

## South Carolina Activity Professionals Association

# SCAPA NEWS

April 2014

Pamela Wessinger, Editor

### EXECUTIVE COMMITTEE

#### PRESIDENT

Lorre Baird, BS, AP-BC, ADC, CDP  
Methodist Manor  
(W) 843-664-0700 (H) 843-659-4594  
Email: [lbaird@methodist-manor.com](mailto:lbaird@methodist-manor.com)

#### PAST PRESIDENT

Amy Jackson, BA, AP-BC, ADC  
(H) 864-525-0882  
Email: [amyjackson1@bellsouth.net](mailto:amyjackson1@bellsouth.net)

#### 1st VICE PRESIDENT

Government Relations, District Coordinator  
Linda Wright, AP-BC, ADC  
Peachtree Centre  
(W) 864-487-2717 (H) 864-489-2649  
Email: [marygrace9599@hotmail.com](mailto:marygrace9599@hotmail.com)

#### PROFESSIONAL DEVELOPMENT

Debbie Bouknight, BS, AC-BC, ACC, CDP  
LMC Extended Care  
(W) 803-996-6260 (H) 803-736-3586  
(F) 803-359-2267  
Email: [dtbouknight@lexhealth.org](mailto:dtbouknight@lexhealth.org)

#### CORRESPONDING/MEMBERSHIP SECY.

Lucy Prosser, ADC, AP-BC, CDP  
Methodist Manor  
(W) 843-664-0700  
Email: [lprosser@methodist-manor.com](mailto:lprosser@methodist-manor.com)

#### RECORDING SECRETARY/ PARLIAMENTARIAN

Anne Abel, BA, CRCFA, ADC  
Atria Forest Lake  
(W) 803-790-9800 (C) 803-269-2042  
Email: [macs45@yahoo.com](mailto:macs45@yahoo.com)

#### TREASURER

Betsy Anderson, AP-BC, ADC  
(C) 843-743-8265  
Email: [anderson1490@homesc.com](mailto:anderson1490@homesc.com)

#### 2015 CONFERENCE CHAIR

Allison Hardy  
Manning House  
(H) 301-512-3259  
Email: [allihardy126@aol.com](mailto:allihardy126@aol.com)



### FROM YOUR PRESIDENT

~Lorre Baird, BS, AP-BC, ADC, CDP~



Greetings Fellow SCAPA members!

I am both honored and excited to begin my position as president. I have met many of you over my years in SCAPA, but I know there are some of you I have not met yet. I'd like to tell you a little about myself so you can know me a little better.

I have worked in activities for 14 years and taught secondary social studies for 18 years. For the past 12 years I have held the position of Resident Services Director for Methodist Manor, a continual care retirement community in Florence, SC. Since becoming a member of SCAPA, I have served as District Representative, Conference Chair, and Vice President. I also served on the SC LAC for the 29<sup>th</sup> NAAP Conference as Public Relations chairperson. I have recently been appointed to the board of the National Association of Activity Professionals' Credentialing Center and serve as their Director of Compliance and Ethics. I have taken a special interest in Dementia and Alzheimer's disease education, treatment and therapy. I am an advisory council member of the Coastal/Pee Dee Region and a planning committee member for the Pee Dee Educational Conference on Alzheimer's Disease. I have served on the planning committee for the Walk to End Alzheimer's for over four years. I am a certified dementia practitioner through the National Council of Certified Dementia Practitioners and also a Dementia Dialogues Trainer through the Office of the Study of Aging with the Arnold School of Public Health of the University of South Carolina. I earned a Bachelor of Science degree in sociology from Francis Marion University.

OK, we in activities know that all that stuff does not mean a thing unless you can add this: I love my work with my seniors and with SCAPA! I believe working with seniors is a ministry and mission long before it is a job. I continually strive to enrich their lives through all that I do. As president of SCAPA, I want to do all I can to help us all be all we can be to serve our residents!

SCAPA is one of the best activity associations in the country! Take advantage of all it has to offer and become an active member! Please so not hesitate to contact me if I can be of any service to you.



