

# Activity Dept. News

## Mira Vista Care Center

### Did you know?

June is National Rose Month.

Over 85% of Americans report that the rose is their favorite flower.

The rose is native to the United States. A fossil of a rose has been found in Colorado and is 35 million years old!



### MUSIC

6/2 4:00 p.m.  
Piano by David

6/3 2:00 p.m.  
Guitar by Dan

6/8 3:00p.m.  
Piano by Jim

6/10 2:00 p.m.  
Jim & Ken

6/12 2:00 p.m.  
Ernie Queen

6/17 10:00 a.m.  
Marsha

6/18 3:00 p.m.  
Ernie Tyree Band

6/22 3:30 p.m.  
Old Time Fiddlers

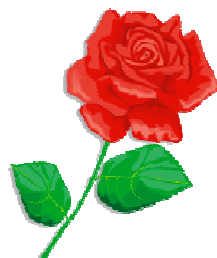
6/24 2:00 p.m.  
Kim & Ward

## Everything's Coming up Roses! C. Asplund, Editor

### Happy Birthday

#### Residents:

- 6/1– Terry
- 6/2-Mabel W.
- 6/6– Anna & Homer
- 6/12-Eunice
- 6/20– Gladys
- 6/22– Daniel



*"You'll be swell! You'll be great! Gonna have the whole world on the plate!"*

*~Lyrics by Sondheim and Jule, as sung by Ethel Merman in "Gypsy" in 1959.*

### Special Observances:

- 6/7– Cancer Survivor Day
- 6/11-6/18 Nursing Assistant Week
- 6/14– Flag Day
- 6/21-Father's Day
- 6/29-7/4 Nat'l Therapeutic Recreation Week

### Happy Birthday Staff:

- 6/1-Clarissa
- 6/2- Lauren
- 6/6-Stephanie
- 6/11- Diane G.
- 6/12-Joselit, Sharon & Josefina
- 6/17– Krista
- 6/18-Jan
- 6/20-Chris
- 6/21– Scott

### Happy Anniversary of Employment:

- 1998-Donna
- 2006--Neygat & Samuel
- 2008– Angela, Bertha & Chris

## What is Therapeutic Recreation?

Therapeutic Recreation is known by several names: Recreational Therapy, Activity Therapy and Specialized Recreation. Yet, most people have never heard of it!

Mira Vista's Activity Director, Coni Asplund, has a degree in Leisure Services with an emphasis on Therapeutic Recreation. She describes Rec Therapy as "more than just fun

and games." It is treatment for individuals with disabilities, illnesses or other such conditions. Recreational Therapy helps alleviate pain, depression and loneliness. The goal is to help maintain functioning and improve overall wellness.

An individualized leisure plan is developed for each resident based on both their needs and

their interests. The Activity Department at Mira Vista works to support rehab goals; to help people live as independently as possible and enjoy life to the fullest.

