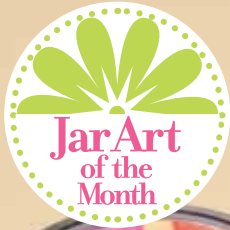


Your Activity Source

creating together Journal™

Online

March/April 2012



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Crafts • Recipes • Music • Calendars • Parties • Puzzles • Trivia



A Note to the Activity Director



Spring is just around the corner and in this issue of *Creating Together Journal Online* we have given you dozens of fresh ideas for you and your residents.

Try making a painted glass jar using an eraser and paint, or make a shamrock treat using tiny muffins. Be sure and read Angela Lamson's excellent article on page 23 about the special generation you serve—and share it with everyone you know! Whatever you do, enjoy this beautiful time of year together.

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Projects, ideas, and activities are designed to be used by Activity Professionals and other professionals within the residence. While some activities give modifications for various abilities, each activity must be modified to fit the needs of the individual. The consultation of a medical professional or other applicable authority should be included when necessary in any program.



Educational Accountability Grid

Look for this symbol beside activities in the magazine. The colors shown in the grid indicate what goals are met with the activity.

- **Personal Fulfillment**—Improves self-esteem, memory, and self-awareness through repetitive thinking, music, art, and creative thinking activities and games.
- **Working in a Group**—Takes focus off of the individual to concentrate on working in a group or for a purpose.
- **Hand-Eye Coordination**—Physically helps the individual attain strength and improves coordination.
- **More Like Home**—Establishes a link to home—past and present—that provides comfort and security.
- **Memory**—Relates to past experiences that connect to the present.
- **New Knowledge or Information**—Provides new information or newly related concepts.



Hatch a Bunny

What you need for each bunny:

- Purchased Twinkie® or Cloud Cakes®
- Bunny Peeps®
- Knife
- Colored Coconut

How to make the project:

- 1 Cover the work surface with waxed paper. Use a knife to cut the ends of the Twinkie at angles as if it were the edges of a cracked egg. See Photo A, below. Place the two cut pieces around the bunny. See Photo B. Sprinkle with Colored Coconut.

How to make Colored Coconut:

Put 1 cup of shredded coconut in a small plastic bag. Add 3-4 drops of food coloring. See Photo 1 above, right. Close bag and mix with hands. See Photo 2, above right. Open bag and use as desired.



Making it Easy



Approximate cost per person:
13¢



Sources for ingredients used in the project:

- All ingredients can be found at grocery or discount stores.



Possible uses for the project:

- To give to guests when they come for Easter.



Options for simplifying the craft:

- Do not add the coconut.



Take it to the next level:

- Decorate the Twinkie with colored frosting as if it were a decorated Easter Egg.



A



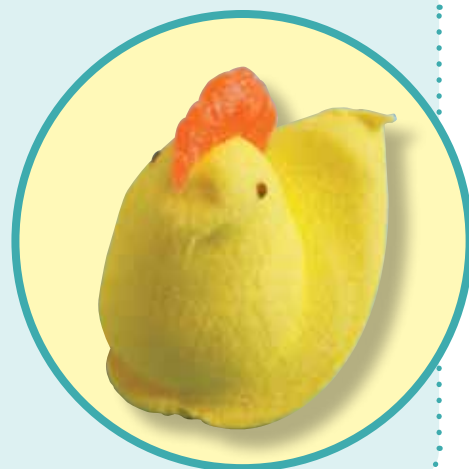
B

Sweet Little Rooster!

Here is a fun project to make as a group or with some volunteers.

These little roosters are great for a simple table favor or just for fun. All you need is a yellow marshmallow chicken such as a

Peep chick and an orange slice. Simple cut the orange slice in two the long way. Attach it to the top of a yellow marshmallow chick. That is all there is to it!



Teacup Friends



Making it Easy:



Approximate cost per person:

10¢ if using tea cups and saucers that have been given to the facility

Sources for materials used in the project:

• Old teacups and saucers can be found at thrift stores. Other embellishments can be found at discount and crafts stores. Hole reinforcements can be found at office supply stores. Seeds can be found at garden centers.



