

**PENNSYLVANIA ACTIVITY
PROFESSIONAL ASSOCIATION
2009 STATE CONFERENCE**

Education
Time in
2009



**THE PENN STATER
STATE COLLEGE, PA.
OCTOBER 18th, 19th, 20th & 21st**

2009 PAPA State Conference at a Glance

<p><u>Sunday, October 18th</u></p> <p>Registration 2-6 PM</p> <p>3:00 – 6:00 PM (3 Clock Hours) A. “CPR”</p> <p>2:45-5:00 PM Bus tour leaving from Hotel Main entrance.</p> <p>7:00 PM -8:00 PM (1 Clock Hours) B. “Fundraising At it’s Best”</p>	<p>2:30 – 3:30 P.M. (1 Clock Hour)</p> <p>K. “Life History” L. “Behaviors - What are they Telling Us?” M. “Baby Boomers”</p> <p>3:30 – 4:00 Break</p> <p>4:00 – 5:00 (1 Clock Hour)</p> <p>N. “Planning Your Calendar” O. “Simple, Slick Crafts from Everyday Items” P. “Death is a Profound Lesson for the Living”</p>	<p>12:00 –1:00 Lunch & Raffle</p> <p>1:00 -2:00 (1 Clock Hour)</p> <p>V. “Miniature Gardening” W. “Activities for the Cognitively Impaired” X. “Adaptable/Retro Games”</p> <p>2:00-2:30 Break</p> <p>2:30-3:30 (1 Clock Hour) Y. “Music Therapy – How Does it Work?” Z. “Life History” AA. “Artistic Expressions”</p>
<p><u>Monday, October 19th</u></p> <p>Registration and Continental Breakfast: 7:30 AM-8:15 AM</p> <p>8:15 AM Opening Remarks</p> <p>8:30 - 10:00 AM (1 ½ Clock Hours)</p> <p>Opening Keynote Address - C. “Realizing Your Childhood Dreams”</p> <p>10:00 – 10:30 Break</p>	<p>5:00 – 5:30 Vendor Time</p> <p>Supper on your own.</p> <p>7:30 PM – 8:30 PM (1 Clock Hour) Q. “New Products and Resources For Programming”</p> <p>7:30-9:00 G. “CPR’ continued (1 ½ Clock Hours)</p> <p>8:30 Raffle Drawing for prizes Networking Time</p>	<p>3:30—4:00 Break</p> <p>4:00-5:00 (1 Clock Hour) BB. “Simple, Slick Crafts from Everyday Items” CC. “Senior Fitness-The Road to Living” DD. Tai Chi</p> <p>Supper on your own</p> <p>7:30-8:30 (1 Clock Hour)</p> <p>EE. “Music”</p> <p>8:30 Raffle Drawing for prizes Networking Time</p>
<p>10:30 – 12:00 (1 ½ Clock Hours)</p> <p>D. “Grief and Loss” E. “Making Music on Easy Play Instruments” F. “Brain Education For Successful Aging” G. CPR</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 (1 Clock Hour)</p> <p>H. “NCCAP Certification” I. “Activities for the Cognitively Impaired” J. “Doodling, Dabbling & Drawing”</p> <p>2:00 – 2:30 Break</p>	<p><u>Tuesday, October 20th</u></p> <p>Registration: 7:30—8:30 AM Continental Breakfast: 7:30-8:30</p> <p>8:30—10:00 (1 1/2 Clock Hours)</p> <p>Keynote Address: R. “F Tag & Beyond”</p> <p>10:00 – 10:30 Break</p> <p>10:30 – 12:00 (1 ½ Clock Hours) S. “Conflict Resolution” T. “Making Music on Easy Play Instruments” U. “Balance Assessment & Exercise Prescription”</p>	<p><u>Wednesday, October 21st</u></p> <p>7:30 – 8:30 Breakfast 8:30-10:00 (1 ½ Clock Hour) FF. “Why Am I An Activity Professional?”</p> <p>10:30 – 12:00 (1 ½ Clock Hours) GG. “Creative Arts Awards Session and Annual Meeting”</p> <p>12:00 - Lunch & Raffle CONFERENCE WRAP UP</p>

A TOTAL OF 21 CLOCK HOURS HAVE BEEN APPLIED FOR THROUGH NCCAP

WORKSHOPS & GENERAL SESSIONS

A. "CPR"

Obtain your CPR certification through direct instructions, hands-on work with mannequins, followed by a written exam. Upon completion of the exam and instruction, certification card will be mailed to your address. Certification card is good for two years.

