

Pennsylvania Activity Professional Association Presents the 31st Annual Conference



“31 Flavors of Activities”

October 7 - 10, 2018

The Penn Stater Conference Center Hotel
State College, Pennsylvania

Conference-at-a-Glance

Sunday, October 7, 2018

2:00 p.m. – 6:00 p.m.

Registration

2:30 p.m. – 4:30 p.m.

Early Bird Sessions:

- A. "Creative Food for Men"
- Pam Brown & Jean Stang
- B. "A is for Art" - Jackie Holzel

6:30 p.m. – 8:00 p.m.

"How to Make 31 Flavors of Activities"
Sandy Newfield & Dee Miller

Monday, October 8, 2018

8:00 a.m. – 8:30 a.m.

Registration and
Continental Breakfast
Outside Presidents Hall

8:30 a.m. – 10:00 a.m.

Opening:

"Mental Wellness in a Profession of
Chronic Loss & Trauma"
Kristie Knights LPC

10:00a.m. – 10:30a.m.

❖ Break and Vendor Visits

10:30 a.m. – 12:00 p.m.

"Re-creating a Healthy Lifestyle for
Yourself"
Kay Lyne Ege, retired ACC

12:00 p.m. – 1:30p.m.

Lunch in The Gardens
and Vendor Visits

1:30 p.m. – 2:30 p.m.

- C. "Resident Council Regulations"
- Kathy Hughes ADC
- D. "Essential Oils Mixing and
Blending Session"
- Cass Jendzurski CMP
- E. "Beauty is in the Beholder's Eye"
- Nancy Richards ADC, EDU, MC

2:30 p.m. – 3:00 p.m.

❖ Break and Vendor Visits

3:00 p.m. – 4:00 p.m.

- F. "Faith Stretching"
- Laurie Jones CWP, CWWS,
NASM-CPT, SFS, WFS, CES
- G. "Short Term Rehab Activities"
- Kathy Hughes, ADC
- H. "Music for the Journey"
- Cass Jendzurski CMP

4:00 p.m. – 5:00 p.m.

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

Tuesday, October 9, 2018

8:00 a.m. – 8:30 a.m.

Registration and
Continental Breakfast

8:30 a.m. – 10:00 a.m.

"Time Slips-Creative Storytelling"
Kathryn Hawkins MT-BC

10:00 a.m. – 10:30 a.m.

❖ Break and Vendor Visits

10:30 a.m. – 11:15p.m.

"Nonprofit Good Government: The
Evolution of NCCAP"
Peter Illig JD, LLM

11:15 a.m. – 12:00 noon

"The State of the Profession"
Alisa Tagg BA, ACC

12:00 p.m. – 1:30 p.m.

Lunch in "The Gardens"
and Vendor Visits

1:30 p.m. – 2:30 p.m.

"Validation Techniques in a Real
World"
- Alica Tagg BA, ACC

2:30 p.m. – 3:00 p.m.

❖ Break and Networking

3:00 p.m. – 4:00 p.m.

- I. "Recycling Projects for the Elderly"
- Tish Saxon
- J. "NCCAP Certification"
- Peter Illig JD, LLM &
Sherry Barzak ACC
- K. "Person Centered Care Planning
For Meaningful Engagement"
- Brad Norris BS

4:00 p.m. – 4:30 p.m.

❖ Break and Networking

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

- L. "Placing Aging/Ailing Parents –
A Child's Perspective"
- Joan Edel BS
- M. "Seated Back Massages for your
Residents" -Patti Gallagher ADC
- N. "One is the Loneliest Number"
-Linda Gossar-Loesch ADC

5:30 p.m. – 7:30 p.m.

Dinner on your own

7:30 p.m.- 9:30 p.m.

"Leadership and Star Trek"
Angelo Phillips ADC &
Sherry Barzak ACC

"Best Practice Awards and General
Meeting" - Angelo Phillips ADC
and PAPA Board

Wednesday, October 10, 2018

8:00 a.m. – 8:30 a.m.

Continental Breakfast

8:30 a.m. – 10:00 a.m.