**SCAPA BOARD MEMBERS**

**AWARDS CHAIR & HISTORIAN**  
**Deborah Bailey**  
 Morningside of Camden  
 (W) 803-713-8668 (H) 803-420-0054  
 Email: [drbailey@5sqs.com](mailto:drbailey@5sqs.com)

**PUBLICATIONS CHAIR**  
**Pamela Wessinger, AP-BC, ADC**  
 LMC-EC  
 (W) 803-996-6229  
 Email: [pdwessinger@lexhealth.org](mailto:pdwessinger@lexhealth.org)

**WAYS & MEANS CHAIR**  
**Amy Laughlin, AP-BC, ADC, CDP**  
 Westminster Towers  
 (W) 803-326-3441  
 (H) 803-327-7038  
 Email: [alaughlin@westminstertowers.com](mailto:alaughlin@westminstertowers.com)



**DISTRICT REPRESENTATIVES**

**CENTRAL— Dawn Martineau, AAC**  
 Westminster Towers  
 (W) 803-328-5018  
 (C) 803-328-5095  
 Email: [DMartineau@westminstertowers.org](mailto:DMartineau@westminstertowers.org)

**LOWER— Carol Evers**  
 Bishop Gadsden  
 (W) 843-406-2359  
 Email: [Carol.Evers@bishopgadsden.org](mailto:Carol.Evers@bishopgadsden.org)

**PIEDMONT—Allison Hardy**  
 Manning House  
 (c) 301-512-3259  
 Email: [allihardy126@aol.com](mailto:allihardy126@aol.com)

**COASTAL— interim Lorre Baird, BS, AP-BC, ADC, CDP,**  
 Methodist Manor  
 (W) 843-664-0700 (H) 843-659-4594  
 Email: [lbaird@methodist-manor.com](mailto:lbaird@methodist-manor.com)

SCAPA Website: [www.scapasc.org](http://www.scapasc.org)

*First Vice President  
 Government Relations & District Coordinator  
 ~Linda Wright, AP-BC, ADC~*

I would like to start off by saying that this position on the board is very new to me and please bear with me in this new endeavor. I work mainly with LTC residents and Rehab, so I am geared more toward this level of care. If anyone is interested in up and coming happenings around LTC, then go to [www.mcknights.com](http://www.mcknights.com) and receive a free email subscription for Long Term Care news.

You may also click on [www.cms.gov](http://www.cms.gov) for the latest Medicare/Medicaid news.

From my personal experience, we had our latest survey back in December with just a few citations. We had a traditional survey this time, however the one before that was done by QIS survey. The QIS survey was quite long, about 4 to 5 days and we had about 7 surveyors as opposed to the usual 4 surveyors. At this printing, in South Carolina there are 2 QIS and 1 Traditional survey team operating in the state, so chances are higher people will get the QIS survey.

Music Licensing is also heating up! Please read the article @ [www.ascap.com](http://www.ascap.com). There is a broad definition of “performing” that includes singing, playing music, broadcasting, playing a CD or DVD, or turning on a radio or TV. A performance is “public” if it occurs and a substantial number of persons outside a normal circle of family and social acquaintances hear the music or it is open to the public. However, a “live performance” for residents in a not-for-profit community without any direct or indirect commercial activity (e.g., charging admission) does not require a license. A typical example is a local choir singing carols. In addition, small areas less than 2,000 square feet (not including residential areas of the building) may be exempt from having to obtain a license.

A determination of whether your community needs a license from BMI, SESAC and/or ASCAP will depend on the specific circumstances in your community. Leading Age recommends members consult an attorney before deciding to apply for a license. More information on music licensing requirements is available at each of the licensing entities' web site: [www.bmi.com](http://www.bmi.com); [www.sesac.com](http://www.sesac.com); and [www.ascap.com](http://www.ascap.com).



**It's Spring Planting Time**  
 PLANT five rows of peas: preparedness, promptness, perseverance, politeness, prayer.  
 NEXT PLANT three rows of squash: squash gossip, squash criticism, squash indifference.  
 THEN PLANT five rows of lettuce: let us be faithful, let us be loyal, let us be unselfish, let us love one another, let us be truthful.  
 NO GARDEN is complete without turnips: turn up for a real determination.

*Awards/Historian Chair*  
~Lucy Prosser, ADC, AP-BC, GDP

What a great 2014 SCAPA Conference! Thank-you to all of our great speakers!

