

Creative Program Ideas for the Month of October 2016

Listed below is information about October and some activity suggestions and directions. If you have any questions or comments, please direct them to Linda Amoroso at education@naap.info

Birthstone: **Opal, Tourmaline ~ Hope**

For their color fireworks, opals are unrivaled. Wear an opal and you capture lightning and rainbows, all in the same stone. Black opals are most prized. Their dark backgrounds make reds look like burning embers. Roll the stone back and forth to show off its other brilliant colors. Next in value are crystal opals, loved for their many layers and flashes of color. Most affordable are white and milky opals, whose light backgrounds produce softer hues. Napoleon gave Josephine a fiery opal called "The Burning of Troy." Queen Victoria often gave opals as wedding gifts. Blonde women believed opals would keep their hair eternally golden.

Flower: Calendula (better known as the marigold) and cosmos represent October.



The word officinalis means medicinal, and Calendula means throughout the months - meaning that the plant flowers for many months. Calendula likes full sun but does poorly in hot weather. It is used in beds and borders, and the dried heads are used to flavor soups and for coloring butter

October is:

- **Book Month**

- Write a children's book as a group or one on one, using the resident's childhood story.
- Hold a book drive for your local school or day care
- Start a book club

- **Breast Cancer Awareness Month**

- Host a "Party 'till Your Pink" fundraiser
 - Encourage staff to wear as much Pink as Possible

- Have a pink bake sale
- Sell Pink ribbons and other pink Items (You can find lots of these items in party supply stores)

- **Caramel Month**

Caramel Tassies

Ingredients

1 cup butter, softened 2 cups all-purpose flour

2-3 ounces pkgs cream cheese, softened

FILLING:

1 package (14 ounces) caramels

1/4 cup plus 3 tablespoons evaporated milk

In a large bowl, cream butter and cream cheese until light and fluffy. Gradually add flour and mix well. Cover and refrigerate for 1 hour or until easy to handle. Roll dough into 1-in. balls; press onto the bottom and up the sides of ungreased miniature muffin cups. Prick bottoms with a fork. Bake at 375° for 15-17 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks. In a large heavy saucepan over low heat, melt caramels with milk. Remove from the heat; cool slightly. Transfer to a heavy-duty re-sealable plastic bag; cut a small hole in a corner of the bag. Pipe filling into pastry cups. Cool to room temperature. Top with a Hershey Kiss.

- **Computer Learning Month:** Start a computer class for your residents and/ or family members.
- **Italian-American Heritage Month:** Everyone thinks of Oktoberfest and Germany in October. Why not do something different and celebrate with Italian Culture.
 - Work with your dietary dept. and turn your dining room into an Italian restaurant with checked clothes and wine bottles on the table, play Italian music and serve a nice Italian meal complete with wine (grape juice)
 - Explore the different types of music & entertainment of Italian- Americans
 - Opera appreciation
 - Frank Sinatra, Dean Martin *(There is a great album call Mob Hits that has lots of great music)
 - Show movies based on Italian Americans
 - Love you to Death
 - My Cousin Vinny
 - Moonstruck
 - Rocky
 - Episodes of Everyone Loves Raymond
 - Show a travelogue of Italy

- **National Bake and Decorate Month:** Bake cupcakes and let the residents decorate them.
- **National Chili Month:** Have a chili cook off for staff with residents as judges. Work with dietary to serve the winner for a special meal.
- **National Cookbook Month:** Put together your own cookbook. Ask families, residents and staff to bring in recipes, edit and put them together using a spiral binder. (if you don't have one of these in your facility lobby for one. They will more than pay for themselves and you can get them for \$100.00 or less.)
- **Photographer Appreciation Month:** Pick a favorite photographer and discuss their work: (All can be found on the web)

○ Ansel Adams	Yousuf Karsh	Robert Capa
○ Henri Cartier-Bresson	Dorothea Lange	Annie Liebovitz
- **Country Music Month:**
 - Host a Country Music Singalong
 - You can find old classic and new artist's performances on YouTube to share with your residents.
- **Family History Month:**
 - Help your residents start a family tree
 - Encourage families to share family health history
 - Make a family keepsake:
 - Ask family members to bring an old favorite family photo (ask for them to bring a copy or if you have the means make a copy of the photo)
 - Use any jar that fits the photo and modge podge it inside and add a battery tea light

