



The Activity Exchange

WVAPA

What a wonderful conference we had....after looking at the evaluations I see that most of the members were very happy with the location and facility the conference was held at. We have booked the facility again for next year.

We will be working hard for next year. We held a training meeting in December. At that meeting we trained board members for their new positions and set our budget for next year's conference, we came up with a theme for the banquet and went over the evaluations from this year.

Our meetings for the year of 2013-2014 are:

February 11, conference call

April 8, Sundale in Morgantown

June 10, conference call

August 12, Parkersburg

The conference for next year is September 17-19, 2013

The new officers for next year are:

Peggy Helmick, President

Jennifer Evosevich, Vice President

Jodie Everson, Treasurer

Tia Hovatter, Secretary

Maryanna Talkington, Education

Chasity Richmond, Publicity

Sherry Flannagan, Membership

Sherry Newcome, Nominations

Linda Curry, Legislation

Donna Tennant, Awards

If anyone has any questions for any of the board members our phone numbers and addresses are on the WVAPA website. Please do not hesitate to contact us.

It was so great seeing all of you and look forward to next year!

Peggy Helmick

MEMBERSHIP

I hope everyone had a very Merry Christmas and is having a great new year. I have been working on the membership and trying to get everything up to date. We have 52 expired memberships at this time. I will be mailing renewals out in the next week hoping to have them all out by the end of the month. If you receive a renewal please return it to me ASAP. If you have any questions about membership, please don't hesitate to contact me. I can be reached (cell) 304-671-6988 or (work) 681-342-5159.

Thanks,
Sherry Flanagan

"Life is a bowl of cherries, so live and laugh, and laugh at love, love a laugh, laugh and love."-
Bob Fosse

"Snowflakes are one of nature's most fragile things, but look at what they can do when they stick together." -Author Unknown

"Always be kind, for everyone is fighting a hard battle."-
Plato

DATES TO REMEMBER

February 2nd Ground Hog day

February 2nd Super Bowl
XLVIII

February 7th opening ceremony
for Winter Olympics

February 14th Valentines Day

February 16th- 63rd Annual
NBA
All star game

February 17th Presidents Day

February 23rd 56th Annual
Daytona 500

February 28th French Fry Friday

February 16-22 International
Friendship week

HOLIDAY DECORATIONS AND NFPA



Holiday Decoration and NFPA:

The National Fire Protection Association (NFPA) and the U.S. Fire Administration (USFA), estimate 240 home fires involving Christmas trees and another 150 home fires involving holiday lights and other decorative lighting occur each year. Some decorations commonly displayed during the holiday season may not be suitable for use in a Licensed Care Facility per NFPA life safety code. Decorations and Finishes - NFPA 101, Life Safety Code, Section 19.7.5.4 "Combustible decorations shall be prohibited in any health care occupancy unless they are flame retardant."

Prohibited decorations include: NFPA 101 Section 19.7.5.4.

- Natural cut Christmas trees. International Fire Code (IFC) 806.1.1.
- Fresh cut evergreens for decoration.
- Paper tree ornaments.
- Trees, plants, displays, hangings, and other decorations must not block exits, visibility of exits, or fire protection appliances. NFPA 101 Section 7.1.10.2, IFC 806.3.
- Burning candles. NFPA 101 Section 13.7.2, IFC 308.1.5.

- Never hang decorations from fire sprinkler heads or pipes. NFPA 25, 2-2.2 (1998 Edition).

Decorations that are allowed include:

- Artificial Christmas trees that comply with the International Fire Code. IFC 806.2.
- Decorations that are non-combustible or flame retardant. IFC 807.1; IFC 807.2.
- Decorations, such as bows and paper cut-outs that are flame resistant. IFC 807.2.
- Decorative lighting that is approved by a testing laboratory such as UL, used only in supervised areas and turned off when not in use. IFC 806.5.

Other fire prevention measures:

Resident Rooms

- Rooms should be neat and orderly.
- All items must be 36" from heaters. Watch for blankets and other cloth material too close to heaters. IFC 305.1; IFC 603.5.1.

