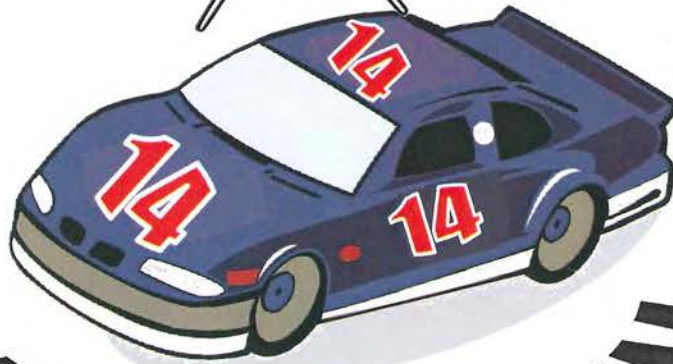


**NATIONAL ASSOCIATION OF ACTIVITY PROFESSIONALS**

# **CONFERENCE 2015**

# ACTIVITIES



# RACE TO WIN



**DAYTONA BEACH HILTON RESORT  
DAYTONA BEACH, FLORIDA**

**APRIL 29 - MAY 1, 2015**

## EDUCATIONAL CREDITS

NAAP will be offering Professional Education Credits in all levels of certification to help attendees maintain certification requirements..

## 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 England. 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 3216, Shawnee, KS 66203. Be sure to enclose your check, money order, Visa/MasterCard or Discover charge authorization, for your registration fee in US dollars. Please register early! There are discounted rates for those whose registrations are postmarked on or before March 15, 2015. Any questions about registration, please call the NAAP Office (913) 7484-7288. Visit our web site at [naapoffice@gmail.com](mailto:naapoffice@gmail.com).

## NEW CONFERENCE REGISTRATION RATES

**New Conference Registration Rates:** This year NAAP is offering special Corporate Conference Registration Rates as follows: 6 to 10 Conference Registrations \$275.00 – 11 or more Conference Registrations \$245.00. 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 in, 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 Continuing Education hours with the National Association of Activity Professionals Credentialing Center and National Certification Council of Activity Professionals. To receive all credits you must be present at all general sessions, and at least one break out session in each time slot. A three-page carbonless form will be provided in each registration packet. Special Session Words will be given out at the end of each session. It will be the attendee's responsibility to get this special 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 CEUs will also be made available to all disciplines through the University of Tennessee. College CEUs will cost an additional \$25. 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 session 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 \$69 membership fee will not only provide you with NAAP's newsletter and all the other benefits of membership, it will save you an additional \$100 on your 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 form found in this brochure and join NAAP today!

Questions about membership? Please call NAAP Office at 913-748-7288.

# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

## Hotel Information

The Hilton Daytona Beach  
Ocean Walk Village  
100 N. Atlantic Avenue  
Daytona Beach Fl 32118  
www.daytonahilton.com  
386-254-8200

From North: Take I-95 South to Daytona Beach Exit 261-A. Go East on International Speedway Boulevard. (Route 92) 6.5 miles Turn left (North) on Atlantic Avenue (A1A). Hotel is five blocks on the right.

From South: I-95 North to Daytona Beach Exit 261. East on International Speedway Boulevard. (Route 92) 6.5 miles. Turn left (north) on Atlantic Avenue (A1A), and the hotel is five blocks on the right.

From West: I-4 east to I-95 North Exit 261. East on International Speedway Boulevard. (Route 92) 6.5 Miles. Turn left (north) on Atlantic Avenue (A1A), and the hotel is five blocks on the right.



Poised between the energy of Daytona Beach and the deep, endless blue of the ocean is a resort where meetings are so much more than expected. An ocean, a sandy world-famous beach, palm trees.

The Hilton Daytona Beach Resort/Ocean Walk Village is an elegant, contemporary hotel designed for attendees' comfort and located for ultimate convenience directly on Daytona's only traffic-free beach at the Ocean Walk Village. Connected to the Ocean Walk Shoppers and Movie Theater.

There is so much to do in the area. Right at the resort, besides all the normal amenities like pools, spas, hot tubs and several onsite bars and live entertainment, there is a kids zone with planned activities and a children's pool, the beach is right out the back door with no dunes to navigate, the hotel offers beach volleyball and even boogie boards, bicycles and special needs surf chairs. There's a movie theater, the pier and a very active boardwalk next door, the Daytona Lagoon water park is across the street and tons of shops and restaurants just steps away.

## Opening and Closing Keynote Speaker

*Jeanne E. Sexson B.A., M.A., M.A. Cert-ED*



Jeanne Elizabeth Sexson holds a Master's degree – emphasis psychology and a Master's Certification in Education

For over thirty years, she has traveled in and out of the continental United States speaking at national state and regional health industry conventions where audiences often rate her "best speaker of the conference". Her background also includes facilitating leadership training for the University of Evansville, University of Southern Indiana and Indiana Technical State College where she received the Outstanding adjunct Teaching Award. Jeanne is published author/illustrator for several motivational books and numerous health care magazine articles. Her honors and recognition's include Outstanding Creative Women of the year and recipient of the National Mental Health Association's Outstanding Service Award. Jeanne is also an accomplished sculptor and photographer.