"Medical Marijuana in the
Long Term Care Setting"
- Dr. Kent Vrana PhD, FAAAS

10:00 a.m. – 10:30 a.m.

❖ Break and Networking

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

"Technology in Long Term Care-
Your Sprinkles on Top"
Laura Mock CTRS

A total of 20.5 Clock Hours have been applied through NCCAP

WORKSHOPS AND GENERAL SESSIONS

Early Bird Programs:

A. “Creative Food Programming for Men”

Learn how to get the gentlemen involved in those cooking programs as well as other successful programs to offer that are geared towards men. This is a hands-on program you will enjoy.

Presenters: Pam Brown, ADC and Jean Stang, ADC

B. “A is for Art!”

Join us at the Palmer Art Museum on the Penn State Campus. Learn about the importance of art with our seniors and do a scavenger hunt in the building. This session will leave from the hotel in carpools.

Presenter: Jackie Holzel, ADC

General Session: “The 31 Flavors of Activities”

This session will pull the creativity that is inside of everyone out. Can you do an activity every day of the month based on one theme? Would you find that difficult? Learn how to create 31 activities (one for every day of the month) based on a single theme. Examples will be given and participants will also be asked to come up with ideas. We will cover activities both on campus and off for low and high functioning, and for individuals, small groups, and large groups.

Presenters: Sandy Newfield, ADC and Dee Miller, ADC

Opening General Session 1: “Mental Wellness in a Profession of Chronic Loss & Trauma ”

Suicide by caregivers is at an all time high rate, it is an epidemic. In each of us including our clients lies a story, a story of salvation and return to sanity. Discover the art of mental wellness and care for yourself and those you serve. Learn to identify the signs of suicide, how to have that conversation, and next step to healing. Each participant will receive an impress journal and two opportunities to save a life globally from the comfort of their home.

Presenter: Kristen Knights LPC

General Session 2: “Re-creating a Healthy Lifestyle for Yourself”

It is a hectic world that we find ourselves in, it seems so very hard to establish a healthy lifestyle. With the availability of fast, already prepared food and more and more time spent sitting down it is hard to envision that by creating, simple healthy habits in our daily lives, we can attain and maintain optimal health. During this session we will unpack how we got here and explore the opportunities that we have at our finger tips for re-creating a healthy lifestyle for ourselves.

Presenter: Kay Lynne Ege, ACC

C. “Resident Council Regulations”

This session will cover all the “new” regulations for Resident Councils, ideas to engage residents in the council and information to use for your meetings.

Presenter: Kathy Hughes, ADC

D. “Essential Oils Mixing and Blending Session”

Learn the “fun of” and “how to” mix and blend your own essential oils. You will receive some background information on the therapeutic art of aromatherapy. Better yet, you will be actually mixing and blending your own concoctions for your personal use to take home. This is a great self-care session for all professional caregivers!

Presenter: Cass Jendzurski, CMP

E. “Beauty in the Beholder’s Eye”

Did you know that the eyes are the second most complex organs in the body. This session explores how to motivate residents who might be experiencing vision changes to help them experience a quality of life through Activity Services.

Presenter: Nancy Richards, ADC, EDU, MC

F. “Faith Stretching: Collaboration of Interdisciplinary Staff for Positive Outcomes”

Wellness that honors the whole person is a goal for which many long-term care communities strive. Interdisciplinary collaboration is one way of providing resident with a variety of opportunities for maintaining and improving their sense of vitality and joy. Both the chaplain and the wellness director bring specific skill sets and knowledge to the collaborative partnership. Through this partnership, the Faith Stretching program was created to promote wellness in the mind, body and soul.

Presenter: Laurie Jones, CWP, CWWS, NASM-CPT, SFS, WFS, CES

G. “Short Term Rehab Activities”

This session will include at least 10 activities that you can use for your Short Term Rehab participants. It includes online programs that they can access and social activities that will meet their needs and interests.

