



March 17-20, 2015
36th Annual Conference

Westfields Marriott
Washington Dulles



Activities Deliver
Monumental Benefits

Dear Conference Participant,

On behalf of the Northern Virginia Association of Activity Professionals, we would like to welcome you to the 36th Annual V.A.A.P. Conference, "Activities Deliver Monumental Benefits." N.V.A.A.P. has spent many hours planning this conference. We hope the next few days will be educational and full of new ideas so that when you return to your facility you're activity program will be "monumental." We are pleased to be able to offer 17.5 contact hours for the full conference and 8 contact hours for the pre-conference session.

Although the conference schedule is busy, we do hope you will take time to enjoy the sights of Washington, D.C. or the many shops and restaurants in the area. The Westfields Marriott Washington Dulles also features an indoor pool, exercise facility and paths for jogging or walking.

In order to make your conference experience enjoyable, here are a few reminders:

- * Please wear your name tag at all times during the Conference meals and sessions.
- * The Westfields Marriott is a **non-smoking hotel**. Please check with the staff to locate the designated areas where smoking is permitted.
- * Please **PRINT** all information on your certificates of attendance and bring to ALL sessions.
- * You may total your Certificates of Attendance; however, it will need to be verified by either a N.V.A.A.P. Conference Committee Member or a V.A.A.P. Board Member at the conclusion of the keynote on Friday, March 20, 2015. If you need to leave the Conference early, please give your Certificate of Attendance and your completed Conference evaluation form to a Conference Committee Member or Board Member. Please be sure that your address is clearly printed, and your certificate will be mailed to you.
- * **V.A.A.P. Members**, please stop by the V.A.A.P. Ways and Means table to use your coupon from the V.A.A.P. Board in honor of National Activity Professionals Week.
- * Check out time is at noon. Please speak with the Hotel if you need a later time or if you need a place to store your personal items.

We look forward to hosting "Activities Deliver Monumental Benefits." Enjoy!

Sincerely,
Robin Cooper
N.V.A.A.P. President

Hotel Information

Westfields Marriott Washington Dulles
14750 Conference Drive
Chantilly, VA 20151
703-818-0300

Room rate: \$129.00 per night if reservation is made on or before Feb. 24, 2015, 2 Queen beds - no extra fee for 3 or 4 people in room. For reservations: 1-888-236-2427: Please mention the 2015 V.A.A.P. Conference

Check In & Check Out: Check-in: 4:00 pm, Check-out: Noon

High Speed Internet Access: Guest rooms: Wireless & Wired for \$ 12.95 a day, Lobby & Public areas: Complimentary, Meeting rooms: Wireless & Wired for \$12.95 a day

Parking: Complimentary on-site parking, Valet parking: \$25.00 a day

Amenities: Fitness Center, Indoor Pool, Whirlpool, Tennis and Basketball Courts, Running Trails

Restaurants at the Hotel

Starbucks & Wellington's - British Style Pub for lunch & dinner

Restaurants Nearby Hotel within 1-12 miles away

Eggspectations, Thai Basil, Bonefish Grill, Sweetwater Tavern, PF Changs, Ruth Chris Steakhouse, Cheesecake Factory, Texas de Brazil, McCormick & Schmick's, Red Rock Canyon Grill

Directions

From Richmond (106 miles): 95 N, 64 W, 95 N, Exit 152 B for 234 N toward Manassas, Right on 294 S (Prince William Parkway), Keep straight on Liberia Avenue, Right on Rt 28 N, Take ramp for Westfields Boulevard W, Turn right on Stonecroft Boulevard, Turn left on Conference Center Drive.

From Roanoke (220 miles): 64E, 81N, Exit 300 for 66E, Exit 53 for Rt 28N, Take ramp for Westfields Boulevard W, Turn right on Stonecroft Boulevard, Turn left on Conference Center Drive.

From Winchester (58 miles): 7 E, 15 N, 7E, Take ramp for Dulles Greenway E, Exit 9 A, 28S, Take ramp for Westfields Boulevard W, Turn right on Stonecroft Boulevard, Turn left on Conference Center Drive.

From Charlottesville (96 miles): 29 N, 66 E, Exit 53 for Rt 28N, Take ramp for Westfields Boulevard W, Turn right on Stonecroft Boulevard, Turn left on Conference Center Drive.

