

Pennsylvania Activity Professional Association Presents the 32nd Annual Conference



“Take This Job And Love It”

October 6 - 9, 2019
The Penn Stater Conference Center Hotel
State College, Pennsylvania

Conference-at-a-Glance

Sunday, October 6, 2019

1:00 p.m. – 5:00 p.m.

Registration

2:00 p.m. – 5:00 p.m.

Early Bird Sessions:

- A. *"On The Horizon: Serving Co-Occurring Populations in older Adult Settings"*

- Nancy Richards ADC/EDU & Theresa Thorland MS,MA

- B. *"Trip to Milbrook Marsh"* –

Pam Brown, ADC & Jean Stang, ADC

6:30 p.m. – 8:30 p.m.

"Building Team Strength"

Nathan Mitchell CDP

Monday, October 7, 2019

7:30 a.m. – 8:30 a.m.

Registration and Breakfast
In "The Gardens"

8:30 a.m. – 10:00 a.m.

"Let Your Light Shine"

Joan Marie Edel ADC, BA

10:00a.m. – 10:30a.m.

❖ Break and Vendor Visits

10:30 a.m. – 12:00 p.m.

"Depression and Schizophrenia in the Elderly"- Sherry Barzak ACC & Kathy Hughes ADC/EDU

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"-
Nancy Richards ADC/EDU & Theresa Thorland MS, MA
D. *"PTSD and Activities"*
Kathy Hughes ADC/EDU

- E. *"Volunteers – How to Recruit Them and Keep Them"* -
Pam Brown ADC

- F. *"Memorial Services"*

- Linda Gossar-Loesch ADC/BS

2:30 p.m. – 3:00 p.m.

❖ Break and Vendor Visits

3:00 p.m. – 4:00 p.m.

- G. *"Alcohol Marker Painted Ceramic Tile"* – Dominic D'Amico ADPC

- H. *"Understanding Residents Living with Dementia"*-
Nathan Mitchell, CDP

- I. *"Motivation, Validation and Self Esteem"*

- Darci Williamson ADC

4:00 p.m. – 5:00 p.m.

"New Products and Resources for Programming"- Patti Gallagher ADC

Tuesday, October 8, 2019

7:00 a.m. – 8:30 a.m.

Registration and
Breakfast in "The Garden"

8:30 a.m. – 10:00 a.m.

"Human Rights and Aging"
NCCAP Update Peter Illig JD LLM

10:00 a.m. – 10:30 a.m.

❖ Break and Vendor Visits

10:30 a.m. – 12:00p.m.

"Applying Self-Talk & Yield Theory"
Brad Ball MA, MS

12:00 p.m. – 1:30 p.m.

Lunch in "The Gardens"
and Vendor Visits

1:30 p.m. – 2:30 p.m.

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

2:30 p.m. – 3:00 p.m.

❖ Break and Networking

3:00 p.m. – 4:00 p.m.

- J. *"Dip and Dab"* – Stacey Hoey
ADC & Pam Schultz ADC

- K. *"Men's Activities-Short Term Rehab"*- Pam Brown ADC

- L. *"The Peacock Project"*
- Jackie Holzel ADC

4:00 p.m. – 4:30 p.m.

❖ Break and Networking

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

- M. *"How to Create a Successful Mentoring Program"* – Greg Brink ADC, BS

- N. *"Promoting Activities for Quality Resident Focused Care"*-Nathan Mitchell CDP

- O. *"Using YouTube as a Resource for 1:1 Activities"* -
Kathy Hughes ADC, EDU

5:30 p.m. – 7:30 p.m.

Dinner on your own

7:30 p.m. – 9:00 p.m.

"Creating Music for Seniors"
David Hawkins, CEO & Sue Found, AP-BC

Wednesday, October 9, 2019

8:00 a.m. – 8:30 a.m.

Breakfast in "The Gardens"

8:30 a.m. – 10:00 a.m.

"Honoring Resident Choice Even When the Choice Involves Risk"
-Brad Norris BS

10:00 a.m. – 10:30 a.m.

