

CONFERENCE 2012

Embassy Suites Convention Center - Murfreesboro/Nashville, TN



Murfreesboro, Tennessee
NAAP 30th Annual Conference
April 25-28, 2012

<http://www.thenaap.com/>

NAAP SPECIALS

NAAP is celebrating its 30th anniversary this year, so the Board decided to cut \$30.00 off many things. If you register for conference before the Early Bird Cutoff Date, you get \$30.00 off. If you attend both Preconference's you get \$30.00 off. So join in the fun and help us celebrate our 30 years, Please read this Brochure and see all the specials we are having this year. We are going to learn and have fun while doing it. Don't miss the fun on Thursday Night, because this is our NAAP Idol Contest, Karaoke style, see form in this Brochure, Also, we are having a Golf Tournament, the Brochure is enclosed. NAAP is having a 8 hour Preconference on Tuesday to help get you certified by the NCCDP. Another 5 hours Preconference on Wednesday, Consultants/Mentoring Workbook. Don't miss the education or the fun.

ABOUT NAAP

The National Association of Activity Professionals is a non-profit, professional organization dedicated to continuing education and national representation of Activity Professionals across the United States, Canada and Bermuda. We are the only national association whose membership consists exclusively of individuals who provide activity programming in geriatric settings such as nursing homes, retirement communities, assisted living, and senior and adult day service centers. Our members consist primarily of activity directors, coordinators, assistants and consultant/educators who come from a variety of backgrounds.

CONFERENCE REGISTRATION

To register for the conference, return the enclosed registration form to NAAP, P.O. Box 5530, Sevierville, TN 37864. Be sure to enclose your check, money order, Visa/MasterCard, American Express or Discover charge authorization, for your registration fee in US dollars. Please register early! There are discounted rates for those whose registrations are post-marked on or before March 20 2012. Any questions about registration, please call the NAAP Office (865) 429-0717. Visit our web site at thenaap.com to register online.

NEW CONFERENCE REGISTRATION RATES

New Conference Registration Rates: This year NAAP is offering special Corporate Conference Registration Rates. The new registration price will be \$285.00 for Corporations. NAAP will give members an extra \$30.00 off. The rate for corporate registration will be \$255.00. In order to be eligible for these special rates, the corporation must present the corporate name along with a list of all planned participants to the NAAP Office prior to registering at this special rate.

WHO SHOULD ATTEND THE CONFERENCE?

Any individual wanting to acquire continuing education and/or knowledge of the activity/recreation field, and to develop professional networking resources. Interested professionals who work in adult day services centers, senior centers, continuing care retirement community centers, nursing homes, assisted living facilities, sub-acute units, dementia units, Alzheimer's or specialized care units, subsidized senior housing, hospitals and rehabilitation facilities including: Activity Directors, Consultants and Assistants, Art, Music, Dance, and Horticultural Therapists, Social Workers, Nurses, Administrators, Therapeutic Recreation Specialists, Owners/Managers.

CONTINUING EDUCATION

NAAP has applied for 18 Continuing Education hours with the NAAPCC and NCCAP. To receive all credits you must be present at all general sessions, and at least one breakout session in each time slot. A two-page carbonless form will be in each registration packet. Special Session Numbers/Words will be provided at the end of each session. It will be the attendee's responsibility to get this special number/word at the end of the session as they leave the room. **AT THE END OF THE CONFERENCE, EACH REGISTRANT MUST TURN IN THE YELLOW COPY OF THEIR ATTENDANCE RECORD.** The attendee, for their personal records, should maintain the original copy. This form will be the official certificate verifying attendance -attendees will **NOT** receive a separate certificate for each session or from the NAAP Office.

COLLEGE CEU's

College CEUs will also be available to all disciplines through the University of Tennessee. College CEUs will cost an additional \$30. Please note that both the National Council for Therapeutic Recreation Certification (NCTRC) and most individual State Social Work Boards recognize College CEUs. An Education Booth will be set up near the Registration Booth to process all those registering for CEUs.

Additional education credit may be obtained at the pre-conference sessions offered. There is an additional charge for these pre-conference sessions. The session is excluded from conference registration cost. Seating is limited for these sessions. Registration will be closed once room capacity has been reached. **Register EARLY to ensure your seat!**

A NOTE TO NON-MEMBERS

Note that NAAP members receive special conference rates representing savings of \$100 over non-members. If you are a non-member planning to attend the conference, please take advantage of this opportunity to join NAAP. Your \$59 membership fee will not only provide you with NAAP's newsletter, 24 free webinars and all the other benefits of membership, it will save you an additional \$41 on your conference registration fee!

NAAP is the only national group that represents Activity Professionals in a geriatric setting exclusively. Through building relationships, exchanging information, and offering educational opportunities such as our regional workshops, NAAP provides professional standing and peer support to the individual practitioner.

NAAP also represents the Activity Professional on national issues such as nursing home reform. Increasingly, NAAP is forging coalitions with other national groups and professional associations serving the elderly to foster consensus positions on issues of common concern.

Simply fill out the membership application found in this brochure and join NAAP today!

Questions about membership? Please call the NAAP Office at 865-429-0717

HOTEL INFORMATION

The Embassy Suites Murfreesboro Hotel & Conference Center is located in the northeast quadrant of I-24 in Murfreesboro, Tennessee. Our upscale Murfreesboro, Tennessee hotel is within easy access of business hubs, key Murfreesboro attractions and adjacent to “The Avenue Murfreesboro,” an open air lifestyle center. Here, you’ll find one million square feet of restaurants, home furnishing and great retail.