German American Heritage Month:

- Beirgarten on the Patio
- Make and eat Beer Bread and serve with pumpkin butter.
- Beer Bread Recipe 2 Cups of Self Rising Flour, one can of beer, stir, put in a greased or parchment lined loaf pan and bake for 1 hour and 350 degrees
- Make a Blumencranz (Flower Crown)
 - twist silk flowers a to make a circle and hang colorful ribbons about 18 -24 inches in the back. Use Barrettes or headbands and glue flowers and ribbons
- Polka & Pretzel Party

- Have a Sausage tasting for a list go to <http://germanfood.about.com/od/regionalspecialties/tp/12Germansausages.htm>
- German Wine & Cheese Social

- **International Drum Month:** There are lots of websites, articles and videos on drum circles, just google it.

- **October is Residents' Rights Month**

The 1987 Nursing Home Reform Law requires each nursing home to care for its residents in a manner that promotes and enhances the quality of life of each resident, ensuring dignity, choice, and self-determination. All nursing homes are required "to provide services and activities to attain or maintain the highest practicable physical, mental, and psychosocial well-being of each resident in accordance with a written plan of care that... is initially prepared, with participation, to the extent practicable, of the resident, the resident's family, or legal representative." This means a resident should not decline in health or well-being as a result of the way a nursing facility provides care.

- Play Residents' Rights games such as
 - Residents' Rights Bingo. You can purchase the game or make your own
 - Residents' Rights Wheel of Fortune. Play like hangman on a white board have the residents guess the right then talk about them (great with residents and staff, even better if you can play together)
 - Residents' Rights Jeopardy. Answers and Questions

For more ideas check out <http://tcombudsman.org/issues/residents-rights>

- **October is Cheese Month, Pizza Month and Celebration of Apples Month. This recipe is a celebration of all three!!**

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|--|------------------------|
| 1 12-ounce can refrigerated ready-made pizza dough | |
| 3 large apples, sliced thin | 1 cup apple juice |
| 1 tbsp cornstarch | 1/2 tsp cinnamon |
| 2 tbsp honey | 1/4 cup chopped pecans |
| 1 cup white cheddar cheese | |



- Pre-heat oven to 425 degrees.
- Lightly coat a 14-inch pizza pan with cooking spray. Press dough into pizza pan.
- Cook apples in apple juice until tender. Drain off juice and reserve.
- Place apple slices on dough.
- Dissolve cornstarch in apple juice, cinnamon, and honey. Cook over medium heat until clear. Spread sauce over apples.
- Sprinkle pecans on top. Top with cheese.

- Bake in a 425 degree oven for 15-20 minutes.

01 World Card Making Day: Assist the residents in making greeting cards. There is so much available now to make greeting Cards.

2-8 Great Books Week:

- Host a discussion on the great books residents have read
- Show movies based on great books

03 Techie's Day: Ask your IT associates to come talk and demonstrate different tech products such as computers, tablets, phones and any other new things

04 Blessing of The Animals Day: Ask you Chaplain or local minister to come and invite family and staff to bring in pets to be blessed.

04 National Taco Day: Have a taco bar for staff and residents

05 World Teachers Day:

- Write thank you letters to the teachers who bring in children.
- Host a special luncheon for former teachers

06 Mad Hatter Day: Host a Mad Hatter Tea and ask everyone to wear a silly hat
Make Mad Hatter Hats: as easy as this



To as elaborate as this using an inexpensive plastic or cardboard top hat, decorative paper and embellishments and a little creativity

07 World Smile Day: Take photos of just the smiles of your staff and residents, post them and have a contest to see who can match up the smile to the person.

