

## *Creative Program Ideas for September 2012*

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



September 1, 1935 ~ **Seiji Ozawa**  
September 2, 1923 ~ **Marge Champion**  
September 3, 1923 ~ **Mort Walker**  
September 4, 1918 ~ **Paul Harvey**  
September 5, 1929 ~ **Bob Newhart**  
September 6, 1937 ~ **Jo Anne Worley**  
September 7, 1921 ~ **Arthur Ferrante**  
September 8, 1922 ~ **Sid Caesar**  
September 9, 1925 ~ **Cliff Robertson**  
September 10, 1929 ~ **Arnold Palmer**  
September 11, 1924 ~ **Daniel K. Akaka**  
September 12, 1920 ~ **Irene Dailey**  
September 13, 1937 ~ **Fred Silverman**

September 14, 1936 ~ **Walter Koenig**  
September 15, 1938 ~ **Gaylord Jackson Perry**  
September 16, 1927 ~ **Peter Falk**  
September 17, 1933 ~ **Charles Grassley**  
September 18, 1933 ~ **Scotty Bowman**  
September 19, 1933 ~ **David McCallum**  
September 20, 1928 ~ **Dr. Joyce Brothers**  
September 21, 1934 ~ **Leonard Cohen**  
September 22, 1939 ~ **Junko Tabei**  
September 23, 1920 ~ **Mickey Rooney**  
September 24, 1923 ~ **Sheila MacRae**  
September 25, 1931 ~ **Barbara Walters**  
September 26, 1945 ~ **Bryan Ferry**  
September 27, 1924 ~ **Jayne Meadows**  
September 28, 1934 ~ **Bridgitte Bardot**  
September 29, 1935 ~ **Jerry Lee Lewis**  
September 30, 1931 ~ **Angie Dickinson**



### **Important Dates to Remember:**

**September 2** ~ Anniversary of VJ Day

**September 3** ~ Labor Day

**September 9** ~ Grandparents' Day

**September 9-15** ~ National Assisted Living Week

**September 11** ~ Anniversary of the Terrorist Attacks on America

**September 17** ~ Rosh Hashanah (Begins at sundown on September 16)

**September 22** ~ First Day of Autumn

**September 26** ~ Yom Kippur (Begins at sundown on September 25)

**September 30** ~ Sukkot

**Library Card Sign-Up Month:** Plan a trip to the local library so the residents who love to read can apply for their own library cards. Talk to the librarian to make arrangements for the group to tour the library and hear about all the services it offers. 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 homedelivered books program in which the homebound residents can take part. 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.



**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 discussions on each floor/unit and talk about how to prepare for natural disasters. Go through the steps for a safe evacuation. Make sure the residents know how to report a fire and what to do in case of a fire in the facility. Talk about the difference between a tornado watch and a tornado warning. 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.

**World Alzheimer's Month:** This is the first World Alzheimer's Month dedicated to raising awareness of Alzheimer's disease across the world. The theme for this year's event is "Dementia: Living Together" with activities throughout the month to raise awareness about Alzheimer's disease and related dementias. The goal is to provide education in an effort to reduce the stigma connected with this disease. Activities will peak on September 12 – World Alzheimer's Day. Take this opportunity to provide education to the families and volunteers. For more information visit: <http://www.alz.co.uk/world-alzheimers-day>.

**September 5 ~ Share Your Ideas Day:** Encourage the residents to share their ideas for the upcoming holiday season. Hold a brainstorming session and write down everyone's ideas. Have the residents pick their favorite ideas for each holiday and discuss how to implement the ideas. 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. Continue to follow up with each committee until each event is celebrated. Give credit in the facility newsletter to the residents who worked on each committee.

**September 10 ~ Capturing Autumn Colors:** It's time to take the residents for a walk, now that days are the cooler and the leaves are beginning to change colors. Collect a variety of colored leaves and press them between the pages of several heavy books. Help the residents identify each leaf. Arrange the pressed leaves on white construction paper, glue the leaves to the paper using craft glue, mat, and frame the "artwork." The leaves can also be used to create leaf screen prints. Small leaves can be placed on

narrow strips of white poster board, laminated, and then punched with a hole in the top. Using a slipknot, insert a piece of narrow ribbon in the hole to make a bookmark.

**September 13 – International Chocolate Day:** Today is the day chocoholics wait for all year long. Organize a special baking group and choose the residents' favorite recipe for homemade brownies, chocolate chip cookies, or chocolate cake. Work with the dietary department to serve some type of chocolate dessert for either lunch or dinner.

**September 22 – National Centenarian's Day:** Plan a special day of activities honoring the residents 100 years old and beyond. Present each centenarian with a corsage or boutonniere. Invite the family members to celebrate with their loved ones. Work with the dietary department to prepare a very special meal for all the residents. Engage some entertainment for an afternoon social. Introduce the centenarians and provide each with a plaque marking the occasion. Serve cake, ice cream and punch for refreshments. Invite the media to cover the events and interview the residents.

**September 25 – National Voter Registration Day:** This is a nonpartisan effort to make sure everyone who wants to vote gets registered. Activity Professionals should make sure the residents who wish to exercise their right to vote in the upcoming Presidential Election are registered.

**September 28 – Good Neighbor Day:** In many facilities, the residents living next door to each other don't know one another. To remedy this, hold a "block party" for each floor/unit and introduce everyone to their neighbors. If the floor/unit is large, invite each wing to come at a different time instead of incorporating the entire floor/unit at the same time. Play several ice breaker games to help the residents get acquainted. For game ideas, visit:

<http://adulted.about.com/od/icebreakers/tp/toptenicebreakers.htm>,  
[http://insight.typepad.co.uk/40\\_icebreakers\\_for\\_small\\_groups.pdf](http://insight.typepad.co.uk/40_icebreakers_for_small_groups.pdf), and  
<http://www.birthday-party-ideas-101.com/party-ice-breakers.html>.

### **Pretty Flower Pots**

These make great gifts, and can sell at fall craft bazaars, especially if you pot them with some pretty mums, ivy, or begonias!

#### **Supplies:**

- Small to medium terra-cotta flower pots
- Several different colors of acrylic paints
- Artist paint brushes for acrylic paints – various sizes □ Stencils of leaves, flowers, etc.
- Stencil brushes
- Water containers for washing the brushes between colors
- Paper towels for drying the brushes

- Various trims for decoration
- Craft glue, e.g., Tacky glue
- Acrylic sealer

**Directions:**

1. Wash the terra-cotta pots and allow them to dry thoroughly before starting this project.
2. Cover the tables with old newspapers.
3. Have the residents select the colors they want to use to paint the flower pot and the decoration – leaf, flower, etc.
4. Apply the base coat and allow the flower pot to dry thoroughly.
5. Tape the stencil to the flower pot and apply the stencil paint using a stencil brush.
6. When the paint is dry, apply the sealer and allow to dry thoroughly.
7. Apply decorations using craft glue
8. When everything is dry, place small stones in the bottom of the pot and add a small amount of potting soil.
9. Place a small plant in the middle of the pot and cover completely with soil.
10. Water generously and place on a sunny windowsill.