Possible uses for the project:

• As a centerpiece or to decorate tables.



Options for simplifying the craft:

• Do not decorate the saucer.



Take it to the next level:

• Add more embellishments to the cups such as jewels, hair items, and more.



What you need for 1 tea cup friend:

- One cup and one saucer—not necessarily matching
- Tacky crafts glue
- Ribbon, rickrack, buttons, and other embellishments
- Colorful plastic googly eyes
- Colored paper hole reinforcements
- Potting soil; plastic spoon
- Fast germinating seeds such as radishes, peas, or cat grass

How to make the project:

- 1 Turn the saucer over and using a lot of tacky glue, adhere the cup to the saucer. See Photo A. Let dry.
- 2 Add the eyes and mouth to the front of the cup. Decorate the saucer as desired gluing ribbons, buttons, rickrack, and other embellishments to the saucer. See Photo B.
- 3 Use a plastic spoon to fill the cup with potting soil. See Photo C.
- 4 Sprinkle seeds on the soil. Any fast germinating seeds can be used such as radishes, peas, cat grass, or alfalfa. See Photo D.
- 5 Cover the seeds lightly with soil and water. Because there is no drainage in the cups, do not over water. Seeds will sprout in a few days and last for 2-3 weeks.

• Have a little fun using old cups and saucers by making them into growing friends. Reminiscent of the popular Chia Pets®, these little people are sure to become favorite companions.



A



B



C



D

Kittens and Cats



Kitty Quiz

Have fun taking this Cat Quiz:

1. What is a group of kittens called?
A. Herd B. Kindle C. Fluffs
2. The ridged pattern on a cat's nose pad is as individual as a human fingerprint. True or False?
3. What is the technical name of a person who loves cats?
A. ailurophile B. catophile
C. kittenloverophile
4. Only one continent does not have any cats. Which is it?
A. Asia B. Antarctica B. Europe
5. Cats can jump how many times their height?
A. 10 times B. 50 times C. 5 times
6. Cats walk on their toes. True or False?
7. Cats are vegetarians. True or False?
8. All kittens are born with blue eyes. True or False?
9. A "Feral" cat is a cat that is half wild. True or False?

When it comes to felines, there are currently more than 80 breeds recognized by one cat registry or another. The International Progressive Cat Breeders Alliance (IPCBA) recognizes 73 breeds, while the Cat Fancier's Association recognizes only 41. A cat must have a lineage going back several generations to be registered as a pedigreed cat.

Feline gestation is 57 to 69 days, commonly 63 to 66 days. Litters can have from one to eight or more kittens. The top cat in terms of popularity is the Persian, the so-called "aristocrat of catdom". In second spot is the Maine Coon, known to be large and extremely smart.

Pet Therapy

A growing field and activity at many senior residences involves Pet Therapy, in which animals and their owners visit residents on a regular basis. It happens in some hospitals as well, and is a good source of comfort and attention for the pets and for the residents. Studies have shown that it doesn't matter if it is dogs, cats, rabbits, or birds doing the visiting. The program usually works well for everyone involved.



The premise is simple—pets such as dogs and cats offer unconditional and non-judgmental affection and love. They can make humans feel connected to a larger world beyond four walls. Animal-assisted therapy (AAT) helps improve the physical, emotional, social, and cognitive functioning of a resident or patient, and it seems to work well on an individual or group basis.

Recently the American Heart Association published a study suggesting that pet therapy helped reduce stress in patients. Many patients once were pet owners, so the pairing of the two is natural and makes patients feel comfortable.

Answers: 1. B; 2. True; 3. A—the word ailuro is from the ancient Greek word for "cat"; 4. B; 5. C; 6. True; 7. False—cats are flesh eaters and need to eat meat. 8. True. Later they can turn green, yellow, or orange. 9. True. Feral cats never were tamed when young.



Thousands of years ago, cats were worshipped as gods.
Cats have never forgotten this. Anon.