Other attractions near our Murfreesboro, TN hotel that you’ll want to explore include: Stones River National Battlefield, The Sam Davis Home, Cannonsburgh Village, Jack Daniels Distillery and Nashville (just a thirty minute drive away). After a busy day in Murfreesboro, you’ll be happy to come home to spacious hotel suites at the Embassy Suites hotel in Murfreesboro, Tennessee. Our hotel suites offer plenty of space, with a separate living room and full size bathroom. Other comforts include: High-speed Internet access. Two flat panel televisions. Two dual-line telephones with voicemail. Refrigerator, microwave oven, tea and coffee making facilities. Workstation with ergonomic chair. Dining at the Embassy Suites hotel in Murfreesboro, TN is definitely something to look forward to. You’ll love our complimentary cooked-to-order breakfasts and our nightly hotel Manager’s Reception, offering drinks and friendly conversation in a peaceful setting. Then there’s the hotel’s Gateway Grille, serving up delicious American fare in an inviting, informal atmosphere, superb hotel leisure and convenience facilities. Take pleasure in the joys of our: State-of-the-art Precor® Fitness Center, Swimming Pool, Laundry/Valet service, and Local area transportation.


The suites are \$129.00 a night. Embassy Suites’ Phone number is 615-890-4464.

From the north (on TN-840 W)


Depart TN-840 West

1. 1.4 mi At exit 53A, take ramp right for I-24 East toward Chattanooga
2. 2.0 mi At exit 76, take ramp right and follow signs for Manson Pike / Medical Center Pkwy
3. 0.2 mi Bear left onto Manson Pike / Medical Center Pkwy.
4. 0.3 mi Turn right onto Silo Hill Ln.
5. 0.3 mi Turn left onto Gresham Park Dr.
6. 158 ft Arrive at 1200 Conference Center Blvd., Murfreesboro, TN 37129 on the right


From the south (on US-231 / TN-10 / S Church St)

1. Depart US-231 / TN-10 / S Church St. toward Westgate Blvd.
2.  0.6 mi Take ramp left for I-24 West
3. 4.7 mi At exit 76, take ramp right and follow signs for Manson Pike / Medical Center Pkwy
4. 0.3 mi Turn right onto Manson Pike / Medical Center Pkwy.
5. 0.2 mi Turn right onto Silo Hill Ln.
6. 0.3 mi Turn left onto Gresham Park Dr.
7. 158 ft Arrive at 1200 Conference Center Blvd., Murfreesboro, TN 37129 on the right

From the east (on I-24 W)

1.  Depart I-24 West
2. 5.2 mi At exit 76, take ramp right and follow signs for Manson Pike / Medical Center Pkwy
3. 0.3 mi Turn right onto Manson Pike / Medical Center Pkwy
4. 0.2 mi Turn right onto Silo Hill Ln.
5. 0.3 mi Turn left onto Gresham Park Dr.
6. 158 ft Arrive at 1200 Conference Center Blvd., Murfreesboro, TN 37129 on the right

From the west (on TN-840 E)

1. Depart TN-840 East
2.  1.4 mi. Take ramp right for I-24 East
3. 1.5 mi At exit 76, take ramp right and follow signs for Manson Pike / Medical Center Pkwy
4. 0.2 mi Bear left onto Manson Pike / Medical Center Pkwy.
5. 0.3 mi Turn right onto Silo Hill Ln.
6. 0.3 mi Turn left onto Gresham Park Dr.
7. 158 ft Arrive at 1200 Conference Center Blvd., Murfreesboro, TN 37129 on the right

Awards and Theme Night Banquet



The 2012 Awards Night is a highly anticipated event that will be held on:
Friday, April 27, 2012

Get out your black dress and formal wear for this exciting night.

Look like a VIP while you grace the red carpet as you enter the NAAP's 2012 Awards Night. Don't be surprised if you get caught by the paparazzi on your way into this exclusive event. Our variety of musical talent will be blazing the stage CMA Style with goose bump-inducing performances.

Deadline For

Innovative Activity Program Of The Year Award

We are still accepting nominations for the new award that will be featured at the 2012 NAAP Conference. You can still send in your nomination for the Most Innovative Activity Program of the Year Award to maez48@aol.com. The recipient of this award must have created an original activity program that has been shown to be successful for meeting the diverse needs of your residents. Please cast your vote by explaining in detail about why you think that the Activity Director meets the criteria for this award.

THE DEADLINE TO CAST YOUR VOTE FOR THIS AWARD IS JANUARY 31, 2012.

CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

SATURDAY, APRIL 21, 2012

9:00AM – 5:00PM

NAAP Office Set-Up

9:00AM – 5:00PM

LAC Office Set-Up

5:00PM – 7:00PM

Education Office Set-Up

SUNDAY, APRIL 22, 2012

8:30AM - 5:00PM

NAAP Closed Board Meeting

7:00PM – 9:00PM

NAAP Closed Board Meeting

MONDAY, APRIL 23, 2012

8:30AM – 5:00PM

NAAP Closed Board Meeting

7:00PM – 9:00PM

NAAP Open Board Meeting

TUESDAY, APRIL 24, 2012

7:30AM – 8:30AM

Registration for NCCDP Training

8:00 AM - 4:30 PM

NAAPCC Board Meeting

8:30AM – 4:30PM

NCCDP Training

Alzheimer's and Dementia Seminar – Michele Nolta, CTRS

This eight hour seminar is designed to open the path for qualified participants to gain a new or additional certification as a "Certified Dementia Practitioner" through the National Council of Certified Dementia Practitioners. Once this course is complete, participants will be able to take the required exam to obtain their certification as a Certified Dementia Practitioner. This course is designed in ten modules. This Dementia curriculum includes:

1. Overview of Dementia, diagnosis, prognosis, treatment
2. Communication, feelings, and depression
3. Repetitive behaviors, paranoia hallucinations, wandering, hoarding, aggressive behaviors

4. Catastrophic reactions
5. Intimacy, sexuality
6. Personal care, bathing, dressing, toileting
7. Nutrition, pain
8. Activities, environment, staff and family support
9. Diversity, cultural competence
10. Spiritual care and end of life issues

Objectives:

- List more effective ways to help individuals at all stages of Alzheimer's disease and Dementia.
- Explain techniques for improved communication.
- Identify symptoms of depression, repetitive behaviors, paranoia hallucinations, wandering, hoarding, aggressive behaviors, and catastrophic reactions.
- Explain specific care needs related to intimacy, sexuality, personal care, bathing, dressing, toileting, nutrition, and pain.
- List effective modifications for activities and the environment.
- Explain ways to support staff, family members, cultural and spiritual diversity, and end of life care.

