

Pennsylvania Activity Professional
Association Presents the
30th Annual Conference



“Activities-A Pearl of Great Price”

October 8 - 11, 2017

The Penn Stater Conference Center Hotel
State College, Pennsylvania

Conference-at-a-Glance

Sunday, October 8, 2017

2:00 p.m. – 6:00 p.m.

Registration

2:30 p.m. – 4:00 p.m.

Early Bird Sessions:

A. *"Making Memories With Loved Ones Clothes"*

- Linda Gossar-Loesch

B. *"Tour of Sports Museum at Beaver Stadium and The Creamery"*

6:30 p.m. – 8:00 p.m.

"Storytelling and Music"

Rick Bruening

Monday, October 9, 2017

7:30 a.m. – 8:30 a.m.

Registration and
Continental Breakfast
Outside Presidents Hall

8:30 a.m. – 10:00 a.m.

Opening:
"Aging in World Cultures"
Samuel Streater

10:00a.m. – 10:30a.m.

❖ Break and Vendor Visits

10:30 a.m. – 12:00 p.m.

"Forecast-Professional Image"
Nancy Richards

12:00 p.m. – 1:30p.m.

Lunch in The Gardens
and Vendor Visits

1:30 p.m. – 2:30 p.m.

C. *"NCCAP Certification"*

- Kathy Hughes

D. *"The Purpose"*

- Gloria Hoffner

E. *"EFT Emotional Freedom Technique-Tapping Therapy"*

- Cass Jendzurski

2:30 p.m. – 3:00 p.m.

❖ Break and Vendor Visits

3:00 p.m. – 4:00 p.m.

F. *"Creating a Multi Sensory Program"*

- Julia Stumpfler

G. *"How to Motivate Your Staff As a Team"* -Sherry Barzak

H. *"Creating Our Lives"*

- Joan Edel

4:00 p.m. – 5:00 p.m.

General Session:
"New Products and Resources for Programming" - Patti Gallagher

Vendors and Raffle Drawing
and Networking

7:00 p.m. – 9:00 p.m.

DJ, Photo Booth and Party

Tuesday, October 10, 2017

7:30 a.m. – 8:30 a.m.

Registration and
Continental Breakfast

8:30 a.m. – 10:00 a.m.

"LGBT Elders"

Sonya Wilmoth

10:00 a.m. – 10:30 a.m.

❖ Break and Vendor Visits

10:30 a.m. – 12:00p.m.

"A Foundation Check for the Activity Professional"

Debbie Hommel

12:00 p.m. – 1:30 p.m.

Lunch in "The Gardens"
and Vendor Visits

1:30 p.m. – 2:45 p.m.

*"Creative Arts Awards
and General Meeting"*
- Angelo Phillips and PAPA Board

Special Speaker:

Peter Illig, NCCAP CEO

2:45 p.m. – 3:00 p.m.

❖ Break

3:00 p.m. – 4:00 p.m.

I. *"Craft Ideas from U"*

- Jean Stang and Pam Brown

J. *"Seated Back Massage"*

- Patricia Gallagher

K. *"Don't Get Bugged! Keep Food Safe"* - Sharon McDonald

4:00 p.m. – 4:30 p.m.

❖ Break

4:30 p.m. -5:30 p.m.

L. *"Fairy Gardens"* - Tish Saxon

M. *"How to Survive Survey"*

- Kathy Hughes

N. *"Trip to Arboretum"*

-Carol Gockley

5:30 p.m. – 8:00 p.m.

Dinner on your own

8:00 p.m.- 9:00 p.m.

"Rail City Improv!"

Wednesday, October 11, 2017

8:00 a.m. – 8:30 a.m.

Continental Breakfast

8:30 a.m. – 10:00 a.m.

"This Job is Killing Me"

Mary Harrison

10:00 a.m. - 10:30 a.m.

❖ Break

10:30 a.m.- 12:00 p.m.

"A Pearl of Great Price"

PAPA Board

Raffle and Conference Wrap-Up

A total of 19 Clock Hours have been applied through NCCAP

WORKSHOPS AND GENERAL SESSIONS

Early Bird Programs:

A. “Making Memories With Loved Ones Clothes”

Participate in learning to make a pillow from loved ones clothing. What a lovely gift for the facility to give to the family as a memory of their loved one. Bring a T shirt or a button down shirt to class and you will leave with a wonderful memory. Easy to make and what an impact you will make with the family. Class will be limited to 30 participants. You may also attend to watch but not participate.

