

VA



U.S. Department  
of Veterans Affairs

New York/New Jersey VA Health Care Network  
VA New Jersey Health Care System

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### Recreational Activities: A Fundamental Component in Long-Term Care

“Activities are the heartbeat of the facility,” a resident in a long-term care facility once said. The importance of activity in long-term care is just one reason why *VA New Jersey Health Care System* offers a variety of recreational activities that stimulate minds, promote physical fitness, increase social interaction, teach new skills and, overall, improve the quality of life for all residents.

At the *VANJHCS Community Living Center (CLC) on the Lyons campus*, residents are engaged in person-centered, meaningful activities, specially adapted to meet the needs and interests of each resident. For example, the wide range of therapeutic recreational activities at *the CLC* include pet therapy, music therapy, exercise and creative-expressive programs, cognitively challenging games, cultural programs, clubs and special events are just some of the activities offered. Programs are offered daily and provided in small, medium and large-sized groups, as well as on a one to one basis.

The team of professionals at *name of facility* believes in creating an environment that is fulfilling, holistic and nurturing for the residents. For that reason, *name of facility* has an inter-disciplinary approach to quality of life. As an example, the Food and Nutrition Department hosts a monthly cooking class, in which residents share in the preparation of their favorite recipes. Similarly, the Rehabilitation Department works in conjunction with the Recreation Department to increase residents’ physical functioning. Even the Nursing Department can be found reading the newspaper or singing in the dayroom. In addition, there are numerous community groups and volunteers that enhance the quality of life of the residents.

The long-term care industry has changed dramatically over the years. Now, quality of life is as equally important as quality of care. Recreational activities have become a heightened focus of regulatory agencies such as the Centers for Medicare and Medicaid Services (CMS) and are a FUN-damental component of today’s long-term care facilities. *Name of facility* is one of 10 skilled nursing facilities in the xyz Corporation that provides both short and long-term care and rehabilitation services. For more information on *name of facility*, please call (555) 123-456-7890 or visit us on the web at [www.nameoffacility.com](http://www.nameoffacility.com).

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For more information about the recreation program at *name of facility*, call *name of Recreation Director*, at 555-123-4567 or email [recreation@nameoffacility.com](mailto:recreation@nameoffacility.com).