## Pre Conference Session

### Certified Dementia Practitioner Training

*Lisa Ost-Beikman AC-BC, ADC, SSD, CDT, CADDCT*



Lisa is a trained CADDCT, consultant, educator and serves as Education Outreach on the NAAP Board of Trustees

This eight hour seminar will help you to better understand and cope with assisting individuals with Alzheimer's and Dementia. You will discuss the patient's diagnosis, treatment, feelings, paranoia, behaviors, intimacy and sexuality, as well as many other areas of this disease. You will go home with a better understanding, helpful ideas, comments and suggestions from your peers and a wealth of documented information on Alzheimer's and Dementia. So many individuals in our society are facing this overwhelming disease process and this class will help better guide you through the twists and turns you will be faced with on a daily basis.

This is the required seminar for those who qualify and are pursuing Certified Dementia Practitioner.

# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

## Sunday, April 26, 2015

8:00 AM - 5:00 PM

Florida Conference Committee Set-Up  
NAAP Office Set-Up  
Professional Development Office Set-Up

## Monday, April 27, 2015

8:00 AM - 5:00 PM

Registration Set-Up  
Information Set-Up  
NAAP Display Set-Up  
Education Office Set-Up  
Florida Conference Committee  
NAAP Office  
Professional Development Office

8:00 AM - 9:00 PM

NAAP Closed Board Meeting

## Tuesday, April 28, 2015

8:00 AM - 12:00 PM

Registration Open  
NAAP Closed Board Meeting  
NAAPCC Closed Board Meeting

1:00 PM - 5:00 PM

Registration Open

1:00 PM - 3:00 PM

NAAP & NAAPCC Joint Meeting  
(Closed Meeting)

3:30 PM - 4:30 PM

NAAP Open Board Meeting

4:30 PM - 6:30 PM

NAAP Closed Board Meeting

5:00 PM - 7:00 PM

Registration Open  
Information Open  
Education Office Open  
NAAP Office Open  
NAAP Display

## Wednesday, April 29, 2015

8:00 AM - 12:00 PM

Registration Open  
Information Open  
Education Office Open  
NAAP Office Open  
NAAP Display

8:00 AM - 5:00 PM

**\*Pre-Conference Session (8.0 CEUs)**

**Certified Dementia Practitioner Training Seminar**

*Lisa Ost-Beikmann, AC-BC, ADC, SSD, CADDCT, CDP*

This eight hour seminar will help you to better understand and cope with assisting individuals with Alzheimer's and Dementia. You will

discuss the patient's diagnosis, treatment, feelings, paranoia, behaviors, intimacy and sexuality, as well as many other areas of this disease. You will go home with a better understanding, helpful ideas, comments and suggestions from your peers and a wealth of documented information on Alzheimer's and Dementia. So many individuals in our society are facing this overwhelming disease process and this class will help better guide you through the twists and turns you will be faced with on a daily basis.

**\* This is the required seminar for those who qualify and are pursuing Certified Dementia Practitioner. An additional fee of \$140 is required to attend this pre-conference session.**

Lunch is on your own for all pre-conference attendees - 60 minutes

9:00 AM - 10:30 AM

**State Contact Meeting (1.0 CEU)**

**This Contact Meeting is for NAAP State Contact Representatives only. Meals Served.**

**Growing a State Activity Association**

*Cindy Tewalt, RMT, AP-BC, ADC*

In this State Contact session, participants will discuss what is needed to start and maintain consistency and growth of an Activity Professionals' organization in the various states. Participants will examine successes as they tackle practical ways to not only involve members, but also responsibilities. In addition, State Contact delegates will look at why a mission statement is needed, Policy and Procedures for the organization, and a system for reaching all regions of each individual state. Financial aspects and accountability systems will also be addressed. Whether you have an active state organization or just a few of you are keeping it going participants will be encouraged to think bigger and better when it comes to organizing Activity Professionals in your state.

1:00 PM - 6:00 PM

**Exhibitor Set-Up**

1:00 PM - 5:30 PM

**Special Afternoon Conference Sessions**

**The following 3 Special Afternoon Conference Sessions are part of the Conference Fee package; there is no extra charge for attending any of these 3 sessions. You may attend one, two or all 3!**

1:00 PM - 3:00 PM

**Evidence-Based Documentation of Resident & Program Success (2.0 CEUs)**

*Ron Martyn, MSC, BSc*

Recreationists in all levels of long term care are challenged by ongoing sector demands and changes imposed by compliance and community expectations. Assisted living/retirement communities are also faced with similar pressures, as well as the constant need for positive messaging to fill beds. In this session, the utilization of resident and program evaluations to prove overall home and departmental success is explored. Specific measures of success are outlined, which can be realistically incorporated into existing documentation practices and within current resource allocations. In taking this approach, compliance issues are avoided, customers concerns are addressed through

# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

proactive evidence-based sharing of information, and recreationists are able to promote their position as leaders in their field of senior care.

**Break: 3:00 PM - 3:15 PM**

**3:15 PM - 4:15 PM**

## **Recreational Music Making Using the Beamz Interactive Music System, (1.0 CEU)**

Advances in technology are creating exciting new resources for Recreation/Activity Professionals. This session introduces participants to the Beamz Interactive Music System, and describes how technology-based music making can engage older adults in a variety of music making activities. Specific activities and resources will be described and demonstrated.