VIRGINIA ASSOCIATION OF ACTIVITY PROFESSIONALS
36TH ANNUAL CONFERENCE
ACTIVITIES DELIVER MONUMENTAL BENEFITS
MARCH 17-20, 2015

Tuesday, March 17

- 8:30am-9:00am Registration
- 9:00am-5:30pm **Pre-Conference Session: Alzheimer’s Disease & Dementia Care Education, Vicky Surash, MS, MS, ACC/MC/EDU, CDP**
(8 hours - Limited to 50 participants) \$100/VAAP Member, \$150/Non VAAP
Pre-requisite: Experience working with Dementia
This one-day course is required to become a Certified Dementia Practitioner by the National Council of Certified Dementia Practitioners (NCCDP). Criterion for certification is available at <http://www.nccdp.org/tracks.htm>. Please note the application for the CDP designation is made directly to NCCDP. Topics to be reviewed include: Introduction to Dementia: Diagnosis, Prognosis and Treatment; Communication; Feelings and Depression; Repetitive Behaviors; Paranoia, Hallucinations, Wandering and Hoarding; Aggressive Behaviors, Catastrophic Reactions; Intimacy and Sexuality; Personal Care: Pain, Dressing, Toileting and Nutrition; Activities; Environment; Staff and Family Support; Diversity and Cultural Competence; Spiritual Care and End of Life. Attendees will have an understanding of dementia, identify common causes of and interventions to be used with various behaviors associated with dementia and learn activity interventions that are success oriented.
(Communal dining for lunch break 12:00pm-1:00pm)
- 6:00pm-8:00pm Registration
- 7:00pm-9:00pm VAAP Board Meeting

Wednesday, March 18

- 6:30am-8:15am BREAKFAST
- 7:00am-9:00am Registration
- 8:00am-6:30pm Vendor Trade Show & District Tables
- 8:15am-9:00am VAAP Membership Meeting
- 9:00am-10:00am **A. Opening Keynote: Train Your Brain: How We Can Maintain Or Even Improve Our Memory Ability, Dr. Rob Winningham, PhD, MS, BA**
There is mounting evidence that lifestyle factors, including staying mentally active, can delay memory problems. Dr. Winningham will discuss recent research related to the “Use It or Lose It” theory of memory and aging. He will share a number of cognitive stimulation interventions that can be used to exercise targeted regions of the brain. He will also show how iPads can be used to maximize brain health and share the very latest research on the effects of physical exercise, nutrition, and social support on the likelihood of developing memory problems. The take home message is optimistic and motivating: There are many practical things that all of us can do to maximize our memory abilities.

10:00am-10:15am

BREAK

10:15am-11:45am

B1. Victimization of the Elderly & Senior Population, Karen Bune, MS, BA

Discuss critical issues concerning criminal victimization of the elderly population and the impact it has in their lives. We will also discuss the variable factors that impact the elderly and the need for proactive efforts and the development of preventative strategies to deal with this problem.

B2. Hiring the Right Person, Cindy Bradshaw, MS, ACC

The average turnover in the field of activities continues to be “18-23” months. This means that we spend copious amounts of time and energy training individuals for the job just to have them leave. Why is this? Is it that they were not interested, or perhaps was it that they were not inspired, motivated, empowered to take ownership of the position for which they were hired. This session will address hiring the right person and keeping them!

B3. iPads to Paper & Pencil: Many, Many Ideas & Ready To Use Resources for Cognitive Stimulation Programs, Dr. Rob Winningham, PhD, MS, BA

Attendees will receive many cognitive stimulations activities deliverable as paper/pencil or electronic activities. The latest development of inexpensive apps that can be used on tablets, such as the iPad will be discussed. Attendees will get many ideas and resources that can help residents exercise attention, concentration, inhibition, word fluency, and spatial abilities. We'll discuss best practices regarding how to deliver cognitive rehabilitation and stimulation programs and recent lessons learned from implementing an iPad cognitive stimulation project. We'll discuss who can benefit and how programs and interventions need to be tailored to the participant's ability. Attendees will walk away with a wealth of new ideas that can be used to start or reinvigorate a cognitive and brain exercise program.

B4. ABC's of Care Planning, Debbie Hommel, ACC/MC/EDU, CTRS

Developing an effective and individualized plan of care is a primary responsibility for all activity professionals. This session will explore the elements of a good care plan and means to communicate care plan approaches to staff. The evolution of care planning will be explored from traditional care planning approaches to the Person Directed "I Care Plan" model.