I would like to thank everyone who took the time to nominate someone for an award this year. There is no better way to show someone how much their hard work and dedication to the activity profession is appreciated.

2014 SCAPA Award Winners



Distinguished Service Award – Dawn Martineau



Volunteer of the Year – Marti Hurst



Activity Professional of the Year – Amy Laughlin



District of the Year – Central District

I would like to thank the awards committee for serving this year. Awards Committee members are:

Central District – Jessica Wright

Coastal District – Ernie Stevens

Lower District – Melinda Ackerman

Piedmont District – Joseph “Joe” Reiland

It has been a privilege and an honor to have served these past two years as your Awards/Historian chairperson. I would like to thank Amy Jackson and Debbie Bouknight for all your help. SCAPA is truly blessed to have both of you.



Congratulations to Amanda Strickland from Presbyterian Communities in Florence on her marriage on October 26, 2013. Amanda Strickland is now Amanda Allen.

# Professional Development

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

Conference 2014 is behind us and what a great time it was! Special thanks again to Lucy Prosser, Conference Chair and the Coastal District Conference Committee members! You did an awesome job and we appreciate it!

We had 97 registered for the conference this year and all made it! I am still working on the evaluations, but overall, everyone was positive and learned a lot. We know there were some issues with the hotel, that we had no control over and are addressing those. We also know we can't always please everyone, but we do try! If you attended conference, you received an email with the conference concerns addressed.

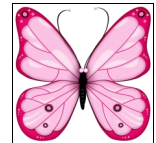
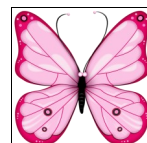
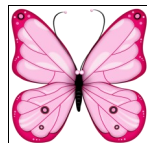
We had great speakers this year and they received rave reviews. I know I learned a lot and hope you all did too! Now it's time to gear up for the one Day Workshop August 15, at The Wingate Inn, at exit 61 off I-20. It has a Lexington address, but is not in the town of Lexington. Our speaker will be Jan Nelson with second Wind Dreams. Watch for your workshop brochure in the mail and hope you can attend. You will receive 6 hours of continuing education credit with NAAPCC and NCCAP pre-approvals.

Gloria Hoffner and Tia Hovatter, both expressed their appreciation and gratitude for the southern hospitality. Both said they could not believe how well they were treated. Thank you all for making them feel welcome!

Please watch for your District workshop fliers and attend those. As SCAPA members, you receive 3 hours of credit for each of those and it is FREE!! That is a benefit of your membership and also an opportunity for you to network with your peers, share ideas, share challenges, etc.

You can always find the workshop information on the website at [www.scapasc.org](http://www.scapasc.org).

If anyone has ideas for topics or speakers and their contact information, please get that to me.



**My Jesus Egg**

The coins are for, Judas who betrayed Jesus to the soldiers.

The thorns are for, the thorn of crowns they put on Jesus' head.

The cross is for what they nailed him too.

The red thread is for the blood he shed for us.

The cloth is what they wrapped him in when they took him off the cross.

And the stone is for what was rolled away for our dear Lord to return to us.

Praise God, He is alive today for us to seek Him with all our heart.

## Ways And Means

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

Thank you to all of you who supported SCAPA by purchasing items from the Ways and Means Booth and Bake Sale at the conference in March. We raised over \$500 – and all this money goes back to SCAPA to help keep the cost of continuing education affordable for you and/or your organization. A very worthy cause!

I love the annual SCAPA conference. I love the bustling whirlwind that it takes to get it organized from the excited buzz of the conference committee as they plan their decorations, collect that little prizes for the goodie bags, and reveal banquet entertainment, to the hubbub around the registration table on Wednesday morning as people check in, greet old friends and welcome new attendees. I love the opportunities for networking – I have several ideas that I plan to implement that were not gleaned from official education sessions but just from casual conversation with others. I love seeing new members or first time conference attendees get pumped up about the knowledge they've gained or discover that they've finally found an answer to a troubling question. But most of all I love the energy and passion exuded by a crowd of Activity Professional's for a few days. We are the advocates of our residents, the supporters of family members, the cheerleaders of our staff members and the CFOs (Chief Fun Officers) of our organizations and I'm thankful that I have the opportunity to spend time with others who just "get" me. You all understand the daily pressure of having to be constantly positive and upbeat, of trying to meet all the enormous amount of needs of frail seniors on a teeny tiny budget and being the person who is always asked to do many of the "any other duties as assigned". I'm thankful that my organization greatly believes in the importance of continuing education and supports our membership and participation with SCAPA and I plan to utilize as much of my information from the conference as possible. I was honored to receive the 2014 SCAPA award for Activity Professional of the Year. Several other excellent individuals were nominated and I feel blessed to have been selected as this year's winner. Thank you to all of you who inspire me to be a better Activity Professional and I look forward to seeing you at the next workshop. Call or email if you need me – I'm always glad to do what I can to help others in the field.