**Break: 4:15 PM - 4:30 PM**

**4:30 PM - 5:30 PM**

## **Cognitive Stimulation Therapy: An Effective Non-Pharmacological Response to Alzheimer's and Dementia (1.0 CEU)**

*Nicole Scheidl, JD, LLM*

Cognitive stimulation therapy (CST) has repeatedly been found to improve cognition and quality of life for individuals suffering from dementia. CST was designed through systematically reviewing the literature on the main non-pharmacological therapies for dementia. The most effective elements of the different therapies were combined to create the CST program. It can be used to stabilize or even improve the cognitive functioning of individuals suffering from mild Alzheimer's disease. CST also has a particularly positive effect on language function, which produces improvement in other areas. CST can even address various root causes of difficult behaviors in individuals suffering from dementia and so reduce their occurrences. While greatly improving the Quality of Life for the individual with dementia, this also reduces caregiver stress.

**6:30 PM- 9:00 PM**

## **Exhibit Hall Grand Opening -- Exhibit Hall Extravaganza Treasure Hunt (1.0 CEU)**

Wine & Cheese Reception/ Meet NAAP Board  
NAAP Membership Open  
Silent Auction Preview Open  
NAAPCC Open

**Thursday, April 30, 2015**

**7:00 AM - 8:45 AM**

Vendor/Exhibit Hall Open  
Registration Open

**8:00 AM**

Flag Ceremony Practice

**9:00 PM - 10:00 AM**

## **Opening Session**

**Welcome**, Troy Lott, NAAP President

**Flag Ceremony**, Anthony Vicari, Professional Development Trustee

**Introduction:** NAAP Board, NAAPCC Board and Florida Conference Committee,

Anthony Vicari, Professional Development Trustee

**Roll Call of States**, Colleen Keegan, Membership/Nominations Trustee

**State Sponsorship Recognition**, Troy Lott, NAAP President

**10:00 AM - 11:00 AM**

## **Opening Keynote Address**

*Jeanne E. Sexson, MA*

## **STOP CHASING YOUR OWN TAIL (1.0 CEU)**

Like a pup busy chasing its tail, we too, go round and round and end up right where we started. By focusing on a few basics of reason and calm, we can un-complicate our lives, stay true to our priorities, and avoid over-thinking ourselves into misery. This delightful, insightful and refreshing Opening Keynote Presentation is sure to help the Activity Professional clarify his/her personal and professional objectives and enhance his/her sense of personal peace so he/she can go to bed each night with the satisfying thought, "I did well today."

**11:00 AM - 12:30 PM**

## **Exhibit Hall Open**

NAAP Membership Open

NAAPCC Open

## **Afternoon Education Concurrent Break-Out Sessions**

**12:30 PM - 1:30 PM (Select 1 of the 5 sessions offered)**

## **The Java Music Club...Happiness is Helping Others (1.0 CEU)**

*Kristine Theurer, MA, MTA*

This fun interactive session will present and demonstrate an innovative researched series of mutual support programs designed to reduce loneliness and depression. Leverage your department and increase purposeful living in skilled nursing, memory care, adult day centers, assisted living and retirement homes, hospitals and senior centers. No musical abilities required!

## **Tips and Techniques in Delivering a Professional Presentation (1.0 CEU)**

*Julie Reginek, MS, ACC, EDU, CDP*

A presentation is formal information that you use to communicate to others in a meeting, gathering, or professional venue. In today's work setting, presentation skills are very important. Love'em or hate'em, chances are you are going to have to give a presentation at some point. Many people have stage fright, but with some basic tips and practice, you can give a knockout presentation. A great presentation does not just happen; it is planned, rehearsed and delivered with flair. This session will provide simple and practical suggestions and tips for what to do and what to avoid in preparing and delivering a professional presentation.

## **Programming for Alert & Frail Residents (1.0 CEU)**

*Ron Martyn, MSc, BSc*

The emphasis on programs for cognitively impaired residents requires a re-thinking of programming for the minority - the Alert and Frail. Fewer alert residents, combined with changing needs and interests, require new approaches to programming. Through targeted activities and program satisfaction, positive changes in programs can be implemented without impacting resources.

## **Productivity, Morale and Employee Retention (1.0 CEU)**

*Jeanne E. Sexson, MA*

This presentation will specifically address the following strategies for the Activity Professional: Empowering the entire staff; Staff priorities;

# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

Reducing negativity in the facility; How to help employees adjust to change; and five steps to more effective management of people.

## **Making the Most of Your Meetings (1.0 CEU)**

*Brenda Scott, AC-BC, ADC*

Whether you are looking to speed up a staff meeting or make your professional gatherings more effective, this session is for you. Turning meeting time into sustained results should be a priority for Activity Professionals. Gain useful tips to remember that will assure your meetings as productive.

**Break: 1:30 PM- 1:45 PM**

**1:45 PM - 2:45 PM (Select 1 of the 5 sessions offered)**

## **Origami Basic: Incorporating Paper Folding into your Activity Programming (1.0 CEU)**

*Rhonda Nelson, Ph.D., CTRS, MT-BC*

Paper folding is a recreational activity that has existed for centuries and continues to be popular today. This interactive session will describe the evolution of various types of paper folding. Special considerations for senior populations will be discussed along with programming ideas and resources especially relevant for Recreation/Activity Professionals.