11:45am-1:00pm

LUNCH

1:15pm-2:45pm

C1. Victimization of the Elderly & Senior Population, Karen Bune, MS, BA (Repeat Session)

C2. Modifying Activity Programs & Giving Yourself Some Credit, Melinda Cole

We will explore how to modify activity programs to meet both the cognitive and physical functional levels of each resident. We will discuss the importance of recognizing all that Activity Directors do, on and off the calendar, and how to go about giving ourselves more credit through calendar labeling.

1:15pm-2:45pm

C3. Behavioral Management Strategies & Taking Advantage of Cognitive Abilities that are Retained with Dementia, Dr. Rob Winningham, PhD, MS, BA

While dementia is associated with significant changes in cognitive abilities, there are some abilities that are retained. We commonly focus on the losses and what individuals living with dementias can no longer do. This presentation will identify what changes and what does not, in terms of memory. The common trajectories of memory and other cognitive changes will be discussed with descriptions of what to expect and why. We will discuss how memory ability and behavior affect the level of care a resident needs and how to manage behavioral challenges to maximize independence and safety. Using the knowledge of these cognitive and behavioral changes, techniques will be offered for preventing and responding to emotional outbursts and behavioral problems. In addition, attendees will learn how to engage residents in activities designed to improve attention and the ability to inhibit or not engage in maladaptive behaviors and emotional outbursts.

C4. ABC's of Care Planning, Debbie Hommel, ACC/MC/EDU, CTRS (Repeat Session)

3:00pm-4:30pm

D1. Color is Monumental, Vicky Surash, MS, MS, ACC/MC/EDU, CDP

Explore how color has the power to affect our thoughts and emotions, influence our behavior and cause us to buy or reject products - often without our conscious awareness. Interesting!

D2. There's More to Life Than Bingo, Jocelyn Jackson, BM, ACC, CPFM

This is an interactive program. Get new ideas about various activities you can do with your residents under each scope and how to adapt these games for all your residents no matter what their functional levels are. During this session you will create an activity from beginning to end based on a not so usual theme. Bring your ideas and be ready to share with your fellow peers.

D3. How Activities are Impacted by Federal Regulations in Long Term Care, Cindy Bradshaw, MS, ACC

Knowledge is power, and knowing the various ways that activities can impact the facility as they implement their activity/leisure programs, will enhance their ability to empower their department while providing the clients with meaningful life experiences.

D4. Public Speaking/In-Services, Debbie Hommel, ACC/MC/EDU, CTRS

Public speaking is a #1 fear for many. It is a major responsibility of the activity professional. Explore important elements of organizing a meaningful and interesting presentation or in-service, developing an in-service plan, content and learn methods of making presentations.

4:30pm-4:45pm

BREAK

4:45pm-5:45pm

Exchange of Ideas

This session is an open discussion about meeting the activity programming needs for residents that we serve. Participants are asked to be prepared to exchange activity ideas, calendars and program descriptions of activities that have gone well with residents. In addition, we can explore the challenges of working with this population.

4:45-5:45
E1. Exchange of Ideas: Skilled Nursing, Tricia Geary, BM, ACC
E2. Exchange of Ideas: Assisted Living, Jocelyn Jackson, BM, ACC, CPFM
E3. Exchange of Ideas: Adult Day Care, Robin Cooper, BA,
E4. Exchange of Ideas: Low Functioning Dementia Care, Vicky Surash,
MS, MS, ACC/MC/EDU, CDP & Patricia McDowney, CNA, ADC, CDP,
AP-BC
E5. Exchange of Ideas: Independent Living, Betsy Jenkins, B. Art Ed., ADC

5:45pm
DINNER ON YOUR OWN

Thursday, March 19

6:30am-8:30am
BREAKFAST

7:00am-8:30am
Registration

7:00am-6:30pm
Vendor Trade Show & District Tables

8:45am-10:15am
F1. Adapting Physical Activities for People with Arthritis, Robin Cooper, BA
Have you ever gotten up after sitting for a while and heard a creak? Were you active in your younger years and now feel like the Tin Man before he was oiled? Learn what occurs naturally in our joints as we age and how Arthritis can play a part. We will focus on adapting physical activities for those with Arthritis and stiffness in the joints. Please be prepared to be active.

F2. How to Run an Effective Meeting, Don Boileau, AB, MA, PhD
Cover a variety of needed areas within the topic area like how to plan an agenda, how to stick to an agenda, how to use parliamentary procedure to focus on issues, and when not to use parliamentary procedure, and how to evaluate a meeting.