*Why not make someone's day today! Everyone needs a pick-me-up every now and then! This would be a good thing to give to your staff, family, co-workers, etc. When someone comes in and they are in a bad mood, step back and think before you respond. You don't know what that person has been going through. Offer an ear, hug or smile because remember, you may be the only Bible someone reads!*

### Items Needed By Children Of God and WHY?

- \*Toothpick - to remind you to pick out the good qualities in others. Matt.7:1
- \*Rubber Band -to remind you to be flexible, things might not always go the way want, but it will work out.—Romans 8:28
- \*Band Aid -to remind you to heal hurt feelings, yours or someone else's. -Col. 3:12-14
- \*Pencil -to remind you to list your blessings everyday. -Eph. 1:3
- \*Eraser -to remind you that everyone makes mistakes, and it's OK.—Gen. 50:15-21
- \*Chewing Gum -to remind you to stick with it and you can accomplish anything. -Phil. 4:13
- \*Mint -to remind you that you are worth a mint! -John 3:16-17
- \*candy Kiss -to remind you that everyone needs a kiss or hug every day.—1 John 4:7
- \*Tea Bag -to remind you to relax daily and go over that list of blessings.—1 Thess. 5:18

“Flower Power”

~Lindsay Black, BA, AP-BC~

Here are some fun and affordable ways to make lovely spring flowers to decorate with your residents for all to enjoy.



Toilet Paper Roll Flower

- Cut the roll into circles
  - Start with five circles and glue in the center so they are flat on the table
- Glue circles together in whatever shape you want big or small



Celery Flower

- \*Cut end of the celery off with the leaves and place a rubber band around the stalks.
- \*Cut whole celery stock near the bottom (keep both parts)
- \*Place paint on a plate
- \*Use end of celery as a stamp to make flowers



Paper Flower Medallion

- Use Cardboard: make a circle big or small and cut out (this will be the size of your flower)
- Select your paper should be 7”x 4.5” are best (book pages, scrapbook paper etc)
- Curl your paper into cones about 24: turn paper horizontal holding the inside left corner use opposite hand to turn the page over and rolling the bottom of the page into a point ( can make loose or tight) use a stapler to close your cone
- Staple the cones to the cardboard circle (start on the outside and work inside)  
Overlape the cones as you go You will have to use glue in the middle if the stapler wont reach (make some smaller cones for the middle of the flower)

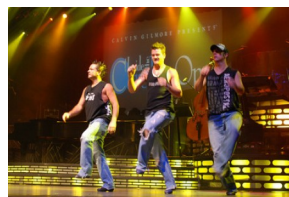


Button up your lip securely  
;Gainst the words that bring a tear,  
But be swift with words of comfort,  
Words of praise, and words of cheer. –Loucks

Thank You Carolina Opry!!

Please remember the Carolina Opry in Myrtle Beach when planning excursions for your residents. They offered all attendees free admission to the show on Wednesday night, an opportunity many took advantage of! It is a great show! They will give you a group rate and work with you.

Please contact  
Lody at 1 800 638 1508 to make  
arrangements



2015 Conference Chair

~Allison Hardy & Amy Jackson, AP-BC, ADC~

Our 2015 SCAPA conference will be a milestone for the SCAPA Organization. Save the date, March 4-6, 2015 for SCAPA's 25th annual conference: A Silver Jubilee of Memories presented by the Piedmont District. We are planning several surprises for the conference, especially during our Semi-formal banquet. Won't you join us for this significant chapter in SCAPA's history?