Presenter: Dawn Marie Salamone Kamens Certified CPR Instructor with Jefferson Hospital

B. "Fundraising At Its Best"

Learn some new ways to supplement your Activity budget through fundraising. Adopt some tricks of the trade and learn beneficial information on how to determine the types of fundraiser that will best fit your needs. Various topics include size of fundraiser, types of special events and approaching national and local companies for products.

Presenter: Jo Ellen Welsh

C. "Realizing Your Childhood Dreams"

Ever wonder what if? If you had done something differently, would life be so completely different now? Most of us since our youth have had several dreams/goals that we always wanted to do or accomplish" in our lives, and here we are facing middle age and we haven't even tackled one thing on our "bucket list". Activity Professionals enable the residents we care for to realize their goals and dreams each and every day, yet somewhere in the hustle and bustle of daily life, we have neglected to realize our own "childhood dreams". This session will inspire you to remember what it felt like to dream, how to set new dreams, how to get around those obstacles that are placed in our lives to help us determine how badly we really want something. Participants will leave this session with a sense of renewed faith that dreams never die, simply the dreamer needs to readjust, set goals and remember what it was like to see the world through the eyes of a child, and to realize those childhood dreams.

Presenter: Cindy Bradshaw, ACC, NCCAP Executive Director

D. "Grief and Loss"

"The workshop will offer an opportunity to deepen your understanding and gain insight into the many facets of grief. Looking at grief and loss from "all angles" including your own sense of loss and dealing with loss at your facilities. Lots of time for questions and reflection."

Presenter: Evelyn Wald, MS. MDiv.

E. "Making Music on Easy Play Instruments"

This is a presentation for all those who have wanted to play an instrument but have been afraid they lack the talent for it. Session participants will have fun as they explore the use of therapeutic instruments. The ability to read music is NOT required for this hands-on session. Participants will discover the minimal degree of difficulty involved in learning to play an Autoharp or Q Chord. Learn how to read and play from a lead sheet, while experiencing the joy of playing calming chord progressions for the patient who is struggling with pain or agitation. Evaluate the pros and cons of both instruments to assist in the possible future purchase of one of these easy play instruments.

Presenter: Cass Jendzurski, Certified Music Practitioner

F. "Brain Education for Successful Aging"

This presentation will address the importance of brain health. We will understand that cognitive function (memory, attention, perception, problem solving...) relies on the whole brain, not just one area. Participants will be able to identify activities that a person can do to keep their brains active and have the opportunity to participate in these activities so that they can take the concepts of the activities back to their place of employment to implement.

Presenter: Candy Yingling, CTRS

G. "CPR" Refer to description A

H. NCCAP Certification With a Twist..."

Many have been eligible for national certification and simply did not know it, or have been too afraid to apply, or have been misinformed in the past. This session will discuss the options for becoming certified with NCCAP, in a very open, hands on format. Bring your applications with you to this session. Participants will develop an individual plan for becoming certified. Certified participants will demonstrate an understanding of the renewal process. Participants that bring their materials will determine which level of certification best suits their experience and education. Participants will understand the newly adopted specializations to plan their own designation to add to their current credential in ALF, MC, AD or EDU.

Presenter: Cindy Bradshaw, ACC, NCCAP Executive Director.

I. "Activities for the Cognitively Impaired"

Participants will be provided education related to the Alzheimer's disease process as it relates to providing meaningful activities. Strategies for approach, communication and use of sensory programs will be shared.

Presenter: Janice Mullen, BA, MA, National Certified Dementia Practitioner

J. “Doodling and Dabbling Into Drawings”

This session will teach you to draw and enable you to teach others. Learn basic drawings through the humorous world of cartooning. Activity professionals will learn easy tricks of the trade to show residents how easy it is to draw. Cory will demonstrate how to turn squiggles and doodles and dabbles into figures and drawings. He'll illustrate looney lettering and sketch a few caricatures as well. You will participate in art games that residents can partake in with small groups or even one on one visits.