5:00PM – 5:30PM

LAC/Registration Meeting (LAC ONLY)

5:00PM – 7:30PM

NAAPCC Credentialing Exam

At conference \$175.00, discounted \$30.00 in Celebration of NAAP's 30th Anniversary

5:45PM – 6:15PM

LAC/Conference Committee Monitor Meeting

7:00PM – 9:00PM

Registration Open

7:30PM – 9:00PM

NAAP and NAAPCC Joint Meeting (Closed)

WEDNESDAY, APRIL 25, 2012

8:00AM – 9:00AM

Registration Open

9:00AM – 11:30AM

State/International Contacts Meeting (State Contacts ONLY)

Business Meeting

Round Table Discussions:

This Round Table Discussion will allow the State/International contacts, in groups of five, to effectively discuss the following areas related to the movement of the Activity Profession utilizing the Strengths,

Weaknesses, Opportunities, and Threats (SWOT) analysis. SWOT analysis is a tool for auditing an organization and its environment. It is the first stage of planning and helps marketers focus on key issues. Strengths and weaknesses are internal factors. Opportunities and threats are external factors.

1. The Impact of Culture Change in Long Term Care.
2. The Perception of the Activity Profession and Professional.
3. The Ability to Market the Activity Profession.
4. The Future of the National Association of Activity Professionals.
5. The Effect of Budget Cuts on Long Term Care.

Moderator: Alisa Tagg, BA, AC-BC, ACC, CDP, has been an Activity Consultant since 2006 and an Activity Director in nursing homes since 1984. She enjoys teaching the MEPAP education course to new Activity Professionals. She holds a Bachelor's Degree in Psychology from the University of Nevada, Las Vegas; a provider's Certificate of Completion specializing in Aging with the Nevada Geriatric Education Center; and is a Certified Dementia Practitioner through NCCDP. Alisa is a past board member of the NAAPCC Board and currently serves on the NAAP Board as the Membership and Nominations Trustee. She has always enjoyed working with elderly populations throughout most of her life.

1:00PM – 6:00PM

Pre-Conference

Consultant/Mentor Workshop – Mary Anne Favale, LPN, ACC; Gail Buckner-Rone, ACC; and Irene Taylor, MS, AC-BC, ACC

The mentor workbook was developed by professionals of the National Association of Activity Professionals. This project has been a collaboration of many Activity Professionals. This session will provide an overview of what consultants may be asked to do, review, and/or develop. The workbook you will receive as part of this session should be used as a guide and reference.

CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS CONT'D

Objectives:

- Provide an overview of what one has to do to reach the level of Activity Consultant.
- Identify with the responsibilities of a consultant.
- Explain what the consultant's role is when assisting the facility and activity department.
- Provide examples of how consultant can share new ideas to make the activity department function smoothly.

5:30PM – 6:30PM

Manager's Reception, Bar Area
Wine and snacks will be served here

6:30PM – 9:00PM

Exhibit Hall Grand Opening

THURSDAY APRIL, 26, 2012

7:30AM – 9:00AM

Registration Open

7:30AM – 9:00AM

Exhibit Hall Open

8:00AM – 8:30AM

Flag Ceremony Practice

8:00AM – 1:00PM

NAAP Scholarship Golf Tournament
Old Fort Golf and Country Club
Contact: Joshua Crisp, 865-803-3482 for information

9:00AM – 11:45AM

9:00AM – 10:15AM

Opening Session/Flag Ceremony – Vanessa Emm,
Professional Development Trustee

Welcome

Susan Rauch, President
Irene Taylor, Executive Director
Introduction of NAAP Board - Susan Rauch, President
Tennessee LAC Chairs

Call of States – Alisa Tagg, Membership Trustee

Sponsor Recognition – Susan Rauch, President

10:15AM – 11:45AM

Keynote (90 minutes)

The Servant Leader in a Needy World
– Beecher Hunter

Long-term care professionals are involved in a special and personally rewarding vocational calling: *to care for the needs of a frail and vulnerable population*. Their needs range from physical to emotional to spiritual in nature, and their families eagerly watch to see that the required services are provided in a professional and

compassionate manner. To meet, and exceed, their expectations requires commitment and leadership. What is the best kind of leader to meet these challenges? This presentation will explore the qualities of a servant leader.

12:00PM – 1:00PM

Exhibit Hall Open

1:30PM – 3:00PM

Concurrent Breakout Sessions

1. The Eden Alternative: Person-Centered Quality Living
– Anthony Vicari, EdS, AP-BC, ADC-EDU, CDP

The Eden Alternative is a vibrant and vital way to transform the lives of Elders and care partners all across the world. This interactive session will include demonstrations through real life personal stories/activities and actively engage participants in exploring the philosophy and principles of the Eden Alternative. Participants will be challenged to explore solutions in their work environment, along with ideas to transform their organization by putting meaning back into the lives of their Elders and care partners.

Objectives:

- Identify and be familiar with the Ten Principles of the Eden Alternative.
- Recognize, plan, organize and deliver person-centered "Quality of Life" activities using a variety of personal, relevant and research-based Eden Alternative techniques and strategies suited for the residents' specific styles and unique individual preferences.
- Demonstrate a beginning and foundational knowledge base to pursue further trainings, seminars and educational opportunities through the Eden Alternative.

