



ohio library council

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# **ELDER-BERRIES**

## **Library Programs for Older Adults**

**Third Edition**

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## INTRODUCTION

Several years ago, the Task Force on Library Service to Older Adults, a unit of the Ohio Library Council's Outreach and Special Services Division, created an idea exchange for Ohio librarians serving older adults. Called the "Circuit Rider," this loose-leaf binder traveled from one library to another, enabling staff members to use ideas from other Ohio libraries; and in turn, to add descriptions of their own successful programs. Many libraries signed up to receive the notebook and reported satisfaction with it. Over the years, however, the task force realized that it was difficult to keep track of the few copies available and to keep them moving fast enough to fill requests in a reasonable length of time. Therefore, it was decided to create a similar publication that any library could buy at a reasonable cost and have available permanently for use as needed. This publication was entitled *Elder-berries* and was published in 1988. The task force updated and expanded it in 1998. Another decade has passed and this publication will now be published in electronic format only on the OLC Web site.

This publication is a collection of good programs for older adults. In some cases, they are described just as originally presented and submitted. In other cases, they have been combined with similar programs. When ideas are shared and adapted, they can become even better. The task force regards these programs as a catalyst, not an exact set of instructions. In using them, librarians are encouraged to consider the resources of their own libraries and adapt the materials accordingly. We hope that some of these programs may serve as stimulus to librarians, a sort of "jumping off place," for them to create new, but related, programs of their own, and to use the unique assets of their own communities. We encourage you to submit your own programs to be added to *Elder-berries* to make it even better. There is a submission form on the Web site to make this easy to do. We will be adding new programs on an annual basis and look forward to including your ideas.

### ***Elder-berries* Committee Members**

Debbie Aked  
Kathy Bardon  
Kathy Ickes  
Annette Kovic  
Mona Pocatko  
Paul Ward



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Mona K. Pocatko	Marilee McSweeny	Louise Zimmer
Jean Dolan	Joy Mandelbaum	Claudia Zimmerman

The following libraries provided the settings for the programs described.

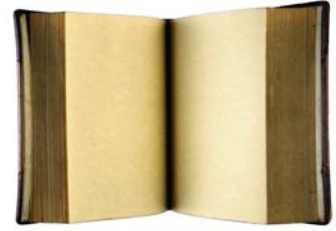
Akron-Summit County Public Library	Lutheran Old folks Home
Bucyrus Public Library	Muskingum County Library System
Chillicothe & Ross county Public Library	Normal Memorial Library
Columbus Metropolitan Public Library	Porter Public Library
Coshocton Public Library	Portsmouth Public Library
Cuyahoga County Public Library	Public Library of Cincinnati & Hamilton County
Delaware County District Library	Public Library of Youngstown & Mahoning County
Grandview Heights Public Library	Library Association of Sandusky
Holmes County District Public Library	Taylor Memorial Public Library
Ida Rupp Public Library	Tiffin-Seneca Public Library
Southwest Public Libraries	Toledo-Lucas County Public Library
Lakewood Public Library	Washington County Public Library
Lane Public Library	Wood County District Library
Lima Public Library	Worthington Public Library



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# 1

## Chapter 1 BOOKS & DISCUSSION



### Programs:

1. Online Book Discussion Chat with Rochelle Krich
2. Read-Aloud Sessions
3. Seniors Book Review
4. Stories by Word Weavers
5. Women: a Series of Discussions

### Other Program Ideas:

1. Audiobooks
2. Banned Books
3. Book of the Month Club
4. Books into Movies
5. Favorite Children's Stories

### Sources:

Jon, Lauren. *Running Book Discussion Groups: a How-To-Do-It Manual for Librarians*. Neal-Schuman, 2006.

Loevy, Diana. *Book Club Companion: a Comprehensive Guide to the Reading Group Experience*. Penguin Group, 2006.

Niebuhr, Gary Warren. *Read 'Em Their Writes: A Handbook for Mystery Book Discussions*. Libraries Unlimited, 2006.

<http://www.bookspot.com/discussion/>

<http://www.readinggroupguides.com/content/index.asp>



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## Books and Discussion

### Program Title:

Online Book Discussion Chat with Author Rochelle Krich

### Description/Summary:

Award-winning mystery writer, Rochelle Krich, is willing to talk online about her Molly Blume books to interested groups. To set up a time and date, just e-mail her at [rochellekrich@aol.com](mailto:rochellekrich@aol.com).

Study guides are available for all four of her Molly Blume books:

"Blues in the Night"

"Dream House"

"Grave Endings"

"Now You See Me"

### Materials/Equipment/Resources:

Computer and screen

High speed Internet connection

MS Messenger 7 (free download) and MS account

Speakers

### Helpful Hints:

Test the connection with Mrs. Krich before the program begins to make sure everything is working correctly.



---

## Books and Discussion

### Program Title:

Read-Aloud Sessions with Older Adults

### Description/Summary:

A read-aloud session in a nursing home is not a novel idea, but the materials chosen may be. Residents respond well to Adult New Reader or Literacy books. Stories selected for the literacy program are short, action packed, and about adults. These lend themselves well to reading to small groups or older adults who like a complete story but prefer something short.

Groups of fewer than 15 seem to work out best, and the program should last no longer than 45 minutes.

### Materials/Equipment/Resources:

Examples of Adult New Reader titles include:

*Bill Waite's Will* by Allan Moore  
*The Intruder* by Richard Laymon  
*The Animals* by Earle Rice, Jr.

---

## Books and Discussion

### Program Title:

Seniors' Book Review: "Give Me Your Tired, Your Poor"

### Description/Summary:

The social program coordinator at a senior apartment residence was contacted for topics or titles of special interest to the residents. For this discussion, stories of American immigrants were chosen. The program begins with an introduction and a short, 10 minute presentation/book review by the librarian, followed by a question/answer period. The program usually runs about 40 minutes.

This book review program is provided on a regular basis with various topics or themes followed in each session. Residents who are especially well read are encouraged to participate as fully as possible and are often instrumental in interesting others in reading.

### Materials/Equipment/Resources:

For this review, the books used were: *Leah's Journey* by Gloria Goldreich and *Russian Journal* by Andrea Lee.

Other authors for this topic could be: Shalom Asch, Howard Fast, Joel Gross, Elia Kazan, Claire Rayner, or Fred Mustard among others.

### Helpful Hints:

Make use of the residence or nursing home newsletter to publicize your program. For those who wish to read what you have just advertised, have plenty of copies on hand of the titles reviewed.

Use large visual aids when possible to enhance your program. Use a microphone for the benefit of some patrons with limited hearing.



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## **Books and Discussion**

### **Program Title:**

Stories by the Word Weavers

### **Description/Summary:**

An hour of stories (folk, fairy, literary, contemporary, original) told for adults by a troupe of storytellers from the Columbus Metropolitan Library. Older adults especially appreciate stories, many of which they fondly remember experiencing as children. Some also will then wish to tell their own stories.

### **Materials/Equipment/Resources:**

A table in front of the room contains hats, shawls, shirts, etc. used by the two-to-nine members of the troupe to help capture the flavor of various stories. A candle on the table is lighted to introduce the program and set the mood. A stool near the table is used by some of the storytellers. Articles in local media and the library newsletter are used to promote the event.



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## Books and Discussion

### Program Title:

Women: A Series of Group Discussions

### Description/Summary:

At the first session, the presenter gave a quick, general review of women's roles in the past and up to the present. She explained that the group would be using excerpts from books to go more in depth at following sessions. Each person was asked to write down her ideas of what kind of a person a modern woman should be. Each participant read her paper aloud and the group commented. They did the same thing at the last session to see if ideas had changed. Program length: 12 half hour sessions. Preliminary research: three hours. Research time depends on person's previous knowledge of the subject. Preparation prior to each session: 15 minutes.

### Materials/Equipment/Resources:

Chairs in a circle

Paper and pencils

Copies of handouts

Taped classical music for background

Typical books: *The Feminine Mystique*, *The Kitchen Sink Papers*, encyclopedias, etc.

Publicity: Senior Center newsletter, local paper, etc.

Held at Senior Center Branch Library. Group had met previously and requested these sessions.

### Helpful Hints:

Have everyone sign an attendance sheet each time. Librarian should actively participate with her feelings and ideas; otherwise others will feel she may be passing judgment on their remarks. Draw out those who are hesitant, and don't let others dominate all sessions. Limit group size to 10 members. If more than 10, have two groups. Assure anyone who must miss that you are looking forward to seeing them next time.

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# 2 Chapter 2 COMPUTERS



## Programs:

1. Consumer's Guide to Buying a Computer
2. Computer Classes to Go
3. Introduction to Computers
4. How to Personalize Your Computer: The Control Panel
5. Introduction to The Web Browser
6. Introduction to Microsoft Windows

## Other Program Ideas:

1. Blogging
2. E-Bay
3. E-Mail
4. Senior Sites on the Web
5. Webcasts & Podcasts
6. WebMD/Medline

## Sources:

Colmer, Rebecca S. *Senior's Guide to Computer Tricks and Tips*. Eklektika Press, 2006.