Bulletin Board

Let's Fly a Kite

To MAKE THIS BULLETIN BOARD:

You can adjust the instructions for making this bulletin board to fit the size that you have.

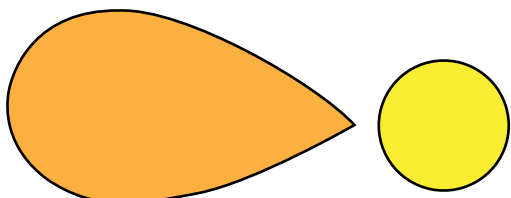
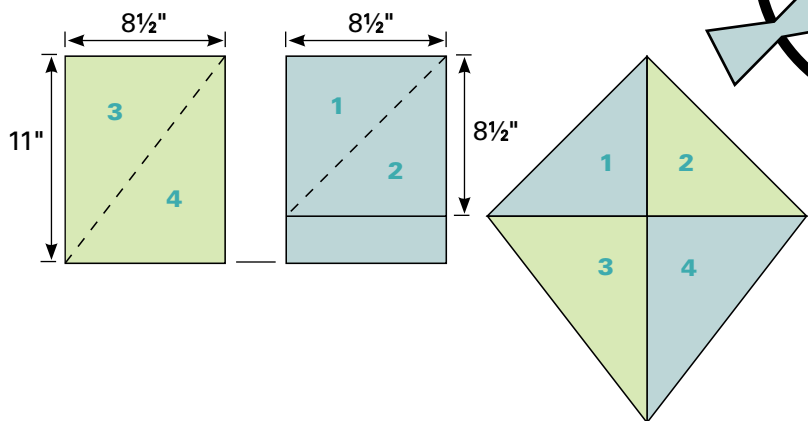
Cover the background of the board with white or dark blue paper.

Create the kite: To make the four triangles that form this kite, you will need two pieces of $8\frac{1}{2}$ x 11-inch paper in whatever color and pattern you like. Note: One of the larger triangles will be flopped to the back side, so use paper that is colored on both sides or you will need two pieces of paper for the larger triangle. Referring to the diagrams, below, cut each piece of paper into 2 triangles. Two of the triangles are made by cutting the full piece of paper diagonally. The other two triangles (top of kite) are cut from a square that is $8\frac{1}{2}$ x $8\frac{1}{2}$ inches. The square is cut diagonally to form the two triangles.

Attach the kite on the board by flopping one of the larger squares and putting it up against the other large triangle forming the bottom of the kite shape. Place the two smaller triangles together to form the top portion. Staple or pin in place.

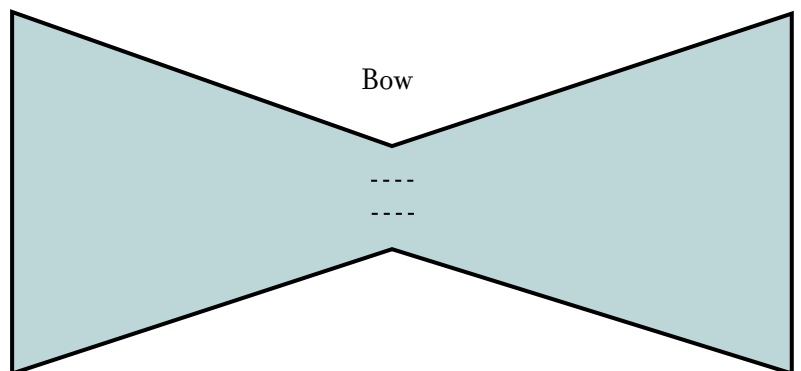
Pin a 24-inch length of $\frac{1}{2}$ -inch-wide ribbon to the bottom of the kite. Trace and cut out the bow pattern, below, onto colored paper. Cut the slots into the bow and string onto the ribbon.

Trace and cut out the petal pattern and center pattern, below. Cut out of colored paper. Cut out petal shapes and center shapes and staple to the board. Add the resident's names to the flower or the bows if desired. Write "Spring is Here" on the board.



Flower petal

Flower center



Bow