Presenter: Linda Gossar-Loesch ADC

B. “Tour of Penn State Sports Museum and The Creamery”

Come and join us for a tour of Penn State Sports Museum, located in the base of Beaver Stadium. Visit the museum of Penn State sports and learn about the many pro sport athletics that have come from this great sports program. We will also treat ourselves to homemade ice cream at The Creamery following the Museum visit. Admission fee is \$5.00. We will carpool to the site and back.

Presenter: Nathan Mitchell

General Session: Storytelling

Storytelling with musical accompaniment and how it stirs the memories and emotions of the senior community. Taking folks back to the days when they were listening to and dancing along with the latest and most popular musical releases.

Presenter: Rick Bruening

Opening General Session 1: “Aging in World Cultures”

Presentation will discuss how people are aging and how they are valued. We will also discuss how cultures use various techniques to address aging population in their society. Learn how cultural activities can help the aging engage and connect with people of other cultures and how we can improve services in the United States.

Presenter: Samuel E. Streater, Jr. CTRS, Certified Dementia Practitioner

General Session 2: “Forecast –Professional Image, Cloudy or Clear?”

Professional image is important. First meeting with a client, future employer or professional networking may be a boom or a bust. This session demonstrates how the right balance of assertiveness, positive power, presence, strength building language and delegation can make a difference. Make each opportunity count, crystalizing your professional forecast and ultimately your service delivery.

Presenter: Nancy Richards ADC,EDU,MC

C. “NCCAP Certification”

Easier isn't always better, sometimes we have to work for what is most important to us. Learn the steps to becoming certified by NCCAP and learn how to apply the experience and education that you have with the other items you may need to be able to meet your professional goals. Many of you are eligible right now for some level of certification, and this hands-on session will set you off with your personal plan for certification.

Presenter: Kathy Hughes ADC

D. “The Purpose”

Human beings of every age and every ability level need to feel they contribute and have purpose. Our residents had purpose their entire lives by helping their families, their co-workers and their community. Often once moving into long term care, personal care and memory care they become receivers rather than givers. Science research has shown that a person who feels they are un-needed and no longer makes a difference can feel the mental and physical effects of depression. This session will teach hands-on examples of ways to engage residents in giving back to their communities through charity to others.

Presenter: Gloria Hoffner

E. “EFT Emotional Freedom Technique-Tapping Therapy”

Good Care for ourselves and good care for others. EFT (tapping therapy) in a non prescriptive and noninvasive method for healing and relaxation. It is simple, fun, and does not take much time away from a busy day – one round of tapping can be done in two minutes or less. A perfect way to find some relaxation for the super busy Activities Professional!

Presenter: Cass Jendzurski, CMP

F. “Creating a Multi Sensory Program”

Learn to identify the seven avenues of sensory input and how to use them in helping your resident. Participant will be able to identify signs of too much sensory, as well as diet and mobility concerns. You will also discover how to create a multi-sensory activity program using a variety of sensory avenues.

Presenter: Julie Strumpfer BA Speech Pathology & Audiology, MMS in Occupational Therapy

G. “How to Motivate Your Staff as a Team”

Every man may be an island but that is no way to sail the ship. Come and gain some great information on how to bond your staff into a team that will benefit your residents and facility.

Presenter: Sherry Barzak ACC, BS

H. “Creating Our Lives”

Provides an opportunity to explore how our identity gets created and continues to develop throughout our lives. By applying this factor to our residents we will be able to help in providing them help mentally physically, spiritually, socially and emotionally.

Presenter: Joan Marie Edel ADC, BS

General Session: “New Products and Resources for Programming”

This session will introduce participants to the newest products and equipment being offered on the market today. How many times have you purchased equipment only to be disappointed when it proves to be non-stimulating to your residents? You will have an opportunity to meet the vendors, ask questions about the therapeutic value, and try before you buy new equipment.

Presenter: Patti Gallagher, ADC

General Session 3: “Supporting LGBTQA Populations”

People fear what they do not understand and often fill in the spaces with misinformation. As Activity professionals, we should learn how we can support the LGBT elders we may have in our communities. What does allyship mean to you?

Presenter: Sonya Wilmoth, Assistant Director Penn State

General Session 4: “A Foundation Check for the Activity Professional”

What does it take to be an effective activity professional? Is it certification, a degree, a certain personality? This session will explore the components of the activity profession which is based on a strong foundation of knowledge, skills and service. Participants will conduct a personal inventory and inspection of their foundation, identifying strong points and potential areas of growth.

Presenter: Debbie Hommel, ACC/MC/EDU CTRS

General Session: “Creative Arts Awards Session and Annual Meeting”

Our annual meeting and award presentations to the winners of the Arts Festival.