Muir, Nancy C. *Computers for Seniors for Dummies*. Wiley, March, 2008.

<http://www.seniorsconnect.org/>

<http://www.webwiseseniors.com>

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## Computers

### Program Title:

Consumer's Guide to Buying a Computer

### Description/Summary:

Come discover the four things you should know before purchasing a PC! Learn how to buy with your needs in mind, and get just the right amount of computer without being taken for a ride. Receive the "computer buyer's checklist" to ensure you ask all the necessary questions when ordering your personal computer.

### Materials/Equipment/Resources:

Tables and chairs for a lecture and computer and projector for a PowerPoint Presentation.

### Helpful Hints:

Make sure all equipment is functioning before the program.



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## Computers

### Program Title:

Computer Classes to Go

### Description/Summary:

Many of the facilities that libraries serve through outreach services have computers available for residents' use. Schedule time at outreach sites to train interested customers how to use your library catalog. This can give customers more independence when selecting library materials. They can learn to search and place holds.

### Materials/Equipment/Resources:

Your library probably has a training outline in place for your catalog. You can follow this or have someone from your computer lab actually present the program.

### Helpful Hints:

Each facility may have only one or two computers, so you need to work with very small groups of people at a time. Give lots of feedback and one on one attention.



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# Computers

## Program Title:

Introduction to Computers

## Description/Summary:

This class is designed for those with little or no computing experience. You will learn how to use the mouse, how to open and close programs, some technical terms, and other basic skills.

## Materials/Equipment/Resources:

A computer for each student in the class.



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## Computers

### **Program Title:**

How to Personalize Your Computer: The Control Panel

### **Description/Summary:**

Class learns how to personalize their computers to fit the individual's particular needs.

### **Materials/Equipment/Resources:**

A computer for each student in the class.

### **Helpful Hints:**

Must be familiar with mouse and keyboard.



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## Computers

### Program Title:

Introduction to the Web Browser

### Description/Summary:

Learn the preliminaries for using and navigating the Web. Focus will be on Internet Explorer.

### Materials/Equipment/Resources:

A computer for each student in the class.

### Helpful Hints:

Familiarity with the mouse and keyboard.



---

# Computers

## Program Title:

Introduction to Microsoft Windows

## Description/Summary:

Learn the basics of the most popular operating system in the U.S. Explore how the various tools in the "File" menu can make the computing experience more productive. Learn to save files and find the files that were saved.

## Materials/Equipment/Resources:

One computer for each student in the class, with table and chair.

## Helpful Hints:

Must be familiar with mouse and keyboard.



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# 3 Chapter 3 FINE ARTS



## Programs:

1. Autumn Poetry
2. Big Band Jazz with the Jack Schantz Jazz Unit
3. Big Band Sound
4. Count Your Blessings
5. Grandma Moses: Her Life & Times
6. Musical Journey Westward
7. Musical Sundays
8. Sounds Like Music

## Other Program Ideas:

1. Local barbershop/Sweet Adeline quartets
2. Local art museum speakers
3. Music recitals
4. Poetry readings

## Sources:

Adult Coloring Books – <http://www.eldercareteam.com/store/activities>

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## FINE ARTS

### Program Title:

Autumn Poetry

### Description/Summary:

A short film, *Autumn—Frost Country*, was shown, followed by a reading of selected poems with an autumn theme. The audience was asked to participate in the writing of an autumn poem using the following formula:

- The audience suggested nouns related to autumn; from them they selected the best noun to begin the first line of the poem.
- Next, the audience suggested words ending in y or ly; two of these were chosen to be the second line of the poem.
- The third line was composed of three words ending in ing.
- The fourth line was created by completing a phrase; as \_\_\_\_\_ as \_\_\_\_\_. All three of these lines of poetry were to describe the noun in the first line.
- The fifth line of the poem consisted of one synonym of the noun in the first line.

### Materials/Equipment/Resources:

16mm film projector

Blackboard & chalk: or laminated poster board & water soluble markers

The autumn poems used were:

"The Road Not Taken," "Gathering Leaves," "After Apple-Picking," "A Nature Note," and "The Last Word of a Bluebird," all by Robert Frost; "To Autumn," by William Blake; "School-Bell," by Eleanor Farjeon; "God's World," by Edna St. Vincent Millay; "Autumn," by Emily Dickinson; "Late October," by Sara Teasdale; and "When the Frost is on the Pumpkin," by James Whitcomb Riley.

### Helpful Hints:

When trying to involve the group in the writing of the poem, the presenter usually will need to give one or two examples to get the creative thought processes working. It is helpful to have two laminated poster boards, one on which to write the lists of words as they are suggested by the audience and the other to use for writing the actual poem as decisions are made about which suggested words are the best.



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## **FINE ARTS**

### **Program Title:**

Big Band Jazz with the Jack Schantz Jazz Unit

### **Description/Summary:**

The program was organized to attract library users downtown on Saturday. A music professor at the University of Akron was contacted to get the name of a quality musical group willing to perform without pay, in order to gain exposure in the community. The program was Saturday afternoon so that it would neither interfere with classes nor with paying "gigs" of the group members. A dress rehearsal was conducted on Friday so the speakers could be set up and the band members could become familiar with the acoustics of the auditorium. On the day of the performance, the Jazz Unit assembled for warm-up and last minute rehearsal at 10:00 a.m., which had the added benefit of encouraging patrons who were already in the library to stay for the concert. The Jack Schantz Jazz Unit presented an excellent two-hour concert, with two standing ovations.

### **Materials/Equipment/Resources:**

Microphones and speaker system

Piano, in tune

Stage lighting system, adjusted to the preferences of the group

### **Helpful Hints:**

Since the musicians were members of the musicians' union, they were not allowed to perform free of charge. The group came up with matching funds to meet the amount stipulated by the union as available from the Music Performance Trust Fund. This is perhaps the stickiest part of arranging a program of this type.

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## FINE ARTS

### Program Title:

The Big Band Sound

### Description/Summary:

Segments approximately two minutes in length of several popular big band songs were taped from the record. These were played individually at each presentation. Between the musical portions of the program, historical commentary on each song, the bands, and the musicals was related by the person presenting the program. Each program was approximately 30 minutes in length.

### Materials/Equipment/Resources:

Cassette tape recorder

*American Popular Songs; From the Revolutionary War to the Present.* David Ewen, ed. New York, Random House, 1966.

*The Big Bands.* 4<sup>th</sup> ed. George T. Simon, ed. Schirmer Books, 1981.

*This is the Big Band Era.* RCA Victor. (record)

### Helpful Hints:

If the presenter is willing and able to dance and can get the audience to participate in this manner, it really livens up the program. Those in wheelchairs can swing.

---

## FINE ARTS

### Program Title:

"Count Your Blessings," "This is Our Father's World" (or use any favorite hymn)

### Description/Summary:

Take slides to depict the words from a favorite hymn:

- Use slides from State or National Parks to demonstrate the beauty of the world. Example: Mojave Desert, Badlands, Grand Canyon, Mt. Rushmore, etc.
- For *waters*: any lakes, seas, streams, oceans
- For *vegetation*: fruit and vegetable crops growing
- For *trees*: maple (talk about maple syrup farming), nut trees, redwoods
- Take samples of various tree leaves and ask participants to identify
- For *flowers*: any
- For *living creatures*: farm animals or pets.

You may also want pictures of morning and evening sun, moon and clouds. Use slides of seasons, people, children, home, daily food, freedom, and friends.

You might also want to tell the story, *Tico and the Golden Wings*, by Leo Lionni.

### Materials/Equipment/Resources:

Slide projector/screen

Cassette player or musical instrument

### Helpful Hints:

Sing together the song or hymn on which you base the program, using a cassette player or a volunteer with a musical instrument. This is especially good to present in senior residences and nursing homes.



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## FINE ARTS

### Program Title:

Grandma Moses: Her Life and Times

### Description/Summary:

The purpose of the program is to acquaint the audience with Grandma Moses and encourage them to think about accomplishments of older adults. First, some of her prints were shown and passed around. Then the leader read selections from the biography of Grandma Moses. This was followed by a discussion of Grandma Moses and the accomplishments of other older adults.

### Materials/Equipment/Resources:

Color prints of paintings by Grandma Moses.

*Grandma Moses, American Primitive*, by Grandma Moses. New York: Dryden, 1946.

### Helpful Hints:

The program should last about 30 minutes.



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## FINE ARTS

### Program Title:

Musical Journey Westward

### Description/Summary:

Chairs were set up around a fake campfire, and cowboy songs were sung interspersed with cowboy poetry readings. Songs included "Home on the Range," "Deep in the Heart of Texas," "Yellow Rose of Texas," "Clementine," "Red River Valley," and "Tumbling Tumbleweeds." I enlisted the children's librarian to play the guitar. After pushing back the chairs, we taught the "Electric Slide," a country line dance.