Presenter: Cory Geishouser, Art Institute of Pittsburgh, Art Teacher, TV graphic artist.

K. “Life History”

This session will help you to have a better understanding of what information is essential in the initial assessment process. Learn how to incorporate the principles of person centered life history collection information by developing a realistic Life History to enhance a person centered community life.

Presenter: Kay Lynne Ege, BS, ACC, CMC

L. “Behaviors – What are They Telling Us?”

Working in LTC and assisted living centers, we come across several different types of behaviors. These behaviors happen for a reason; whether medication, or process, hunger, mental illness, etc. Find out how to help the elders.

Presenter: Sherry Barzak, BS, ADC. PAPA Board Member

M. “Baby Boomers – Coming Soon”

The biggest largest generation that has influenced life, as we know it is now headed toward your facility. This population will change the way that we do business as activity professionals. Their needs and interests will challenge us all to re-invent activities services.

Presenter: Kathy Hughes, ADC, NCCAP Board Member

N. “Planning Your Calendar”

Learn the important information that you need on your monthly calendar. Discover how daily programs will reflect the residents interest to meet their function levels and abilities.

Presenter: Jean Stang, ADC, PAPA Board Member

O. “Simple, Slick Crafts from Everyday Items”

It's craft time and you neglected to go to the craft store. Don't sweat it. Just use what you have around the activity room. Come and learn some interesting ways to use Styrofoam cups, empty toilet paper rolls and more to create some different and useful items. You don't have to be crafty or good at creating things to make these simple things. Your residents will have success with these easy crafts and fun doing them too.

Presenter: Linda Gossar –Loesch, ADC; PAPA President

P. “Death is a Profound Lesson for the Living”

A deep curiosity and interest surrounds the mystery of death. There is value in the fact we openly discuss a subject usually shrouded in fear. Hence, when growth is accepted or a life long experience, death can provide a profound lesson for the living. Sharing this topic is essentially a reflection on occasional experience, study and dialogue.

Presenter: Sister Denise Bernas, Felician Sister, ACC, BA, PAPA Board Member

Q. “New Products and Resources for Programming”

This session will introduce you to the newest items and equipment being offered on the market today. How many times in the past have you purchased equipment only to be disappointed at your facility when it proves to be non-stimulating to your residents? You will have an opportunity to meet the vendors and use this new equipment during this session. You can have an opportunity to truly try before you buy any items and ask questions about the therapeutic value of the equipment. Tables will be set up with the newest items available for everyone to use.

Presenter: Tom Hudson, ADC, PAPA Board Member

R. “F Tag and Beyond”

Discover how compliance with F-Tag 240,241,246, and 248 can actually be of benefit to everybody involved. Increase your understanding of how person centered principles fit into activity programming. Leave the drudgery behind and catapult to new levels of community life.

Presenter: Kay Lynne Ege, BS, ACC, CMC

S. “Conflict Resolution”

Explore your own style of conflict resolution and learn new techniques to create an environment for resolution with co-workers, patients and families.

Presenter: Evelyn Wald, MS, MDiv.

T. “Making Music on Easy Play Instruments” Refer to description E

U. “Balance Assessment & Exercise Prescription”

This session will help you to assess postural alignment that affects balance in a seated, standing and/or walking position. The second half of the presentation will provide safe and effective ways to improve an elder’s posture, flexibility, muscular strength and balance to help prevent falls.

Presenter: Lori Gravish, BS, Exercise Sports Science, MS Cardiac Rehabilitation

V. “Miniature Gardening”

Miniature gardening creates an exciting opportunity for seniors to enjoy the ability to work with planting and develop a unique “wee” garden or landscape. This activity lends itself well to intergenerational endeavors as the experience of the senior and the imagination of the child can come together creating endless possibilities. Garden themes such as fairy, Harry Potter, railroad, Wizard of Oz and a Twiddlebug garden will be discussed. Whether gardening with miniatures in a landscape, container, or raised bed, this will provide opportunities for seniors to exercise, utilize their creativity, and to connect with children of all ages.

Presenter: Betty Robinson, MSN, RN-BC.

