948 ~ Jerry Mathers	June 17, 1904 ~ Ralph Bellamy
June 3, 1925 ~ Tony Curtis	June 18, 1910 ~ E.G. Marshall
June 4, 1944 ~ Michelle Phillips	June 19, 1902 ~ Guy Lombardo
June 5, 1934 ~ Bill Moyers	June 20, 1924 ~ Chet Atkins
June 6, 1939 ~ Gary U.S. Bonds	June 21, 1921 ~ Jane Russell
June 7, 1917 ~ Dean Martin	June 22, 1941 ~ Ed Bradley
June 8, 1933 ~ Joan Rivers	June 23, 1929 ~ June Carter Cash
June 9, 1915 ~ Les Paul	June 24, 1942 ~ Michele Lee
June 10, 1933 ~ F. Lee Bailey	June 25, 1925 ~ June Lockhart
June 11, 1935 ~ Gene Wilder	June 26, 1904 ~ Peter Lorre
June 12, 1929 ~ Anne Frank	June 27, 1927 ~ Bob Keeshan
June 13, 1913 ~ Ralph Edwards	June 28, 1926 ~ Mel Brooks
June 14, 1919 ~ Gene Barry	June 29, 1919 ~ Slim Pickens
June 15, 1932 ~ Mario Cuomo	June 30, 1919 ~ Susan Hayward

In June, we pause to honor the work of the Certified Nursing Assistants (CNAs) in long term care during **Nursing Assistants Week, June 16th – 23rd**. This year's theme, "*Nursing Assistants: New Roles, New Goals*" focuses on how nursing assistants make a difference in people's lives. On **June 16th, Career Nursing Assistants Day**, invite the clergy to come and bless the hands of the nursing assistants on **all shifts**. Have a reception for all the CNAs and honor longevity of service, special contributions to care practices and accomplishments of CNAs who have made caring their life career. Help the residents write thank you notes to the CNAs on their floor/unit. Gather to write a group poem expressing the residents' thanks and what the nursing assistants mean to them. Provide copies to each CNA. Present each CNA with a corsage or boutonniere at the beginning of the week. Have a pizza party on each shift or have donuts, bagels and beverages available on all shifts. Have a party on each floor/unit and invite the families. Present each CNA with a Certificate of Appreciation from the Resident Council, which includes a personalized statement about what makes him or her special. Make a giant card and have the residents and families write personal notes to all the CNAs on the floor/unit. Take pictures of each CNA and ask them what they like best about their career, family, hobbies, etc. Summarize this information and place it under the appropriate picture on the floor/unit bulletin board dedicated to the CNAs. Encourage the residents and families to continue to acknowledge the care provided by the CNAs after the formal celebrations end. For more ideas about how to celebrate and honor the CNAs at your facility, visit:

<http://www.cnanetwork.org/naweek.htm>.

Important Dates to Remember in June:

June 6th ~ **D-Day Anniversary:** This is the anniversary of the allied forces landing on the beach in Normandy

June 11th ~ **Belmont Stakes:** Final race of the "Triple Crown"

June 19th ~ **Father's Day:** Plan something special for the men and include their families in the celebration. For the history of Father's Day, visit:

<http://www.brownielocks.com/fathersday.html>

June 21st to September 22nd ~ **Summer Solstice:** For more information, visit:

<http://www.timeanddate.com/calendar/june-solstice.html>

June 27th ~ Happy Birthday to the song *Happy Birthday to You*

Food and beverages enjoyed in June: corn on the cob, cucumbers, hamburgers, eggs, candy, donuts, cake, ice cream, milkshakes, chocolate éclairs, strawberries, cheese, yogurt, turkey, chicken, lemons, mangoes, and iced tea.