### Materials/Equipment/Resources:

Boom Box

Logs with crumpled red and yellow tissue paper

Guitar player or tape of recorded western songs

Black, Baxter. *Coyote Cowboy Poetry*, Denver: Record Stockman Press, 1986.

*Cowboy Poetry Gathering* (sound recording) Los Angeles: Rhino Records, 1994.

Griffith, Marcia. "Electric Boogie." *Carousel* (sound recording). New York: Mango & Island Records, 1990.



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## **FINE ARTS**

### **Program title:**

Musical Sundays

### **Description/Summary:**

In order to draw attention to the library's new Sunday hours, a concert series was planned for nine consecutive Sundays during the spring. Staff members contacted professional musician friends and asked them to donate their time for a free concert. The response was excellent. All the Sundays were easily booked, and other musicians contacted the library to ask to be considered for any future performances. The concerts represented a wide variety of music. Attendance was excellent, with a range from 60 to 135 people. A large percentage of the audience was elderly people, who came every time, no matter what kind of music was offered. Staff members introduced the participants and passed out programs at the door.

### **Materials/Equipment/Resources:**

A piano. The musicians brought other instruments with them.

### **Helpful Hints:**

Having a concert every Sunday made it easier for people to remember. ASCAP or BMI may request royalties for performance of some songs that are not in the public domain. The musicians may be able to help avoid this, but if there is a fee, it will be minimal. Make sure performers are good, so that the series has credibility. Try the local musicians' union, community theatre, etc. Most talented people will be willing to share their talent without fee because it is for a good cause: the library is not charging the public, the library has no budget for such programs, the audience may be people who cannot afford to pay, and the musicians get free publicity.



---

## **FINE ARTS**

### **Program Title:**

Sounds Like Music

### **Description/Summary:**

A series of one-hour musical programs, each with a different type of music presented:

- Barbershop Quartet (from a local high school)
- Gospel Choir (from a local high school)
- Madrigal Singers (from a local high school)
- The WC trio; a program of classical and contemporary music (professional)

### **Materials/Equipment/Resources:**

Piano, in tune.

Chairs for the performers when needed.

### **Helpful Hints:**

Try to get a commitment of publicity prior to the performance from the local news sources. The programs that received publicity were well attended, and those the newspaper did not publicize were poorly attended.

---

# 4 Chapter 4 FUN & GAMES



## Program Title:

Trivia Contest

## Description/Summary:

The program was presented as a game show. The audience was asked a wide variety of questions on subjects such as world facts, history, geography, sports, radio and movies. When a person answered a question correctly, he/she was given a poker chip. The person with the most chips at the end of the program received an award.

## Materials/Equipment/Resources:

*World Almanac, Famous First Facts, Radio's Golden Years, Who Played Who in the Movies,* and poker chips.

## Helpful Hints:

Preparation time: three hours. Length of program: 30 minutes. Publicized through posters in nursing and retirement homes. Verbally recognize the achievements of all participants, not just the winner.

---

# 5 Chapter 5 HISTORY & REMINISCING



## Programs:

1. Aprons
2. Hats Off to Books
3. Mail Across the Miles – and Barns Along the Way
4. My Bonnet: History of Hats from 1860-1960
5. Nostalgia Series
6. One-Room Schools and Necessary Houses
7. Reminiscing: Programs at Local Nursing Homes
8. Roaring 20s: Remembering the Flappers
9. Simple Pleasures
10. They Called It Home

## Other Program Ideas:

- |                                    |                      |
|------------------------------------|----------------------|
| 1. American Indians                | 8. Hometowns         |
| 2. Automobiles Through Time        | 9. Immigrants        |
| 3. Civil War (Especially Fashions) | 10. Ohio Presidents  |
| 4. Courtship                       | 11. Pets             |
| 5. Covered Bridges                 | 12. Porches          |
| 6. Fads                            | 13. Shakers          |
| 7. First Ladies                    | 14. Yesterday's Toys |

## Sources:

Bifolkal Productions: <http://www.bifolkal.org>

National First Ladies' Library: <http://www.firstladies.org/index/htm>

National Museum of the American Indian: <http://www.nmai.si.edu/>

Ohio Covered Bridges: <http://www.dot.state.oh.us/se/coveredbridges/>

Ohio Barns: <http://www.ohiobarns.com>

Reminiscing Game: <http://www.seniorstore.com/remgam.html>

Shakers: <http://www.shakerworkshops.com/who-are-the-shakers.htm>

White House: <http://www.whitehouse.gov>



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## HISTORY & REMINISCING

### Program Title:

Aprons

### Description/Summary:

Collect aprons of every style, shape, and pattern possible from everyone you know. Have every participant wear one and share their memories of different ones they had inherited, purchased, or hand-made.

Perhaps you have an image of a mother or grandmother fixed in your memory wearing an apron. Many women wore dresses when milking cows or feeding chickens plus an apron. It may have been flowered and faded, with stains that told of years of toil. Today, not many women wear aprons every day, yet it is important to remember what aprons tell us about the past. Although aprons are generally associated with women, the first examples were used primarily by men.

### Materials/Equipment/Resources:

*Remember When*. Ideals Publishing Co.  
*Country Living* (magazine), February 1992.  
Encyclopedias

### Helpful Hints:

Cut out "apron" shaped name tags for each participant. Take Polaroid pictures and give to participant. I have also used this same format with the topic of hats. It is especially good for use in senior residences or nursing homes. It makes a nice Mother's Day program.

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## **HISTORY & REMINISCING**

### **Program Title:**

Hats Off to Books

### **Description/Summary:**

A local collector of historic hats was asked to show his collection and do a short talk about it. Various members of the historical society and the public were then asked to relate a story concerning the hat each of them had brought. Hats were related to books as a display; for example, a graduation mortar board to a scholarship book; a beret to a French art book; an army hat to a book on Vietnam; a cowboy hat to a book on the Old West. "Hats Off To Books" turned out to be fun as well as educational. The idea is adaptable in many ways.

### **Materials/Equipment/Resources:**

Collection of hats; table for display; microphone for speaker; books relating to hats; could use posters or other pictures that would show a connection with the time era of the hats.

### **Helpful Hints:**

Be sure the speaker does not talk too long without action. The speaker could choose persons from the audience to model the hats. If a speaker were not available with a collection of hats, a committee could be appointed to make hats that resembled those of past history and give some of the history related to each. Refreshments are always welcome after a program for seniors. Cookies or other food that look like hats would be suitable.

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## HISTORY & REMINISCING

### Program Title:

Mail Across the Miles – and Barns Along the Way

### Description/Summary:

Contact your local and/or Federal Postal Service and ask for the booklet, *History of America's Mail Service*. Emphasize:

- Colonial times – how mail was deposited and picked up from bags located in coffee houses or taverns, or handed directly to the ship's captain if going across the Atlantic
- Pony Express era
- Stagecoaches and wagon trains
- City free delivery and eventually RFD

Check with general stores in your area to see if they still have built-in mail slots for customers. There are literally hundreds of interesting rural mail boxes built to resemble anything from the Main lobster to a church complete with steeple.

Many types of architecture are represented in fascinating barns along the county and township roads. Take photographs or slides of square-shaped, cupola top, round and polygonal, salt box, masonry with slits, brick, log, crib, tobacco, Dutch styles to name a few. Those with advertisements on the sides or roof, such as "Chew Mail Pouch Tobacco," also generate good discussion.

### Materials/Equipment/Resources:

Old stamp collection in plastic sleeves to pass around (providing magnifying sheets for visually impaired.)

Poster tracing the price of stamps over the years.

I also had a Bob Evans mailbox with candy treat inside for each participant.

Schuler, Stanley. *American Barns, In a Class By Themselves*. Exton, PA: Schiffer Pub., 1984.

### Helpful Hints:

You might want to add discussion about the Ohio Bicentennial Barns project.

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## **HISTORY & REMINISCING**

### **Program Title:**

My Bonnet: History of Hats from 1860-1960

### **Description/Summary:**

A local group which collects textiles presented this 30-minute program. Unusual and historic hats were displayed and modeled while a talk was given. A question and answer period followed the program.

### **Materials/Equipment/Resources:**

Microphone for speaker, table for the hat display and chairs for the audience were set up. Coffee, cups and napkins were set out which were provided by the Friends of the Library.

### **Helpful Hints:**

This is one of a series of half hour programs which are regularly publicized by press releases and public service announcements on the radio. They are also always included on the library's monthly calendar.