2. Rules of Engagement, Part 1

– Meredith Eder, CTRS and Amy Geoglein, CTRS, ACC

This session is designed as a three-hour activity training about quality of life services for your entire staff. The training covers group activity programming, history and benefits of leisure activities, meaningful engagement and enhancing 1:1 interactions. The program will be presented in a "train-the-trainer" format and will provide guidance for presenting the information to co-workers in your home.

Objectives:

- Identify necessary framework components to put in place before you begin the activity training process.
- Articulate the difference between activities and quality of life.
- Educate long term care staff about the importance of recreation and their role when engaging in resident quality of life.

3. Getting and Maintaining Staff Involvement – Staying in Tune
– Brenda Scott, AC-BC, ADC

One of the most common complaints coming from Activity Professionals is: "How do we get other staff involved and supportive?" F-tag 249 states: "*The facility must provide...*" This session will discuss ten areas of focus to get the entire facility invested in activities.

Objectives:

- Learn the value of staff support from other departments.
- Understand how to capture staff skills and resources.
- Identify ten focus areas to help get staff invested in activities.

4. Mycology in Motion – Priscella Geuss, AA

This session is more than a belly dance class. If you want your residents to get in shape as well as yourself, than this is the place to start. This session is good for all ages. It can relieve stress, ease depression, improve movement, strengthen and tone your body. It can help you become more in tune to your body's needs and provide knowledge of your body's strengths and weaknesses through movement and dance. Mycology is the science and description of the muscles. You keep muscles healthy by moving them. You keep your life interesting by shaking it up. Do them both in one session.

Objectives:

- Think out of the box of normal exercise classes and into a new realm of fun while getting your body and your resident's bodies in shape.

5. Care Plans, the Heart of Quality of Life Documentation – Michele Nolta, CTRS

Care plan excellence is critical to compliant care for skilled nursing residents. OBRA survey guidelines are specific and extensive concerning the requirements for quality of life care plans. In this session, participants will learn the components for compliance and identify and practice simple techniques for care plan success.

Objectives:

- List the key components to compliance-based plans for care.
- Compare documentation guidelines specific to care plans.
- Identify and practice some specific techniques for care plan composition using case studies.

3:00PM – 3:30PM

Session Break

3:30PM – 5:00PM

Concurrent Breakout Sessions

1. The Eden Alternative: Person-Centered Quality Living – Anthony Vicari, EdS, AP-BC, ADC-EDU, CDP

The Eden Alternative is a vibrant and vital way to transform the lives of Elders and care partners all across the world. This interactive session will include demonstrations through real life personal stories/activities and actively engage participants in exploring the philosophy and principles of the Eden Alternative. Participants will be challenged to explore solutions in their work environment, along with ideas to transform their organization by putting meaning back into the lives of their Elders and care partners.

Objectives:

- Identify and Explain the Ten Principles of the Eden Alternative.
- Recognize, plan, organize and deliver person-centered "Quality of Life" activities using a variety of personal, relevant and research-based Eden Alternative techniques and strategies suited for the residents' specific styles and unique individual preferences.
- Demonstrate a beginning and foundational knowledge base to pursue further trainings, seminars and educational opportunities through the Eden Alternative.

2. Rules of Engagement, Part 2

– Meredith Eder, CTRS and Amy Geoglein, CTRS, ACC

This session is designed as a three-hour activity training on quality of life services for your entire staff. The training covers group activity programming, history and benefits of leisure activities, meaningful engagement and enhancing 1:1 interactions. The session will be presented in a "train-the-trainer" format and will provide guidance for presenting the information to co-workers in your home.

- Identify the necessary framework components to put in place before you begin the activity training process.
- Articulate the difference between activities and quality of life.
- Educate long term care staff about the importance of recreation and their role when engaging in resident quality of life

3. I Won't Be Here Long/Recreation Solutions for Short-Stay Residents – Michele Nolta, CTRS

More and more of our residents stay in our care centers for only short durations of time. This session will equip long term care professionals to better serve the needs, preferences and expectations of these individuals. We'll include new forms for expedient documentation, program ideas, and management systems that work.

Objectives:

- Identify current statistics pertaining to short-stay individuals.
- Implement creative programs to meet short-stay individuals' preferences.
- Compare new forms designed for efficient documentation.

4. Using your Wii For More Than Just Physical Programs – Shannon Wilson, BA, ACC, MC, AD, ALF

The Nintendo Wii game system has revolutionized physical activities in long term care, but can be used for many more programs! Learn how to get the most out of our Wii, using Power Point presentations, photo slide-shows, YouTube, Netflix, Facebook, current events and more.

Objectives:

- The learner will be able to demonstrate how to utilize the Nintendo Wii system using multiple programming ideas outside of the Wii's traditional physical programs.

5. A Letter to Me: Professionalism in Activities – Vicki Hood

In my 26 years of long term health care experience, I have learned many things about professionalism that I wish I had been taught when I began my journey in 1985. Through humor and straight talk, this session will educate new professionals, as well as remind seasoned veterans, about the importance of presenting one's self as the professional they wish to be.

Objectives:

- The participants will be able to identify how far we've come, and how far we need to go, in order to develop as a professional.

5:00PM – 7:00PM

Exhibit Area Open

7:00PM – 8:00PM

NAAP Annual Members' Business Meeting

CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS CONT'D

8:00PM – 8:30PM

NAAP Committee Meetings

9:00PM – 12:00 Midnight

The NAAP Idol Contest

FRIDAY, APRIL 27, 2012

7:30AM – 8:15AM

Exhibit Hall Open

7:30AM – 11:00AM

Registration

8:30AM – 10:00AM

Concurrent Breakout Sessions

1. MDS 3.0 Recreation and Culture Change Connections – Michele Nolta, CTRS and Bonnie Jacobs, CTRS

There's still more to learn! The MDS 3.0 can help make the process of assessing residents and creating care plans easier. Information and preparation can help any change to be more successful. In this session, we will review exciting approaches for a new age in long term care.