24th Annual SCAPA Conference Donations



\*\*We have made every effort to recognize all our donors by listing them. We apologize if we inadvertently omitted or misspelled any names.



# DISTRICT REPORTS

## CENTRAL DISTRICT

~By: Dawn Martineau, AAC~



Central District! You Rock!!

Congratulations Central for Receiving District of the year! Collectively we had a great year! Our 2013 conference was a success and there are several from Central who serve on the SCAPA board, write for this newsletter and lead workshops. We have the potential to make it twice in row. Keep up the good work!

Our spring/summer workshop will be held at Atria Forest Lakes in Columbia on May 2, from 1:00 to 4:15. We do not have a topic/topics as of yet but if you have a request or if you would like to speak on a topic please let me know soon. (803-328-5095)

On October 11 we will hold our fall/winter workshop at Westminster Towers Heritage Hall in Rock Hill from 1:00 to 4:15. Westminster Towers own Director of Cultural Advancement, Diane Howe, will be our speaker. She will speak on "Effective Communication". We will also have a performance by "Dance Fever", Westminster Towers resident dance group.

This year as you may know no one was awarded the Administrators Award or the Assistant Activity Award. I know that several were not eligible but I am almost sure someone deserved recognition for a job well done. One person said they submitted a late nomination. Unfortunately that person was not recognized. Central, and all the districts for that matter, we can do better. The nomination letter will go out again in August and the cut off date will be around December. Please put it on your calendars NOW to nominate those deserving Assistants and Administrators along with Volunteers and Activity Coordinators. Lets make a goal to nominate at least ten Activity Assistants and five Administrators. Let see to it that Central shines again!

Congratulations to Central District's own Amy Laughlin for receiving the Activity Professional of the year. She is amazing and a great example of what an award winning professional should be.

Take care and have a wonderful spring!



# CONGRATILLATIONS!

For beautiful eyes, look for the good in others;  
For beautiful lips, speak only words of kindness;  
And poise, walk with the knowledge that you are never alone.

Audrey Hepburn



PIEDMONT DISTRICT

~Allison Hardy, AP-BC

Hope everyone has recovered from our conference last week. Again, thank you Costal for an amazing conference! Spring workshop will be April 11<sup>th</sup> at Beth Batson’s facility in Laurens, SC from 1 till 4. Though lunch will be provided from noon till 1, if you are interested please contact Beth Batson at [bbatson@agapesenior.com](mailto:bbatson@agapesenior.com) . Ideas for topics that you would like to see talked about at workshop(s) would be greatly appreciated. Please email me if you plan to attend workshop or have any ideas. Can’t wait to see you all there!



Lower District

~By Carol Evers

Greetings from the Lower District! I am not sure what happened to the beginning of the year, but I am so glad that spring has arrived. The daffodils are peeping out their heads and the birds are chirping! I know I personally am so glad for warmer weather and a chance to take my residents out in the sunshine and do many fun outdoor activities and outings!

I am currently working on firming up our Spring workshop (and if you are a Lower District member, I am pretty sure you will have received information on it before this arrives in your mailbox). Two of the topics we will explore are what the different kinds of therapies our residents/ rehab residents may be undergoing and how we can work with our therapy department in a way to mutually benefit each other as well as nutrition and our residents: how to work with dietary restrictions and provide fun, healthy snacks for our residents.

I hope everyone has a happy, safe, fun Spring! Just a thought: as the temperatures warm up and we spend more time outside with our residents, don’t forget to help them do the things you yourself would do. If you were planning on going outside would you put on sunscreen? A hat? Drink more water? We keep a stash of sunglasses and hats just for this purpose. We also offer plenty of lemonade and water anytime we sit outside for a while. I know I plan on taking every possible advantage to take my residents out and about before the heat of the summer kicks in. I hope you do too!

The lower district currently has 29 members and an account balance of \$801.45.

**Cliché’s We Say**

1. Slow and steady wins the gold
2. Sick as a frog on a log
3. Get your ducks in a row and let them flow
4. Silence is boring
5. Burning the midnight gasoline
6. She has a bee in her car
7. No pain ,no hockey
8. Madder than a pig on a sea shell
9. People who live in glass houses shouldn’t walk around naked
10. One man’s garbage is another man’s gain

11. Love is blind but it walks, talks and bites your head off
12. Long time no history
13. Life is a bowl of pudding
14. Memory like a girl down the street
15. God willing and the creek don’t rise, they won’t bit my tail before I die.