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## HISTORY & REMINISCING

### Program Title:

Nostalgia Series

### Description/Summary:

Six weeks of film/discussion programs were presented, with each week's program devoted to a successive period of about a decade in the 20<sup>th</sup> century: The Innocent Years 1901-1914, The Great War 1914-1918, The Age of Ballyhoo, The Great Depression, World War II (Part 1) and World War II (Part 2). The purpose of the series was to give people the pleasure of remembering while exchanging and sharing with others as well as to encourage them to use the library. The programs were aimed at persons over 50; however, a few younger people attended. This contributed a great deal as they enjoyed listening to the older persons' memories and asking them questions. Memorabilia and books were displayed, fitting in with the theme of each program. The books could be borrowed at the conclusion of the program. The period between the films was used to encourage conversation among the group members.

### Materials/Equipment/Resources:

16 mm projector, screen, record player, table/shelves suitable for book display, a locked glass case for display of memorabilia. The 16 mm films were borrowed from OVAL/SOLO, the local school system and Kent State University. 30 to 40 books were put on display for each program, including history, novels written in and about the period, memoirs, picture books, biographies, etc.

### Helpful Hints:

The general approach was very relaxed. No attempt was made to lecture or explain anything. The presenter served as facilitator for the discussion and some members of the audience really opened up and shared stories of their lives.

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## HISTORY & REMINISCING

### Program Title:

One-Room Schools and Necessary Houses

### Description/Summary:

Take photographs/slides of one-room school buildings in your area. Check either the library's local history section or the County Recorder's Office for location of buildings that have been removed. Some one-room schools have been converted into private dwellings, township meeting halls, storage buildings, etc. One building in Seneca County is now a second station for the Green Springs Fire Department and is known as the "one-room fire station." Sauder Village in Archbold is a good place to visit a restored one-room school building.

What a relief when Thomas Crapper invented the flush toilet in England in the 1880s! It caught on among the American rich in the 1890s. His invention was definitely a great gift to civilization! However, the family outhouse was never a source of embarrassment but rather a source of pride. In 1940 the country's 50,000<sup>th</sup> Roosevelt bungalow was dedicated. He gave rural Americans a new deal in their little shacks out back with crews of WPA laborers replacing dilapidated structures with spanking new ones. Stories from teachers and owners of a necessary house could be recorded to add to the oral history of the area. You may want to read "My Great-Aunt Arizona" by Gloria Houston and/or sing "Ode to the Little Brown Shack Out Back" by Billy Edd Wheeler.

### Materials/Equipment/Resources:

*Old Favorites Sing-A-Long*. 675 New York Ave., Harrisonburg, VA 22801 (Kit of songbook, slides, and cassette)

Reyburn, Wallace. *Flushed With Pride: the Story of Thomas Crapper*. London: Macdonald & Co., 1969.

Guilliford, Andrew. *America's County Schools*. Washington, DC: Preservation Press, 1984.

Wheeler, Billy Edd. *Outhouse Humor*. Little Rock, AR: August House, 1988.



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# HISTORY & REMINISCING

## Program Title:

Reminiscing: Programs at Local Nursing Homes

## Description/Summary:

Using Bi-Folkal Kits as a model, the library collected materials to stimulate the senses and used them to get residents in nursing homes involved. For "Before Electricity" we developed two skits. One was about the icebox ("Don't Open the Door") and the other was on "The Saturday Night Bath." These were very simple and easy for people to read. To start discussions, the presenter asked questions like, "How did you amuse yourself before TV?". Other themes for reminiscing were "Going to the Fair," "Fourth of July Picnics," "Local Floods," and "Storms." The response was fantastic! Everyone loves reminiscing.

## Materials/Equipment/Resources:

Washboard, homemade soap, apron, game of jacks, button on a string to make a buzzer, locally produced slides, old newspapers ads, pictures of pets, newspaper clippings about 1913 flood and 1902 storm.

## Helpful Hints:

We learned from experience to stay away from traumatic topics. Half of the group was in tears when we talked about favorite pets.

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## HISTORY & REMINISCING

### Program Title:

Roaring 20s: Remembering the Flappers

### Description/Summary:

Before the first part of the BiFolkal slide show, "Remembering 1924", was shown, the audience was asked what they remembered about the 1920s. During the segment about the flappers, I stopped the slides and showed the first 15 minutes of the film *Flapper Story*. The slide show was then completed along with more discussion of that time period.

### Materials/Equipment/Resources:

Slide projector, boom box, and 16mm projector.

"Flapper Story" (film). Cinema Guild 29 min.

"Remembering 1924." Madison, WI: BiFolkal Productions.

### Helpful Hints:

After the program, I had to run the rest of the film through the projector, and everyone wanted to stay to watch it.



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# HISTORY & REMINISCING

## Program Title:

Simple Pleasures

## Description/Summary:

This program is dedicated to all who, regardless of age, can recall some simple and forgotten pleasures. The program, which was presented by three staff members who do adult and children's programming, began with a look at the folktales told to us as children. The presentation included storytelling, sing-a-long, audience participation and book reviewing. Length of the program: 1 to 1 ½ hours, depending upon the amount of audience participation.

## Materials/Equipment/Resources:

"The Great American Depression Book of Fun" by John O'Dell, "Forgotten Pleasures" by Ruth Rudner. Poem "Simple Pleasures" by Laverne P. Larson; "The Teeny Tiny Woman" retold and illustrated by Barbara Sealing; "The Strange Visitor" from English Folk and Fairy Tales, compiled by Joseph Jacobs; "The Twist Mouth Family" published in a Treasure of American Folklore edited by B.A. Botkin; "The Songs We Sang: A Treasury of Popular Music" by Theodore Ralph, "Ideals: Americana," Vol. 38, No. 5, July 1981, "Thanks for Sharing" a biography of Kate Smith.

## Helpful Hints:

Publicity included announcements in the local newspaper, library column, radio, area businesses, senior citizen housing and branch libraries.

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## HISTORY & REMINISCING

### **Program Title:**

They Called It Home

### **Description/Summary:**

I showed slides of Ohio Presidents' homes and/or memorials; mansions in Newport, RI; The House of Seven Gables in Salem, MA; Thomas Edison's winter home in Ft. Myers, FL; the Governor's Palace in Colonial Williamsburg; and the White House. You could adapt it to any homes of famous or historic people.

### **Materials/Equipment/Resources:**

Collect and display postcards, artifacts, and any memorabilia of 'homes' you decide to discuss. Inside slides of the White House were purchased from: The White House Historical Association, 740 Jackson Place, NW, Washington, DC 20506.  
Slide projector/screen

### **Helpful Hints:**

This is especially good for use in senior residences and nursing homes.

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# 6 Chapter 6 HOBBIES & CRAFTS

## PROGRAMS

1. Attracting Winter Birds
2. Collector's Luck: Trash & Treasure Day
3. Flowers
4. Greenhouses, Herbs, and Perennials
5. Herbs
6. Journal Keeping
7. Language of Flowers

## OTHER PROGRAM IDEAS

1. Adaptive Gardening
2. Birds
3. Cake Decorating
4. Calligraphy
5. Carousels
6. Collectibles
7. Creative Writing
8. Flower Arranging
9. Forgotten Arts
10. Quilts

### Sources:

Carousels – <http://www.carousels.com>

National Audubon Society – <http://www.audubon.org>

Local florists

Local bakeries

Local quilting groups



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## HOBBIES & CRAFTS

### Program Title:

Attracting Winter Birds

### Description/Summary:

A representative from the Ohio Department of Natural Resources gave a talk on birds in the Northwest Ohio area, emphasizing those found in residential neighborhoods. Emphasis was on how the homeowner could attract birds by providing necessary shelter and food. Recipes for suet balls and seed bells were handed out.

### Materials/Equipment/Resources:

The library provided a lectern and a table for display material. Also, related books were set out which participants could check out.

### Helpful Hints:

This program should be given in early fall and in the afternoon. There are other organizations or contact persons who can provide speakers on attracting birds including the local newspaper's outdoors editor, and the county cooperative extension service.



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## HOBBIES & CRAFTS

### Program Title:

**Collector's Luck: Trash and Treasure Day**

### Description/Summary:

Patrons came to this program to learn about antiques and collectables and were encouraged to bring a favorite item along to be identified and/or evaluated by area antique specialists. Guest speakers and experts included: a deltiologist (postcard collector); an old record specialist; a person knowledgeable about 20th century collectables; an old books and bindings specialist; a collector of antique dolls and miniatures who also spoke on the costuming of old dolls; a coin, stamp, and "papercana" (paper Americana) dealer; an oriental figurines dealer; and a university instructor who taught noncredit courses in antiques.

### Materials/Equipment/Resources:

Chairs and tables for audience and speakers

Microphone and podium

Tables for the items brought in

Library books, book lists, and signs for each guest speaker's table identifying his/her area of expertise

### Helpful Hints:

Limit the number of "collectables" the audience is allowed to bring per person. This was a long program (10:00 am to 2:00 pm) so a pot of coffee and hot water for tea and hot chocolate were appreciated by the speakers. A library staff member introduced each of the speakers. A discussion of recommended reference books tied in well with the book display.