Presenter: Kathy Hughes, ADC

H. “Music for the Journey”

“Songs for the Journey” is a nineteen year old volunteer music ministry to help those approaching the end of life. You will journey with the founder into how this ministry was started. Participants will understand that not all music is created equal when it comes to comforting someone who is actively dying.

Presenter: Cass Jendzurski CMP

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: Patty Gallagher, ADC

General Session 3: “Time Slips Creative Storytelling: Building a Community of Care among the Department of Military and Veterans Affairs”

This inspiring, interactive presentation will share the collaboration of DMVA staff and/Activities professionals, teaching artists, and Timeslips creative storytelling being used in 6 Veterans’ homes across Pennsylvania. A short description of program goals and Timeslip philosophy will lead into art, stories and the collaborations large and small. The presentation will finish with a lively group storytelling session. Included throughout will be ways to use similar collaboration to broaden ones’ programming schedule.

Presenter: Kathryn Hawkins Time Slips Master Trainer/Facilitator:MT-BC

General Session 4: “Nonprofit Good Government: The Evolution of NCCAP”

Hear what has happened over the last year at NCCAP since the new CEO has taken the reins. The fundamental objective of NCCAP as a credentialing body was assessed and adjustments made to prepare for the future. This presentation will present key challenges faced and changes made within the organization in order to meet nonprofit management best practices, reunify with the National Association of Activity Professionals (NAAP) and advance the Activity Profession.

Presenter: Peter Illig JD, LLM

“The State of the Profession”

In this session the participant will become familiarized with current federal regulation for the Activity Director. We will review current standards and practices. Focus on what the National Association of Activity Professionals does for their membership.

Presenter: Alisa Tagg BS, ACC

General Session “Validation Techniques in a Real World”

In this session the learner will become engaged in understanding with Validation is and how to apply these techniques when communicating with some who has memory impairment. The learner will master the principles of Validation and what he/she plays when engaging with a client or family member who has memory impairment

Presenter: Alisa Tagg BS,ACC

I. “Recycling Projects for the Elderly”

Participate in a recycling bottle project that can be made from Ensure, soda or water bottles. Patterns will be provided and materials for your project will be supplied. There will also be other recycling projects presented that you can do in your facility

Presenter: Tish Saxon

J. “NCCAP Certification”

Easier isn’t always better, sometimes we have to work for what is most important to us. If achieving your professional credentials with NCCAP is your goal, come to this session to 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.

Presenters: Peter Illig JD, LLM & Sherry Barzak ACC

K. “Person Centered Care Planning for Meaningful Engagement”

This presentation shows how the skills of good assessment to effective care planning in order to achieve meaningful Resident engagement. The presentation will discuss differences between institutional models of care planning and changing the culture to achieve person centered care plans that have relevance to each person. Means by which assessment information can be operationalized through the care planning process will be emphasized. Various tools and models representative of a changed/changing will be identified. Specific example case studies will be cited.

Presenter: Brad Norris BS

L. “Placing Aging/Ailing Parents...A Child’s Perspective”

We will discuss the incident that causes families to begin thinking about placement for their parent. Searching for the right facility. Asking the right questions. Checking the Inspection reports. Parting with the home and belongings. Getting a clear financial picture. How does this relate to the Activities Professional? The children vs. parent rocking the relationship. How we can help the family and resident and give support.

Presenter: Joan Marie Edel BS

M. “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 is a hands-on class.

Presented: Patricia Gallagher ADC Certified Massage Specialist

N. “One is the Loneliest Number”

What is the cause of residents being lonely? Does this have an effect on them in or out of a facility? Are other persons lonely also and what can we do to help these individuals. This session will explore the subject and how we can help them. Come prepared to discuss your experiences on working with this type of resident and also how you feel about this subject.

Presenter: Linda Gossar-Loesch ADC

General Session: “Leadership and Star Trek”

We will take a look at various leadership principles and qualities needed in the workplace today using the legendary characters and stories of Star Trek!

Presenters: Angelo Phillips ADC and Sherry Barzak ACC

“Best Practice Awards and General Meeting”

This the first year for the Best Practice Awards and we will recognize Activity Directors

For original best programs.

