

Travel the World
By Linda Dobbratz Nu-Roc Community Healthcare

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We pick a country and ask the residents of that nationality for their input, experiences, or memories about that land. They love doing it! We ask questions about things their parents or grandparents may have told them, it brings about much reminiscing. On the day of the ‘trip’ they are an important part of our activity.

Activity staff research as much as they can about the country we have chosen. We ask staff to dress in that land’s colors.....(the USA would be red, white, and blue). We organize any special games, money, clothing; or whatever we can find that is native to that country. During our program, all of this is put out on display, along with pictures. We download music that is recognizable from that part of the world and have that playing in the background. Our local library has been able to order slide shows pertaining to what we are researching, and we also show those. We have some very lively discussions about what we have learned. The residents of that nationality are always very proud of their knowledge and love being singled out. The highlight is always the food. A native dish is prepared. For example, this past month we traveled to Italy, and served our residents gnocchi.

This program has become an eagerly awaited one each month. While it does require much preparation time and advance planning by the Activity staff, the enthusiasm shown by the residents makes it all worth it.