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## HOBBIES & CRAFTS

### Program Title:

Flowers

### Description/Summary:

This program used flowers as the theme for several activities and is ideal for senior residences and nursing homes. Participant activities included: responding to a roll call by naming a favorite flower, identifying the name of a flower in songs played on a piano, unscrambling names of flowers, and matching seed catalog pictures of flowers with their names listed on a blackboard.

### Materials/Equipment/Resources:

The chalkboard, paper and pencils, scrambled flower names, catalog pictures (mounted on cardboard), and a list of flower songs to play were prepared in advance. Several library books were brought in as a display which participants were encouraged to browse through or check out. These included gardening favorites such as *Annuals and Garden Flowers* by Proudley.

### Helpful Hints:

It is helpful to provide handouts of scrambled flower names in large-type or well-spaced letters for the benefit of those with impaired vision. Words on the chalkboard were written before the program.

Familiar old-time flower songs are best for the tune-guessing part. "I'm a Lonely Little Petunia in an Onion Patch" or "Daisy, Daisy, give me your answer do..." are examples. It is especially fun to do this part at the end of the program so it can develop into a sing-along.

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## **HOBBIES & CRAFTS**

### **Program Title:**

Greenhouses, Herbs, and Perennials

### **Description/Summary:**

Three topics were presented (as individual programs) by local speakers who were gardeners and/or nursery employees. They enhanced their talks with slides and appropriate displays. For example, soil samples were brought in for the "Greenhouse" program.

### **Materials/Equipment/Resources:**

A slide projector, table for speaker and the various displays.

Books on gardening

Since this was part of the library's weekly coffee program, the coffee urn, paper cups, and napkins were set out also.

### **Helpful Hints:**

When publicizing an on-going program for seniors, be sure to contact local senior residences and ask that the information be included in their newsletter or calendar of events. This is especially important if you are just beginning a regular program series and have not yet established a regular morning clientele.



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## HOBBIES & CRAFTS

### Program Title:

Herbs

### Description/Summary:

This presentation consisted of a demonstration of cooking with a variety of herbs. Samples of lemonade, cookies, and herbed butters for breads were prepared by a retired chef who also provided further information on the use of herbs and hints on extending the shelf-life of herbs in the cupboard.

### Materials/Equipment/Resources:

Ingredients, table, cooking and mixing utensils for the demonstration  
Prepared goodies, napkins, paper cups, etc.

### Helpful Hints:

For this program, lemonade and enough cookies were prepared in advance so that samples could be tasted by everyone. Recipes were printed on sheets that were handed out to the audience.



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## Hobbies and Crafts

### Program Title:

Journal Keeping

### Description/Summary:

This program can be presented at senior centers, nursing homes, and apartment complexes as a fun and educational experience. Share information with participants on how journals have been used throughout history. Let them know about different kinds of journals that might suit their personal needs. For example:

- The Log
- The Healing Journal
- The Cathartic Journal
- The Spiritual Journal
- The Historical Journal

Share ways that writing in a journal can improve quality of life. Have craft time to personalize a journal of their own that they can take with them.

### Materials/Equipment/Resources:

Composition books are inexpensive and are nice for using as journals. They can be personalized by cutting out colorful card stock shapes, attaching with glue sticks, and using markers to say "Mary's Journal".

Great information can be found in the following books: *The Complete Idiot's Guide to Journaling* by Joan R. Neubaur and *Eat My Words: Reading Women's Lives through the Cookbooks They Wrote* by Janet Theophano.

### Helpful Hints:

Give a handout of journal tips and an ink pen to all participants to begin their adventures in journal keeping. Encourage them to have fun. Let them know it is never too late to start keeping a journal. Everyone has unique experiences and perceptions and their journal can be the perfect place to record these precious happenings. They get to be the main character in this book!

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## HOBBIES & CRAFTS

### Program Title:

Language of Flowers

### Description/Summary:

The history and folklore of individual types of flowers were presented in a slide show and lecture to residents of a nursing home. For this 30-minute program, twenty slides were made with a Kodak Visual Maker from color photographs of flowers. As an added feature, a local garden club donated bouquets of fresh spring flowers for display.

### Materials/Equipment/Resources:

Slide projector and screen  
Table for the donated flower arrangements  
Chairs for the audience

A collection of related library books was brought for the audience to peruse after the presentation. One title that was very popular was Lesley Gordon's *Green Magic*.

### Helpful Hints:

For this program, the librarian researched the information and produced the slides. A similar program could be arranged using less staff time by contacting a local speakers bureau or garden club



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# 7 Chapter 7 HOLIDAYS



## Programs:

1. Armistice Day: Remembering the Doughboys of World War I
2. Christmas Jeopardy
3. Holiday Ideas – Poems – Crafts
4. Learn a Craft – Make a Gift
5. Spirit of Christmas
6. Thanksgiving
7. Veterans Day: Remembering the War Years and the Fireside Chats

## Other Program Ideas:

1. Arbor Day & Trees
2. Seasons

## Sources:

Annie's Home Page – <http://www.annieshomepage.com>

Arbor Day – <http://www.arborday.org>

Celebrate! Holidays in the USA –

<http://www.usemb.se/Holidays/celebrate/index.html>

Holidays Around the World –

<http://www.worldbook.com/features/holidays/html/holidays.htm>

Holiday Insights – <http://www.holidayinsights.com>

Holiday Traditions – <http://www.enduringpress.com>

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## HOLIDAYS

### Program Title:

Armistice Day: Remembering the Doughboys of World War I

### Description/Summary:

After a discussion of the history of Armistice Day, a 10-15 minutes excerpt from the film "Doughboys: Heroes of WWI" was shown. Following the singing of four military "theme" songs, we discussed how Armistice Day changed to Veterans Day and how we have celebrated it in the past and today. We concluded with the singing of several patriotic songs.

### Materials/Equipment/Resources

TV/VCR:

*Doughboys: Heroes of WWI*. Los Angeles: On Deck Home Entertainment, 1995. 46 min.

Grigoli, Valorie. *Patriotic Holidays and Celebrations*. NY: F. Watts, 1985.

Hatch, Jane M. *American Book of Days*. 3<sup>rd</sup> ed. NY: H.W. Wilson, 1978.

Songs:

"Army Goes Rolling Along," "Anchors Aweigh," "America the Beautiful," "Battle Hymn of the Republic."

### Helpful Hints:

I didn't bother trying to find music to the songs, just the words, and it went quite well because everyone knows the music.



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## HOLIDAYS

### Program Title:

Christmas Jeopardy

### Description/Summary:

Use a tri-fold storyboard and clear adhesive backed CD pockets (cut top two inches off) to design the jeopardy board. Align the pockets into five columns of six pockets using the top pocket to insert a category heading and the remaining five with the point values of 100-500. Behind the point values, insert a card with a question and four multiple choice answers. Seniors usually can recognize the correct answer if they hear it. An example: category heading, "Santa Claus". Question: Santa's nose is like what fruit?" Possible answers: a tomato, a strawberry, an apple, a cherry. Categories used for this program: Santa Claus, Christmas movies/books, Christmas traditions, Religious, Holiday Songs.

### Materials/Equipment/Resources:

It is easy to take the program "on the road" if using a tri-fold storyboard. There are plenty of Christmas facts on Google to use as questions. Bi-Folkal Kits are also good resources to use to gather ideas and questions. A theme from the Kits can also be used.

### Helpful Hints:

Use Velcro for your title card, "Christmas Jeopardy". In that way, the storyboard can be used for other seasons or events, such as Spring (March, April, May, Songs, Easter) or Ohio (Cities, Sports, Made in Ohio, \_\_County—insert appropriate county).

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## HOLIDAYS

### Program Title:

Holiday Ideas – Poems - Crafts

### Description/Summary:

This program was designed for the very elderly as a small group discussion and reminiscence session. It was done at a nursing home where interested residents sat informally around a table. The program began with a holiday related short story or poem, followed by a word game, e.g. "Busy as a \_\_\_\_\_".

An easy fast craft was incorporated during some of the sessions. Using stencils and making chalk pictures on dark blue paper was a well received craft for the winter holidays.

### Materials/Equipment/Resources

Paper, scissors, crayon, chalk, stencils or whatever was needed for the day's particular project was gathered and ready to distribute before the patrons arrived. Poems and short stories were selected ahead of time. Sometimes picture books from the children's collection were used. One example was Robert Frost's "Stopping by Woods on a Snowy Evening", illustrated by Susan Jeffers.

### Helpful Hints:

Since the primary purpose of the program was one of interaction and discussion, the crafts were purposely short and intentionally down-played. They were intended chiefly as catalysts to stimulate conversation and help jog memories.

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## **HOLIDAYS**

### **Program Title:**

Learn a Craft – Make a Gift

### **Description/Summary:**

This four part program began with a demonstration of small craft projects which would make unique and inexpensive Christmas gifts. Crafts were simple enough for the novice or inexperienced craftsman. After the demonstration, the audience had time to work on their own projects.