## **Brain Health: What Works and What Doesn't to Keep Brains Strong (1.0 CEU)**

*Gloria Hoffner, BA, AC-BC, ADC, CDP*

Participants will learn the most current research on dementia diseases, medical tests, and definitions of three common forms of the disease. In addition, participants will also discover scientific studies showing mind-challenging programs that strengthen brains of all ages and abilities and then take part in a hands-on demonstration of these programs. Applying and being able to incorporate these strategies into the Activity Professionals' programs will also be presented.

## **Motivating Reluctant Residents (1.0 CEU)**

*Ron Martyn, MSc, BSc*

Recreationists deal with residents/clients who are reluctant to engage, knowing that non-engagement is perceived as a negative reflection of staff and programs. This session focuses on strategies to encourage maximum resident engagement, while being respectful of the client's right to make the choice as to whether or not to participate.

## **Revved Up Craft Ideas (1.0 CEU)**

*Debbie Bouknight, BS, AC-BC, ACC, CDP*

During this program, participants will be given numerous craft handouts and ideas. All crafts will be available for display. Participants will make 2-3 crafts to take back with them, as time allows. Participants will also be given resource ideas for crafts and supplies as well as resources for researching other craft projects. Craft ideas for all working levels will be offered.

## **Winning the Race: Staff In-services (1.0 CEU)**

*Brenda Scott, AC-BC, ADC*

Does your department need additional help and understanding from other department staff

members? Then it is time for you to present an in-service to gain the assistance that you need. Join us as we figure out what subject is needed and how to get it across in a fun way. You will leave with outlines for 5 different in-services.

**Break: 2:45 PM - 3:00 PM**

**3:00 PM - 4:00 PM (Select 1 of the 5 sessions offered)**

## **The Psychology of Anticipatory Grief in Working with Residents & Caregivers (1.0 CEU)**

*Lorraine A. Lee, M.Ed., ACC, CDP*

Participants will learn what anticipatory grief is, common symptoms of this emotional experience and how it is a challenge to many family members, volunteers, and friends of persons with Alzheimer's disease and other related dementia. Participants will also learn how anticipatory grief can be experienced by the facility and in-home caregivers with specific ways to cope with feelings of loss and sadness. Participants will receive positive benefit from understanding work through this transition, teaching others about strength and meaning specifically dealing with end-of-life.

## **Math Activities for Fun and Memory Strength (1.0 CEU)**

*Gloria Hoffner, BA, AC-BC, ADC, CDP*

Math activities for Fun and Memory Strength will inform participants of research showing the benefits of math-based activities demonstrating math games and other ways to incorporate math using programs for residents of all cognitive levels. This is not your high school algebra test; this is fun! Participants will leave the session ready to add appropriate math activities to their monthly calendar!

## **Self-Guided Activities (1.0 CEU)**

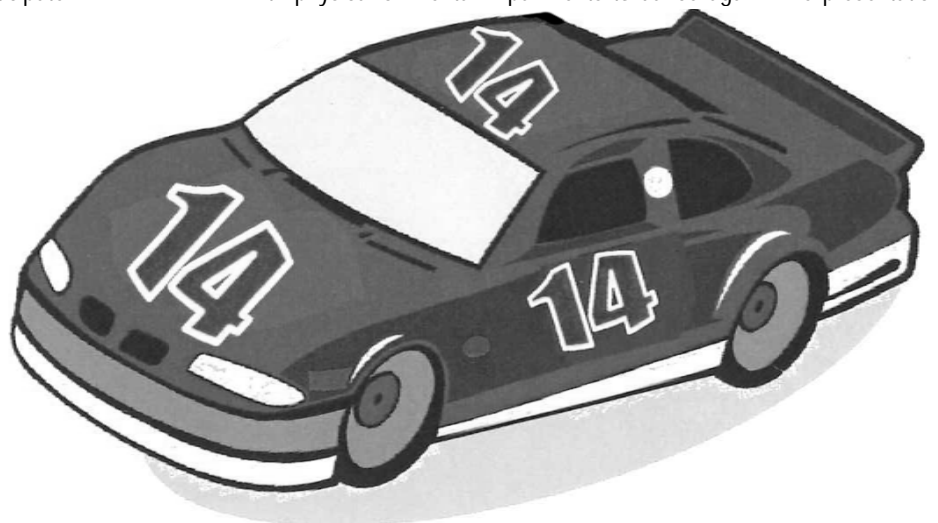
*Cindy Lotzer, AD*

We are all in the same boat: not enough staff, not enough hours in the day and not enough money in the budget. Find some games that you can make ahead and place out for your residents to do by themselves inexpensively. OOOOodles of fun!

## **Sit'N'Dance (1.0 CEU)**

*Jackie Mills, BA*

This program is fun and very beneficial. Sit'N'Dance allows individuals with physical or mental impairments to dance again. The presentation



# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

trains facilitators to teach seated dance and adapt materials using easy to follow dance movements. The program is flexible and applicable for geriatric populations including dementia neighborhoods. No previous dance experience is required.

