

## Indoor Activities Program

Focus: [Movement Therapy/Active Play](#), [Cognitive Therapy](#), [Physical Therapy](#) and [Activity Therapy](#)

Movement therapy activities include activities such as the Wii, parachute games, foam balls, horseshoe set, shuffleboard set, ring toss games, beanbag toss, target games, jumbo jam jr., eggs and spoons, balloon games, putt billiards, and game room activities. Specific game room activities include air hockey, basketball, darts, foosball, pool, roll-a-score game table, shuffleboard bowling, one-player electronic games and PlayStation 2. Cognitive therapy activities include activities such as DVD games, matching and discrimination, jumbo color dominoes, tactile match, manipulatives, electronic voice changer and sensory stimulation. Specific sensory stimulation activities include pegs and peg boards; wood lacing tools; use your senses mix and match game; see-through wooden blocks; picture lacing cards; insta-snow, table top gardener and art center, sand with tray, listen and match game, touchable matching board, magic gertie balls, sound box, splatter mat, flutter balls and gigglator. Physical therapy activities include a dressing board and a dressing frame set. Activity therapy games include games such as crosswords, puzzles and trivia, popcorn game, B-I-N-G-O, card games, magnetic playing cards, board games, casino games, balloon powered boats and rolling races dice game. These activities are meant to help teach individuals how to encourage, help and work with others.



## Guinea Pig Care Program

Focus: [Cognitive Therapy](#) and [Activity Therapy](#)

Guinea pig care includes cleaning out the cage using gloves and spraying the empty cage bottom with a vinegar-water combination three times per week; replacing the bedding three times per week; discarding old food, cleaning out the food dishes with water and soap and refilling food dishes with fresh vegetables (and sometimes fruit) every day of the week; cutting up fresh fruits and vegetables two days per week; replacing water in water bottle six days per week; brushing the guinea pigs hair one time per week; discarding old hay and replacing it with new hay as needed; and general maintenance of area. Taking care of the guinea pigs not only contributes to emotional health but also to physical health.

## Gardening Program

Focus: [Activity Therapy](#), [Cognitive Therapy](#) and [Movement Therapy](#)

The garden area consists of three 4' x 6' garden plots in the front parking lot area of Elcam and four 4' x 6' garden plots in the outdoor area at Elcam. Gardening activities include preparing the soil; planting the seeds; providing proper environment for germinating the seeds, which includes light, heat and moisture; after germination, providing enough light to keep seeds moist; after 1<sup>st</sup> set of true leaves (second set of leaves), transplanting the plants indoors; keeping the plants under light until the plants are ready to be acclimated to the outside (such as placing the plants in a cold frame, gradually increasing their adjustment to the outside environment), planting the plants, nurturing the plants (giving the plants what they need: soil, water, proper temperature and enough light, weeding, protecting the plants against insects and keeping the ground around the plant loose) and harvesting the plants when they are ripe. Gardening not only contributes to physical health (digging, planting, weeding and harvesting) but also mental health (can be used to reduce stress and also to feel a sense of accomplishment when the job is done). The individuals have the opportunity to grow, pick and also consume fresh garden produce, which is not only great-tasting but also good for you.



## Social Readiness (Community Activities) Program

Focus: [Activity Therapy](#), [Cognitive Therapy](#) and [Movement Therapy/Active Play](#)

Individuals (along with Staff) identify and participate in activities of interest in the community such as shopping at Wal\*Mart for food items for use at the Center, dining at various restaurants, outdoor sports at the Kersey Community Building, bowling at the CYMA, movies at the Apollo Theatre, participating in activities at local and state parks, feeding the animals at Farmer's Inn in Sigel, PA, visiting the sick at the hospital or at a nursing home and making holiday crafts for the sick at a nursing home. These activities help individuals develop and exercise appropriate social skills and encourage individuals to have care and concern for others.

*Making It Happen!*



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Elcam, Inc. is a **non-profit** corporation whose primary missions are to provide meaningful work and community habilitation services to individuals with disabilities.

Elcam, Inc. is an **Equal Opportunity Employer**. Elcam is funded in part under a contract with the CE Mental Health/Mental Retardation Program and is licensed by the State of Pennsylvania.

## Adult Day Training Programs

### Basic Computer Training Program

Focus: [Cognitive Therapy and Activity Therapy](#)

The computer room contains 11 desktop computers and one instructor's computer connected to a local area network. The computer room also contains three printers, a scanner and a digital camera. The computers contain both adaptive hardware and software to meet the needs of the individuals. Computer activities include, but are not limited to: learning how to type; learning how to do e-mail; learning how to surf the Internet; learning how to print out typed letters, Web site information and pictures; creative card making; and learning how to play interactive games on the computer or on the Internet. Computer activities provide a free environment for learning and a way for instant communication. These activities can help individuals improve their thinking skills and problem solving; encourage creativity; and help individuals develop new skills and interests.

