

## *Creative Program Ideas for February 2012*

The birthstone for February is the amethyst.  
The flowers are the violet, primrose and begonia.

### **Celebrity Birthdays:**

February 1, 1968 ~ <b>Lisa Marie Presley</b>	February 15, 1907 ~ <b>Cesar Romero</b>
February 2, 1947 ~ <b>Farrah Fawcett</b>	February 16, 1935 ~ <b>Sonny Bono</b>
February 3, 1950 ~ <b>Morgan Fairchild</b>	February 17, 1925 ~ <b>Hal Holbrook</b>
February 4, 1913 ~ <b>Rosa Parks</b>	February 18, 1933 ~ <b>Yoko Ono</b>
February 5, 1934 ~ <b>Henry "Hank" Aaron</b>	February 19, 1940 ~ <b>Smokey Robinson</b>
February 6, 1939 ~ <b>Mike Farrell</b>	February 20, 1927 ~ <b>Sidney Poitier</b>
February 7, 1962 ~ <b>Garth Brooks</b>	February 21, 1935 ~ <b>Rue McClanahan</b>
February 8, 1940 ~ <b>Ted Koppel</b>	February 22, 1932 ~ <b>Edward M. Kennedy</b>
February 9, 1928 ~ <b>Roger Mudd</b>	February 23, 1939 ~ <b>Peter Fonda</b>
February 10, 1930 ~ <b>Robert Wagner</b>	February 24, 1942 ~ <b>Joe Lieberman</b>
February 11, 1934 ~ <b>Tina Louise</b>	February 25, 1913 ~ <b>Jim Backus</b>
February 12, 1915 ~ <b>Lorne Greene</b>	February 26, 1920 ~ <b>Tony Randall</b>
February 13, 1934 ~ <b>George Segal</b>	February 27, 1932 ~ <b>Elizabeth Taylor</b>
February 14, 1921 ~ <b>Hugh Downs</b>	February 28, 1930 ~ <b>Gavin MacLeod</b>
	February 29, 1904 ~ <b>Jimmy Dorsey</b>

### **Important Dates to Remember in February:**

- February 2 ~ **Groundhog Day** (<http://www.brownielocks.com/groundhog.html>)
- February 12 ~ **Grammy Awards** ([http://www.cbsnews.com/8301-31749\\_162-57334377-10391698/grammy-awards-2012-nominations-list/](http://www.cbsnews.com/8301-31749_162-57334377-10391698/grammy-awards-2012-nominations-list/))
- February 14 ~ **Valentine's Day** (<http://www.brownielocks.com/valentine.html>)
- February 20 ~ **Presidents' Day** (<http://www.brownielocks.com/presidentsday.html>)
- February 21 ~ **Mardi Gras** (<http://mardigras2012.net/>)
- February 22 ~ **Ash Wednesday** (beginning of Lent)
- February 26 ~ **Academy Awards** (<http://www.brownielocks.com/academyawardshistory.html>)
- February 29 ~ **Leap Year Day** ([http://urbanlegends.about.com/od/historical/a/leap\\_year.htm](http://urbanlegends.about.com/od/historical/a/leap_year.htm))

**Black History Month:** This year's theme is "Black Women in American Culture and History." Take time to recognize and honor the achievements of African-American women throughout history. Discuss women such as Ida B. Wells, Maya Angelou, Rosa Parks, Oprah Winfrey, Condoleezza Rice and others. Discuss their place in American history and how they have impacted the residents' lives. Develop a bulletin board dedicated to these influential black women. For more information about African-American women, visit: <http://www.asalh.org/> and [http://womenshistory.about.com/od/africanamerican/a/black\\_women.htm](http://womenshistory.about.com/od/africanamerican/a/black_women.htm).

**Boost Self-Esteem Month:** Self-esteem is important to everyone, but especially to those living in long term care settings. Work with the residents on projects that build self-esteem. Start by having the residents list the things they like about themselves and then the things they would like to change. Help them evaluate what can be changed and what can't. Next, determine what the resident would like to work on first. Provide positive feedback during the process. Watch for

things that the residents do that can be published in the facility newsletter or hung on the bulletin board, e.g., craft projects, poems, short stories, winning contests, etc. Encourage the interdisciplinary team to provide lots of praise and positive comments for the residents for whom they care. For more information on building self-esteem, visit:

<http://www.resiliency.com/html/build.htm>, and  
<http://www.youmeworks.com/yourinnerguidetoselfesteem.html>.

