

Creative Program Ideas for June 2013

The birthstone for June is the pearl and alexandrite.
The flower is the rose and honeysuckle.

Celebrity Birthdays

June 1, 1937 ~ Morgan Freeman	June 16, 1957 ~ Ian Buchanan
June 2, 1941 ~ Stacy Keach	June 17, 1904 ~ Ralph Bellamy
June 3, 1925 ~ Tony Curtis	June 18, 1942 ~ Roger Ebert
June 4, 1925 ~ Michelle Phillips	June 19, 1903 ~ Lou Gehrig
June 5, 1934 ~ Bill Moyers	June 20, 1931 ~ Martin Landau
June 6, 1956 ~ Bjorn Borg	June 21, 1921 ~ Jane Russell
June 7, 1940 ~ Tom Jones	June 22, 1949 ~ Meryl Streep
June 8, 1925 ~ Barbara Bush	June 23, 1929 ~ June Carter Cash
June 9, 1961 ~ Michael Fox	June 24, 1956 ~ Joe Penny
June 10, 1933 ~ F. Lee Bailey	June 25, 1925 ~ June Lockhart
June 11, 1939 ~ Gene Wilder	June 26, 1947 ~ Jimmy Walker
June 12, 1941 ~ Chick Corea	June 27, 1927 ~ Bob Keeshan
June 13, 1953 ~ Tim Allen	June 28, 1928 ~ Mel Brooks
June 14, 1909 ~ Burl Ives	June 29, 1947 ~ Richard Lewis
June 15, 1954 ~ Jim Belushi	June 30, 1917 ~ Lena Horne

Important Dates in June:

June 8 Belmont Stakes

June 14 Father's Day

June 13 National Career Nursing Assistants Day

June 13-20 36th Annual National Nursing Assistants Week

For celebration ideas, visit: <http://cna-network.org/36th-annual-national-nursing-assistants-week/>

June 21 Summer Solstice



When people think of June, they may picture a beautiful bride dressed in a lovely white gown, walking down the aisle on the arm of her father to traditional wedding music. The church is filled with flowers; friends and family who have gathered on a warm, sunny day to witness the exchange of vows meant to take the couple through the rest of their lives. Many activities can be built around the residents' memories of their own weddings.

Program Ideas Based on Weddings:

- 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 a wedding photo to display in a central location in 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 bridal gown 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 wanting to participate. Invite their families to the event. Display each couple's original 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. Provide a small reception for the couples, their families and the residents.
- Assemble a visit kit focusing on weddings -- wedding photos (both modern and vintage), sealed 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 the reception, swatches of bridal fabrics, champagne glasses, pictures of wedding cakes, place cards, guest lists, poems about love, etc.

Cancer from the Sun Month: This is an excellent time to review the precautions the residents should take when going outdoors. Ask one of the nurses to provide an in-service to all the staff about keeping the residents safe when taking them outdoors. This is also a good topic for a Family Council meeting. Since the activity staff takes the residents on outings during the summer months, now is the time to stock up on sunblock, hats, baseball caps, etc. for the residents to wear on outings or when participating in outdoor activities. (Remember to put each resident's name on his or her hat or cap stored in the activity department. These items can only be used by the resident whose name is on the hat or cap.) Meet with the Director of Nursing to review your outdoor activity and out trip protocols and/or policies and procedures. Update these as needed, and keep the revised documents in the nursing and activity

departments' policies and procedures manuals. Stay alert and monitor residents who enjoy going outdoors and sitting in the warm sun. Educate them regarding the sun's dangers, make sure they are wearing sunblock, set a time limit for exposure to the sun's rays, and remind them when it's time to come indoors. For additional information,

visit: <http://cancer.about.com/od/skincancermelanoma/tp/preventskincanc.htm>.

