

TRConnections, Corp.

"We're In This Together!"

website: www.trconnections.com

MARCH 2015

Celebrating March

Music Involvement Month

National Professional Social Work
Month

Irish American Month

National Nutrition Month

National Craft Month

National Women's History Month

Peanut Butter Lover's Day—1

Dentist Day—6

National Long Term Care
Administrators' Week— 8-14

Middle Name Pride Day—10

Registered Dietitian Day—11

Plant a Flower Day—12

Employees Appreciation Day—13

National Pi Day—14

Saint Patrick's Day—17

First Day of Spring—20

Doctor's Day—30



*"Spring is nature's way of saying,
'Let's Party!'"*

—Robin Williams

In the spirit of Robin Williams, celebrate spring with a party! The first day of spring falls in March and it is a great opportunity to celebrate the season by engaging in a variety of activities:

- Plant seeds
- Spring social
- Start planning outdoor outings
- Create and put up birdfeeders
- Spring cleaning?
- Go for a walk
- Flower arranging
- Visit a floral nursery
- Sit outside and listen to sounds of spring
- Go fly a kite
- Yard work

There are many activities you can do with your residents during the springtime, just make sure you make a 'party' out of it!

Celebration of all Things Irish

Domain: Social, Cognitive, Physical, and Emotional
Goal: To help provide social engagement, improve self esteem, increase stamina and coordination, cognitive development, and cultural awareness
Population: All populations, higher functioning.

March 17th is St. Patrick's Day and it is a great day to engage in a multi-cultural activity by discussing and educating your residents on the culture of the Irish people and the history of St. Patrick's Day.

Throughout the day, plan your calendar around incorporating Irish-themed activities that include engaging in physical, emotional, cognitive and social groups. These activities include:

- Make Irish soda bread
- Bake Irish Tea Cakes
- Have an Irish Pub Night
- St. Patrick's Day Social—where all things are green and you serve corned beef hash
- Writing Limericks together
- Engaging in a self-esteem craft related to rainbows, where each resident identifies a positive quality about themselves on each color of the rainbow.
- Discussing myths and legends related to Leprechauns
(<http://www.yourirish.com/folklore/the-leprechauns/>)
- Learn a seated Irish Jig
(<https://www.youtube.com/watch?v=NqDW7S73-Zg>)
- Have a trivia/fun fact/discussion about the country of Ireland
(<http://www.eupedia.com/ireland/trivia.shtml>)
- Do a 'Pot-o-Gold' hunt around the home and have residents look for clues to find it
- Learn some words together in the Celtic language
(<http://quizzes.familyeducation.com/holidays/st-patricks-day/irish-english-language.html>)

TRConnection's Shining Recreation Therapist for

March

Try and guess who the Shining Recreation Therapist is for a chance to win an iTunes gift card. Email Heather at heather@trconnections.com with Shining RT in the subject field.

This Recreation Therapist

- Grew up in Blackfoot, Idaho
- Graduated Valedictorian in both High School and College where she received her Master's in Health Promotion from USU
- She served an LDS mission in Calgary, Canada
- Has worked as
 - A ballet/gymnastics teacher
 - Aerobics Instructor
 - Adjunct Professor
 - Recreation Director
 - And more!
- Her interests include
 - Volleyball, going to lunch with friends, watching football, playing Pinochle, and being a great wife and mother along with so much more!

There's an app for that!

Looking for an application to use with residents for the month of March? Check out these:

<https://itunes.apple.com/us/app/gardening-the-ultimate-guide/id644023042?mt=8>

<https://itunes.apple.com/us/app/spring-bonus/id595805360?mt=8>

<https://itunes.apple.com/us/app/coloring-st-patricks-day-hd/id508085688?mt=8>

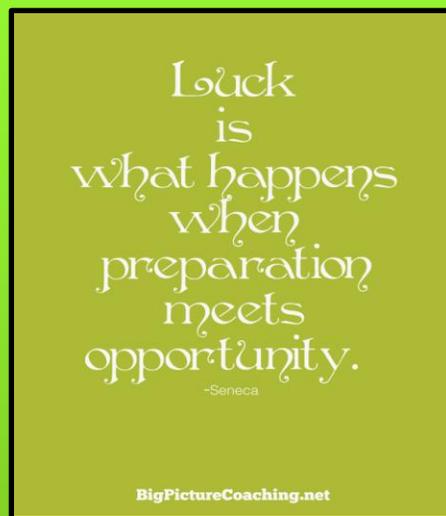
<https://itunes.apple.com/us/app/st-patricks-day-photo-free/id353406595?mt=8>

Luck VS. Opportunity

Domain: Social, Cognitive, and Emotional

Goal: To increase cognitive stimulation, social stimulation, and improve self-determination.