## **Drama Activities for Older Adults (1.0 CEU)**

*Mary Frances Gable, MFA*

Actress/Director/Writer, Mary Frances Gable will share proven tools for Activity Professionals who want to engage their residents in the dramatic arts. Explore suitable theater games, improvisational activities and resources that can be used to create performances or just for fun with your older adults.

**Break: 4:00 PM - 4:15 PM**

**4:15 PM - 5:15 PM (Select 1 of the 5 sessions offered)**

## **Biblical Gardens and their Practical Application in Elder Care Settings (1.0 CEU)**

*Lorraine A. Lee, M.Ed., ACC, CDP*

Spirituality and religious traditions are very important to many elders as well as individuals aging in place with progressive memory loss. Biblical gardens are a unique and interesting way for the Activity Professional to offer life enrichment to those who are seeking to cope with end of life issues, depression, social isolation, loneliness and self-worth. Participants will learn about the history of biblical gardens, types of plants from the Middle East and uses for plant and flowers which are easily acquired and grown both indoors and outside. Participants will learn how to create a small container garden, which then can be used to facilitate spiritual growth and individual programming as well as ideas for incorporating a biblical garden in an existing horticultural therapy session.

## **Independent Living Activities: Bridging the Generations Part I (1.0 CEU)**

*Amy Laughlin, BA, AP-BC, ADC, CDP*

Activity Professionals in Independent Living communities often have the most difficult job: providing programming for a much greater number of individuals than in other levels of care and for a population who vary in functioning level from those who are truly independent to those who require 24-hour care. This session will further present research, discussion topics and the reasoning why these two generations now live side-by-side in Illinois, highlighting the challenges these demographic trends create for Activity Professionals and their department, and offer creative suggestions for developing targeted programming to meet the needs and desires and bridge the generations. This session is Part I of a two-part session series.

## **I Am Only Here for Therapy: What to do for Short-Term Residents (1.0 CEU)**

*Diane Mockbee, BS, AC-BC, ACC*

Do you have difficulty getting residents involved from your sub-acute or short-term stay units in your activity programs? This session will educate you on how to better work with these residents and to provide a program that they want and need. Most people say that it's a waste of time since they don't want to do anything, but proven methods will be demonstrated to show what does work and how you can make their activity program a part of therapy. Sample calendars will be provided, along with activity ideas.

## **Arm-Chair Travel (1.0 CEU)**

*Cindy Lotzer, AD*

Here is a fun way to travel the USA and never leave your facility. Let the speaker show you how to take all year and travel the whole country. This is a great inexpensive activity program that will spark many happy memories!

## **Revved Up Craft Ideas (1.0 CEU)**

*Debbie Bouknight, BS, AC-BC, ACC, CDP*

During this program, participants will be given numerous craft handouts and ideas. All crafts will be available for display. Participants will make 2-3 crafts to take back with them, as time allows. Participants will also be given resource ideas for crafts and supplies as well as resources for researching other craft projects. Craft ideas for all working levels will be offered. This is a repeat session from earlier today.

**Break: 5:15 PM- 5:30 PM**

**5:30 PM - 6:30 PM (Select 1 of the 5 sessions offered)**

## **Animal Assisted Therapy's History, Benefits Healing Attributes and Program Development (1.0 CEU)**

*Lorraine A. Lee, M.Ed., ACC, CDP*

The need for non-verbal communication increases as those suffering from Dementia become more cognitively impaired. Americans love their pets as illustrated through viewers of YouTube videos. Animal Assisted Therapy is beneficial to individuals and groups in virtually all stages of Alzheimer's disease and related disorders as the senses are used to experience the visit. Participants will learn the history of animal assisted therapy, how to create an animal assisted program for their facility, and learn the benefits of animal assisted therapy through research studies and screening procedures for volunteer pets. Marketing techniques, recruitment and community outreach strategies will also be discussed throughout the presentation.

## **Independent Living Activities: Bridging the Generations Part II (1.0 CEU)**

*Amy Laughlin, BA, AP-BC, ADC, CDP*

Activity Professionals in Independent Living communities often have the most difficult job: providing programming for a much greater number of individuals than in other levels of care and for a population who vary in functioning level from those who are truly independent to those who require 24-hour care. This session will further present research, discussion topics and the reasoning why these two generations now live side-by-side in Illinois, highlighting the challenges these demographic trends create for Activity Professionals and their department, and offer creative suggestions for developing targeted programming to meet the needs and desires and "bridge" the generations. This session is Part II of a two-part session series and is not a repeat of the first session.

## **Mind, Body and Spirit (1.0 CEU)**

*Diane Mockbee, BS, AC-BC, ACC*

This program is an award-winning program for sub-acute care providing guidelines for improved customer service during patients' rehab stay. Education is offered to all staff on the unit to improve their skills and knowledge. Patients and families are educated as to who key players are and how each department (Dietary, Rehab, Nursing, Social

# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

Services, Activities and Case Management) is part of the wellness program for each patient, along with the importance of pain management and maintaining a healthy positive outlook on their rehab stay.