Presenter: Angelo Phillips ADC

General Session 5: “Medical Marijuana in the Long Term Care Setting”

This session will provide an overview of the history and science of medical marijuana. This discussion will include considerations of delivery methods, medical indications and potential complications associated with an aging population characterized by polypharmacy.

Presenter: Dr. Kent Varna PhD, FAAAS

General Session 6: “Technology In Long Term Care-Your Sprinkles on Top”

This session will focus on technology available to better serve the long term care and rehabilitation population. We will share some of the new ways technology has been developed to assist persons living in LTC with disabilities and those caring for them. Included in the technology will be “It’s Never Too Late {IN2L}”. This is the technology system utilized with older adults living in various long term care facilities across the country. This session will identify techniques, modalities, and interventions for Activity Professionals that can be used within long term care settings. The use of computer technology in a long term care facility has shown to increase socialization and improve physical and mental health. Let’s identify how technology can be used in your setting and assist your Activities Department.

Presenter: Laura Mock CTRS

KEYNOTE SPEAKERS

Peter Illig, CEO of NCCAP and Alisa Tagg, President of NAAP will both be speaking at this year’s conference. We hope you will join us for this memorable occasion.

T-SHIRT CONTEST: 31 FLAVORS OF...

The contest is simple. Make a t-shirt with your favorite hobbies, movies, sports, ice cream, pets, vacations sites, foods, etc. The possibilities are endless!!!

T-shirts are to be worn on Tuesday, October 9th during the 7:30-9:00 p.m. “Leadership and Star Trek” class.

All t-shirts will be voted on and prizes will be awarded! So...get busy on your one-of-a-kind t-shirt!

Because from a galaxy far, far away, YOUR T-shirt may be chosen, and you may hear these words...

“Beam me up Scotty!!!” Good Luck to Everyone!



PAPA 2018 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

☐ Long- Term Care

☐ Assisted Living/Personal Care

☐ Continuing Care Community

☐ Adult Day Center

☐ Alzheimer/Dementia Unit

☐ Hospital Setting

☐ 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 September 1 – August 31
Make check payable to: PAPA. Send this form and payment to:
P. O. Box 432, Hollidaysburg, Pa. 16648

Official Use Only: Check#

Date Received:

Initial:

"31 Flavors of Activities"

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 10/1/18)

	MEMBER	NON-MEMBER
Full Conference	\$285__	\$370__
Sunday	\$50__	\$80__
Monday	\$120__	\$160__
Tuesday	\$120__	\$160__
Wednesday	\$50__	\$80__

Palmer Museum ____

Please check 1 per column:

A. ____	C. ____	F. ____	I. ____	L. ____
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 2019

Mini Conference Series

Crawford County Care Center, Saegertown, PA
Date: To Be Announced

Hoss's Family Restaurant, Murrysville, 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.



See your goal.
Understand the obstacles.
Create a positive mental picture.
Clear your mind of self doubt.
Embrace the challenge.
Stay on track.
Show the world you can do it!

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:
PAAC19C

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

Group rate is:
**\$119.00 per night for Single to
Quad Occupancy**

***In order to receive the PAPA group
rate, reservations must be made by
September 6, 2018 to obtain this rate***

Alternate Hotel Accommodations

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

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 20.5 Clock Hours

You must attend the full session to receive credit

A decorative border of stick figures with their arms raised, arranged in a rectangular frame around the text.

PAPA'S CREATIVE PROGRAMMING CONTEST

**A contest to celebrate YOU, your
residents, and your facilities!**

**Submit your original, innovative programs
that enhance the lives of those under your care.**

**The contest is open to all skilled nursing,
assisted living, adult day health, memory care,
independent living, and senior centers.**

**All programs should occur within
the current contest year
(August 1, 2017 through July 31, 2018).**

Entry fee is \$25.00 per facility.

For more info, visit the PAPA website:

www.papactivitypro.org.

PAPA
3574 North Hills Road
Murrysville, PA 15668



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“31 Flavors of Activities”
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