Submitted by: Kimberly Carpenter, AP-BC, ADC from LMC-EC, Lexington, SC

## COASTAL DISTRICT

~By: Interim Lorre Baird, BS, AP-BC, ADC, CDP ~

Coastal has been busy preparing for this year's conference. We appreciate all the hard work our chairperson, Lucy Prosser, along with the conference committee, put into this! We sincerely hope you enjoyed yourself and were able to take back a wealth of knowledge to use at your workplace! And we hope you had a country good time! Coastal is in need of a district rep and we have had a couple of folks express interest at Conference. Thank You! We'll be working with them to get the ball rolling. You should receive information soon on a spring workshop.

### Weather Proverbs That Just May Be True!

1. Hornets' nest built in the top of trees indicate a mild winter is ahead; nests built close to the ground indicate that a harsh winter is coming. 
2. The higher the clouds the better the weather.
3. If the cat washes her face over her ear, the weather is sure to be fine and clear.
4. Clear moon, frost soon.
5. When leaves fall early, autumn and winter will be mild; when leaves fall later, winter will be severe.
6. If March comes in like a lion, it will go out like a lamb.
7. When ants travel in a straight line expect rain; when they are scattered, expect fair weather.
8. If the first snow falls on unfrozen ground expect a mild winter.
9. If bees stay at home rain will soon come; if they fly away, fine will be the day.
10. A year of snow, a year of plenty.
11. Dust rising in dry weather is a sign of approaching change. 
12. Rainbow at noon, more rain soon.
13. Flowers blooming in late autumn are a sign of a bad winter.
14. If cows lie down and refuse to go to pasture, you can expect a storm to blow up soon.
15. The darker the woolly caterpillar's coat, the more severe the winter will be. If there is a dark stripe at the head and one at the end, the winter will be severe at the beginning, become mild, and then get worse just before spring.
16. When grass is dry at morning light look for rain before the night.
17. If sheep ascend hills and scatter, expect clear weather. 
18. A warm November is the sign of a bad winter.
19. When the chairs squeak, it's of rain they speak.
20. When clouds appear like rocks and towers, the earth will be washed by frequent showers.
21. If birds fly low, then rain we shall know.
22. Evening red and morning grey are two sure signs of one fine day.
23. The first and last frosts are the worst. 
24. The winds of the daytime wrestle and fight longer and stronger than those of the night.
25. When down the chimney falls the soot, mud will soon be underfoot.
26. Rain before seven, fine before eleven.
27. No weather is ill, if the wind be still.
28. Cold is the night when the stars shine bright.
29. When a rooster crows at night there will be rain by morning. 
30. Dandelion blossoms close before there will be a rain.
31. When smoke hovers close to the ground there will be a weather change.
32. A ring around the sun or moon means rain or snow coming soon. 
33. Bees will not swarm before a storm.
34. The more cloud types present the greater the chance of rain or snow.
35. When leaves show their undersides, be very sure that rain betides.

(continued on page 15)

## *National Certification Options*

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

Congratulations to Marian Kemmerlin – new AP-BC



Many of you have emailed or called me with certification questions since conference. I look forward to seeing more names in this newsletter! As the Professional development Chair now, one of my responsibilities was making the name tags for conference attendees as well as getting their names on various lists. It was very comforting to see that over 2/3 of the attendees are nationally certified, either through NAAPCC, NCTRS or NCCAP!! This is great and a plus for our state!

If you have any questions about certification, please feel free to email or call me.

You can find certification information through NAAPCC at [www.naapcc.net](http://www.naapcc.net). In keeping with National Accreditation Standards, no course is required for NAAPCC certification. You must meet education, experience, continuing education and exam criteria.

If you prefer NCCAP certification, their website is [www.nccap.org](http://www.nccap.org)

## *A Fraction of What We Learned At Conference*

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

99% of people appreciate music. For 1%, it irritates them. Survey your residents to see what they like and if they even like music. If they are unable to tell you, watch their reactions when music is played.