❖ Break and Networking

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

"Bipolar Issues and Activities"
Sherry Barzak ACC

A total of 18.5-20 Clock Hours have been applied through NCCAP

WORKSHOPS AND GENERAL SESSIONS

Early Bird Programs:

A. “On the Horizon: Serving Co-occurring Populations in Older Adult Settings”

Substance abuse, particularly of Alcohol and prescription drugs, among baby boomers is one of the fastest growing health issues facing our country. Some seek treatment while many do not and when the need arises for long term care unmet needs arrive at the older adult setting. Coupled with mental health issues, care provision can be complex. Are you equipped to provide supportive services, arrange AA meetings and integrate a complex case mix? Putting the pieces together, workshop offers practical tips from the field, resources to equip leaders, an overview of co-occurring diagnoses of mental health and addiction with goal of building community. Nancy Richards ADC/EDU/MC and Theresa Thorland MS, MA,CTRS, ACC

B. “Trip to Millbrook Marsh – Bird Aviary”

Bring your binoculars and enjoy a guided tour while learning about birds during the migration season. Cost is \$7.00 per person. We will be car pooling to the local site. Pam Brown ADC and Jean Stang ADC

General Session 1 “Building Team Strength”

To be a good team you have to exercise communication, resourcefulness, and team work. No one likes to exercise, but if you make it fun, then it becomes something everyone would want to participate in. Using familiar games that will help build different strengths in teams. Games are how we learn new skill sets and help to refine and build them into the team members that your department needs. We will also be looking what has worked in other places and share them with the attendees. Nathan Mitchell CDP

General Session 2 “Let Your Light Shine”

A motivational presentation during which participants will be asked to think about times in their lives when their light was dim. Explore the acronym S.H.I.N.E – Soul/Heart/Integrity/Nurturing/Energy. Discuss the importance of role models/mentors. Identify someone who has inspired you or motivated you. Create your own personal mission statement. Joan Marie Edel ADC/BA

General Session 3 “Depression and Schizophrenia in the Elderly”

The session will cover the Behavioral Health regulations and how activities can be a modality for assisting the residents. We will explore what the symptoms of schizophrenia are and how the activities team can assist residents with their quality of life and leisure interests. Elderly depression is unique and has other identifying symptoms that younger people do not have. We will discuss how to reach out to elders and assist them with dealing with their depression. Sherry Barzak ACC and Kathy Hughes ADC

C. “NCCAP Certification”

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. Nancy Richards ADC/EDU/MC Theresa Thorland MS/MA/CTRS/ACC

D. “PTSD and Activities”

Using our assessment skills and the power of observation we will explore how to identify triggers that residents with PTSD and other behavioral issues to incorporate into their care plans and to assist the resident with the symptoms. The activities professional can identify behaviors that the resident exhibits during activities and develop programs that will assist with coping with the PTSD resident. Kathy Hughes ADC

E. “Volunteers-How to Recruit Them and Keep Them”

Learn how to recruit and retain volunteers. We will be making a volunteer recruitment plan for your facility. We will also look at ways to celebrate our volunteers without breaking the bank. Pam Brown ADC

F. “Memorial Services”

Remembering the residents that have passed away is an important thing to do. Let’s look at what we can do and determine the best way to implement this program into your activities schedule. This will be an open discussion to share our combined knowledge on this subject. Linda Gossar-Loesch ADC, BS

G. “Alcohol Marker Painted Ceramic Tile”

Learn how to create a beautiful painted ceramic tile using alcohol based markers {i.e. sharpie markers} and rubbing alcohol. We will explore different techniques and their results. This simple craft is an excellent activity to do with residents. Participants will each make their own ceramic tile to take home. Dominic D’Amico ADPC

H. “Understanding Residents Living with Dementia”

To help care for our residents living with Dementia we need to understand a lot of things. In this session, we will go over important skills and techniques that I have learned and used as a care giver to help better understand the residents living with dementia. As Activity Professionals and working with these individuals every day is a new day and we can set them up for success. Nathan Mitchell CDP

I. “Motivation, Validation and Self Esteem”

Many of our elderly residents are feeling like they don’t have anything or anybody present for them. Learn some practical ways to motivate, validate, and encourage those residents that reside in your buildings. Darci Williamson ADC/CAN

General Session 4 “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 this new equipment. Patty Gallagher ADC

General Session 5 “Human Rights and Aging”

This session on Human Rights and Aging will focus on the historical origins and basis of Human Rights and show how these universal rights are maintained and expressed in long term care. Specific emphasis will be on how human health and the aging adult is recognized as a Human Right in international treaties, in US national law, and in CMS regulations utilized daily by Activity Professionals. Peter Illig, JD,LLM

General Session 6 “Applying Self Talk & Yield Theory”

Learn how to apply the 7 components of Yield Theory from Dr. Conte. Understand how to apply and use these components when working with the elderly and people suffering from various mental illnesses. Brad Ball MS,MA