W. “Activities for the Cognitively Impaired” Refer to description I

X. “Adaptable/Retro Games”

A trip down memory lane for residents who created the biggest “Boom” in games and toys. This session aims to adapt games formerly enjoyed by baby boomers and their parents. These amended games will renew the feeling and memories of playing with the newest and most innovative toys and games on the century.

Presenter: Kathy Hughes ADC. NCCAP Board Member

Y. “Music Therapy-How Does it Work?”

This presentation begins with a brief history on therapeutic music. The rest of the session then presents, in layman’s terminology, how music affects our bodies. This session will examine medical studies that support the belief that music can be a component of physical healing and recovery.

Presenter: Cass Jendzurski, CMP

Z. “Life History” Refer to description K

AA. “Artistic Expression”

This is a hands on session for professionals new to the field or those who claim they are not “artistic”. Session involves simple, fun art projects successfully used with mixed populations of independent through dementia residents. The most emphasis is placed on the process and not the end product. Examples: “Blind Art”, “Great American Art Fling”, Tissue Art, Painting with Marbles, Bubbles and Bubble wrap, as well as Sculpting with Shaving Cream.

Presenter: Carol Gockley, ADPC, PAPA Board Member

BB. “Simple, Slick Crafts from Everyday Items” Refer to description O

CC. “Senior Fitness-The Road to Living”

This will be an interactive session on ways to enhance quality of living in lower functioning assisted and skilled nursing programs.

Presenter: Lori A. Gravish, BS, Exercise Sports Science, MS Cardiac Rehabilitation

DD. “Tai Chi”

The ancient art of Tai Chi uses gentle flowing movements to reduce stress and improve health. Tai Chi has been proven to improve muscle strength, balance and coordination, reduce the number of falls, and relieve chronic pain. Learn how to adapt traditional Tai Chi movements for your residents.

Presenter: Sandy Newfield, ADC, PAPA Board Member

EE. “Fun With Music”

Using music in a variety of settings can bring fun and purpose into the lives of your residents/clients. Sessions will include Sing-alongs, cognitive games, movement and dance and also rhythm and exercise.

Presenter: Angelo Phillips ADC, PAPA Board Member

FF. “Why Am I An Activity Professional?”

Knowledge + Power + Activity Professional

“The Activity Professional will continue to grow and prosper if we nurture our never-ending desire to seek out new ideas and to provide the best programs for our elders; participating in continuing education whether you have been in the profession one year or twenty; work cooperatively with fellow activity professionals and interdisciplinary staff; and continuously commit to the values of our profession: C. Hommel, CTRS, ACC 2/09.

Sir Francis Bacon first said, “Knowledge is Power” in the 1600’s. Being knowledgeable and sharing that knowledge in a positive, productive ways is influential. Power is the ability to influence others to act. This doesn’t mean becoming a “know-it-all”, but rather being someone who is knowledgeable about the interventions, outcomes and current status of our profession, and then taking the initiative and ownership to utilize that knowledge and power to move the profession. Our profession forward.

Presenter: Cindy L. Bradshaw, ACC, NCCAP Executive Director

INFORMATION

Attendees are responsible for making their own hotel reservations

**Call Penn State Hospitality Services
Central Reservation Department at
800-233-7505 or
website www.pshs.psu.edu**

**Request: The Penn Stater Conference
Center Hotel**

**Reservation Identification Number:
PAAJ09B**

Group Rate is:

\$98.00 per night Single

\$108.00 per night Double

**Reservations must be made by
Sept. 18th to obtain this rate**

Alternate Housing Possibility

Ramada Inn
State College, Pa
814-238-3001
(advise attending PAPA conference)

CLOCK HOURS

**WE HAVE REQUESTED NCCAP
APPROVAL FOR 21 CLOCK
HOURS.**

**YOU MUST ATTEND THE FULL
SESSION TO RECEIVE A
CERTIFICATE.**

**NO CERTIFICATES WILL BE
DISTRIBUTED BEFORE THE
COMPLETION OF A SESSION**

DIRECTIONS

FROM THE EAST: Take I-80W in PA to Exit 161 (Bellefonte). Follow PA 26S to US 220S, and take Exit 74 for Innovation Park/Penn State University. Turn right at the end of the ramp and onto the Park Avenue extension, and turn left at the stop sign onto Innovation Boulevard. The Hotel is straight ahead on the right.

