


Preethi Burkholder

Loveland, CO  
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[www.preethiburkholder.com](http://www.preethiburkholder.com)




**Activities for Bedridden Residents**

<b>7 Ways to Making It a Team Effort</b>
Get free labor; recruit volunteers
Local Senior Center, community center
High school students, college students
Elementary school students, day cares
Librarians
In-house staff
Church congregation



"The residents await in excitement as the bag piper enters for St. Patrick's Day. Their excitement soon wanes to the drowning noise. One of the residents Carol, says to Lily: "Normally, I enjoy a morning when the birds are singing."

<b>How You Benefit When you Have Content Bedridden Residents</b>
Enhances your reputation in the community
Attracts new residents, free of charge
Retains existing residents
Creates a happy environment for residents and staff
Cuts back costs on advertising, for new enrollment
Creates employee retention
Saves time, energy, and money



Doctor to patient: "The handle on your recliner does not qualify as an exercise machine."

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## Activities for Bedridden Residents

Physically Stimulating	Mentally Stimulating	Simple Acts of Kindness, Free of Charge
1 Flower box or flower pot	1 Bedside Music therapy	1 Sit and Listen
2 Window ledge feeder	2 Bible studies	2 Gift giving
3 Wii Bowling	3 Diary writing	3 Admire the foliage
4 Kite making	4 Writing letters	4 Flower on the food tray
5 Jack O Lantern carving	5 New computer skills. <a href="http://www.ancestry.com">www.ancestry.com</a>	5 Music Box
6 Easter Egg dying	6 Television	6 Quote of inspiration
7 Holiday cards	7 Online courses, degrees	7 Conversation
8 Automatic golf putter	8 Listening to radio	8 Make them laugh
9 Basketball hoop	9 Phone calls	
10 Fly tying	10 Solitaire	
11 Origami	11 Board games; Scrabble	
12 Napkin folding	12 Memory Box	
13 Making cloth dolls	13 Memory Book	
14 Flower making	14 Records and Tapes	
15 Hand puppets	15 Pen pals	
16 Jewelry making	16 Reading	
17 Music making	17 Crossword Puzzles	
18 Blow Bubbles	18 Sensory Basket	
	19 Ho Ho Ho Hotline	


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**Activities for Bedridden Residents**

Combined Activities	Community Involvement
1 Pressed flower scrapbook	1 Bartender, waitress
2 Photo collection	2 Beauty school
3 Read the newspaper	3 Barber shop quartets
4 Browsing the TV Guide	4 Church ministers
5 Then and Now Book	5 Memoir writing, college students
6 Memory Tray	6 Antique doll collector
7 Lifetime Collage	
8 Lifetime Accomplishment Certificate	
9 Kids Involvement	
10 Rolling Tea Wagon	


Why Mentally Stimulating Activities Work Well with Bedridden Residents	
Helps to pass the day fairly easily	
Costs very little, eg: Board games	
Provides easy access	
Entertaining and stimulating	
Residents can self occupy	
Music is particularly effective on bedridden residents.	

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**Activities for Bedridden Residents**

Where to Get Items for Free or Cheap	
Local thrift store	
Craft stores during seasonal clearance. Eg: Go in January to buy Xmas craft for next to nothing	
Day cares when they are updating their items	
Senior Center, Community Center, Church bazaar	
E Bay, Craigslist, online	
Families of residents	
Yard sales, garage sales, spring cleaning	

How to Cut Back Costs
Borrow rather than buy
Rotate items every few weeks; store things effectively
Ask around from other life enrichment coordinators
Borrow arts and crafts books from the library to learn new skills
Have a humming volunteer group
Make employee retention, a primary focus
Treat your vendors with dignity. They are likely to give you quality service and you need not look for new vendors then



I got a letter in the mail the other day. It said "Do not bend." I thought, How am I supposed to pick it up?"

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## Activities for Bedridden Residents

### If You Are Looking for Funds to Offer Affordable Activities for Bedridden Residents, Some of these Grant Sites May Offer Funding for Your Facility, Staff, or Residents.

Fundsnet Services [www.fundsnet.com](http://www.fundsnet.com) Excellent free resource that lists thousands of funders. Some places (not all) give grants for long term care facilities. Fundsnet services allows you to search for grants under various categories such as arts and culture, health an wellness, disability grants, and more

Foundation Grants to Individuals Online <http://gtonline.foundationcenter.org/> There is a subscription fee on this, \$19.95 per month. Gives thousands of listings of grants for individuals and organizations. Seniors and long term care facilities may apply for some of them.

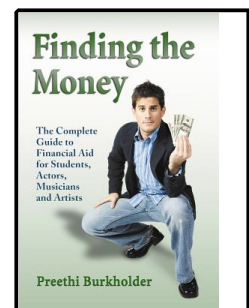
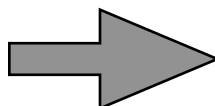
The Grantsmanship Center, [www.tgci.com](http://www.tgci.com) Gives extensive listings of funders. Click on the map for Wisconsin, or the state that you live in to look at funders in your area. They have three categories of funders for every state: Top Grantmaking Foundations in Wisconsin (or the state that you live in), Community Foundations, Corporate Giving Programs.