Wedding Month: June is a favorite month for couples to get married and many of the residents followed this tradition. Here are some celebration ideas to help the residents remember their own special day:

- Ask each resident's family to provide a wedding picture of their loved one. Assemble a gallery of photos featuring the residents on each floor/unit. Invite the staff to bring in a wedding photo to display in a central location within the facility.
- Gather bridal magazines and have the residents make wedding scrapbooks that can be used for one-to-one visits. Use the pictures from the bridal magazines to make collages featuring wedding dresses, bridal bouquets, veils, tuxedos, honeymoon destinations, etc.
- Organize a fashion show featuring wedding dresses worn by the residents, families, volunteers, and staff. Try to get some vintage wedding dresses through a theater company, costume store, or secondhand shop. Invite persons from other cultures to model their wedding garments during the fashion show. Contact a local bridal shop and ask to borrow some samples for the event.
- Invite the staff and families to share their wedding videos and mementos with the residents. Encourage persons from other cultures to talk about their wedding traditions and show videos from their weddings.
- Ask the chaplain or clergy in the community to perform a renewal of vows ceremony for any couples wishing to participate. Invite their families to celebrate with them. Display each couple's wedding picture and take several photos of each couple during the ceremony. Ask a local florist to provide a small bouquet for each "bride" or have the arts and crafts class make them with silk flowers. Ask a local bakery to furnish a small wedding cake for the ceremony or ask the kitchen to decorate a large sheet cake for the occasion.
- Assemble a visit kit focusing on weddings -- wedding photos (both modern and vintage), small packets of rice, blue garter, bouquet, sheet music for *The Wedding March*, gold wedding rings (use the replicas available in craft stores), wedding invitations, thank you notes, menu for reception, swatches of bridal fabrics, champagne glasses, pictures of wedding cakes, place cards, guest lists, poems about love, etc. • For some trivia questions about weddings, visit: <http://www.brownielocks.com/weddingtrivia.html>

Audio Book Appreciation Month

Audio books are great for residents who enjoy books, but are unable to hold a book because of a stroke or who can't see well enough to decipher the small print anymore. Many local libraries lend books on cassettes. Talking Books are available to residents who are legally blind or have severe vision impairments. There is no cost for these "books" and it is simple to register to receive this service. For more information, visit:
<https://www.nlstalkingbooks.org/talkingbooksform/>.

Adopt-A-Shelter-Cat Month is a perfect time to get a pet for the facility or to support a local shelter. If adopting a cat is not practical, contact a shelter and ask how much it would cost for the upkeep of a cat for one month or for a year. Have fundraisers during the month so the facility can "adopt" a cat for a year. Ask the shelter to visit the facility to talk about the work they do and how the residents can help support this work. Invite the shelter to bring a cat to visit on a regular basis. Have the craft group make catnip toys for the cats at the shelter. Have a cat food and cat litter drive. Announce this special collection to the community with colorful flyers placed in local businesses, schools and churches. For more information about adopting a pet, visit: <http://www.americanhumane.org/animals/programs/special-initiatives/adopt-a-catmonth/>.

National Safety Month provides an opportunity to emphasize safety in the facility. Review the policies and procedures for the Safety Committee and organize extra safety inspections this month. Ask the Director of Environmental Services to hold an informational talk for the residents regarding safety. Work with a local school to organize a Safety Poster Contest. Display the posters in a prominent place within the facility and ask the members of the Resident Council to judge the posters. Award blue ribbons to the best posters in each age category. Invite the school children to a Safety Celebration and ask the winners to talk about their posters. Give certificates to everyone who entered the contest. Encourage the residents and families to conduct a safety inspection in their rooms and common areas. Assist the residents and families eliminate any unsafe practices and safety hazards they discover.

Perennial Gardening Month ~ As the weather continues to get warmer, it's time to do some gardening. Prepare the raised beds for the resident's individual "gardens." Have the residents assist with adding new perennials to an established garden or plan a new perennial garden area. For more information about perennials, visit: <http://www.gardening-tips-perennials.com/>, <http://www.lewisgardens.com/>, and <http://www.flower-gardening-made-easy.com/>.

