



Winter 2017

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Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you'll never, ever have enough

~Oprah Winfrey



Presidents Corner

Sherry Barzak

I would encourage you to take some time out for yourself and your family during this holiday season. Look around daily and see what you are thankful for. This is something that often gets left undone. We need to take time to do this daily, not just one time a year.

Recently one of my closest mom friends, Pam, passed away. One of the lessons she has taught me during the time that I have known her is that we need to be thankful for what we have and appreciate everything. She said "thank you "for every little thing. This was because she was excited over every little thing. We often get too involved about getting things done. Activity Professionals need to take time daily for ourselves. Let's get out of our tunnel and look all around us. Now that I have taken the time to do this, that singing and humming from the resident who sits right outside my office brightens my day now. I have a new perspective on the song that resident is humming, "Take me out to the ball game". I have found out that when he is sitting there humming or singing this song, he is waiting for the photo album I have made him of my boys and their baseball days. He really enjoys this and the staff has learned to give him that album when I am not there. When he is done, he hands it to me and says "I needed that Miss Sherry". He will write the same words on a note and put it on the album if I am not in my office. This little interaction is something that I am thankful for and appreciate daily. I carve out that time daily for him.

I gave a challenge to the PAPA board to do something like this every day at 9:30 AM. We will all be thinking of one another if you can do this at 9:30 AM! So the challenge is on! Be thankful and appreciative and my friend, Pam, will be excited that we are taking the lead on the lessons she taught me.

Christmas Greetings to Everyone

Dee Miller

It's so hard to believe the holiday season is here, and another new year is soon to begin.

First of all, I want to "Thank you" for being a part of PAPA each year. I love our organization, and I believe in what it stands for! Just a reminder, our membership year ends August 31st of each year, and the new year begins September 1st!

As we look forward to the holidays, and the beginning of the New Year, let us remember to put God first in our lives! He will bring us through the good times, as well as the sad times in our lives. So start off your new year with a new relationship with our Lord. He is waiting.... for you!

Have a Blessed Christmas and a prosperous New Year!
Love, Dee Miller ADC



When you rise
in the morning,
give thanks for
the light, for
your life, for
your strength.
Give thanks for
your food and
for the joy of liv-
ing. If you see
no reason to give
thanks, then the
fault lies in
yourself
~ Tecumseh



It's a Smaller World than You Think!

Jackie Holzel

Recently my facility worked with Mennonite Central Committee and their IVEP program. IVEP stands for International Volunteer Exchange Program. MCC asks sponsoring partners to think of how they could best utilize a volunteer who works along side of you Monday thru Friday 8-5 for an entire year!

As I filled out the paperwork I did have many questions about how this experience would go. My husband himself was an exchange student from Germany many moons ago, so I already knew the value of learning about different cultures and all the challenges as well that he faced.

As our application was received they forwarded it to applicants throughout the world in different countries to see if there was someone interested in coming to help at a Skilled Nursing facility in Akron, PA.

We held our breath, wondering so many things about our IVEPer. Would it be a male or female? Would they be outgoing or shy? Would they enjoy their time with seniors? Would they adjust to life in the US? Could they speak English well?

In July, 2017 we welcomed Jee Hyun Yoo. She has been a tremendous addition to my team and not only is she working right along side us, but she has become so much a part of our lives outside of work as well!

We've learned some differences, but mostly all the commonalities! Everyone needs to feel they belong and everyone misses loved ones when they are apart. We also found out that Starbucks is not only here in the States, but in South Korea (where Jee Hyun is from) as well!

I highly recommend this IVEPer experience. If you'd like more info on how to sponsor or talk about what is involved, feel free to email me at jholzel@maplefarm.org.

The More Things Change

Angelo Phillips

You've heard the saying, the more things change, the more they stay the same. While that is often true, in the case of the PAPA Creative Arts Festival, it couldn't be further from the truth. As those of you who attended this year's conference know, we as a board have decided to put the festival to rest, at least for a while. While I personally will miss overseeing the festival and interacting with both activity directors and residents (through their work), I'm very excited about where we'll be going. That being said, let me make the announcement of exactly where that is.

Instead of the Creative Arts Festival, we will now be holding an annual Best Practice contest. We feel this will better highlight what we as activity directors do and will not only involve our residents, but also our facilities as a whole. The possibilities are limitless! Think about it, maybe you have a program you've developed that you believe deserves recognition. This is your chance to show it off. This will also allow so much more freedom in terms of what can be entered, as there will be no set categories, as with the arts festival. What we hope to celebrate is you, your creativity, your drive, your enthusiasm. In doing so, we believe this will lead to not only celebrating the activity director, but also your residents, your facility and its programs. The particulars of the contest will be announced in detail on the website soon. The calendar year will be the same as with the arts festival (August 1st through July 31st), as well as the entry fee (\$25.00).

So let's get those creative juices going. Help us to celebrate you!

Mini Biography

Jean Stang, ADC



Greetings from Wyoming County. I have been a proud PAPA Board Member for the past 12 years. I have 28 years of activity experience, ranging from private duty to working as an activities director in 2 long care and personal care homes, and I have been certified for the past 17 years. Although officially retired for the past 6 years, I remain very active in supporting the activities field, including being a speaker for PAPA and other organizations.

I am also very active in my community where I serve on the Wyoming County Penn State Extension Board, head the 4-H building at the Wyoming County Community Fair, and am a Grange member. I live on a dairy Century Farm, which has been in my family for over 150 years. In my free time, I enjoy volunteering and spending time with my family, including my husband, 2 sons and their wives, and granddaughter.

Mini Biography

Jackie Holzel



Jackie Holzel is a new PAPA board member. Jackie currently is employed as the Activities Director at Maple Farm in Akron, PA (a Garden Spot Community facility).

Jackie is also very active with her local association - LADA (Lancaster Activities Directors Association) where she serves on the board as Program Chair.

Jackie lives in Manheim with her husband of 34 years, Frank. They have two sons, Greg and Matt. Both are married and have given us 2 grandchildren! Amely and Gigi (who live in Etters, PA area, and Lana and Lav (who live in Germany). We have quite the international family! Frank is originally from Germany. Jackie's Dad was Norweigan and her Mom was Polish. Greg married Tami, who is Vietnamese and Matt married Bojana who is from Serbia. We have a growing, wonderful family!

Please contact me if I can be of any help to you! My daily focus is to make the lives of seniors we serve the best they can be! I am honored to be on the PAPA board and look forward to working for you, and to see our professional continue to blossom and evolve! If you want to network, feel free to contact me at jholzel@yahoo.com!

Visit Us On The Web! www.papactivitypro.org

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October 10, 2018