Crafts for this four session program included:

1. Soft frames.
2. Bread dough Christmas pincushions.
3. Cathedral window pincushions.
4. Molded chocolates.

### **MATERIALS/EQUIPMENT/RESOURCES:**

For the first three sessions, participants were asked to bring their own scissors, cookie sheets and sewing notions (needle, thread, and pins). The cost of materials was absorbed by the local Friends of the Library. However, participants were also asked to contribute \$.50 - \$1.00 per session for supplies. Demonstrators were volunteers.

### **Helpful Hints:**

Samples of the items to be made and related craft projects were displayed in the library two weeks prior to the first session. Because of the expense and time involved, heavy publicity through the local newspapers and in-house flyers or bookmarks would help assure a satisfactory turn out.



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## HOLIDAYS

### Program Title:

The Spirit of Christmas

### Description/Summary:

The library presented a series of short readings and poetry on various aspects of Christmas in which the spirit of Christmas was conveyed. This program also includes a game and a visit from Santa Claus.

Introduction	"Christmas" poem by Helen Barker
Reading	"A Legend of the First Christmas" by Mala Powers
Filmstrip	"The Little Drummer Boy"
Poem	"Legend of the Poinsettia" by Minnie Klemme

### Materials/Equipment/Resources:

Poems and short readings can be found in *Ideals* magazines and in *Christmas in Art and Literature* annuals.

### Helpful Hints:

Some senior citizens enjoy reading aloud, etc., and they should be asked to participate in the programs. This is a means of getting them involved and also helps in the event of a shortage of staff. Singing Christmas Carols at the end of the program helps pull the whole evening together.



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## HOLIDAYS

### Program Title:

Thanksgiving

### Description/Summary:

First the group reminisced about how they celebrated the holiday in the past as well as plans for the current one. Then a poem from "Ideals Magazine" was read and the group created one using the formula found under the program "Autumn Poetry" in the Fine Arts section of Elder-berries. Finally, there was discussion of the history of Thanksgiving and the film, *First Thanksgiving*, was shown.

### Materials/Equipment/Resources

16mm projector

Laminated poster board with water-soluble markers

*First Thanksgiving*, Irwindale, CA: Barr Films, 1991. 19 min.

Hatch, Jane M. *American Book of Days*. 3<sup>rd</sup> ed. NY: H.W. Wilson, 1978.

### Helpful Hints:

After creating the poem, I gave it to a clerk to type on a paper with a harvest border and then duplicated it on colored paper (while the film was being shown). Each participant was given a copy of the poem to take home with them.



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## HOLIDAYS

### **Program Title:**

Veterans Day: Remembering the War Years and the Fireside Chats

### **Description/Summary:**

Following a discussion about the history of Veterans Day, the first part of the video "Roosevelt and the Fireside Chats: The War Years" was shown. Then the audience reminisced about their experiences during World War II, and the rest of the video was shown. After a discussion of current Veterans Day celebrations, the program concluded with a group recitation of the poem, "In Flanders Fields," by John McCrae.

### **Materials/Equipment/Resources:**

TV/VCR

Hatch, Jane M. American Book of Days. 3<sup>rd</sup> ed. NY: H.W. Wilson. 1978.

"Roosevelt and the Fireside Chats: The War Years" (video) Deerfield, IL: Learning Corp. of America. 28 min.



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# 8 Chapter 8 INFORMATIONAL (AGING, HEALTH, FINANCIAL, ETC.)



## **PROGRAMS:**

1. Back to Work after Retirement
2. 55 and Alive
3. Getting Rid of Your Clutter
4. Here's to Your Health
5. How to Look 30 When You're Over 40 and Feel 20
6. Parenting Your Parent
7. Who Gets Grandma's Yellow Pie Plate?

## **OTHER PROGRAM IDEAS:**

1. Alternate Living Arrangements
2. Dealing With Loss
3. Funeral Arrangements
4. Grandparenting
5. Hearing/Vision Aids
6. Living Wills/Living Trusts
7. Long-Term Care
8. Medicare/Medicaid
9. Nutrition/Meal Planning
10. Volunteering

## **SOURCES (ESPECIALLY FOR SPEAKERS):**

1. AARP Chapters
2. Area Office of Aging
3. Better Business Bureaus
4. CPA/Investment Firms
5. Elderhostel
6. Health Department
7. Hospice/Hospital Speakers Bureau
8. OSHIIP(OH Senior Health Insurance Information Service) (800)686-1578
9. Police & Fire Departments
10. RSVP Chapters
11. Social Security Office
12. Speech & Hearing Center

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## **INFORMATIONAL**

### **Program Title:**

Back to Work after Retirement

### **Description/Summary:**

For anyone interested in returning to work after retiring, this series of four hour-long lectures provided information on the following:

1. Separated myth from fact about older workers and suggested types of jobs to suit special interests;
2. Gave tips on job hunting including resume preparation;
3. Suggested specific job possibilities;
4. Provided information on how one might qualify for jobs through government and private sector programs.

### **Materials/Equipment/Resources:**

Each speaker may require different equipment. Some need only a lectern; others may use slides and therefore need a screen and table for the equipment.

### **Helpful Hints:**

This kind of program requires a great deal of planning and should be worked out well in advance. The library could prepare a booklet or an annotated bibliography of new titles related to both job seeking and retirement.



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## INFORMATIONAL

### Program Title:

55 and Alive

### Description/Summary:

This is a two-session program offered by the trained volunteers of the American Association of Retired Persons (AARP). It is intended to “refine existing (driving) skills and develop safe, defensive driving techniques.” Handling adverse driving conditions and traffic hazards, in addition to learning about the effects of aging and medications on driving are included in this program.

### Materials/Equipment/Resources:

The AARP provides speakers and materials. A lectern and table for display should be set up. If other material or equipment such as a projector or screen are needed, check with the local AARP coordinator or, if possible, the class instructor.

### Helpful Hints:

The sessions are long—four hours each. Refreshments would be appreciated. The AARP charges an amount to cover costs of materials (usually around \$7.00). Check with the AARP well in advance about the amount and how it is to be collected from the participants.



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## **INFORMATIONAL**

### **Program Title:**

Getting Rid of Your clutter

### **Description/Summary:**

Do you want to feel more organized? Are you living in clutter? Come to this session to help you learn to de-clutter. Presented by Nancy Recker of the OSU Extension.

### **Materials/Equipment/Resources:**

Tables and Chairs

### **Helpful Hints:**

This is a popular program, well attended by a variety of ages, as we all have clutter, whether at home or at the office.



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## **INFORMATIONAL**

### **Program Title:**

Here's to Your Health: A Series of Six Programs

### **Description/Summary:**

This series of programs was given by the Medical College of Ohio's School of Nursing and the Toledo-Lucas County Public Library. A committee of two librarians and two faculty members did the planning. The programs were timed for the lunch hour, 40 minutes in length. Three were focused on the desirability of a healthy lifestyle, and three on aspects of aging. Individual program titles:

1. Your Lifestyle and Your Health
2. Growing Old Successfully
3. Take Charge of Your Health
4. Combating Loneliness As You Grow Older
5. Exercise and Relaxation
6. Foot Care

The latter three programs were held at a branch library from 2:00pm to 3:00pm. The program format was a combination of lecture and audiovisual, plus enthusiastic audience participation in discussion at some sessions.

### **Materials/Equipment/Resources:**

Library's contribution was planning time, providing the facility, doing the publicity, compiling book lists for distribution, supplying slide and overhead projectors, and trucks of circulating books pertinent to the program at each session. Publicity consisted of mini-posters distributed to businesses, public offices, churches, senior centers, retirement complex and a nursing home, and a news release to a newspaper. Librarian's time for total series was nearly 80 hours. The Medical College used the programs as volunteer and community contact opportunities for both faculty and graduate students.

### **Helpful Hints:**

Possibly include a participatory format such as a free blood pressure screening or other "hands on" experience. If companies in the area have personnel in charge of health awareness, such persons could be good contacts in publicizing these programs.

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## **INFORMATIONAL**

### **Program Title:**

How to Look 30 When You Are Over 40 and Feel 20

### **Description/Summary:**

An instructor from a local career college/finishing school gave advice on maintaining beauty and vigor in middle and older age. Tips on whether or not to wear a bikini, what the most flattering skirt length is, hairstyles, makeup, and general health composed the main portion of the talk. This was followed by a question and answer period.

### **Materials/Equipment/Resources:**

A lectern and microphone were provided for the speaker.

### **Helpful Hints:**

This is a popular topic that could draw a very large audience. Pre-registration may be necessary to adequately determine the number of seats needed if the auditorium is limited in size.



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## **INFORMATIONAL**

### **Program Title:**

Parenting Your Parent

### **Description/Summary:**

There were two programs; each program was scheduled for two hours. The first program had two speakers covering the following topics: "What are Older People Like; Stereotypes Which Are Valid, Losses, Emotions, Etc." and "Emotional and Psychological Aspects of Parenting." The second program was entitled: "Legal Aspects of Parenting: Guardianships, Etc." and included information from appropriate social service agencies.