## Discover How You Like to Learn & Share Accordingly (1.0 CEU)

Mary Frances Gable, MFA

Participants will learn how to engage residents by identifying their learning styles and with other proven strategies. Additionally, attendees will discover their type of Learner and gain tips on how to create engaging activities that target the multiple learning styles of their residents.

## Sit'N'Dance (1.0 CEU)

Jackie Mills, BA

This program is fun and very beneficial. Sit'N'Dance allows individuals with physical or mental impairments to dance again. The presentation trains facilitators to teach seated dance and adapt materials using easy to follow dance movements. The program is flexible and applicable for geriatric populations including dementia neighborhoods. No previous dance experience is required. This is a repeat session from earlier today.

6:30 PM - 7:30 PM

NAAP Annual Members Meeting

7:30 PM - 9:30 PM

Vendor/Exhibit Hall Final

"Silent Auction" held during the Final Call

Friday, May 1, 2015

7:30 AM - 8:30 AM

Early-Bird Education Concurrent Break-Out Sessions (Select 1 of the 4 sessions offered)

## Sit'N'Dance (1.0 CEU)

Jackie Mills, BA

This program is fun and very beneficial. Sit'N'Dance allows individuals with physical or mental impairments to dance again. The presentation trains facilitators to teach seated dance and adapt materials using easy to follow dance movements. The program is flexible and applicable for geriatric populations including dementia neighborhoods. No previous dance experience is required. This is a repeat session from yesterday's session choices.

## Dance Fever! (1.0 CEU)

Amy Laughlin, BA, AP-BC, ADC, CDP

This session is designed for Activity Professionals who wish to challenge themselves and their residents by implementing a dance program in their community. Participants will leave the session with specific choreography to familiar songs, tried, and tested adaptations and tips to ensure that residents at many functioning levels can be actively engaged in an exciting new way to exercise, express creativity and work toward realistic and meaningful goals.

## Exercise in Disguise (1.0 CEU)

Cindy Lotzer, AD

If you knock on someone's door and say, "Do you want to come to exercise?" we all know what the answer will be 9 times out of 10. But, if

you make it a game it is more fun and the residents do not realize that they are actually exercising. Learn some fun new ways to get them moving! Come ready to participate.

## Outings: Breakdowns to Bee Stings (1.0 CEU)

Tia Hovatter, MPH, NHA, AC-BC, ACC, CDP

From bus breakdowns to bee stings; outings are meant to be fun and enjoyable, but all too often incidents and injuries do occur. This easy four-step program is a safeguard for you, your staff and most of all the safety of our residents. Expect the unexpected on all outings! This presentation will provide you with simple techniques to ensure resident satisfaction and well-being of staff and residents.

Break: 8:30 AM - 8:40 AM

8:40 AM - 9:40 AM

Morning Concurrent Education Break-Out Sessions (Select 1 of the 5 sessions offered)

## Science for Seniors Part I: Fun Easy Real Science Programs (1.0 CEU)

Gloria Hoffner, BA, AC-BC, ADC, CDP

Science for Seniors is a hands-on activity that teaches real science facts with fun trivia and safe inexpensive engaging experiments for residents ranging from independent to persons with dementia. Participants will learn how to define the need for educational programs in terms of the latest science research, including brain health. Finally, participants will learn and create science programs for their very own communities including the following: making frost, snowflakes, solar cooking, hot air balloons, The Blob movie villain and much more! This session is Part I of a two-part session series.

## Survival Guide: New Activity Directors (1.0 CEU)

Tia Hovatter, MPH, NHA, AC-BC, ACC, CDP

Do you want to survive a survey and be deficiency free? The survey survival guide is a unique approach to ensuring your department and staff will not only survive the survey but, hopefully be deficiency free! Successful surveys are actually accomplished pre-survey through tried-and-true techniques. This session is developed around the use of chart self-audits and departmental self-audits, therefore creating departmental structure and overall preparedness.

## Using Food in Programming as you Race through the Month (1.0 CEU)

Debbie Bouknight, BS, AC-BC, ACC, CDP

During this program, participants will learn how to use food throughout their programming. Sample topics and demonstrations include the following: nutrition and food facts, games, health benefits, crafts, easy recipes, hour-long programs specifically centered on a single food item, gifts, fund-raising ideas, kitchen tools & theme bags, themes for a week or month and other resources will be provided. Numerous handouts will be provided at this session. For a hands-on activity, participants will make at least one food-related item. Surprises, too!

## Perceptions & Priorities: Men & Women aren't the Same (1.0 CEU)

Jeanne E. Sexson, MA

Men and women don't think the same or speak the same way or always have the same interests and priorities. And, being a guest in a facility doesn't change their histories or life-long attitudes. Therefore, by



# CONFERENCE TRADE SHOW SCHEDULE/DESCRIPTIONS

gaining a greater understanding of gender perceptions, and communication styles, we are in a far better position to adjust our approach when dealing with male and female residents and establish new activities, which may appeal to each gender.

## **Multicultural Programs (1.0 CEU)**

*Michelle Mirani, ADC*

Do you like to learn about different cultures and share that knowledge with others? We all come from different heritages and cultures. This session will feature multicultural programs ranging from crafts, games, music and more while participating in a Multicultural Activity Fair. This session is limited to the first 50 conference attendees.