June 2nd ~ Anniversary of the Crowning of Queen Elizabeth II of Great Britain

With the recent media coverage of the engagement and wedding of Prince William to Kate Middleton, many Americans are enamored with the British Royal Family. Take this opportunity to research the reign of Queen Elizabeth II. Gather as many items as possible from the United Kingdom, especially pictures of the Royal Family, Buckingham Palace, the royal carriages, etc. and make a display for all to enjoy. Discuss the coronation and what the residents remember about this event in history. For information about the English monarchy, visit <http://www.britroyals.com/kings.asp?id=elizabeth2>.

June 4th - 6th ~ Anniversary of the Battle of Midway

In 1942, a Japanese task force attempted to capture Midway Island in the Central Pacific. American bombers from Midway and two nearby carriers sent the Japanese into retreat. Japan never regained its margin in carrier strength and the Central Pacific was made safe for

American troops. Determine if any of the residents remember the news stories about the Battle of Midway and how they learned about it. Discuss what effect this battle had on the war and if any of the residents or their relatives took part. For more information about this battle, visit: <http://militaryhistory.about.com/od/worldwari1/p/Midway.htm>.

June 6th ~ Anniversary of the Opening of the First Drive-In Movie

On this date in 1933, Richard Hollingshead patented and opened the first drive-in theater on Crescent Boulevard in Camden, New Jersey. By 1958, the popularity of these establishments reached an all-time high. However, by the 1990s there were fewer than 600 remaining. Although drive-in movies appear to be a thing of the past, many of the residents will recall going to see a movie from the comfort and privacy of their cars. Discuss some of the funny things that happened at drive-in movies. Ask the residents list the different films they saw at the local drive-in theater. Copy the atmosphere of the drive-in movie by showing a vintage film at dusk and have the residents "park" their wheelchairs in designated parking places with a good vantage point to view the movie. For more information about drive-in theaters, visit: <http://inventors.about.com/library/weekly/aa980121.htm>.

June 9th ~ Birthday of Donald Duck

On this date in 1934, Donald Duck was "born" out of the imagination of Walt Disney. Donald has become a beloved character in many Disney cartoons and is almost as famous as Mickey Mouse. Show cartoons featuring Donald Duck, his family and friends throughout the day. At the noon meal, celebrate his birthday by singing *Happy Birthday* to him and serve a slice of birthday cake in his honor as the dessert of the day. Collect as many pieces of Donald Duck memorabilia as possible and display it for the residents to enjoy. Have a contest to determine the best Donald Duck imitator.

June 10th ~ Birth Anniversary of Judy Garland

This American actress and singer was born Frances Gumm in 1922. She appeared in many films and toured as a singer across America and Europe. She is most recognized for her portrayal of Dorothy in the film classic *The Wizard of Oz*. Celebrate her birthday by having a Dorothy look-alike contest. Show the *Wizard of Oz*, and other motion pictures starring Judy Garland throughout the day. Invite the younger children in the intergenerational program to a *Wizard of Oz* day and have the residents take turns reading portions of this classic to them. Ask the children and seniors to pair up and draw scenes or characters from the story. Hang the finished pictures on a bulletin board for everyone to enjoy. Have a birthday party for Judy Garland and invite the residents' grandchildren to the celebration.

June 11th ~ The Wicket World of Croquet

Have some fun playing Croquet in teams to determine who the best players are. Invite the children in the intergenerational program and the residents' grandchildren to join the residents in the Croquet tournament. Have the residents and families sign up for the event. Provide team t-shirts for everyone. Mix the levels of ability on each team to even the odds. Invite some of the residents to be cheerleaders. If any of the grandchildren are cheerleaders, ask them to lead the cheers. Award small trophies to the members of the winning team and give certificates to all participants. Serve refreshments after the event or include a barbecue as part of the festivities. For the rules and the history of croquet, visit: <http://www.toycrossing.com/croquet/>.