### **Materials/ Equipment/Resources:**

Qualified speakers from appropriate agencies. The only cost involved is printing the flier to publicize the program. The amount of time spent was 10 hours.



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## **INFORMATIONAL**

### **Program Title:**

Who Gets Grandma's Yellow Pie Plate?

### **Description/Summary:**

What happens to your personal belongings when you die? Who decides who gets what? This program on estate planning is presented by Nancy Recker, OSU Extension.

### **Materials/Equipment/Resources:**

Tables and Chairs

### **Helpful Hints:**

It is a three-hour session, covering the lunch hour so either the attendees bring a brown bag lunch or the library provides lunch.



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# 9 Chapter 9 INTERGENERATIONAL



## **PROGRAMS:**

1. Bridging Generations
2. Foods With Moods

## **OTHER PROGRAM IDEAS:**

1. Combined Story Times with Seniors and Preschoolers
2. Grandparents Day Celebrations
3. Model Railroading/Collecting Stamps
4. Oral History Projects
5. Quilting, Crocheting, Knitting
6. Teens as Computer Teachers

## **SOURCES:**

American Library Association

<http://www.ala.org/ala/olos/outreachresource/benefitsintergenerational.htm>

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# INTERGENERATIONAL

## **Program Title:**

Bridging Generations

## **Description/Summary:**

Since only 5% of today's youth see their grandparents on a regular basis, a blending of programming for nursing home residents and child daycare centers seems appropriate. Once a month the librarian goes to a nursing home and a daycare center brings their children to the nursing home for an intergenerational program. The Librarian establishes varied themes for the program that have common ground for all ages. These themes are shared with the daycare teachers ahead of time so the children can make a gift to share with the nursing home residents. During the program, the children are actively involved during the story telling. She also gives them a take home gift so that they will remember the day.

## **Materials/Equipment/Resources:**

Puppets

Books with themes shared by all ages such as pets, seasons, families, holidays, school days, patriotism

CD player to play songs

## **Helpful Hints:**

It is best if there is full cooperation between the activities director at the nursing home, the daycare teachers and the librarian. Experiment with one childcare and elder care agency before expanding the program.



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# INTERGENERATIONAL

## Program Title:

Foods with Moods

## Description/Summary:

This program is a fun jest about foods. The following picture books can be enjoyed by both seniors and children and are the basis of the program: *How Are You Peeling? Foods and Moods*, by Joost Elfers (who has sequels written on this subject) and *Tough Cookie* by David Wisniewski. I then showed the adults some actual "mood veggies" that the librarian created for the program. A few games of Food Bingo are played and the mood veggies were given away as prizes.

## Materials/Equipment/Resources

The books are still in print. Go to the produce department of the supermarket and pick the oddest shaped veggies and fruit that can be found. Take the *How Are You Peeling?* book along for ideas. Just follow the patterns of the mood food in the book and have fun creating your own. Green peppers, strawberries, apples and oranges work especially well.

## Helpful Hints:

Use black-eyed peas for the eyes. They look real!



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# 10 Chapter 10 MEDIA

## **PROGRAMS:**

1. Book and a Movie: Film Discussion Group
2. Brown Bag Film Series: Laugh & Lunch with the Great Radio Comedians
3. Hollywood Heartthrobs
4. Hollywood Travels By Boat
5. How the West Was/or Wasn't
6. Old Time Film Festival
7. Outer Space on Radio
8. Remembering Classic Film Villains
9. Shiver Me Timbers: Pirates in Fact & Fiction
10. Silent Film Festival
11. A Toledo Package

## **OTHER PROGRAM IDEAS:**

1. Alfred Hitchcock Festival
2. Fifties Sci-Fi Films
3. From Radio to Early TV
4. Miss Marple Through the Years
5. Old-time Radio Shows
6. Sherlock Holmes Through the Years

## **SOURCES:**

Halliwel's DVD, Film, & Video Guide

Leonard Maltin's DVD & Video Guide

All Movie Guide: <http://www.allmovie.com>

Encyclopedia of Television: <http://http://www.museum.tv/archives/etv/index.html>

Internet Movie Database: <http://www.imdb.com>

Old-Time Radio: <http://www.old-time.com/>

Sitcoms Online: <http://www.sitcomsonline.com/>

Radio Spirits: <http://www.radiospirits.com/>



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## **MEDIA**

### **Program Title:**

Book and a Movie: Film Discussion Group

### **Description/Summary:**

Meets once a month

Movie is viewed by the group and then discussed

Refreshments are served

### **Materials/Equipment/Resources:**

DVDs and VHS tapes

DVD/VCR player

Internet reviews

### **Helpful Hints:**

Group selects titles



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## **MEDIA**

### **Program Title:**

Brown Bag Film Series: Laugh and Lunch with the Great Radio Comedians

### **Description/Summary:**

A one- to one-and-one-half hour program of classic films featuring radio comedians was set up for a six-week series. Displays of biographies and books pertaining to old-time radio programs were set up and the audience was invited to check them out. Music from records of old radio programs was played prior to and after the film showings. Everyone ate lunch together and relaxed while enjoying the films.

### **Materials/Equipment/Resources:**

Films (Great Radio Comedians: Parts I, II, and III) were borrowed from OVAL-SOLO depository, Caldwell, OH. A 16mm projector, screen, record player, seating for the audience, table for book display, coffee, cups, and napkins were set up in advance.

### **Helpful Hints:**

This is an inexpensive, low-key program that requires little preparation time. Those attending – mostly older persons, but not entirely so – seemed to really enjoy it. It is best to hold the film festival during spring and summer when the weather is pleasant.

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## MEDIA

### Program Title:

Hollywood Heartthrobs

### Description/Summary:

After reminiscing about going to the movies in the old days (costs, newsreels, cartoons), we viewed a Betty Boop cartoon. Following this the group discussed favorite female stars and viewed an excerpt from Mae West's "I'm No Angel." We then discussed favorite male stars and saw an excerpt from Douglas Fairbanks' *Thief of Baghdad*. Materials about the lives of these individuals were included in the discussion.

### Materials/Equipment/Resources:

16mm projector or TV/VCR/DVD

Fairbanks Album. Boston: NY Graphic Society, 1975.

Griffith, Richard. *Movies*. Revised & Updated ed. NY: Simon & Schuster, 1981.

Shiach, Don. *Movie Book: An Illustrated History of the Cinema*. NY: Smithmark, 1995

Tuska, Jon. *Films of Mae West*. Secaucus, NJ: Citadel Press, 1973.

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## MEDIA

### Program Title:

Hollywood Travels by Boat

### Description/Summary:

After reminiscing about going to the movies in the old days (costs, newsreels, cartoons), we discussed films that featured boats or being on the water. I showed excerpts on seven movies. Prior to each excerpt there were discussions about the stars of the movie. These movies were *Deliverance* (canoe), *River of No Return* (raft), *African Queen* (riverboat), *Captains Courageous* (fishing vessel), *Moby Dick* (whaling vessel), *Mutiny on the Bounty* (navy tall-ship), and *A Night to Remember* (cruise liner). The latter was the 1953 version with Clifton Webb and Barbara Stanwyck. Other movie possibilities are Rooster Cogburn and Showboat.

### Materials/Equipment/Resources:

TV/VCR

Current Biography (various issues about the individual actors/actresses)

Leonard Maltin's DVD & Video Guide

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## MEDIA

### Program Title:

How the West Was/or Wasn't

### Description/Summary:

This was a two-part program. The first session covered how Hollywood looked at the Old West. Excerpts from five classic films were used including *Iola's Promise*, *Big Trail* (1930), *My Darling Clementine* (1946), *Shane* (1952), and *High Noon* (1952). We finished with the closing few minutes of the TV show, *Roy Rogers*, from the 1950s with everyone singing along to "Happy Trails." Discussion and reminiscing was held throughout. The second session covered the westward journey along the Oregon Trail. Using mostly children's books with lots of pictures, discussion centered on the hardships suffered by those going west and on what each one in the group would take if they had gone. Interspersed were excerpts from two film documentaries, *The Real West* (1961) and *America: Gone West* (1973).

### Materials/Equipment/Resources:

TV/VCR and/or film projector

Everson, William K. *Pictorial History of the Western Film*. Secaucus, NJ: Citadel Press, 1969.

Fisher, Leonard Everett. *Oregon Trail*. NY: Holiday House, 1990.

Parkman, Francis. *Oregon Trail: Sketches of Prairie and Rocky-Mountain Life*. NY: Dodd, Mead, 1964.

*Real West* (video). Newton, NJ: Shanachie Entertainment Corp., 1993.

Stein, R. Conrad. *Story of the Oregon Trail*. Chicago: Childrens Press, 1984.