**Break: 9:40 AM - 9:50 AM**

**9:50 AM - 10:50 AM**

**Second Session: (Select 1 of the 5 sessions offered)**

## **Science for Seniors Part II: Fun, Easy Real Science Programs (1.0 CEU)**

*Gloria Hoffner, BA, AC-BC, ADC, CDP*

Science for Seniors is a hands-on activity that teaches real science facts with fun trivia and safe inexpensive engaging experiments for residents ranging from independent to persons with dementia. Participants will learn how to define the need for educational programs in terms of the latest science research, including brain health. Finally, participants will learn and create science programs for their very own communities including the following: making frost, snowflakes, solar cooking, hot air balloons, The Blob movie villain and much more! This session is Part II of a two-part session series and is not a repeat of the first session.

## **Programming, Planning & Procrastination: Calendars 101 (1.0 CEU)**

*Tia Hovatter, MPH, NHA, AC-BC, ACC, CDP*

Programming calendars can be one of the most dreaded tasks to complete every month. Calendar programming is far beyond the 3 B's: Bible, Birthdays and Bingo; however, change is hard. This presentation will teach you how to create a standardized calendar from creating to staff scheduling and everything in between. Evaluation of monthly calendars and understanding the impact of federal regulation and QIS is essential to the success of the Activity Department. Join us and learn how to spice up your programming calendar without procrastination!

## **Getting to the Finish Line-Becoming Board Certified (1.0 CEU)**

*Diane Mockbee, BS, AC-BC, ACC & Brenda Scott, AC-BC, ADC*

Certification speaks to your professionalism and is obtainable! In this session the speakers will cover the basics of why and how to become board certified. This will be a working session, so come prepared with documents and questions. The speakers will help get you to the finish line of obtaining board certification.

## **Activate the Older Adult Brain for Optimal Cognitive Health (1.0 CEU)**

*Mary Frances Gable, MFA*

This session will help participants examine the importance of and demonstrate how to provide quality activities that encourage meaningful resident interaction. Attendees will leave equipped with cost-effective tools and ready-to-implement strategies that effectively engage the brain and can easily be incorporated into activity programs.

## **Multicultural Programs (1.0 CEU)**

*Michelle Mirani, ADC*

Do you like to learn about different cultures and share that knowledge with others? We all come from different heritages and cultures. This session will feature multicultural programs ranging from crafts, games, music and more while participating in a Multicultural Activity Fair. This is a repeat session from earlier this morning and is limited to the first 50 conference attendees.

**Break: 10:55 AM - 11:10 AM**

**11:15 AM - 1:30 PM**

## **Closing Keynote Address & Awards Luncheon (1.0 CEU)**

*\*Luncheon will be served to all attendees during the Closing Keynote Presentation*

## **LIGHTEN UP AND LIVE: Getting and Keeping a Balance (1.0 CEU)**

*Jeanne E. Sexson, MA*

Combining a mixture of serious thoughts and fun, Lighten Up and Live, explores the influences which help Activity Professionals find the upside to a down situation. Learn how the role of humor affects health, productivity and our ability to break the power of the past to get a better grip on present challenges. Laugh and learn as you gain a more realistic balance and perspective for a more gratifying Quality of Life.

## **Awards Ceremony**

*Colleen Keegan, Membership/Nominations Trustee*

### **Recognition of Florida Committee**

*Anthony Vicari, Professional Development Trustee*

### **Recognition of Professional Development Committee**

*Anthony Vicari, Professional Development Trustee*

### **Recognition of Out-going NAAP Board Members and Executive Director**

*Colleen Keegan, Membership/Nominations Trustee*

➤ Gail Buckner Rone, Executive Director

➤ Troy Lott, President

➤ Anthony Vicari, Professional Development Trustee

### **Installation & Swearing In of Newly Elected NAAP Officers & Trustees**

*Troy Lott, NAAP President*

### **Closing Remarks & Dismissal**

*Anthony Vicari, Professional Development Trustee*

# NAAP Membership Application 2015

**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  Reinstatement

## Please Print

Mail to be sent to

First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone # ( ) \_\_\_\_\_ Cell Phone # ( ) \_\_\_\_\_

Personal Email: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_ Work Phone # ( ) \_\_\_\_\_

Education (Degree and/or Certification) \_\_\_\_\_

Please provide the name of the individual who or organization that was responsible for you joining NAAP:

Name: \_\_\_\_\_

- Active Membership** - \$69 per year US Dollars (USD). Current employment providing activity services in a geriatric setting.
- Associate Member** - \$49 per year US Dollars (USD). Retired Activity Professional or Volunteer. (*\*Associate Members are ineligible to vote, or hold office; committee participation in an advisory capacity only.*)
- Corporate Partner Membership** - \$59 per year US Dollars (USD) per individual when paying for eleven (11) or more memberships from one (1) corporation all at once
- Corporate Sponsor Membership** - \$2,000 per year US Dollars (USD) and \$49 per member per year US Dollars (USD)
- International Membership** - \$39 per year US Dollars (USD). Current employment providing activity services in a geriatric setting.
- Student Membership** - \$49 for first year US Dollars (USD). Student currently enrolled in any education curriculum for Activity Professionals.
- Supportive Membership** - \$99 per year US Dollars (USD). Business, Corporations, and Associations who believe in the mission of NAAP (*Supportive members are ineligible to vote or hold office*)

**Make Check Payable to: NAAP**

PO Box 3216  
Shawnee, KS 66203 - 0216  
Phone: 913-748-7288

**Federal I. D. #36-3253020**

## Credit Card Option

Cardholder's

Name: \_\_\_\_\_ ZIP \_\_\_\_\_

**If card is facility or corporate card, please list facility/corporate name and zip code.**

Credit Card Payment  Visa Credit Card #: \_\_\_\_\_

Master Card Expiration Date: \_\_\_\_\_ Payment Amount: \_\_\_\_\_

AMEX

Discover Card

Signature \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_ I do \_\_\_ I do not give permission for NAAP to use my name or photo in publications, videos and website.