### **February 1 ~ Hula in the Coola Day**

Put the winter doldrums behind you, if only for a day. Don your favorite Hawaiian shirt or muumuu and plan a luau party for the residents. Invite a Hawaiian dance group to perform and teach everyone how to hula. Decorate the facility with bright colors, seashells, fishnets, exotic flowers, etc. Work with the dietary department to serve authentic Hawaiian foods for the main meal. Present residents and visitors with leis to wear throughout the day.

### **February 1-5: Snow Sculpting Week**

Plan snow sculpting activities with the different groups of children involved in your intergenerational program. Collect old coats, hats, gloves, scarves, boots, etc. to dress the children's snow sculptures. Have lots of small shovels available and items the children can use as molds. Encourage the residents to watch the activity from the windows. Invite the children inside for hot chocolate and cookies with the residents while they talk about their creations.

### **February 5 ~ Super Bowl Sunday**

Super Bowl XLVI will take place at Lucas Oil Stadium in Indianapolis, Indiana. It will be the NFL's 46th Annual Super Bowl. Kick-off is scheduled for 5:30 p.m. CST. The game will be broadcast nationally on NBC. Plan a Super Bowl party for the residents and gather around the television to cheer for your favorite team. For the history of the Super Bowl and other interesting information, visit: <http://www.brownielocks.com/superbowlsunday.html>.

### **February 11 ~ Shut-In Visitation Day**

As the winter continues and makes it difficult for the residents to get out into the community, bring the community in to visit them. Invite volunteers from local churches and civic organizations to come into the facility and visit with the residents. Set specific times for visiting, and make a list of residents who would enjoy a visit. Try to match the interests of the residents and the interests of the visitors. Meet and greet each volunteer visitor. Provide a brief orientation and then introduce the volunteer visitor to his or her assigned resident.

### **February 12 ~ Paul Bunyan Day**

According to the people of Bangor, Maine, this larger-than-life folk hero was born on this date in 1834. He was a lumberjack figure in North American folklore and tradition. One of the most famous and popular North American folklore heroes, he is usually described as a giant as well as a lumberjack of unusual skill. He is often accompanied in stories by his animal companion, Babe the Blue Ox. Paul Bunyan symbolizes hard work and determination to succeed. Discuss the legends surrounding Paul Bunyan and Babe. Have a birthday party in his honor and serve a cake shaped like a large log or an ice cream cake roll. For more celebration ideas and history, visit: <http://www.brownielocks.com/PaulBunyanDayTrivia.html>.

## February 17 ~ Random Acts of Kindness Day

Let the residents and interdisciplinary team know about today's theme and encourage everyone to do something nice for someone else during the day. People feel good helping people or being on the receiving end. Discuss what the residents can do for others and how they feel when someone does something nice for them. For more information and ideas, visit: <http://www.holidayinsights.com/moreholidays/February/randomactskindness.htm>.

## February 23 ~ National Chili Day

Chili is great to serve on a cold winter day. Collect the residents' favorite chili recipes and pick one or two to make during a cooking group. Have a chili cook-off and invite the staff and/or families to make their favorite chili recipe and bring it to the facility for a resident tasting. Have the residents choose the one they like the best, and award a blue ribbon to the individual who brought that chili.

## February 28 ~ Spa Day

Hold a spa day for the residents. Offer manicures, hand and foot massages, facials, backrubs, shoulder massage, etc. Get permission to add some spa touches to the residents' shower rooms – add pictures on the walls; replace drab shower curtains with colorful ones; replace white towels with soft pastel towels; add body lotions and use shower gel in place of soap; play soft music, etc.

## Valentine Cards

This is a great intergenerational activity. All you need are the following items:

- red, pink and white construction paper or card stock
- paper doilies
- glue sticks or school glue
- crayons
- washable markers
- sequins
- glitter
- safety scissors (and some for the adults, too)
- heart-shaped candy
- Valentine's Day stickers



Additional items such as yarn, buttons, pipe cleaners, dried/silk flowers, etc. can also be used to decorate the cards.

Allow the children and residents to use their imaginations to create the cards. You may want to decorate a Valentine's Day Card Box for the classroom while you're at it. Enjoy!