We start retaining long term memories at about age 5

Hearing is one of the last senses to go before the heart stops, be careful what is said around a resident who is semi-comatose, comatose or in the dying process.

Music activities you can try: (1) Play a song and ask residents to guess who is singing (itunes), (2) remember when – play a song and ask residents to tell a story associated with the song (3) Music memory ball – take a soccer ball and fill in the sections with the names of songs. Toss the ball – where your right thumb lands you sing the song.

Use Google Earth/Street View to show residents where they used to live

Use the Lumosity app for mental stimulation activities

For your volunteers who put in at least 50 hours, go to [www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov) and you can have a personalized letter and lapel pin sent to them from the President for \$4.75. It only takes about 14 business days

Document all volunteer hours. You can then calculate them at minimum wage and demonstrate to your company the minimum amount in labor costs that was saved by using volunteers.

Make sure and care plan for your resident volunteers

For residents in the dying process, do not take a lot of ‘stuff’ into the room, that can be intimidating. Minimize distractions, & don’t stand over them, sit at their level. Don’t open the blinds if they don’t like that.

Some residents respond to vibrations if nothing else. You can use a cheap electric toothbrush, let them hold it. They can be noisy, so if budget allows, you can purchase a better one that is quieter.

*Spirit of Caring*

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

The theme for 2014 is **“Adventures in Aging – Making it Better”**. I hope ALL skilled care communities will participate this year. You all have programs and services you offer that are worth sharing with your peers. Please consider participating this year.

Your Community should receive a letter outlining the poster criteria around the first of April. If you did not get one, please email me and I will send you a copy. The deadline for the poster submission will be April 30. The winning poster is used for the cover of the presentation manual. The poster is created by the communities to reflect what they think the theme means and should incorporate the theme title. PLEASE do not change the theme title or add to it in any way, as points will be taken during the scoring process. The poster also MUST be in the portrait (lengthwise) position, or it cannot be duplicated for the book cover. There should be no embellishments on the poster or anything to make it appear 3-D. It needs to be flat, again, for duplication purposes.

You can also start thinking about a Best Practice program you would like to submit. This can be any program or service your community offers and does not have to be in activities. The letter with Best Practice criteria will go out around May 23 and the deadline for your submissions will be June 30.

Again, I urge you to participate. This is your opportunity to shine and to let others see the positive aspects about your community. It is also a way we can all share ideas. Please feel free to email or call me if you have any questions!

*NAAP NEWS*

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

The NAAP conference will be April 30 – May 3. I know there are some attending from SC. We do like to sit together as a group for the Call of States on Thursday, so if you'll be there, please let me know! New this year, the session on Wednesday afternoon will be included in the registration price and open for everyone! Hope you can come and have the opportunity to network with peers from across the US, Canada and England!! Amy Laughlin will carry our State flag in the opening session flag ceremony and I thank her for doing that for us.

If you are not a NAAP member, or have not renewed, please get that taken care of. NAAP is YOUR voice in Washington. Without our support, they cannot speak for the Activity profession when the need arises.

NAAP also offers 2 free webinars each month. They are accepted by NAAPCC and approved by NCCAP. If you are a NAAP member, you can receive 1 free credit for each one you view. After the program, you go to the online form at [www.naap.info](http://www.naap.info), fill it out with your information, your NAAP membership number and a brief synopsis of the program, and your certificate will be emailed to you. Up to half of your certification and re-certification hours for NAAPCC can come from online sources.

Check out the NAAP website at [www.naap.info](http://www.naap.info)

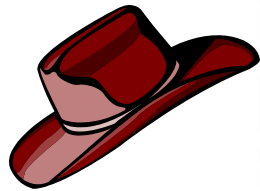
I am here if anyone has any questions related to NAAP.