Presenters: Angelo Phillips, ADC, and PAPA Board Members

I. “Craft Ideas from U”

This session is a net working for many craft ideas for high and low functioning residents. We would like you to bring a sample of crafts along with 40 copies of the instructions to share with other activity professionals. A short presentation will be given by you about your crafts. So we can all benefit from your creativity.

Presenters: Jean Stang, ADC & Pam Brown ADPC

J. “Seated Back Massage”

Learn how to give a seated back massage to individuals in a chair or wheelchair. You will learn the benefits of a massage. This will be a hands-on class.

Presenter: Patricia Gallagher ADC certifie

K. “Don’t Get Bugged! Keep Food Safe”

The Centers for Disease Control and Prevention estimate there are 48 million cases of foodborne illness each year with 128,000 hospitalizations and 300 deaths as a result of these illnesses. If you prepare food, then it is critical that you understand how foodborne illness occurs and most importantly the safe food handling practices needed to reduce the risk of illness, especially for individuals at a higher risk of contracting these diseases. In this workshop, we will review how food becomes contaminated and best food handling practices when it comes to personal hygiene, controlling time and temperature, preventing cross contamination and cleaning and sanitizing.

Presenter: Sharon McDonald MED, RD, LDN

L. “Fairy Gardens”

In this session you will create your own fairy garden. Learn the origin of the fairy garden and also about the soil you need to plant your own garden. You will individualize your own garden by picking your own plants, accent pieces and learning how you can also make them. There is a limited number of 30 people who may participate. Class fee of \$10.00 for garden supplies

Presenter: Tisha Saxon

M. “How to Survive a Survey”

The “window” is open and the survey team is due any day. Don’t panic! Make sure that you have all that is required ready and waiting for the survey team. Learn what you need for a successful survey for activities. .

Presenter: Kathy Hughes ADC

N. “Trip to Arboretum”

Take a short trip to Penn State’s beautiful Arboretum. View the beautiful plants that are to be found there and enjoy a peaceful walk through the gardens. This is one of State College’s premium attractions. The Arboretum is always changing its look and has greatly increased the plants that it has. Admission and parking are free. We will car pool to the Arboretum.

Presenter: Carol Gockley, ADC

General Session “Rail City Improv!”

Rail City Improv is Central Pennsylvania’s premier comedy improv troupe, or at least we think we are. We haven’t really checked. We should probably look into that. Performing for audiences ranging from 25-500 they have also opened for well-known comedians. Providing smiles and laughter, Rail City Improv is the perfect remedy for whatever ails you.

General Session: ”This Job is Killing Me”

Workplace stress and the impact on employees and organizations. This is a light hearted and fun session to help activity professionals renew their passion while relieving some stress.

Presenters: Mary Harrison LNHA

General Session: “A Pearl of Great Price”

Pearls are priceless and beautiful. They are not created without friction and time. Activities have evolved over the years as a profession and has grown into a Pearl of Great Price. You are one of our pearls.

Presenter: PAPA Board



PAPA 2017 MEMBERSHIP FORM

Please Check All That Apply

New Member Renewal Lifetime Member Board Member

Name: _____ Phone: () _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

May we contact you via email for newsletters and other types of correspondence? Yes ___ No ___

Work Setting Information

- | | |
|--|--|
| <input type="checkbox"/> Long-Term Care | <input type="checkbox"/> Assisted Living/Personal Care |
| <input type="checkbox"/> Continuing Care Community | <input type="checkbox"/> Adult Day Center |
| <input type="checkbox"/> Alzheimer/Dementia Unit | <input type="checkbox"/> Hospital Setting |
| <input type="checkbox"/> Other (please indicate) _____ | |

Facility Name: _____

How long have you worked in the activities field? _____

Credentials: _____

Would you like to...

Assist with a PAPA project? Yes ___ No ___

Assist at conferences as a room host by introducing speakers/monitoring the room?
Yes ___ No ___

Serve as a speaker at one of the PAPA conferences or workshops? Yes ___ No ___

If yes, please indicate the topics you would like to present:

Submit articles for the PAPA newsletter? Yes ___ No ___

Please list conference topics that would be of interest to you?