08 Fall Astronomy Day: Did you know that many libraries and schools loan telescopes to Nursing Homes? There are things to see during the day but this good be a really fun evening activity

09 Clergy Appreciation Day : Ask the residents to help write thank you notes to the Clergy that visit your home. Send flowers if it fits in your budget

10 National Handbag Day /World Homeless Day: Combine these events and fill Ladies' handbags with everyday/ hygiene items to help homeless women and Donate-them to a homeless shelter

11 Southern Food Heritage Day:

- Play Categories to name as many Southern food items as possible. Break it down to entrees (beef, pork, poultry....), breads, deserts, drinks,
- Spell out "Southern Food" and come up with items under each letter
- Here's a list of Southern Foods to use in the games or look the recipes up online.
 - Entrees/Meat dishes
 - Barbecue
 - Pork ribs
 - Pulled pork
 - Pork Steaks
 - Chicken and dumplings
 - Chicken fried steak
 - Chicken gizzards - fried
 - Chit'lins (Chitterlings)
 - Crawfish / crawdad
 - Fried chicken
 - Catfish
 - Fried pork chops
 - Game meat - venison, rabbit, and game fowl like Quail
 - Grits
 - Ham - usually pan fried
 - Ham hocks
 - Souse meat, also called Head cheese
 - Side dishes
 - Apple butter
 - Chow-chow
 - Cole slaw
 - Cracklin' - fried pork rind
 - Deviled eggs
 - Goober Peas
 - Sausage/ white gravy
 - Grits Cheese grits
 - Fried grits
 - Vidalia onion
 - Wilted lettuce
 - Macaroni and cheese

- Muscadine jelly
- Pepper Jelly
- Plantains
- Hoppin' John
- Cornbread dressing
- Sorghum molasses
- Watermelon rind pickles
- Butter or Lima beans
- Pole beans
- White or great northern beans
- Green beans
- Pinto beans
- Baked beans
- Collard greens
- Peanuts in Coke
- Pickled pigs feet
- Pimento cheese sandwich
- Black-eyed peas
- Crowder peas
- Purple hull peas
- Field peas
- Turnip greens
- Kale
- mustard greens
- Poke salad -
- Bread:
 - Biscuits
 - Cornbread
 - Corn pone / Johnny cake
 - Hush puppies
 - Cornmeal mush
 - Spoonbread
- Deserts
 - Hummingbird cake
 - Apple Brown Betty - a traditional colonial dessert
 - Dewberry / Blackberry cobbler
 - Peach cobbler
 - Buttermilk pie
 - Chess pie
 - Grape Hull pie

- Jefferson Davis
- Lemon ice box pie
- Mississippi mud pie
- Peanut pie
- Pecan pie
- Shoo fly pie
- Sweet potato pie
- Bread pudding
- Banana pudding
- Corn pudding

- 12 Drink Local Wine Day:** Host a wine tasting. Keep it simple with a few wines or sparkling juices or go big and ask a local winery to come in, invite families or go even bigger and ask a few wineries and invite the community. Don't have any local wineries? Ask your local stores that sell wine to do the same program
- 13 International Moment of Frustration Scream Day:** Have a good old SCREAM! Encourage the residents to let it out and yell as loud as they can, stomp their feet, and flail their arms. They'll be amazed how quickly those screams of frustration turn to bursts of laughter and at how totally refreshed they feel afterwards.
- 14 National Family Bowling Day (or Kids Bowl Free Day):** Have a grandparents/grandchild Wii or old fashioned indoor bowling tournament
- 15 I Love Lucy Day:**
- Show Lucy Clips from YouTube or videos
 - See Who Loves Lucy the most with a Trivia Contest. Google I Love Lucy Trivia (there's lots and lots of sights) Give the winner a box of wrapped Chocolates
 - Encourage everyone to wear polka dots
- 16 Dictionary Day:** Host a spelling and definition bee. It's great fun to challenge middle school, high school and even college kids to a spelling bee. The residents win most of the time!!
- 17 Wear Something Gaudy Day:** Have the staff wear Gaudy Clothes and give prizes for the best worst dresser.
- 18 National Chocolate Cupcake Day:** Make and Eat!!!