Best Practice Awards & General PAPA Meeting Angelo Phillips ADC

J. “Dip and Dab”

The latest is parties! Paint Parties! It’s the new yoga! Painting parties are all about having fun doing something people love. Folks don’t need to be an artist and everyone leaves with something they had fun making. Paint parties are not structured as an art class, you don’t need to be perfect and you leave with a happy heart. Why not have a theme paint party? You will get different theme paint and party idea. Stacey Hoey, AAC & Pam Schultz, ADC

K. “Men’s Activities’ Short Term Rehab”

Learn how to identify the common barriers that are keeping men and short term residents from attending activities. We will add some tools to your tool bag to assist with overcoming this obstacle.

Pam Brown, ADC

L. “The Peacock Project”

Experience a journey into another world “the Peacock Project”. It will showcase having seniors use their imagination thru group readings. We will also look at setting up “Imagination Stations” at retirement communities to encourage creative expression. Jackie Holzel ADC

M. “How to Create a Successful Mentoring Program”

Are you interested in starting a meaningful, challenging yet rewarding program? A Mentoring Program uses the wisdom and experience that your Seniors have to make a positive difference in teenagers lives. Gregory Brink ADC,BS

N. “Promoting Activities for Quality Resident Focused Care”

Resident Focused care is what the Activity Professionals thrive at. In this session we will go over how to market your department to your residents, families, and inform the staff of the significance of how your department fits into the facility way of life. One of the things that you can do is make sure that you put your department’s best foot forward for the residents. Nathan Mitchell CDP

O. “Using YouTube as a Resource for 1:1 Activities”

We will cover the many resources on You Tube for you to enhance the 1:1 activities that you plan and to meet the specific needs and interests of your residents. Encourage families and volunteers to share YouTube videos when visiting. Kathy Hughes, ADC

General Session 7 “Creating Music for Seniors”

Learn how to create music for seniors with their input. An introduction to a program that works with the residents to take their words and make songs from them. It is something that is done with Your Songmaker but it is a process you can also do with residents on your own. David Hawkins CEO, Sue Founds AP-BC

General Session 8 “Honoring Resident Choice Even When the Choice Involves Risk”

How do you respect your resident right when they appear to be making choices that could be harmful to them? Learn how to apply f tag rules to a modern day application that focuses on the individual rather than the whole body of residents. Brad Norris, BS

General Session 9 “Bipolar Issues and Activities”

This presentation will define Bipolar issues and how the activities team can assist residents with their quality of life. The session will also cover the Behavioral Health regulations and how activities can be a modality for assisting the residents. Sherry Barzak, ACC

KEYNOTE SPEAKERS

Peter Illig, CEO of NCCAP. He had developed a led health-related initiatives, partnerships and multi-stakeholder initiatives in over 30 countries. He speaks regularly on issued including nonprofit government, risk, ethics and future-proofing. He has served on many boards and is a lawyer.

Brad Ball MS/MA. Brad has over 20 years of speaking experience and presenting experience on various topics at various businesses, universities and other organizations. He is a monthly guest of Dr. Conte’s radio show on KDKA Radio 1020 in Pittsburgh. He has also spoken to numerous professional teams and in two Universities in Mexico. He is very well versed in conflict resolution.



PAPA 2019 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:
Dee Miller, 134 Hollidaysburg St, Osterburg, PA 16667

Official Use Only: Check#

Date Received:

Initial:

"Take This Job And Love It"

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 10/1/19)

	MEMBER	NON-MEMBER
Full Conference	\$300__	\$380__
Sunday	\$60__	\$90__
Monday	\$130__	\$175__
Tuesday	\$130__	\$175__
Wednesday	\$60__	\$90__

Milbrook Marsh ____

Please check 1 per column:

A. ____	C. ____	G. ____	J. ____	M. ____
B. ____	D. ____	H. ____	K. ____	N. ____
	E. ____	I. ____	L. ____	O. ____
	F. ____			

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 2020

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:
PAAC/9C

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

Group rate is:
**\$122.00 per night for Single to
Quad Occupancy**

***In order to receive the PAPA group
rate, reservations must be made by
September 6, 2019 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:
Breakfast on Monday, Tuesday and
Wednesday

Buffet Luncheon on Monday and Tuesday
Morning and Afternoon Snack Breaks on
Monday and Tuesday

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 18.5 - 20 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, 2018 through July 31, 2019).**

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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