F3. How To Make Fascinators, Betsy Jenkins, B. Art Ed., ADC
You will be provided with all the materials and instruction necessary to make a holiday themed headband to wear to your next July 4th party. These headpieces are similar to the British “fascinators” worn by the British Royalty to wedding and special events. With small changes they can be adapted to any holiday theme. A \$13.00 fee will be collected at the registration table on Tuesday night or Wednesday morning.

F4. Survival Guide: How to Deal with Difficult People, Debbie Hommel, ACC/MC/EDU, CTRS
“What a fun job. I wish I could play all day like you.” Sound familiar? The activity profession is a rewarding job but also demanding. Finding time to do everything in a day, dealing with difficult people and making the most of minimal resources is a day to day challenge. This session focuses on successful strategies to meet the day to day challenges of being an activity professional.

10:15am-10:30am

BREAK

10:30am-12:00pm

G1. Therapeutic Movement, Marianne Talbot, PhD, CMA, CRC, CCM
Dance/movement therapy has been an emerging bodily-kinesthetic treatment modality in rehabilitation and long-term care programs as a means by which to integrate the mind, body, and spirit (physical, cognitive, and psychosocial dimensions) within one approach. This presentation will include an experiential component so be ready to move!

G2. Constructing Your Own Diet, Elliott Horowitz, MS, BS, RD, CPT, CSCS, CES, CHC, CWC

Personalize your eating routine by learning how to understand the research behind it. We will explore the Paradigm shifts in nutrition and why there is not a universal diet. Also, we will learn how the 80/20 rule applies and the differences between food allergies vs. intolerances.

G3. Activities for Dementia Residents in Long Term Care, Patricia McDowney, CNA, ADC, CDP, AP-BC

In this presentation, we will discuss various activities that are appropriate for residents in a Long Term Care setting that have a diagnosis of Alzheimer's or other related dementias. Several program ideas will be demonstrated as well.

G4. Boys Night Out, Debbie Hommel, ACC/MC/EDU, CTRS

The number of men in long term care facilities has increased in recent years and the activity professional has been challenged to find suitable, individualized and challenging programs which will meet their needs. Often hard to motivate, the male resident can be readily involved in specific programs tailored to meet their needs. This session will examine the special needs of the male resident and outline programming to meet their interests.

12:00pm-1:15pm

LUNCH

1:15pm-2:45pm

H1. Incorporating Montessori Into Your Activities, Murvell Delpino, ADC, MC, DCP

A Montessori for Seniors program requires recognizing two important aspects for success: 1) the human emotions exhibited while performing tasks and 2) that all seniors, regardless of their medical condition (s), still have a strong desire to feel useful. Learn how residents are connected to familiar memories being relived in a different way and, also, the impact of satisfaction on their level of well being.

H2. Healthy Mind, Happy Mood, Elliott Horowitz, MS, BS, RD, CPT, CSCS, CES, CHC, CWC

Learn interactive techniques to help keep the mind sharp, curious and healthy! Come find out how nutrition, the environment and habits all factor into the brain's fitness and well-being. Learn about the real truth behind sugar. Do you know what your brain is made up of?

H3. Palliative Care, Hospice & Activities for the Dying, Beth Smith, MAT, ADC

In this session participants will gain an understanding of palliative care and hospice, the similarities and differences, as well as appropriate ways to positively impact the quality of life of residents living under either circumstance.

1:15pm-2:45pm

H4. Therapeutic Movement, Marianne Talbot, PhD, CMA, CRC, CCM (Repeat Session)

3:00pm-4:30pm

I1. Am I Ready For Survey?, Tricia Geary, BMT, AC

This session will explain the role of the Activity Department in the long-term care survey process. It will also cover how to audit the status of your activity program in a long-term care facility by understanding the role of the Activity Department in the long-term care survey process, reviewing the long-term care survey process in Virginia, assessing the status of an activity program, developing an action plan for correction and developing an ongoing quality assurance plan for the program.

12. Introduction to Massage, Jennifer Sovine

Stress reduction, relaxation... luxury? Learn about the effects of touch deprivation, the effects of stress on the body and how massage can help. Learn how massage can be used for pain management and the importance of massage for special populations like children or the elderly. Discuss specific areas of focus for inactive adults and explore some hands on techniques for safe and effective touch.

I3. End of Life Care, Lindsey Vajpeyi, BA, ADC/MC

Attendees will be able to identify common symptoms of pain, learn how to recognize pain at the end stages of life, how to offer comfort measures and care for people in this stage of life. In addition, we will identify symptoms of active dying, guidance in creating a team approach to providing end-of-life care and emotional and spiritual support. We will discuss methods of connecting with a person who is dying, what spiritual support is and who and how to provide it, ways to support a family and ways for communities to collectively cope with grief.