The Foundation Center [www.foundationcenter.org](http://www.foundationcenter.org) Extensive website that gives listings of places giving money to private institutions, nonprofits, individuals and more. Fees for subscription apply.

Women Arts [www.womenarts.org](http://www.womenarts.org) Gives listing of emergency grants for men and women in various arts disciplines. Also gives places giving emergency grants for individuals in the long term care industry. For example, if you are a life enrichment coordinator and seeking \$1,000 to cover an unexpected medical bill, this site gives some funders that awards one time emergency grants to individuals. Residents in financial dire straits may apply as well. Please pass on this site to some of your residents who seek financial assistance.

Change Inc, Offers emergency grants to individuals in any walk of life. Eg: If you work at a long term care facility and need assistance in paying your medical bill or facing eviction, you can apply for a grant. If you are a resident at a long term care facility and need financial assistance, you can apply. Please pass on this site to Seniors who may need financial support. Grants are given for a variety of emergency situations. Ask for an application explaining your need, to Change Inc, P.O. Box 1818 Sanibel, FL, 33957: Ph: 212 473 3742

To learn more about grant writing, applying for financial aid, and how to craft persuasive grant proposals, consult Preethi Burkholder's books, on grant seeking. They are titled "Finding the Money," and "Start Your own Grant Writing Business." These books also give listings of places that give grants.



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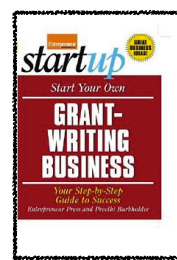
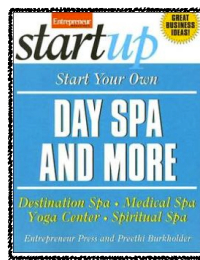
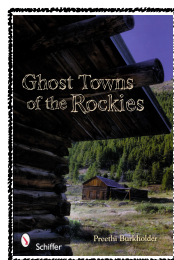
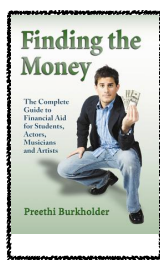
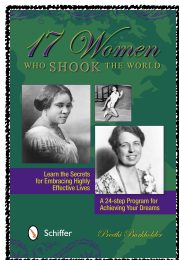
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## Getting to Know the Presenter, Preethi Burkholder

**Mezzo Muzique:** Preethi Burkholder is the founder of Mezzo Muzique, a provider of therapeutic services for Seniors. Preethi offers music therapy at long term care facilities.

**Author:** Preethi Burkholder is the author of five books. They are:

- 17 Women Who Shook the World (Schiffer Publishing, Pennsylvania, 2013)
- Ghost Towns of the Rockies (Schiffer Publishing, Pennsylvania, 2011)
- Start Your own Grant Writing Business (Entrepreneur Press, California, 2009)
- Finding the Money (McFarland Publishers, North Carolina, 2008)
- Start Your Own Day Spa (Entrepreneur Press, California, 2007)



**Pianist:** Preethi Burkholder is a classically trained pianist. She first started learning piano at age five, in her homeland of Sri Lanka (formerly Ceylon). She has a Bachelor's Degree in Piano Performance from Clark University, Massachusetts, and a Master's in Ethnomusicology from Tufts University, Massachusetts. Preethi Burkholder has participated as a pianist in the *Tibor Varga Music Festival* in Sion, Switzerland, *The Lancaster Music Festival* in Columbus, Ohio, and the *Aspen Music Festival*, in Aspen, Colorado. In music therapy, Preethi plays popular sing alongs by ear, hymns, marches, waltzes, and Americana.

**Speaker:** Preethi speaks at health care conferences, historical societies, universities, and womens' conferences.

### Contact:

To Schedule Preethi Burkholder for a Speaking Event:

Call 970 663 4316 (Colorado, MST)

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Website: [www.preethiburkholder.com](http://www.preethiburkholder.com)

### Credentials of Preethi Burkholder

- Author of five books
- Provides music therapy for Seniors
- Speaks at conferences
- Media spokesperson
- Nominated for 2013 AAUW Eleanor Roosevelt Award for her Humanitarian Work
- Preethi Burkholder's Book "17 Women Who Shook the world" was a Finalist in the 2013 Delta Kappa Gamma International Educator Award
- Master's Degree, Tufts University, Massachusetts
- AAUW (American Association of University Women) International Fellow, D.C
- Professional speaker



"I would like to thank the Ohio Healthcare Association and the beautiful Columbus for inviting me to speak. It has been a pleasure getting to know the audience at this conference. I wish you all, great journeys ahead" Preethi Burkholder