Safety Month: This year's theme is, "Safety Starts with Me." Invite the residents and children involved in the intergenerational program to participate in a safety poster activity. Provide old magazines for the residents and children to make collages of unsafe and safe practices at home, in school, and when outdoors. Provide poster board, construction paper, markers, crayons, scissors, and glue sticks for the residents and children to use when creating their posters. Instruct the residents and children to divide the posters into two piles -- one pile for the facility and one pile for the school. Hang the posters in the facility and encourage the children's teachers to display the posters on bulletin boards around the school. Organize a safety presentation for the residents. Invite the rehab staff to review good wheelchair transfer techniques. Invite the fire department to review what to do in case of a fire in the facility. Invite a nurse to review safety practices in the resident's room, restroom, and shower room. For more ideas, visit: <http://www.nsc.org/nsm/>.

June 6 ~ First Drive-In Movie Opened: Drive-in theaters have, for the most part, disappeared from the scene. Discuss the history of the drive-in and why these were popular, especially for families with young children. Determine how many residents went to see movies at a drive-in and why they enjoyed it. Organize a "drive-in" movie for the residents. Set up a concession stand with easy access, choose an old black and white movie to show, station staff at the entrance to distribute admission tickets, and provide several "parking attendants" to direct the residents to their "parking spot." The rules are simple: show the admission ticket to the "parking attendant," stop by the concession stand before the movie begins, and relax and enjoy the movie! For a virtual drive-in movie experience, visit: <http://www.driveinmovie.com/>.

June 19 ~ Garfield's Birthday

America's lasagna-loving cat celebrates his birthday today. "Garfield," a modern classic comic strip was created by Jim Davis and first appeared in 1978. Garfield has captured the hearts of millions over the years. Read some of the comic strips during a discussion group. Ask the residents to explain why they like, or don't like, the comic strip. Rent the DVD, *Garfield the Movie* and show it to the residents. Discuss the movie afterwards to determine what the residents thought of it. For more information, visit: <http://en.wikipedia.org/wiki/Garfield> and http://pressroom.garfield.com/garfield_bio/index.html.

June 24 ~ Celebration of the Senses: Treat the residents to a stimulation of the five senses -- taste, touch, scent, sight, and sound. Discuss the five senses and the role the senses play in our enjoyment of the world and the things in it. Look at pictures of the different seasons and discuss the changes that take place. Ask the residents to

describe the smells associated with each season. Discuss the sounds of the seasons, e.g., the rustling of leaves underfoot in the fall, the chirping of birds in the spring, the sound of children splashing in the lake in the summer, etc. Discuss the colors, the tastes, and the sights of each season. To celebrate the senses, play selections of the residents' favorite music, pass around samples of various fabrics for the residents to touch, place different scents on cotton balls and seal them in small jars for the residents to open and smell, pass out samples of homemade cookies for the residents to sample, and ask the residents to share their favorite picture with the group.

June 27 ~ National Handshake Day: In America, the handshake is a greeting or acknowledgement of an introduction. It is an important part of corporate America, and can make or break a business deal, interview or encounter. A firm handshake shows confidence in oneself. Take this opportunity to practice your handshake and make improvements. Discuss what it's like to receive a weak handshake and how that changes your impression of the individual you are greeting. Encourage the residents to greet one another with a handshake.

Patchwork Pillow

Put your fabric and lace remnants to good use by turning them into a unique patchwork pillow. Be sure to use washable fabrics for these pillows.

Gather your washable fabric and lace remnants.

Use firm cardboard to trace and cut out a 2½ inch square from the cardboard.

On the wrong side of the fabric trace around the cardboard pattern using a fabric marker. (Be sure the pattern is placed on the straight grain of the fabric.)

Cut out the fabric squares and sew them together in strips, using a ½ inch seam allowance.

Sew the strips together to form 2 pieces of fabric measuring 12½ inch X 12½ inch.

Place the right sides of the patchwork fabric together and pin in place leaving a 4 inch opening on 1 side of the pillow.

Sew a ½ inch seam around the pillow from one side of the 4 inch opening to the other side of the opening.

Turn the pillow right side out and stuff the pillow with polyester fiber fill until it's firm to the touch.

Fold over ½ inch of fabric at the opening and pin the seam closed.

Using a needle and thread, sew the opening shut with an overcast or blind stitch.

Add lace or other embellishments around the edge of the pillow.

