

Men's Group Intervention Protocol—“Take Me Out To The Ball Game”



General Purpose: To improve memory recollection, problem solving skills, and encourage social interaction.

Materials Needed: baseball cards, baseball fun facts, bean bags, bean bag toss board, poster board with cities of baseball teams written on it, Velcro attached baseball team names, popcorn, and cups.

Population: All populations

Contraindicated Criteria: Some clients may have cognitive disabilities and may need task segmentation while engaging in this activity.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification.

Intervention Instructions

1. Have residents sit in a half circle and introduce yourself to each client
2. Explain to the residents that today we will be discussing baseball, but first we should play a game.
 - a. Have the bean bag toss game set-up, and explain that we will be playing an adapted version of baseball.
 - b. Explain they will be throwing bean bags to ultimately score points, which allow them to win the game.
 - c. Give each participant 3-5 opportunities to throw, calculating the points as you play.
 - d. When you are finished, tally the points, and declare a winner
3. Following the bean bag toss baseball, explain that they will be playing a matching game.
 - a. Display the poster board with the cities names on it, and have each participant take a turn identifying which team goes with which city, and match them accordingly.

i. Houston – Astros	xiii. Cleveland – Indians
ii. Milwaukee – Brewers	xiv. San Francisco – Giants
iii. Minnesota – Twins	xv. Boston – Red Sox
iv. Chicago – White Sox	xvi. Atlanta – Braves
v. Chicago – Cubs	xvii. Miami – Marlins
vi. New York – Mets	xviii. Detroit – Tigers
vii. New York – Yankees	xix. Arizona – Diamond Backs
viii. Tampa Bay – Rays	xx. Texas – Rangers
ix. Washington – Nationals	xxi. Seattle – Mariners
x. St. Louis – Cardinals	xxii. Colorado – Rockies
xi. Los Angeles – Dodgers	
xii. Oakland – Athletes	
 - b. If the understand this game well, challenge the residents by matching baseball players to their appropriate teams:

- i. Babe Ruth – Boston Red Sox (first team he played for) and NY Yankees
 - ii. Ken Griffey Jr. – Seattle Mariners
 - iii. Reggie Jackson – Oakland Athletics
 - iv. Lou Gehrig – NY Yankees
 - v. Willie Mays – SF Giants
 - vi. Mickey Mantle – NY Yankees
 - vii. Joe DiMaggio – NY Yankees
4. Finally, pop some popcorn, and provide each participant with the snack as you discuss fun facts about baseball and/or play baseball card war:
- a. Use the colors on the baseball cards to create a classic game of "War" between two players. Each year, the color of the team name or player position changes. Take a random assortment of baseball cards and divide them so each player has an even number of cards. Player One will slap down a card player-side up. Player Two will then slap down his card. If the colors match Player One's card, Player Two takes both cards and puts them at the bottom of his deck. If they do not match, Player One slaps down his next card. The cycle repeats until a match occurs for either Player One or Two. The player who gets the next match wins the pot.
 - b. Baseball Questions
 - i. Which year was the first official game of baseball played?
 1. 1846
 - ii. Which year was the first pack of baseball cards created?
 1. 1868
 - iii. Which year was the first professional baseball league formed?
 1. 1876
 - iv. What was average cost for a baseball game in 1920?
 1. \$1.00
 - v. What year was the first baseball game that was ever televised?
 1. 1939
 - vi. What was the average cost for a baseball game ticket in 1994?
 1. \$10
 - vii. Cost of a hotdog at a baseball stadium in 2013?
 1. \$6.25
 - viii. What was the longest professional game?
 1. 8 hours and 6 minutes in 1984
 - ix. Shortest game?
 1. 51 minutes in 1919
 - x. Average length of a game?
 1. 2 hours and 50 minutes
 - xi. What year was the Star Spangled Banner first played?
 1. 1918 World Series
 2. The song became the national anthem several years later in 1931
 - xii. Who is the most famous baseball player?
 1. Babe Ruth
 2. Real name" George Herman "Babe" Ruth, Jr.

- xiii. What are some of Babe Ruth's nicknames?
 - 1. The Great Bambino
 - 2. The Sultan of Swat
 - 3. Babe
 - 4. The Big Bam
 - 5. The Big Fellow
- xiv. The first team to win the World Series in 1903?
 - 1. Boston Red Sox
- xv. Team that has won the most World Series?
 - 1. 26 of them...NY Yankees
- xvi. What is the curse of the bambino?
 - 1. Led to more than 80 years of misery for Boston Red Sox fans. It all started when the Red Sox traded Babe Ruth to the New York Yankees in 1920. At the time, Babe Ruth, also known as the Bambino, was one of baseball's greatest hitters and had helped the Red Sox win the World Series in 1918.
 - 2. It is the superstition that because Babe Ruth was traded in 1918, they were unable to win a world series from 1918 to 2004...an 86 year period.

c. Fun Facts

- i. In 1839, a man named Abner Doubleday created the game of baseball in his own back yard. He lived in New York
- ii. 21 million hotdogs are consumed each year at baseball games. If you lined up all of the hotdogs end to end, they would round the bases 29,691 times.
- iii. The chances of a fan being hit by a baseball are 300,000 to 1
- iv. In the early days, baseball players wore straw hats instead of baseball caps during games
- v. Babe Ruth, one of baseball's most famous players, used to keep a wet cabbage leaf beneath his cap in order to keep cool. He would change it every 2 innings
- vi. The shortest major league player was Eddie Gaedel—he was 3 feet, 7 inches tall
- vii. The tallest player in MLB history is the Minnesota Twins' pitcher Job Rauch who stands at 6 feet, 11 inches tall
- viii. A regulation baseball has 108 stitches

5. End by thanking everyone for attending, and singing take me out to the ball game:

- a. Take me out to the ball game,
Take me out with the crowd;
Just buy me some peanuts and Cracker Jack,
I don't care if I never get back.
Let me root, root, root for the home team,
If they don't win, it's a shame.
For it's one, two, three strikes, you're out,
At the old ball game