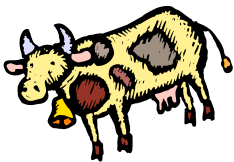
2014 SCAPA Conference in Myrtle Beach, SC



2014 South Carolina Activity  
Professional's Association's  
24th Annual Conference....  
"Activities Gone Country"  
Keepers of the Stars"



**HOSTED  
BY  
COASTAL  
DISTRICT**



"Music and Memories"  
"Transit to Adventure"  
"Science for Seniors"  
"Power of the Press"  
taught by  
Gloria Hoffner, BA, AC-BC,  
ADC



"Dementia: Help Me!"  
"Exercise: Grab Bag"  
Anne Abel, BA, CRCFA, ADC,  
CDP



"App"-tivity  
Taught  
By  
Andy Smith



"Dance Fever"  
"Independent  
Living Round Table"  
Taught  
By  
Amy Laughlin,  
BA, AP-BC, ADC

Activity Professionals  
MAKING A DIFFERENCE  
EVERY DAY



*"Adapting America's Favorite Game Shows" taught by Christy Smith, AP-BC, ADC*

*"The Programming Possibilities with Food" taught by Debbie Bouknight, AC-BC, ACC, CDP*



*"Activities and Documentation for Dying Residents" "Quality Improvement" "The QIS Survey process" "The 3 R's of Volunteerism" Taught By Tia Hovatter, MPH, NHA, AC-BC, ACC, CDP*



*"Round the Table with Assisted Living" taught by Tiffni Baxley, NHA, CRCFA, AP-BC, ADC*

*In Your Own Backyard*  
*"Find Free & Fun Programming Ideas"*  
 ~Christy Smith, ADC, AP-BC~

As Activity Professionals we are constantly striving to create and provide unique, different and amazing experiences for our residents. In this day and age it is becoming increasingly difficult to find free or low cost programming. However, you need not look any further than your own backyard!!

In our CCRC we have reached out via emails and phone calls to a wide array of local organizations, individuals and companies in an effort to bring the outside community in and in some instances the contacts have led to exciting outing opportunities for our residents. Let's take a look at a few programs we implemented at no cost and explore ideas that every community has in their backyard. Please use these examples as a base for brainstorming on opportunities available in your geographic region.

Do you have animal lovers in your community? How about reaching out to your local animal shelter for a tour of their facility or perhaps they can bring a few animals to your community? We have also found that many of the area rescue organizations are willing to come in and visit with your residents. Your local animal shelter and/or local pet supply store can more than likely provide you with a list. You could even stroll the aisles at your local pet store to hear the birds, watch the fish and MORE. If the store offers pet training classes maybe your group could watch or if they host adoption fairs, take an outing to the event.

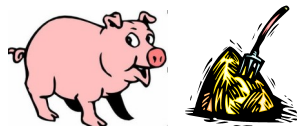
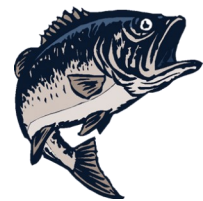
Do you have avid readers and lovers of learning? Reach out to your local library, museums and historical societies or college/universities for speakers on a variety of topics. Ask presenters to bring in props or, PowerPoint presentations. Encourage them to make it interactive and engaging, while allowing time for Q&A. You could even inquire on bringing a group to their location for a guided tour.

How about those music and entertainment lovers? Your local colleges and universities have a diverse number of clubs for dance and music, as well as, your area dance schools. Do not limit yourself to just the dance schools for children and teens, look around for your area Ballroom Dancers, Swing Club, Shag Beach Club and MORE.



**(continued from page 10: Weather Proverbs)**

37. Bees will not swarm before a storm.
38. The more cloud types present the greater the chance of rain or snow.
39. Catchy drawer and sticky door, coming rain will pour and pour.
40. When the wind blows from the west, fish bite best. When it blows from the east, fish bite least.
41. When leaves show their undersides, be very sure that rain betides.
42. Birds on a telephone wire predict the coming of rain.
43. When the ditch and pond offend the nose, then look out for rain and stormy blows.
44. Pigs gather leaves and straw before a storm.
45. Trout jump high, when a rain is nigh.
46. Red sky at morning, sailor take warning; red sky at night, a sailor's delight.  
 When the night goes to bed with a fever, it will awake with a wet head.



**South Carolina Activity Professional  
Association—SCAPA**

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Lexington, SC 29072  
803-996-6229  
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**Check your membership card to see if it's time  
to renew!!**

**Has your address changed?...**

YES! I want to join SCAPA. Enclosed is my membership information and dues.  
Mail application and dues (\$40.00) to:

SCAPA  
c/o Linda Wright  
PO Box 384  
Gaffney, SC 29342

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

Facility: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_