\_\_\_ I do \_\_\_ I do not give permission for NAAP to sell my name and home address as part of a mailing list.

**Note:** Your image may appear in group photos: therefore, **you are responsible for removing yourself from group photos.**

## For NAAP Office Use Only:

Date Received: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Check # \_\_\_\_\_

Date Mailed: \_\_\_\_\_ Membership Number: \_\_\_\_\_

**National Association of Activity Professionals Celebrating 33Years  
2015 Conference Registration Form—Daytona Beach, Florida**

**Please Type or Print Clearly:** Date: \_\_\_\_\_  
**Name:** \_\_\_\_\_ **Credentials:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State/International:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Phone (H):** \_\_\_\_\_ **(W):** \_\_\_\_\_ **(F):** \_\_\_\_\_  
**E-Mail (W):** \_\_\_\_\_ **(H):** \_\_\_\_\_  
**NAAP Membership #:** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_ **New:** \_\_\_\_\_  
**Corporation:** \_\_\_\_\_ **(P):** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

*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 15, 2015)

*Please note the difference in Registration cost for Staying and Not Staying at the Hilton Daytona Beach Resort. This **MUST** be done in order to meet NAAP's Room block obligations at the Hilton.*

- NAAP Member (Staying at the Hilton) \$295.00 USD
- NAAP Member (Not staying at the Hilton ) \$395.00 USD
- Non-Member (Staying at the Hilton) \$395.00 USD
- Non-Member (Not staying at the Hilton) \$495.00 USD
- Speaker Registration (Staying at the Hilton) \$150.00 USD
- Speaker Registration (Not staying at Hilton) \$250.00 USD
- Corporate Rate (Staying at the Hilton) \$275.00 USD
- Corporate Rate (Not staying at Hilton) \$375.00 USD

**Late Registrations**  
(Postmarked after March 15, 2015)

- NAAP Member \$395.00 USD
- Non-Member \$495.00 USD
- Speaker Registration \$195.00 USD

*Please add \$100.00 to the LATE registration if you are not staying at the Hilton  
Verification will be checked daily)*

**SPECIAL—SPECIAL—SPECIAL—SPECIAL**  
**Pre-Conference Registration**

- 8 Hours Certified Dementia Practitioner Training. \$140.00 USD  
(8:00 AM—5:00 PM -- Wednesday April 29, 2015)  
*This session will help you to better understand and cope with assisting individuals with Alzheimer's and Dementia.*

**One Day ONLY Registrations (Members or Non-Members)**  
(On or before March 15, 2015)

- |  |              |              |
|--|--------------|--------------|
|  | <b>Early</b> | <b>Late</b>  |
| <input type="checkbox"/> Thursday Only | \$210.00 USD | \$240.00 USD |
| <input type="checkbox"/> Friday Only   | \$225.00 USD | \$250.00 USD |

**Day Registration DOES NOT include any MEALS**

**Please Specify the Following:**

- First Time Conference Attendee
- Need Handicap Assistance
- State/International Contact
- NAAP Committee Member
- Conference Committee Member

**Full Registration Fee INCLUDES Admission to Education Sessions, Exhibits, and Award Luncheon  
(Pre-Conference Session is Not Included)**

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

**Credit Card Payment:**  Visa  Master Card  American Express  Discover Card

**Total Amount Enclosed:** \$ \_\_\_\_\_ **Email:** \_\_\_\_\_

**Name as it appears on card:** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_

**Credit Card Number:** \_\_\_\_\_

*If Credit Card is a facility or corporate card, please list facility/corporate name and zip code.*

\_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Make Checks payable and mail to:** NAAP—PO Box 3216 – Shawnee, KS 66203-0216

**Please Note: A \$50.00 Fee will be Charged** (P): 913-748-7288 Email naapoffice@gmail.com

**National Association of Activity Professionals PHOTO RELEASE:**

*Please read the photo release below and circle the correct statement: "I give my permission...." I do not give my permission for the National Association of Activity Professionals to publish my name/photo taken at the 2015 Conference in 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:*

**NOTE: Implied consent is granted if IS NOT CIRCLED. Please Print Clearly:Dayton Beach, Florida**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

# NAAP Conference 2015

NAAP

PO Box 2316

Shawnee KS 66203 - 0216

## National Association of Activity Professionals' 2015 National Conference

*Activities: Race to Win!*

Daytona Beach Hilton Hotel:  
Daytona Beach, Florida

April 29 - May 1, 2015