Objectives:

- List three different approaches for completing the MDS 3.0.
- Identify three different ways to incorporate resident preferences into daily care.
- Compare three different care plan styles.

2. Making a Difference for the Elderly with Drama Therapy – Carol Allen, RET, ADC, CDP

This session is a highly energetic, entertaining, and educational program that gives participants the skills and ability to use Drama Therapy to impact the residents' mental health. After completion of this session, participants will be able to use Drama Therapy to increase their residents' cognitive and communication skills, foster creativity, and encourage physical activity. Drama Therapy enables residents to redefine themselves, revisit memories, think about roles they wish they still had, and create a graceful closure to the final stage of life development.

Objectives:

- Describe how to use Drama Therapy to increase residents cognitive and communication skills, foster creativity and encourage physical activity.

3. Investing in Social Media – Basic Course – Brian Lang, S.I.T. – What Activity Directors Need to Know

Objectives:

- How the NAAP website is at the center of your NAAP Membership.
- How to connect with local, state, regional, and national NAAP resources.
- How you can contribute to NAAP online.
- Annual editorial schedule.

4. Designing Art Programs for People with Dementia in a Care Facility – Laurel Humble, MoMA Alzheimer's Project Manager and Meryl Schwartz, MoMA Alzheimer's Project Educator

This interactive workshop, lead by educators at the Museum of Modern Art, is designed to help Activity Professionals develop an arts program in their facilities, which can take place exclusively on-site or incorporate visits to a museum. The session will also share practical tools for engaging individuals with Dementia with visual art.

Objectives:

- Design, implement, and facilitate meaningful arts engagement programs for individuals with Dementia in a care facility.
- Identify/demonstrate communication techniques and group facilitation strategies that create a supportive environment, resulting in positive and meaningful conversation around art.
- Contact museum professionals and other arts organizations, or plan museum visits for groups.

5. Staying in Tune with Professionalism – Nancy Williams, CTRS, ACC

The career of the Activity Professional has changed drastically in the last half century. We call ourselves Activity Professionals, but what does that mean? Your day-to-day actions determine how others perceive you. In this session, the participants will explore methods to stay in tune with the Activity Profession through the professional standards, ethics, various communication methods, and how to be an advocate for our profession.

Objectives:

- Identify the differences between an amateur and a professional.
- Identify the professional standards and ethics of an Activity Professional.
- Identify the different types of professional communication.

10:00AM – 10:30AM

Session Break

10:30AM – 12:00PM

Concurrent Breakout Sessions

1. MDS 3.0 Recreation and Culture Change Connections – Michele Nolta, CTRS and Bonnie Jacobs, CTRS

There's still more to learn! The MDS 3.0 can help make the process of assessing residents and creating care plans easier. Information and preparation can help any change to be more successful. In this session we will review exciting approaches for a new age in long term care.

Objectives:

- List three different approaches for completing the MDS 3.0.
- Identify three different ways to incorporate resident preferences into daily care
- Compare three different care plan styles.

2. Thought Leadership/Social Media – Advanced Course – Brian Lang, S.I.T. – What Activity Directors Need to Know

Objectives:

- Social Media can be the key to keeping your residents connected to family.
- How to help build marketing referrals using Social Media.
- Tips on Social Media and creating meaningful activities for your residents.

CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS cont'd

3. Chair Chi: Seated Tai Chi for Movement Impaired Populations – Pat Griffith, Tai Chi Chuan Certified Instructor, Founder of Chair Chi

Chair Chi is a gentle exercise program developed by Professor Pat Griffith to help people receive the benefits of traditional Tai-Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance, to participate.

Objectives:

- The learner will be able to demonstrate the warm up and cool down (Chi Gung) exercises, as well as, the Chair Chi form.

4. Games People Play – Sharon Ward-Wagner, BS, ADC, AP-BC

Activity Professionals can achieve fun and exciting programs with adaptation of television games. This session will introduce easy ways to convert “Favorite Television Games” to everyday play. Group participants will develop a game or convert a current Television game for three cognitive levels. Emphasis will be placed on budget constrictions and “do-ability” of the program design.

Objectives:

- To redefine the “how to” of game design.
- Participants will be able to develop an alternative method of game production.

5. Empowering Your Resident and Family Councils – Myrtle Klauer, AD-BC, ADC, CAP

This education session will discuss the federal regulations governing resident and family councils in long term care. Tips on developing objectives, goals, and bylaws will be discussed. The importance of minutes, agendas, smaller committees, protection of resident confidentiality, and how to get the interdisciplinary team involved will be explored. Ideas for developing and improving the council officers’ leadership skills and the role of the staff designee will be highlighted.

Objectives:

- Identify the federal regulations regarding resident/family councils in long term care settings.
- Recognize the importance of bylaws, policies and procedures, agendas and minutes.
- List at least three ways to increase resident and family participation and make these meetings more positive.
- Discuss the role of the staff designee.

6. FACILITY TOUR – Life Care Center of Antioch

12:00PM – 1:00PM

Exhibit Hall. FINAL Silent Auction. You MUST be PRESENT to pick up your Auction items.

1:30PM – 3:00PM

Concurrent Breakout Sessions

1. Tune Up Your Activity Department – Susan Rauch, BA, AC-BC

This session will explore several of the areas an Activity Director needs to address in order to give their department a tune up! Discussions covered will include: recruiting and hiring great activity staff; mentoring and training activity staff so they want to come to work and do their best; new ideas to ensure you are in tune with your residents and they want to spend their day actively pursuing life in your home. With 25 years of experience as an Activity Director and Activity Consultant, Susan will help new and seasoned Activity Professionals develop and use the tools to get rid of the “flats” and “sharps,” so your department sounds like a symphony!