### Communication (Assertiveness Training) Program

Focus: [Activity Therapy](#), [Cognitive Therapy](#) and [Movement Therapy](#)

The group games are created in-house by the Director and are based on the likes, needs and interests of the individuals that attend the Center. Activity therapy and cognitive therapy games include visual, audio and/or kinesthetic games such as humor, trivia and reminiscing; conversation games; music and sing-alongs; karaoke, which includes the use of a microphone or the use of an instrument such as a tambourine, mini rainmaker, rainmaker drum or maracas; food activities; B-I-N-G-O; matching and discrimination; board games; active play; and puzzles and trivia. Movement therapy games include ball games and toss and catch games. Group games encourage individuals to communicate with others, express and recognize feelings, handle conflicts and exhibit socially responsible behaviors. Group games are meant to help teach individuals how to encourage, help and work with others. Group games can help individuals achieve a positive self-awareness and help build self-confidence. Individuals can also work on these skills during scheduled community outings (community activities).

### Kitchen Safety, Food Safety Education, Microwave Cooking, Stove-Top Cooking and Baking Program

Focus: [Activity Therapy](#), [Cognitive Therapy](#) and [Movement Therapy](#)

The individuals receive training in kitchen safety in the following areas: fire safety, appliance safety, knife safety (when applicable), identifying kitchen utensils, and the proper use of kitchen utensils. They receive some training on weights and measurements as the individuals must measure and add all ingredients to each prepared food item. The individuals learn about food safety through the use of FIGHT BAC! Across the Curriculum. This program entails the use of a variety of kitchen appliances such as the refrigerator, freezer, burner stove, oven, microwave, blender, toaster, food processor, slow cooker and waffle baker. This program also entails the use of a variety of pans, utensils, baking pans and dishes, storage containers, microwave containers, dishes and cleaning supplies. The individuals learn about different cooking terms and techniques through the varieties of meals and snacks prepared each week at Elcam. The individuals help plan their own lunch meals, purchase items for making their lunch meals at Wal\*Mart, prepare their own meals and clean-up their lunch area after each meal. The individuals also help decide what baked good that would like to prepare each week. The individuals generally do not eat the baked goods while at Elcam. These activities are meant to teach individuals some domestic skills which can aid in making them more independent at home and in the community.

### Music Program

Focus: [Activity Therapy](#) and [Cognitive Therapy](#)

Music activities involve the individuals playing a specially tuned guitar or percussion instrument and singing songs in a relaxed group setting, at Elcam, at social events and an annual performance at Wildcat Park. The music education component reviews facets of music such as tempo, musical styles, melody, harmony and musical color. Playing music exercises the brain and helps fight memory loss (NAMM). It can also help reduce stress. Performing music helps individuals develop personal confidence and self-esteem.



### Walking Program

Focus: [Movement Therapy](#) and [Activity Therapy](#)

The individuals walk indoors (inside track stretches 104 feet; 51 laps per mile while outside track stretches 178 feet; 30 laps per mile) or outdoors (outdoors track stretches 1/8 mile; 8 laps per mile) for up to 30 minutes, three days per week. The individuals receive a gift card for a set number of walked miles and are not given a time frame in which to complete set number of walked miles. Walking several times a week can help individuals manage their weight, control their blood pressure, decrease their risk of heart attack, boost their good cholesterol, lower their risk of stroke and help elevate overall mood and sense of well-being and beyond.

### Outdoor Sports Program

Focus: [Movement Therapy/Active Play](#) and [Activity Therapy](#)

Outdoor area activities include adjustable basketball goal; 1/8 mile walking track; three horseshoe pits; and shuffleboard. Outdoor sports games include, but are not limited to, kickball; football target challenge; ladder game; target games; jumbo jam jr.; contender bocce; tournament croquet; softie hockey; and softie polo. These activities provide challenges that can stimulate and motivate individuals while having fun. These activities are meant to help teach individuals how to encourage, help and work with others.

### Art Program

Focus: [Cognitive Therapy](#)

Art activities range from activities that require individuals to perform a one-step task so the activities can be easily completed for quick gratification and enhanced self-esteem to activities that require individuals to perform multi-task projects that exercise the ability to heed directions and follow through, problem identification and solving, attention span, memory, sequencing and motor skills. Decorating and finishing options on art projects allow individuals personal choice and the opportunity to expand their creativity. Art activities can enhance an individual's ability to communicate, solve problems, manage anger and reduce stress.