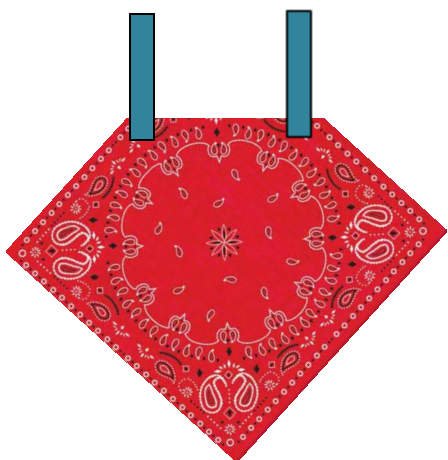
- 19 1960 Chubby Checker's "Twist" hits #1:** Form a Flash Mob with staff (*If you can get your management team to participate it makes it even better*), go to the dining room before lunch is served or before any large group activity, put on Chubby Checker's Twist, dance, get the residents dancing in their chairs and have fun. This can last as little as 15 minutes and will be talked about for weeks!
- 20 Cookie Month:** Host a Cookie Tasting
- 21 National Pumpkin Cheesecake Day:** Have the residents make their own Pumpkin Cheese Cake: (*Depending on the level you can pre-mix the filling or have the residents do it.*)
- Ingredients:
- 1 pkg.
(8 oz.) PHILADELPHIA Cream Cheese, softened
1 cup canned pumpkin 1/2 cup sugar 1/2 tsp. pumpkin pie spice
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
12 individual ready-to-use graham cracker crumb crust
- Directions
- Beat cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until blended. Gently stir in 2-1/2 cups COOL WHIP. Refrigerate 1 hours or until nice and thick, divide into small bowls for residents to spoon into crust and top with remaining COOL WHIP.
- 22 Make A Difference Day:** Lead a discussion with the residents about ways they can still make a difference. Ask what kind of project or ideas to help in both their immediate community and the outside community. Follow through with feasible ideas.
- 23 Johnny Carson's birthday:** Residents can enjoy old Johnny Carson Shows through YouTube and Videos.
- 24 National Bologna Day:** One day during a discussion group someone brought up Bologna and it became an hour long reminiscing group on the different kinds of Bologna, how you ate the sandwich (fresh white bread with nothing on it, to smashed potato chips on it the everything under the sun on it) fresh verses fried, hand cut vs pre-cut. I never knew people felt so strongly about B O L O G N A (bet you remember the tune to those letters;)
- 25 International Artists Day:** Check out this website for a great ready made programs <http://www.internationalartistday.com/>

26 Mule Day: Mules were vital to settling our country. They pulled the wagons for the settlers and the plows to help keep them fed. Today there are many festivals with lots of Mule Driving and Mule Pulling Completions. Host your own by using the horseracing game but substituting Photos of Mules.

27 You Bet Your Life" with Groucho Marx premieres on ABC radio:

- Watch old episodes on YouTube
- Play the game (which was just a simple trivia contest with the catch of having a "Secret Word". If the contestant said the word they got a special prize.

28 International Bandanna Day: I Love Bandanas! You can do so much with these little pieces of cloth.



Simple tie on napkin "clothing protector" fold corner to 13 inches sew 20 inch ribbons. The Residents love them.



Sew two together. Add ribbon for handles bing bang boom you've got a cute bag.



Great Gift Wrap

29 1946 "Adventures of Sam Spade" debuts on CBS Radio: Talk about individualized care! Did you know you can down load free old radio shows to mp3 players catered to your residents' interests? Simply go to:
<http://www.oldtimeradiofans.com/>

30 National Candy Corn Day:

- Have a contest with your staff and resident of guessing how many Candy Corns are in a jar
- Replace chocolate chips with them in your favorite cookie recipes or add them to your rice krispies treats

31 National Knock-Knock Jokes Day: I understand that it isn't done everywhere but in Missouri you have to tell a joke before you get a treat on Halloween.

- Host a Knock Knock Joke contest
- Put jokes up around your facility
- Give residents jokes to tell staff
- You can find lots of Knock Knock Jokes online

Lagniappe (LAN YAP)

DEFINITION - [French Creole (chiefly in New Orleans area)] - A little something extra; A bonus; Something unexpected; A small gift of appreciation given a customer by a merchant at the time of a purchase, e.g., The 13th doughnut in a baker's dozen. Lagniappe breeds good will, friendship and most importantly, returns business.

Halloween Pumpkin Contest:

These are some of the pumpkins done by departments and neighborhoods in my facility. I hope they inspire you. Send photos!





Decorate apples instead of pumpkins. Found these on pinterest