Objectives:

- Participants will learn successful techniques to recruit and hire quality activity staff.
- Participants will be able to list the ten most important questions to ask during an interview.
- Participants will be able to list questions they may not ask during an interview.
- Participants will learn mentoring techniques for three different scenarios.
- Participants will learn ways to evaluate the activity calendar to determine what is missing and what needs to be added.

2. Today’s Electronics for Yesterday’s Activities – Dorothy Anna Gring, CTRS

Electronics are forever changing. As Activity Professionals, we should be providing opportunities for our residents to keep up with the 21st century. This session will provide examples of how the activity staff can bring the current trend of electronic usage into their activity programs.

Objectives:

- Recognize opportunities to use electronics in appropriate planned activities.
- Understand the generation differences between residents at their facility.
- Provide a program of activities to incorporate the rise in electronics usage among residents.

3. Intrapreneurship, Development, and Implementation of Innovation within your Company – Angie McAlliser, Director of Quality of Life, Certified Eden Educator & John Reinhart, CEO, Innovate LTC

What is Intrapreneurship? This session will help leaders engage staff to solve problems. Intrapreneurship helps your staff think creatively, and leverages external resources to improve quality of life and quality of care for your elders.

Objectives:

- Attendees will learn the definition of Intrapreneurship and how to create it within the long term care setting.
- Provide examples of how innovative ideas are developed into creative programs.
- Use Intrapreneurship as leverage for staff engagement and improve quality of life and quality of care overall.

4. Personalized Activity Approaches to Pain Management – Dawn Huckleby, Quality of Life Regional Director

The No More Tears Experience is a personalized, interdisciplinary approach to pain management. The program utilizes stimulation of the five senses, along with guided memories as a diversionary technique to offset post-op and chronic pain.

Objectives:

- Learn specific pathways to lead the recipient away from pain and toward more pleasant experiences.

5. Science for Seniors – Gloria Hoffner, BA, ADC

Science for Seniors is a hands-on activity approach where residents learn about a topic and complete an experiment. Learning new concepts strengthens brains at all ages, according to the National Institute of Health.

Objectives:

- Do science experiments with residents, by using safe, everyday objects to engage residents in the fun of discovery.

3:00PM – 3:30PM

Session Break

3:30PM – 5:00PM

Concurrent Breakout Sessions

1. Management Basics for the Activity Professional

– Alisa Tagg, BA, AC-BC, ACC, CDP

The new professional will learn how to become the best manager he/she can be by learning various techniques including: knowledge, skills, and professionalism. The session will cover budgets, policies, human resource management, and time management in accordance with F-tag 249.

Objectives:

- Leadership Skills.
- Professionalism within your department/facility.
- Time management.

2. Activities for MEN: Not as Simple as you Thought

– Dorothy Anna Gring, CTRS

Participants should bring a copy of their monthly activity calendar. We will look, compare and share ideas for suitable activities for men. Participants will get some hands-on experience with great activities geared toward the male residents.

Objectives:

- List acceptable activities for men in long term care, Assisted Living, and Dementia Care.
- Plan an activity program to include male populations.

3. The Importance of Being Certified and How to Achieve Certification – Brenda Scott, AC-BC, ADC and Diane Mockbee, BS, AC-BC, ACC

You've made the decision that you need to be certified. Certification is obtainable! You might even qualify to be "grandfathered." We will take you through the steps to achieve certification including how the computer-based competency exam works. You will leave this session with confidence and determination to become certified.

Objectives:

- Explain steps needed to becoming certified.
- Be guided step-by-step regarding how to become certified.
- Determine the best pathway to certification for them.
- Describe how the computer-based competency exam is facilitated.

4. Designing Art Programs for People with Dementia in a Care Facility – Laurel Humble, MoMA Alzheimer's Project Manager and Meryl Schwartz, MoMA Alzheimer's Project Educator

This interactive workshop, led by educators at the Museum of Modern Art, is designed to help Activity Professionals develop an arts program in their facilities, which can take place exclusively on-site or incorporate visits to a museum. The session will also share practical tools for engaging individuals with Dementia with visual art.

Objectives:

- Design, implement, and facilitate meaningful arts engagement programs for individuals with Dementia in a care facility.
- Identify/demonstrate communication techniques and group facilitation strategies that create a supportive environment, resulting in positive and meaningful conversation around art.
- Contact museum professionals and other arts organizations, or plan museum visits for groups.

5. Mind and Body – Innovative Programs for Elderly in Health Care Centers – Jadranka Grek, BS, ACC

Welcome to the future! Innovative/stimulating programs like piano, voice, and painting lessons, as well as small group programs like language classes, yoga, and Art and Music Therapy are now a necessity, not a luxury anymore, for people in health care centers. Learn creative ways to implement some, or even all of the above, without expending your budget.

Objectives:

- Describe at least one new Mind and Body program from the presentation.
- Demonstrate creativity regarding how to implement the above program.

7:00PM – 11:00PM

Awards & Theme Night Dinner



CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

SATURDAY, APRIL 28, 2012

9:00AM – 9:15AM

2013 Nevada LAC Presentation

9:15AM – 10:45AM

Closing Keynote (90 minutes)

Get your Tights on – How to be a Facilities Superhero - Rob Alderman

Look!!! Up in the sky! It's a bird! It's a plane! It's...an Activity Professional? Why, of course it is! Superheroes come in all shapes and sizes, but they all have one thing in common. They desire to help others. So what kind of superhero are you? Rob Alderman knows, and he is going to help you discover that, too. Together we will take a look at our superpowers and potential weaknesses in the never ending battle to provide quality care to the people we serve.