I4. Zumba!, Celia Sandoval, Zumba Gold Instructor

Come dance and learn basic information about Zumba and Zumba Gold and how Zumba choreography can be safely taught to older adults in all levels of care. This will be a fun, active session!

4:30pm-4:45pm

BREAK

4:45pm-5:45pm

J1. It's Now Or Never, Jocelyn Jackson, BM, ACC, CPFM

Sometimes we get so caught up in life that we don't stop to think about how much time we really have on Earth. Anything can happen at any time and we need to be prepared for the future before it's too late. When you are a resident at a community, wouldn't you feel better knowing you had been a part of your assessment process so that your needs and interests are being taken care of?

J2. Introduction to Massage, Jennifer Sovine (Repeat Session)

J3. Communication with Persons with Dementia, Lindsey Vajpeyi, BA, ADC/MC

In this session we will learn how we can enhance communication with the individuals for whom we are advocates. We will look at five communication challenges faced by people with dementia, non-verbal communication strategies, positive physical approach and be introduced to 10 guidelines for improving verbal communication.

4:45-5:45

**J4. Zumba!, Celia Sandoval, Zumba Gold Instructor
(Repeat Session)**

5:45

DINNER ON YOUR OWN

Friday, March 20

6:30am-8:00am

BREAKFAST

7:00am-8:00am

Registration

8:15am-9:45am

K1. Making Programs Outcome Driven, Charles DeVilmorin, BBA, MA

The goal of programming is to help residents live the highest quality of life. For programming to support optimal wellness in residents, it needs to establish engagement opportunities that match realistic goals for each individual. These goals are easier to measure and identify when they match identified outcomes such as behavior management, anti-psychotic drug reduction, increase socialization or attendance. This session will focus on providing a simple framework around identifying potential outcomes for residents and how to build person centered programs from there.

K2. Creating Meaningful Activities, Stacey Young, MA, ADC/MC

In this session we will look at changes related to dementias and discuss how this affects activities. Activity domains including technology programs, the development types and implementation of various activities for all levels of dementia will be included in the session.

K3. Activities in Independent Living, Betsy Jenkins, B. Art Ed., ADC

Activities in Independent Living are not so much about planning and implementing an activity, but letting the residents plan and implement their own activities with your help as a facilitator. We will discuss how to form Resident committees, who will in turn run their own activities and times and types of events. Examples of calendars and newsletters will be used as well as a power point presentation of theme parties and special events.

K4. Essential Food Safety Awareness for Activities, Robert McKeon, CEC, CDM, CFPP

Learn about food safety in a healthcare facility by identifying the common and everyday errors in handling food, showing how to avoid contamination and cross-contamination of the food we serve, how to follow the personal hygiene policies as outlined by the FDA and how to be in compliance with both the Health Department and State.

10:00am-11:30am

L1. Reducing Antipsychotic Drugs and Behaviors with Dementia Engagement, Charles DeVilmorin, BBA, MA

People with dementia such as Alzheimer's often develop behavioral and psychological symptoms including wandering, restlessness, aggression, delusions, hallucinations, apathy and sleep disturbances. These symptoms are distressing, both for the person and the caregiver. It is important to consider that antipsychotic drugs may help reduce behavioral and psychological symptoms, but because of their side-effects, this may be at the expense of the person's quality of life. Learn how, in accordance with the CMS mandate, to reduce the use of psychotropic medications with non-pharmacological interventions for residents exhibiting behaviors.

L2. Frontotemporal Dementia, Stacey Young, MA, ADC/MC

Participants will learn more about the types of Frontotemporal Dementia and the symptoms associated with it. They will be able to describe brain changes related to Frontotemporal Dementia and behaviors linked that will effect their programming. Participants will learn more about how to engage residents with FTD exhibiting different behaviors and symptoms. Additionally, they will be able to learn more about how recreation programs change with residents being admitted to communities and having a diagnosis of FTD.

L3. Musical Activities for the Musically Challenged, Robin Cooper, BA, ADC

Your residents light up when there is a music program in the social hall. You would like to offer more music activities but you can't even whistle a happy tune. Learn how to incorporate music into your activities and even feel comfortable leading a music program without ever having taken a music class.