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## **MEDIA**

### **Program Title:**

Old Time Film Festival

### **Description/Summary:**

On Wednesday evenings during the summer, we presented one-hour programs of classic films. Books about movies and actors were on display each night; the audience could check them out if they wished.

### **Materials/Equipment/Resources:**

16mm film projector and screen and seating were ready each week. Films that were selected featured W.C. Fields (Dentist, Golf Specialist, Fatal Glass of Beer), Charlie Chaplin (Easy Street, Floorwalker, Vagabond), Laurel & Hardy (Flying Deuces), and Buster Crabbe (Rocket Ship).

### **Helpful Hints:**

This program was publicized with posters in senior centers, news releases, and on the cable TV bulletin board. The library also printed bookmarks which advertised the program and listed which films were going to be shown and on which nights.



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## MEDIA

### Program Title:

Outer Space on Radio: From the War of the Worlds to Buck Rogers

### Description/Summary:

Following a brief discussion of old-time radio programs, we discussed a variety of science fiction series and the stars that provided the voices. This was divided into five segments: Children's series, Horror/Fantasy series, Anthology series, and the Mercury Theater on the Air. Excerpts were played from some of the shows in each category.

### Materials/Equipment/Resources:

Books:

Cantril, Hadley. Invasion from Mars. Princeton, NJ: Princeton Univ. Press, 1966.

Douglas, Susan J. Listening In. NY: Times Books, 1999.

Lackmann, Ronald W. Encyclopedia of American Radio. NY: Facts on File, 2000.

Maltin, Leonard. Great American Broadcast. NY: Dutton, 1997.

Rhoads, B. Eric. Blast From the Past. West Palm Beach, FL: Streamline Pub., 1996.

Sies, Luther F. Encyclopedia of American Radio: 1920-1960. Jefferson, NC: McFarland, 2000.

Cassettes: (for excerpts)

Adventures of Superman

Lights Out

Dimension X

X-Minus One

War of the Worlds

Other suggested series include Buck Rogers in the 25<sup>th</sup> century, Flash Gordon, Land of the Lost, Space Patrol, Quiet Please, Latitude Zero, and Tales of Tomorrow.

### Helpful Hints:

Try to keep the excerpts between 5-10 min.

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## MEDIA

### Program Title:

Remembering Classic Film Villains

### Description/Summary:

After a discussion about favorite horror movies, ten-minute excerpts from four classic films were shown. They included *Phantom of the Opera* (1925), *Dracula* (1931), *Bride of Frankenstein* (1935), and *The Wolfman* (1941). We then discussed how horror movies have changed in recent years.

### Materials/Equipment/Resources:

TV/VCR and/or 16mm projector

Boarski, Richard. *Films of Bela Lugosi*. Secaucus, NJ: Citadel Press, 1980.

Boarski, Richard. *Films of Boris Karloff*. Secaucus, NJ: Citadel Press, 1974.

Griffith, Richard. *Movies*. Revised and updated ed. NY: Simon & Schuster, 1981.

Shiach, Don. *Movie Book: An Illustrated History of the Cinema*. Revised ed. NY: Smithmark, 1995.

### Helpful Hints:

Before each film, material was presented on the life of the major actor as well as other movies in which he starred. I used this as a Halloween program and they really loved it.



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## MEDIA

### Program Title:

Shiver Me Timbers: Pirates in Fact & Fiction

### Description/Summary:

After discussion about pirates in general, five-minute excerpts from four pirate movies were shown. Discussion preceded each film about the actors/actresses showcased in them. Following this was a 10-minute excerpt from the film documentary: *"Pirates, Passion, & Plunder"* (Questar Video, 1995). Discussion then centered around the realities of piracy.

### Materials/Equipment/Resources:

Griffith, Richard. *Movies*. Revised and updated ed. NY: Simon & Schuster, 1981.

Leonard Maltin's *DVD & Video Guide*

Shiach, Don. *Movie Book: An Illustrated History of the Cinema*. Revised ed. NY: Smithmark, 1995

Movies: *Captain Blood*(1935); *Frenchman's Creek*(1944); *Treasure Island*(1950); *Kidnapped*(1960); *Pirates of Penzance* (1988) +

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## MEDIA

### Program Title:

Silent Film Festival

### Description/Summary:

Part I: Dramatic Stars

Beginning with the history of film, a five-minute excerpt from the first real movie was shown—*The Great Train Robbery* (1903) by Thomas Edison. Then a guessing game was held using pictures from books. Following this the Charlie Chaplin film, *The Tramp*, as shown.

Part II: Comedy Stars

Using the above format, another guessing game was held, then several short films were shown. They were *Love, Speed, & Thrills* with the Keystone Cops, *Mabel's New Hero* with Fatty Arbuckle, and *Haunted Spooks* with Harold Lloyd.

### Materials/Equipment/Resources:

16mm projector

Blum, Daniel C. *A Pictorial History of the Silent Screen*. NY: Putnam, 1953.

Griffith, Richard. *Movies*. Revised and updated ed. NY: Simon & Schuster, 1981.

Kerr, Walter. *Silent Clowns*. NY: Knopf, 1975.

Shiach, Don. *Movie Book: An Illustrated History of the Cinema*. Revised ed. NY: Smithmark, 1995.

### Helpful Hints:

Between films, we discussed the lives of various stars especially those in the films presented.



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## **MEDIA**

### **Program Title:**

A Toledo Package

### **Description/Summary**

This is a series of slide-tape productions produced by the Local History Department of the Toledo-Lucas County Public Library under a grant from the National Endowment for the Humanities. The goal is to increase public awareness of library resources, services, and programs and to promote interest in the humanities. Topics were "Meet me at the Tiedtke's," "Local History Highlights," "Toledo in the 1920's," "Toledo Towns and Neighborhoods," and "The Afro-American Experience in Toledo."

### **Materials/Equipment/Resources:**

A brochure was produced with brief descriptions of each topic. Pre-cued tapes, narrative with musical background, 35mm slides, slide projector, and cassette player were necessary as part of the whole program package.

### **Helpful Hints:**

A professional audio consultant provided advice for quality slide-tape programs. Narration on tape must be clear and distinguishable over tape hiss and other distracting noises.

Although the topics are primarily of interest to residents of Toledo, similar programs can be (or perhaps have been) developed by other cities. Hometown history seems to be especially appreciated by seniors.

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# 11 Chapter 11 TRAVEL



## **PROGRAMS:**

1. Let's Take a Trip
2. What's In the Sky?

## **OTHER PROGRAM IDEAS:**

1. Alaska/Hawaii
2. Amish Country
3. Amusement Parks
4. Castles In Spain, England, etc.
5. Cruising
6. Famous Buildings/Landmarks
7. Presidential Homes
8. State Capitals
9. State/National Parks
10. White House
11. World's Fairs
12. Zoos

## **SOURCES:**

1. American Automobile Association
2. Recreation/Parks Department
3. Travel Agencies

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## TRAVEL

### Program Title:

Let's Take a Trip

### Description/Summary:

This is a series of programs in which local travelers show highlights of their journeys throughout the world. Slide photographs enhance the presentation of the countries visited. One country is featured each month. Some past examples are "A Russian Journey" which was shown in October; "Egypt-Land of the Pharaohs" which was shown in November, and so on.

### Materials/Equipment/Resources:

An audio visual stand for the equipment, a screen, a display table and any special material needed by the presenter should be provided and set up in advance. The lecturer brings his own slides and projector.

### Helpful Hints:

An entire year's worth of presentations should be set up. The coordinator should send a letter, or call the next lecturer a week or two before the presentation as a reminder. The librarian should introduce the lecturer. It is helpful to have a map set up of the area being "visited" that month, and to have related books set out for audience perusal.

This program seems to work best in mid-afternoon when retired people can most easily come to the library. When the program time is always constant, such as the first Thursday of the month at 2:00 p.m., it is easier for the audience to remember, and encourages them to come again and again.

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## TRAVEL

### Program Title:

What's in the Sky?

### Description/Summary:

This program can be designed around anything in the sky for which you can get photographs and/or slides.

Ideas: Airplanes (history of flying emphasizing the Wright Brothers' contributions and Lindbergh's flight across the Atlantic)

Helicopters	Blimps
Hot Air Balloons	Circus Performers
Fireworks	Construction Workers
Gliders	Ski Lifts
Window Washers	Birds, Bats, Eagles
Sun	Moon
Stars	Clouds
Lightning	Superman, Batman
Mary Poppins	Peter Pan

### Materials/Equipment/Resources:

Space Exploration: photographs, slides and videos available from: Pound Labs, Box 35003, Dallas, TX 75235 and from NASA CORE, Lorain Co. JVS, 15181 Rt. 58S, Oberlin, OH 44074

*Ideals Magazine* for poems, sayings, etc.

Slides with quotes and neat nature scenes from: Visual Horizons, 180 Metro Park, Rochester, NY 14623-2666.

### Helpful Hints:

This is especially good for a series of programs in senior residences and nursing homes.