June 14th ~ Flag Day

In 1777, John Adams introduced a resolution before the Continental Congress establishing the official flag of the thirteen United States. Discuss how the American flag has changed over the years, the proper care of the flag, how to display it correctly, etc. Encourage the residents to talk about what the flag means to them. Ask the Veterans of Foreign Wars, American Legion or Boy Scout troop to hold a flag ceremony for the residents. This is also a good time to replace an outdoor flag and to properly dispose of the old one. Have the residents write a group poem or individual poems about the flag. Publish the best ones in the residents' newsletter. For more information about the flag, visit: http://www.chiff.com/home_life/holiday/flag-day.htm.

June 18th ~ First American Woman in Space: Anniversary

Dr. Sally Ride, a 32-year-old physicist and pilot, was the "mission specialist" on a six-day mission aboard the Challenger space shuttle in 1983. Discuss the flight and the role Dr. Ride played during the mission. Explore how astronauts have changed over the years and the challenges faced by women astronauts. For information about Dr. Ride and her role in the space program, visit: <http://www.lucidcafe.com/library/96may/ride.html>.

June 20th-24th ~ Western Days

Discuss what life was like for the settlers moving west. Encourage the residents and staff to dress in western shirts, jeans, vests, and cowboy hats in celebration of western days. Have a horseshoe and archery tournament. Host an outdoor barbecue and invite the families. Discuss some of the heroes who helped settle the frontier. Invite a guitarist to play selections of western music and country ballads. Have a roping contest to determine who can actually lasso a fence post or another object. Invite square dancers to entertain and teach the residents some wheelchair square dancing "steps."

June 25th - 27th ~ Marble Weekend

Many residents enjoyed games of marbles when they were young. Gather as many different types of marbles as possible and discuss the different games the residents played. Invite the children in the intergenerational program to join the residents for some games of marbles. Modify the games so they can be played on a table top instead of the ground. Be sure to provide adequate supervision and invite residents/children who understand the danger of putting a marble in their mouth. For rules and the history of marble games, visit: <http://www.landofmarbles.com/marbles-play.html> or <http://library.thinkquest.org/5236/Marble%20History.html>.

June 27th ~ Anniversary of the Corvette's

This sports car is made by Chevrolet and is one of their high-end models. Visit a dealership and bring back brochures showing the newest models starting at almost \$75,000. Invite an antique car club to bring their cars, especially corvettes, to the facility for the residents to see. Encourage the residents to ask the owners questions about their cars. If any residents owned

a Corvette, have him or her talk about the car and what it was like to drive one. To learn more about the Corvette, visit http://www.motortrend.com/new_cars/04/chevrolet/corvette/index.html.

June 30th ~ Special Recreation For the Disabled Day

Use this day to introduce the residents to places in the community where adaptive equipment makes it possible for them to pursue their leisure interests in the community – a bowling alley with ramp for the ball, park districts with adaptive golf clubs for wheelchair bound golfers, library with large-print books and table-top book stands, etc. Team up with the physical therapist and occupational therapist at the facility to make sure the community knows the importance of recreation for the disabled and how to deliver needed services to this population.

June Craft ~ Painted Rocks

This is a great intergenerational project. Begin by taking the residents and children on a walk through a forest preserve in search of small rocks for the project.

What You Need:

- some small rocks thick water-based paint (acrylic)
- paintbrushes or sponges water, old margarine
- containers or something similar
- some magic markers a container of white glue
- some newspapers to keep your work area clean

What You Do:

1. Clean all the dirt off of the rocks and let them dry.
2. Have the residents and children decide what they are going to create - a picture, an animal, a funky paper weight... it's all up to the "artist!"
3. Allow each resident and child to choose the rock they would like to decorate.
4. Begin decorating the rock with the design and colors the residents and children choose. If the "artists" like, they can draw some lovely pictures using magic markers instead of paint.
5. When the participants have finished decorating their rocks and the paint or magic markers are completely dry, it's time to seal the rock. Do this by mixing some white glue with a little bit of water.
6. Brush some of the water/glue mixture onto their rock to seal in the beauty.
7. The activity staff can also take the decorated rocks outdoors and spray them with a sealer to protect the finished rocks.



Note: If you are going to decorate rocks to leave outside, make sure you use a biodegradable, environmentally-friendly water-based paint!