Population: All populations with higher cognitive levels



This quote reminds us that we are in control of our own destiny, that luck is based on the hard work and not necessarily chance. With that being said, March is a great month to have a discussion about the significance of luck and how it plays in our lives. There is research that shows what “lucky” people do differently, than the “unlucky,” and you can share this information to your residents in a discussion based, goal-focused group. This is a great opportunity to ask residents what personal goals they have, and how they can achieve them with hard work and focus.

You will need: Research/information (<http://www.rd.com/advice/how-to-get-lucky/>) on the significance of luck, pens, paper.

Directions: Have residents sit around tables, and inform them that today they will be discussing luck. Ask residents about a time in their life where they were “lucky” and what the circumstances around the “lucky” situation were. Go on to discuss how luck can be viewed in a variety of ways including: having an open mind, focusing on positive thoughts, and changing behaviors. Then discuss with residents different goals they have, and how they can each achieve them through preparation, hard work, and a little bit of luck through research based methods!

March 2015

2015 URTA Conference

“Expanding the Possibilities!”

Attend the upcoming Utah Recreation Therapy Association on March 12th and 13th and earn up to 10 CEU's! All TRConnections, Corp. staff will be presenting! Come and learn some great ideas and network with other recreation therapy professionals around the state of Utah!

Find out additional information at the following links:

<http://utahrectherapy.org/events/2015-urta-conference-expanding-the-possibilities/>

<https://www.facebook.com/UtahRecTherapy>

Facility Trainings From TRCONNECTIONS, CORP.!

- * Aromatherapy
- * Men's Group
- * Reflexology
- * Wellness Visits
- * Healthy Eating Habits
- * Active Bingo
- * Cooking/Travel Groups
- * Expressive Arts: Mural, Mandala's Poetry
- * Colorology Beading
- * Intro to Technology
- * Chair Yoga
- * Time Slips
- * Self Esteem
- * Cognitive Games
- * Sensory Boxes

If you are part of the TRConnections, Corp team, then you already receive these great trainings! However, if you are interested in having us come to your facility to provide hands-on trainings, contact us! <http://www.trconnections.com/About-Us.html>

It was one
of those
March
days when the sun shines hot
and the
wind blows cold:
when it is summer in the
and winter in the
light,
shade.

-Charles Dickens



“Spring”

Camille Gotera

When the cold, harsh winter has given its last breath,

When the sky above shows life instead of death,

When the clouds, reaching to the frozen sky

Becomes decorated with leaves,

When the animals-long in hiding- scurry from trees,

We know winter has ended.

When the frost on grass is replaced with sweet dew,

When the fields become dotted with flowers,

Reminding me or you,

When the lonely silence becomes filled with melodies,

When you feel warm air, erasing bad memories

We know winter has ended.

When the hard, bare ground

becomes painted with green,

When the frost-bitten air becomes fresh and clean,

When the coats and boots are all stored away,

When the playgrounds become occupied

Again with child’s play,

We know winter has ended.

When you hear the pleasant sound of children’s

laughter,

When the air is filled with joy-long sought after,

When the world is filled with sunlight,

brighter and longer,

When the song of Mother Nature becomes

Stronger and stranger,

Spring has begun.

Spring Sensory

Domain: Sensory and Cognitive stimulation

Goal: To help clients improve physical functioning, social engagement, and cognitive stimulation

Population: Geriatrics, lower functioning

The first day of spring occurs in the month of March, why not take advantage of this season by engaging in a Spring themed sensory activity for your residents!

Research suggests that sensory activities for lower functioning clients can assist in improving communication skills, relaxation, cognitive functioning, improve socialization, and increase alertness.

You will need: Tablet or computer (to play sounds and see video), sounds of the spring (birds chirping, lawn mowers, leaf blowers, kids playing, dogs barking, rivers, scents of spring (fresh cut grass, flowers, dirt, etc.), video of spring nature

(https://www.youtube.com/watch?v=NU9RO_v52e4), touch items (flowers, rake, grass, etc.), tastes of spring (fruits, vegetables, jelly beans, edible flowers, etc.), pictures of all items related to the variety of senses.

Directions:

Sit activity participants in a semi-circle, and explain to the residents that they are going to talk about spring. Have the spring video playing in the background and ask the residents what they see and hear and what other elements are a part of spring. Begin by engaging in physical activities related to spring while seated (walking, raking, digging, throwing a ball for a dog, hiking, biking, etc.), then engage in a matching game where you have residents match the picture of the item to the sound, taste, or touch, of the items related to spring. Following that engage residents in the ideas of spring by reading them a variety of spring poetry while they eat some of the ‘tastes of spring’. Thank them individually for attending your group and let them know the group has ended.