Any other ideas or suggestions? _____

Membership Fee \$35.00 valid one year from receipt
Make check payable to: PAPA. Send this form and payment to:
Sandy Newfield, P. O. Box 432, Hollidaysburg, Pa. 16648

Official Use Only: Check#

Date Received:

Initial:

“Activities-A Pearl of Great Price”

Please Print Clearly
(Please complete one form per registrant. This form may be copied)

NAME: _____ PHONE: _____
 PLACE OF EMPLOYMENT: _____ TITLE: _____
 BUSINESS ADDRESS: _____
 HOME ADDRESS: _____
 E-MAIL ADDRESS: _____
 CREDENTIALS (CTRS, ACC,ADC, etc): _____
 NAME TAG SHOULD READ: (for large first name or nickname): _____
 PAPA MEMBERSHIP NUMBER: _____



REGISTRATION: (Postmarked by 10/1/17)

	MEMBER	NON-MEMBER	
Full Conference	\$280__	\$360__	
Sunday	\$50__	\$80__	
Monday	\$120__	\$160__	
Tuesday	\$120__	\$160__	Sports Museum __
Wednesday	\$50__	\$80__	\$5 Entrance Fee

Please mark a number 1 for your first choice and 2 for your second choice in each column:

A. __	C. __	F. __	I. __	L. __ Fee \$10
B. __	D. __	G. __	J. __	M. __
	E. __	H. __	K. __	N. __

You will be automatically registered into all General Sessions for a total of 9 additional sessions to the ones you choose above.

We would like to include a list of all conference participants and their contact information in the conference booklet. This list is for the purpose of helping you network. Would you like to be included in this list?
 YES__ NO__

**Mail this form and check made payable to PAPA to:
 Sandy Newfield, P. O. Box 432, Hollidaysburg, PA 16648**

ATTENDEE'S NAME MUST BE PLACED ON ALL CHECKS

WE ARE NOW ACCEPTING PAYPAL

OFFICIAL USE ONLY

PERSONAL CHECK#	BUSINESS CHECK#	DATE RECEIVED:
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UPCOMING PAPA EVENTS IN 2018

Mini Conference Series

Wesbury Retirement Community Meadville, PA
Date: To Be Announced

UPMC East, Monroeville, PA
Date: To Be Announced

Garvey Manor, Hollidaysburg, PA
Date: To Be Announced

Wesley Enhanced Living, Philadelphia, PA
Date: To Be Announced



For Your Stay In State College:

The Penn Stater Conference Center Hotel
Offers the highest quality guest rooms and conference center around!
Alternate hotel accommodations and information about the State College area can be
found at www.visitpennstate.org
Make your hotel reservations early, as things tend to fill up rather quickly!
Reservation information can be found on Page 10

Recommended Dress:

Business casual attire is recommended for educational sessions
Sweater or light jacket as the conference rooms tend to be chilly

Important items to bring along:

We are going green, you may print handouts from the web site on the sessions you are attending.
Money for raffle drawings, vendor products and evening meals
Workout clothes and swimsuit for use at the fitness center and indoor pool
Casual clothing for evening events
Warm clothing for during sessions, sweaters or sweatshirts.
PAPA membership card

The Penn Stater:

The Penn Stater has a casual pub Legends, which serves sandwiches, salads, and appetizers.
You can shoot a game of pool, visit with old friends, and network with your fellow Activity Professionals
The Penn Stater offers a free shuttle service to hotel guests so you can take a ride downtown or dine out

Come prepared to:

Gain valuable information, network, obtain Continuing Education Credits, see the latest resources available to enhance your programs during vendor time, and have a great time connecting with fellow Activity Professionals across the state.



WE ARE NOW ACCEPTING PAYPAL FOR YOUR REGISTRATION CONVENIENCE

PAPA is going green. You may print out handouts from the website on the sessions you are attending. Copies will not be available at the conference. Thank you for helping us to go green.

**Hotel Reservation
Information:**

Each attendee is responsible for making their own hotel reservations

*Penn State Hospitality Services
Central Reservation Department*

Request: The Penn Stater Conference Center Hotel

Phone: 800-233-7505

*Reservation Identification Number:
PAAJ 17A*

**Or visiting the website:
www.pshs.psu.edu**

**Group rate is:
\$110.00 per night for Single to
Quad Occupancy**

In order to receive the PAPA group rate, reservations must be made by September 7, 2017 to obtain this rate

Alternate Hotel Accommodations

Hampton Inn & Suites 1955 Waddle Road State College, PA (814) 231-1899	Fairfield Inn & Suites 2215 N. Atherton Street State College, PA (814) 238-3871
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Meals

Conference registration includes:
Continental breakfast on Monday, Tuesday and Wednesday
Buffet Luncheon on Monday and Tuesday
Morning and Afternoon Snack Breaks on Monday and Tuesday

Full breakfast is available in the Garden Restaurant at your own expense

Directions to the Penn Stater Conference Hotel

The Penn Stater
215 Innovation Boulevard
State College, PA 16803

From New York City and Points East:

Take I-80 W in PA to Exit 161 (Bellefonte). Follow PA 26 S to US 220 S, and take Exit 74 for Innovation Park/Penn State University. Stay in the right lane of the exit and follow the sign for Innovation Park. Turn right at the end of the ramp onto the Park Avenue extension, and turn left at the stop sign onto Innovation Boulevard. The Penn Stater Conference Center Hotel will be on the right.

