

## RECREATION WEEK REMINDERS

This is an activity to share with all members of the Recreation/Activity Department (staff as well as volunteers). Using 12 large file cards, prepare with the comments and items indicated below, then place in a basket. Ask staff members or volunteers to pull out a card, read the comments, and reflect on its message.

**Card #1:** Attach to envelope - “This envelope reminds, us we must remain open to residents’ wishes as well as the love they are willing to share.”

**Card #2:** Attached to any type of sticky backed label - “These labels caution us to remain label-free when working with residents and staff.”

**Card #3:** Attach to a heart-shaped pencil sharpener - “this heart pencil sharpener reminds us we need a big heart to do this job. Sometimes we need to sharpen our job skills.”

**Card #4:** Attach to a pencil gripper - “This pencil gripper helps us to remember that nothing is so overwhelming we can not get a grip on it!”

**Card #5:** Attach to any length ruler - “This ruler reminds us that we grew one inch at a time as a child. In activities, we grow a little each day, facing new challenges and new responsibilities.”

**Card #6:** Attach to a spring-type clip - “This clip reminds us we need to hang on to some form of faith to give meaning to work and home in general to give meaning to life.”

**Card #7:** Attach to a clothespin - “This clothespin reminds us not to get hung up on one idea, one way of presenting an activity, one resident, one volunteer, or one employee.”

**Card #8:** Attach to a ping pong ball - “this ping pong ball reminds us to move and speak slowly with the resident. No bouncing off of walls or rattling on so quickly.”

**Card #9:** Attach to a golf ball ‘ “this golf ball reminds us that the minute we enter into our place of work, we are swinging into the residents’ homes for a hole in one day.”

**Card #10:** Attach to any type of a hook (type to hang cups on) - “This hook is to hope you are hooked on your job!”

**Card #11:** Attach to a small paper clip - “This clip is small, but it reminds us even the smallest thing, one word said with love, one hand shake, one hug, one pat on the back is vital and very important to the residents.”

**Card #12:** Attach to a file card of any size - “This card reminds us of the importance of proper record keeping, not only to help us know the residents but to prove to ANYONE we have a superior department.”

## RECREATION WEEK CARDS

**Front:** I am a rubber band. You stretch me out to hold things together.

**Inside:** Remember how flexible you are - changing activities as needed each day due to weather, lack of expected volunteers, or the craziness of the Activity Director.

**Front:** I am a paper clip. You use me every day to hold things together.

**Inside:** Remember, you help to hold many residents' lives together each day.

**Front:** I am a piece of tape. You use me to hold things down on a desk or another piece of paper. I am very practical because I stick.

**Inside:** Remember, we need to support and stick together, continually uplifting each other every day.

**Front:** I am a staple. Sometimes you use me to hold a picture on a bulletin board.

**Inside:** Remember to hold up and support the residents each day with your caring and kindness.