- Do not accumulate combustible materials, i.e. newspapers, laundry or clothing. IFC 304.1; IFC 304.2.
- Extension cords are prohibited, except when used on a portable appliance, such as a vacuum cleaner. NFPA 70 400.8; IFC 605.4.
- In nursing homes, portable heaters are prohibited. NFPA 101 Section 19.7.8, IFC 605.10.

Outside:

Electrical decorations and lighting shall be UL approved.

An excellent resource for additional information http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/holiday.shtm

Submitted by Tia Hoveatter

How staff can assist residents with in-room activities

While staff are in rooms assisting with ADLS, etc., these are some conversation suggestions you could put out in an in-service.

What do you like to eat ?

The questions are endless.



What television shows do you like?

Ideas for in-room sensory bags.

What kind of music do you enjoy?

BEACH BAG

Bag of sand
Sand shovel
Flip-flops
Sea shells

TEXTURE BAG

Sand paper
Balls (not too small)
Material squares

FLOWER BAG

Flower pot
Cup of dirt
Seeds
Plastic flowers

Do you like to read?

KITCHEN BAG

Plastic utensils
Oven mitt
Plastic cookie cutters
Apron

SEWING BAG

Measuring tape
Thimble
Material squares

BABY BAG

Diapers
Bottle
Baby key rings

Do you have grandchildren, kids etc..?

What is your favorite color?

HIPPA

HIPPA does not have to be complicated. It requires reasonable efforts to protect and safeguard information. When in doubt, get permission, and write it down. Take time to orient, train, supervise, and regularly in-service your team of staff and volunteers.

REMEMBER

What you see here, what you hear here, must remain here, when you leave here!

RESOURCES

www.hipaasurvivalguide.com

www.hippaguidelines101.com

Valentines Day

Activities to go with your Valentine party

Valentine guessing game- fill a jar with candy hearts and have residents guess the amount

Valentine candy- Melt chocolate and make chocolate covered cherries.

Simple valentine craft-Cut our hearts from pink and red construction paper and time with lace.

Presidents day

Presidents Tea party

President word search

Famous president quotes

Make a cherry pie

DAYTONA 500

Let your residents race with remote control cars

President facts

Four presidents were born in the month of February, George Washington, Abraham Lincoln, William Harrison, and Ronald Reagan

Thomas Jefferson spoke six languages

William Henry Harrison was President for only 31 days . He died of pneumonia

Jimmy Carter was the first president born in a hospital.

SOCK SNOWMAN

Submitted by: Brenda Fox Activity Assistant at Summers Nursing and Rehab Center.

These make great stuffed friends for residents!!!!



Materials needed.. White tube socks, colored socks, quilt batting, scissors, black sharpie marker, orange pipe cleaners, hot glue gun, hot glue sticks,

Stuff your white tube sock with quilt batting.

Cut your colored socks at the toes for a toboggan, and then cut a strip out for a scarf.

Tie the scarf about 2 inches down to make a neck and separate the head from the body.

Color in your buttons, eyes and mouth with the black sharpie.

Hot glue the seal of your toboggan to the opening of the white tube sock.

ACTIVITY OF THE QUARTER

HOT COCO & COOKIE TRUCK

Submitted by: Jeanette Boggs, Activity Assistant at Summers Nursing and Rehab Center.

MATERIALS NEEDED:

Hot coco mix

Hot water

Cart

Cookies

Cups

Radio

CD

This is a great activity to do on a cold winter day to brighten the mood in your facility and to get everyone Involved.

Make sure to let your kitchen staff know you will need pitchers of hot water.

On your cart you will want to have your water, coco mix, cookies, cups etc.

Your music choice is the key for this activity to be successful. Make sure you play something up beat that appeals to the population at your facility.

Go up and down your halls, playing your music and giving out your treats.

This is a big hit in our facility.

TIP: Make sure you have a copy of your diet orders on hand.

If anyone has a craft, an activity, or an article they would like to submit for consideration in our next newsletter please email them to at...

crichmond@amfmwv.com

Please include your full name, and the name of the facility you work for in your email.