



## **Cortland honors dedicated activity professionals**

Thomas, W.Va. – Five dedicated women spend all year making the lives of those at Cortland Acres more interactive and interesting. Cortland turned the tables for a week, thanking the Activities Department staff during a special week set aside to honor them.

Marie Grafton, Mary Swisher, Sandy Kisamore, Linda Shupp and Cindy Helmick were recognized Jan. 20-26 during Activity Professionals Week. Co-workers hung banners at the nurses station, and each member of the department received a gift bag that included hot chocolate and chocolate-peppermint sticks.

Grafton, the director of the department, also had shirts made and had a special luncheon to honor the staff.

The shirts cited “10 Reasons We Love Our Residents”:

- They’ve become part of our families.
- They make our work meaningful.
- They make us smile each day.
- Their strength is an inspiration.
- They remind us to treasure family and friends.
- They share words of wisdom.
- They help us live life to the fullest.
- They always keep us on our toes!
- We share laughs together.

The Activities Department coordinates many events at Cortland Acres, including monthly parties, holiday celebrations, themed dinners, bingo, musical

events, Bible Study, games, outdoor activities, trips and tours, reading, exercise fun, arts and crafts, and religious services.

“Activities are a critical component for our residents,” Grafton said. “Specialized programs for large group, small group and individuals are designed with the needs, interests and capabilities of the residents in mind and help residents recover memory and physical functions.”

According to the National Association of Activity Professionals, the special week was created to recognize the contributions of Activity Professionals in all adult communities. It is a chance for Activity Professionals to shine their light.

Cortland Acres includes a 94-bed long-term care facility, in- and outpatient physical therapy and rehabilitation, Pineview Apartments and The Pines duplexes. For more information call 304-463-4181 or visit [www.cortlandacres.org](http://www.cortlandacres.org).