**L4. Essential Food Safety Awareness for Activities, Robert McKeon, CEC, CDM, CFPP
(Repeat Session)**

11:30am-1:00pm

LUNCH

1:00pm-2:00pm

M. Closing Keynote: RESPECT: The Essence of Teamwork, Sharen Gromling, MA, SPHR

Standing up for Respect in the workforce results in a healthy, productive workplace. It requires employees to value diversity and refrain from negative, harassing behavior. This training program will provide participants with some tools to encourage a respectful workplace.

THANK YOU FOR COMING TO THE ANNUAL VAAP CONFERENCE.
HAVE A SAFE TRIP HOME.

**VIRGINIA ASSOCIATION OF ACTIVITY PROFESSIONALS
36TH ANNUAL CONFERENCE
ACTIVITIES DELIVER MONUMENTAL BENEFITS
MARCH 17-20, 2015**

Name _____ Title _____
VAAP Member # _____
Work address _____

Work # _____ work E-mail _____
Home address _____

Home # _____ home e-mail _____
Cell # _____

Please make sure email addresses are provided and printed clearly. VAAP is moving toward more information sharing with members via email. Emails will only be used for official VAAP business.

Join VAAP now and qualify for the membership discount for the conference. Membership application can be found at www.vaaponline.org.

Registration Fees (Check Appropriate Boxes)

Pre-Conference Fee (AD & Dementia Care Education): ____ \$100 VAAP Member ____ \$150 Non-VAAP

Full Registration and daily registrations include all breakfasts, lunches and breaks.

Registration (postmarked by 3/7/15)

____ 2014/2015 VAAP Member 275.00
____ Non-VAAP Member 375.00

Late registration (postmarked after 3/7/15)

____ 2014/2015 VAAP Member 325.00
____ Non-VAAP Member 400.00

One Day Registration (includes meal and breaks)

____ \$150 per day 2014/2015 VAAP member ____ \$200 per day Non-VAAP Member

Total Enclosed \$ _____

Please make payable to VAAP

VAAP Tax ID #54-1381140

**** To pay by credit card please log on to our website www.vaaponline.org**

Guest Meals can be purchased at the registration desk.

Special considerations needed: (must be submitted with registrations)

Dietary needs (food allergies, vegetarian, etc.): _____

Accessibility needs (be specific): _____

Registration and payments are available online at www.vaaponline.org. Please print a copy for your records and bring to the conference. On-line payments are processed through Paypal.

Check Policy: Please make checks payable to VAAP and ensure the attendee's name is included in the memo line. If paying by company check and check not submitted by the registration deadline, written guarantee of payment by the appropriate financial officer from your facility or corporation must be faxed to Jo Tice at 804 524-7148 accompanied by a copy of your registration form. Please mail checks to 8041 Fallbrooke Drive, N. Chesterfield, VA 23235. Returned checks are subject to a \$50.00 service fee.

No cancellations or refunds given after March 7, 2015. Substitutions are welcome. All cancellations are subject to a \$50.00 processing fee.

2015 VAAP Conference Registration

Session Sign-Up

Please assist the conference committee in preparing appropriate classroom spaces by putting an "X" next to your intended sessions and times below. Please return with your conference registration.

Tuesday, March 17 (Pre-Conference Session)

9:00am-5:30pm: Alzheimer's Disease and Dementia Care Education _____

Wednesday, March 18

Keynote 9:00 - 10:00	Session 2 10:15 - 11:45	Session 3 1:15 - 2:45	Session 4 3:00 - 4:30	Session 5 4:45 - 5:45
A1. _____	B1. _____	C1. _____	D1. _____	E1. _____
	B2. _____	C2. _____	D2. _____	E2. _____
	B3. _____	C3. _____	D3. _____	E3. _____
	B4. _____	C4. _____	D4. _____	E4. _____
				E5. _____

Thursday, March 19

Session 6 8:45-10:15	Session 7 10:30-12:00	Session 8 1:15 - 2:45	Session 9 3:00 - 4:30	Session 10 4:45 - 5:45
F1. _____	G1. _____	H1. _____	I1. _____	J1. _____
F2. _____	G2. _____	H2. _____	I2. _____	J2. _____
F3. _____	G3. _____	H3. _____	I3. _____	J3. _____
F4. _____	G4. _____	H4. _____	I4. _____	J4. _____

Friday, March 20

Session 11 8:15 - 9:45	Session 12 10:00 - 11:30	Session 13 1:00 - 2:00
K1. _____	L1. _____	M1. _____
K2. _____	L2. _____	
K3. _____	L3. _____	
K4. _____	B4. _____	