FROM PHILADELPHIA/HARRISBURG:

Take the PA Tpke/I-76W to Exit 19 (Harrisburg East) and follow signs for the next 15 miles to Rte 322W past Lewistown toward State College (staying on 322W at Boalsburg) and take the Penn State University/Innovation Park Exit. Turn left at the stop light and follow signs for Innovation Park Exit A directly to the Hotel in Innovation Park

FROM PITTSBURGH: Take 22E, merge onto Rte. 220/I-99N toward Altoona and go north toward State College. When 99 ends, continue straight to Rte 322E & US 220N bypass (a right ramp to this). Follow to the Beaver Stadium/PSU/Innovation Part Exit. Turn left at the stop light and follow signs for Innovation Park Exit A directly to the Hotel in Innovation Park. The Hotel in Innovation Park is straight ahead on right.

FROM THE WEST: Take I-80E in PA to Exit 161 (Bellefonte). Follow PA 26S to US 22S and take Exit 74 for Innovation Park/Penn State University. Turn right at the end of the ramp onto Park Avenue extension, and turn left at the stop sign onto Innovation Blvd. The Hotel is straight ahead on the right.

PENN STATE TOUR

Two hour tour on Sunday Afternoon 2:45-5 PM \$15.00 for each additional guest. Bus Tour leaves at 2:45 from Hotel Main Entrance.

MEALS

Conference registration includes the following:

Continental Breakfast—Monday, Tuesday & Wednesday

(Full Breakfasts available in The Garden Restaurant)

Buffet Luncheon—Monday, Tuesday & Wednesday

Morning & Afternoon Breaks—Monday, Tuesday & Wednesday

CANCELLATIONS/REFUNDS

Request for refunds must be received by Sandy Newfield-Registration Chair by 4:00 PM on Friday, October 9th, 2009

**Refunds will be made less \$25.00 processing fee.
Substitution of attendees may be made at any time.**

“Education Time in 2009”

PLEASE PRINT OR TYPE INFORMATION
(A Separate Registration Form Must Be Completed for Each Individual)

NAME: _____ **PHONE NO.** _____

PLACE OF EMPLOYMENT: _____ **TITLE:** _____


BUSINESS ADDRESS: _____

HOME ADDRESS: _____

E-MAIL ADDRESS: _____

REGISTRATION: (Postmarked by 10/09/09)

	MEMBER	NON-MEMBER
Full Conference	\$220 _____	\$280 _____
Monday	\$80 _____	\$100 _____
Tuesday	\$80 _____	\$100 _____
Wednesday	\$60 _____	\$80 _____
CPR	\$45 _____	



**SUNDAY
BUS TOUR**

YES _____

Guest (\$15) _____

NO _____

BREAK-OUT SESSIONS REQUESTED (Please select a 1st & 2nd choice for each session)

A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____ J _____ K _____ L _____
M _____ N _____ O _____ P _____ Q _____ R _____ S _____ T _____ U _____ V _____ W _____ X _____
Y _____ Z _____ AA _____ BB _____ CC _____ DD _____ EE _____ FF _____ GG _____

We would like to include a list of all conference participants and their contact information in the registration packet you will receive. This listing is for the purpose of helping you network with the people you meet at the conference. Please indicate if you would like to be included in this list:

YES _____ **NO** _____

Do you require any special diet? **YES** _____ **NO** _____

If you require a special diet, please list your requirements. _____

Please select your area of residence in Pa. East _____ Central _____ West _____ Other _____

We are offering PAPA long sleeve royal blue polo shirts for sale. Cost is \$15.00 each. If purchasing please indicate what size you would like to buy. S _____ M _____ L _____ XL _____ XXL _____

And enclose payment.

Please enclose check made out to PAPA or Voucher Request Form with completed Registration Form and return to: PAPA Registration Chair Sandy Newfield RR2 Box 15, Hollidaysburg, Pa. 16648

ATTENDEE'S NAME MUST BE PLACED ON ALL CHECKS.

OFFICIAL USE ONLY

PERSONAL CHECK #	BUSINESS CHECK #	DATE RECEIVED:
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PAPA
c/o Linda Gossar-Loesch
3574 North Hills Road
Murrysville, Pa. 15668

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