Objectives:

- Identify their strengths and leadership style.
- Identify and avoid potential weaknesses in their leadership styles.
- Adapt the values presented into workable models for teamwork in their facility.

10:45AM – 12:00PM

Thanks to LAC Tennessee

Installation of New Officers

12:00PM – 2:00PM

NAAP Advisory Council Closed Board Meeting

2:30PM – 3:30PM

NAAP Open Board Meeting

4:00PM – 5:00PM

NAAP Closed Board Meeting (If needed)

Learn
And
Enjoy

Pre Conference Sessions

Tuesday, April 24, 2012 – 8:30am – 4:30pm

NCCDP Training

Alzheimer's and Dementia Seminar: Michele Nolta, CTRS

This eight hour seminar is designed to open the path for qualified participants to gain a new or additional certification as a "Certified Dementia Practitioner" through the National Council of Certified Dementia Practitioners. This course is designed in ten modules. This Dementia curriculum includes:

1. *Overview of Dementia, diagnosis, prognosis, treatment*
2. *Communication, feelings, depression*
3. *Repetitive behaviors, paranoia hallucinations, wandering, hoarding, aggressive behaviors*
4. *Catastrophic reactions*
5. *Intimacy, sexuality*
6. *Personal care, bathing, dressing, toileting*
7. *Nutrition, pain*
8. *Activities, environment, staff, and family support*
9. *Diversity, cultural competence*
10. *Spiritual care and end of life issues*

Objectives:

1. *List more effective ways to help individuals at all stages of Alzheimer's disease and Dementia.*
2. *Explain techniques for improved communication.*
3. *Identify symptoms of depression, repetitive behaviors, paranoia hallucinations, wandering, hoarding, aggressive behaviors, and catastrophic reactions.*
4. *Explain specific care needs related to intimacy, sexuality, personal care, bathing, dressing, toileting, nutrition, and pain.*
5. *List effective modifications for activities and the environment.*
6. *Explain ways to support staff, family members, cultural and spiritual diversity, and end of life care.*

Wednesday, April 25, 2012 – 1:00pm – 6:00pm

**Consultant/Mentor Workshop: Mary Anne Favale, LPN, ACC;
Gail Buckner-Rone, ACC; and Irene Taylor, MS, AC-BC, ACC**

The mentor workbook was developed by professionals of the National Association of Activity Professionals. This project has been a collaboration of many Activity Professionals. This session will provide an overview of what consultants may be asked to do, review, and/or develop. The workbook you will receive as part of this session should be used as a guide and reference.

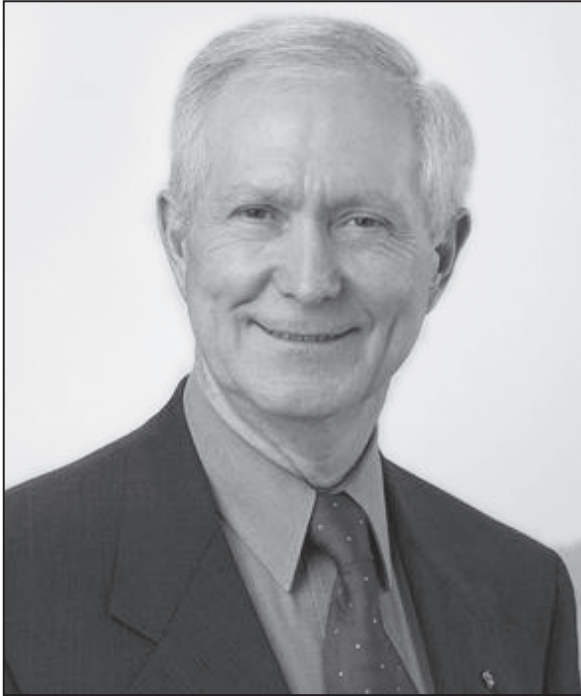
Objectives:

1. *The participant will receive an overview of what one has to do to reach the level of Activity Consultant.*
2. *The participant will become familiar with the responsibilities of a consultant.*
3. *The participant will learn what the consultant's role is when assisting the facility and activity department.*
4. *The participant will understand how consultant can share new ideas to make the activity department function smoothly.*

**These pre-conference sessions require an additional fee.
It is not included in regular conference registration.**

Keynote Speakers

Opening Keynote
Beecher Hunter



Beecher Hunter was appointed President of Life Care Centers of America on August 16, 2006. Prior to that, he was the Executive Vice President for Corporate and Community Relations at Life Care.

He is a former editor of The Cleveland (Tennessee) Daily Banner, a post he held for 13 years. During his tenure, The Banner was a frequent winner of first-place prizes for editorial writing and community service projects in statewide competition.

Hunter is a frequent speaker at workshops, seminars and after-dinner occasions. He delivers motivational and inspirational addresses, and also does presentations on communications, public relations, marketing, and customer service.

Hunter, a native of Cookeville, Tennessee, is a graduate of Tennessee Tech, with a B.A. degree in English.

He is a former President of the Cleveland/Bradley Chamber of Commerce and the Cleveland Family YMCA. He is a member of First Baptist Church in Cleveland.

He and his wife, Lola, reside in Cleveland.

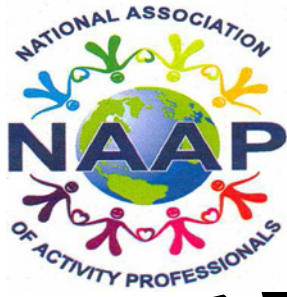
Closing Keynote
Rob Alderman



Rob Alderman is the Director of Public Relations for Life Care Centers of America, one of the nation's leading providers in the health care industry. Holding a communications degree from Lee University as well as a Masters in Theology from Bethel Theological Seminary in St. Paul, Alderman is also an adjunct professor for Patton Universities Communications program and popular motivational speaker. He is an ADDY and PRSA best-in-show award winner, member of The Public Relations Society of America and an author on the subjects of leadership, communications, and community building.