From Philadelphia:

Take the PA Turnpike/I-76 W to Exit 247 (Harrisburg East), and follow signs for the next 15 miles to Route 322 W. Take 322 W past Lewistown toward State College (stay on 322 W towards Philipsburg), and take the Penn State University/Innovation Park Exit. Turn left at the stop light, and follow signs for Innovation Park Exit A directly to The Penn Stater in Innovation Park.

From Pittsburgh:

Take Route 22 E to Duncansville. Merge onto Route 220/I-99 N toward Altoona and go north for 24 miles. Turn right onto US 220 toward State College for 11 miles; merge onto Route 322 E to State College. Stay on Route 322 and later the 322 East/US 220 N bypass to the Penn State University/Innovation Park Exit. Turn left at the stop light, and follow signs for Innovation Park Exit A directly to The Penn Stater in Innovation Park.

From Points West:

Take I-80 E in PA to Exit 161 (Bellefonte). Follow PA 26 S to US 220 S, and take Exit 74 for Innovation Park/Penn State University. Stay in the right lane of the exit and follow the sign for Innovation Park. Turn right at the end of the ramp onto the Park Avenue extension, and turn left at the stop sign onto Innovation Boulevard. The Penn Stater will be on the right.

Cancellations/Refunds

Request for refunds must be sent to:
Sandy Newfield, Registration Chair
by 4:00 PM on September 26th
PO Box 432, Hollidaysburg, PA 16648
TinselBean@aol.com

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

Conference Questions may be addressed to:
Carolyn Snow at 814-943-5375

Download additional registration forms at www.papactivitypro.org

CLOCK HOURS

We have requested NCCAP approval for 19 Clock Hours

You must attend the full session to receive a certificate

No certificates will be distributed before the completion of a session



PENNSYLVANIA ACTIVITY PROFESSIONAL ASSOCIATION
11TH ANNUAL CREATIVE ARTS FESTIVAL 2017

Directions:

1. Contest is open to PA skilled nursing, assisted living, personal care homes & adult day health centers.
2. Entry fee is **\$25.00** per facility for up to 10 people and **\$40.00** for 11 and over. Only one entry *per person* in each category is permitted. Checks may be made payable to: PAPA (write 'Arts Fest.' on memo line).
3. Include a 4x6 photo of each project along with your application. You may submit multiple photos if needed to display the entire project. Performances should be submitted on DVD no more than 5 minutes in length. Performance art may include individual or group submissions. All work should be from the current calendar year (calendar year defined as 8/1/2016 – 7/31/2017).
4. All photos and DVDs *must* be labeled with the resident's name, facility name, and entry number. Please label the back of each photo. Photos and DVDs will not be returned.
5. Entries must be postmarked by July 31, 2017.
6. Send entries to: **Angelo Phillips, 3318 Auburn Street, Erie, PA 16508**

If you agree to give PAPA the right to use photos and video clips on our website, please be sure to sign the appropriate waiver below.

For additional information e-mail Angelo Phillips at: artcontest@papactivitypro.org

7. To download additional forms please visit the PAPA website: <http://www.papactivitypro.org>

8. Select from one of the categories listed below:

Categories:

<u>Creative Writing</u>	<u>Performance Art</u>	<u>Fabrics</u>	<u>Fine Art</u>	<u>Functional Art</u>	<u>Intergenerational</u>
Poetry	Dance	Needlework	Ceramics	Woodworking	Can be any project
Short Story	Drama	Leather	Drawing	Kits	listed under other
	Instruments	Quilts	Painting	Special project	categories
	Singing		Mosaic		
			Sculpture		

Winners will be contacted in early September and awards will be presented at the 2017 PAPA Annual Conference to be held October 8 – 11, 2017 in State College, PA.

Facility: _____ Contact : _____ E-mail: _____
 Address: _____ Phone: _____
 Permission to use entry on our website: Yes _____ No _____ Signed _____

Entry #	Category Name	Resident/ Group Name	# in group	Title of entry
1				
2				
3				
4				
5				
6				

PAPA
3574 North Hills Road
Murrysville, PA 15668



30th Annual PAPA Conference
“Activities-A Pearl of Great Price”
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Conference Center Hotel
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