An avid blogger and pop-culture enthusiast, Alderman's musings can be found at www.robalderman.net and on Twitter @robalderman.

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Name: _____ Date: _____

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P: _____ F: _____ C: _____

Song & Artist you will be using: _____

You MUST provide the Title and Artist in order for us to have your music ready

Entry Fee: \$20.00 Make Checks Payable to NAAP, PO Box 5530, Sevierville, TN 37864

Credit Card: Visa Master Card American Express Discover Card

Card Number: _____ Expiration Date: _____

Signature: _____

Show will be at the 2012 NAAP Conference in Murfreesboro, TN April 25-28, 2012

Embassy Suites – Thursday, April 26, 2012 – 9:00 PM – Midnight

WINNER WILL RECEIVE \$500.00 plus a chance to sing at the Theme & Awards’ Dinner.

DEADLINE TO PARTICIPATE WILL BE APRIL 10, 2012

NAAP Membership Application 2012

Please Type or Print Clearly: (Incomplete form will delay the processing of your membership) New
Check Appropriate Box New Address Name Change Facility Change Renewal Reinstate

Mail to be sent to:

Name: _____ Credentials: _____ Previous Name: _____

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Check work setting

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|---|---|--|
| <input type="checkbox"/> Long-Term Care Facility | <input type="checkbox"/> Adult Day Care Service | <input type="checkbox"/> Senior Center |
| <input type="checkbox"/> Retirement Home | <input type="checkbox"/> Assisted Living Center | <input type="checkbox"/> Alzheimer's Dementia Unit |
| <input type="checkbox"/> Sub-Acute Unit | <input type="checkbox"/> Senior Service Center | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Activity Consultant and/or Educator in the field of activities whose primary focus is on geriatric population. | | |

National Certification None NAAPCC NCTRC RMT OT NCCAP
(Although you do not have to be Nationally Certified to be a NAAP Member, NAAP strongly encourages and supports the certification process)

Length of Experience: Number of years _____ Full time Part time Volunteer

Education: _____ Advanced Studies: _____

- | | | | |
|------------------|--------------------------|--|--------------------|
| Amount Enclosed: | <input type="checkbox"/> | Active Membership | 59.00 (USD) |
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| | <input type="checkbox"/> | Corporate Rate- eleven or more members | 49.00 (USD) |

A Corporate Employee participants list must accompany the application to be eligible.

I do not want my name included in the membership list that is sold.

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**National Association of Activity Professionals Celebrating 30 Years
2012 Conference Registration Form—Murfreesboro, Tennessee**

Please Type or Print Clearly:

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City: _____ State/International: _____ Zip: _____

Phone (H): _____ (W): _____ (F): _____

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NAAP Membership #: _____ Expiration Date: _____ New: _____

Corporation: _____ (P): _____

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Please Note Current Membership will be verified. Any registration received without a check or credit card will be considered invalid and will not be processed until payment is received. NAAP does not accept Purchase Orders.

Early Bird Registration

(On or before March 20, 2012)

SPECIAL PRICING FOR 30 YEARS

NAAP Member \$295.00 USD

If registration is received before the Early Bird Cutoff Date, NAAP Members get \$30.00 off the price in celebration of NAAP's 30 years.

Your Price is **\$265.00 USD**

Non-Member \$395.00 USD

Speaker Registration \$150.00 USD

Corporate Rate \$255.00 USD

Important Notice: Any Corporation wishing to use the New Corporate Rate must follow instructions on page 2.

Late Registrations

(Postmarked after March 21, 2012)

NAAP Member \$395.00 USD

Non-Member \$495.00 USD

Speaker Registration \$195.00 USD

Corporate Rate \$385.00 USD

Pre conferences Registration

(8:00 AM—4:30 PM -- Tuesday, April 24, 2012) \$150.00 USD

8 Hours Dementia Training to help require your NCCDP Certification, Michele Nolta, CTRS, ACC

Consultant/Mentor's Workshop

(1:00 PM—6:00 PM Wednesday April 25, 2011) \$75.00 USD

Check here if you take both of these classes, you get a \$30.00 Savings in Celebration of NAAP's 30 years

You get both for **\$ 195.00 USD**

One Day ONLY Registrations (Members or Non-Members)

Day Registration DOES NOT include any MEALS

(On or before March 20, 2012) **Early** **Late**

Thursday Only \$195.00 USD \$225.00 USD

Friday Only \$210.00 USD \$240.00 USD

Please Specify the Following:

First Time Conference Attendee

Need Handicap Assistance

State/International Contact

Theme/Awards Night Dinner, Extra/Guest Fee \$70.00 USD

Full Registration Fee INCLUDES Admission to Education Sessions, Exhibits, Theme & Award Night Dinner, (Preconference Sessions are Not Included) Meals will be served in Hotel Dining Hall

DIETARY PREFERENCE: Vegetarian Meal Kosher Meal - (Means NO Pork)

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Total Amount Enclosed: \$ _____ Expiration Date: _____

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NAAP— PO Box 5530— Sevierville, TN 37864

Please Note: A \$50.00 Fee will be Charged

(P): 865-429-0717 (F): 865-453-9914

For all RETURNED CHECKS:

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Please read the photo release below and check the appropriate box: "I give my permission...." I do not give my permission for the National Association of Activity Professionals to publish my name/photo taken in the association's publications, videos and/or website. I further understand it is my responsibility to make sure I am not in a group photo if I do not want my picture to appear in future publications or on the NAAP website: Please initial: _____

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