

Conference-at-a-Glance

Sunday, October 6, 2024

<u>2:00 p.m. – 6:00 p.m.</u> Registration

2:00 p.m. – 3:00 p.m.

A. "Yarn Crafts"- Tish Saxon & Jean Stang

3:15 p.m. - 4:15 p.m.

B. "Word Weavers"Writing Groups- Joan Marie Edel

7:00 p.m. - 8:30 p.m.

General Session 1
"Speed Networking"
Sherry Barzak & Renee Cole

Monday, October 7, 2024

7:00 a.m. - 8:30 a.m. Registration and Breakfast On Your Own

8:30 a.m. - 10:00 a.m.

General Session 2

"Leading the Way – Strategies for Success in Virtual Engagement"

Linda Redhead

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

Break and Networking

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

General Session 3
"Understanding MS"
Beth Stebbins

12:00 p.m. - 1:30p.m.

Lunch in "The Gardens" and Networking

1:30 p.m. – 2:30 p.m.

- C. "NCCAP Certification"-Nancy Richards
- D. "Drawing from Your Imagination" Jim McKay
- E. <u>1:00 p.m. 4:30 p.m.</u>

Part 1 "Senior Fitness" Marlene Jenkins (extra fee for certification) 2:30 p.m. - 3:00 p.m.

♦ Break and Networking

3:00 p.m. - 4:00 p.m.

- F. "Dementia It's All About Approach" Christabel Smith
- G. "Clever Art Class Hacks"
 Julie Mader
- H. 1:00 p.m. 4:30 p.m.
 Part 2 " Senior Fitness"
 Marlene Jenkins
 (extra fee for certification)

Tuesday, October 8, 2024

7:00 a.m. - 8:30 a.m.

Registration & Breakfast On Your Own

8:30 a.m. - 10:00 a.m.

General Session 4
"Stress, Survival, Strength:
Finding Calm in the Storm"
Melissa Swartwood

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

♦ Break and Networking

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

General Session 5

"Attitude, Approach, Delivery, with
Activities and Everything"
Cory Geishauser

12:00 p.m. - 1:30 p.m.

Lunch in "The Gardens" and Networking

1:30 p.m. - 2:30 p.m.

General Session 6 "General Meeting and Arts Festival" Angelo Phillips

2:30 p.m. - 3:00 p.m.

♦ Break and Networking

3:00 p.m. - 4:00 p.m.

- I. "Volunteers: Why and How" Sherry Barzak
- J. "Nerf Madness" Johan Naranjo
- K. "Locked Out

 Breaking into Engagement"

 Nathan Mitchell

4:00 p.m. - 4:30 p.m.

♦ Break and Networking

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

L. "What It Takes"

Deedee Pena-Smith

M. "Oodles of Noodles Crafty Ways to Use Pool Noodles" Dominic D'Amico

N. *"Music Matters"* April Coval

<u>5:30 p.m. – 7:30 p.m.</u> Dinner on your own

7:30 p.m.- 9:00 p.m.

General Session 7
"PAPAs Got Talent"
Angelo Phillips

Wednesday, October 9, 2024

8:00 a.m. - 8:30 a.m.

Registration & Breakfast On Your Own

8:30 a.m. - 10:00 a.m.

General Session 8

"Imaginate"

Nancy Richards

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

Break and Networking

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

General Session 9
"Validation Imagination"

James Day

WORKSHOPS AND GENERAL SESSIONS

- A. "Yarn Crafts" Come learn how to create Birds from yarn and paper plate and yarn to make Easter Crafts. Tish Saxon and Jean Stang
- **B.** "Word Weavers AKA Short Story Writing Groups" This presentation is designed to provide participants with ides and practical practice of how to conduct resident writing groups. Individuals will be given the opportunity to share thoughts on the groups they conduct in their communities, discuss possible names for their groups, story line starters, and some time provided to write and share. **Joan Marie Edel ADC/BA/Board Member**

General Session 1 "Speed Networking" People will have the opportunity to learn about what networking is, how to network & learn why networking is important. An opportunity will be provided to have a networking session during the class. Sherry Barzak ACC/ADC/Board Member & Renee Cole Board Member

General Session 2 "Leading the Way: Strategies for Success in Virtual Engagement" The importance of effective leadership is essential in driving successful virtual engagement initiatives in long-term care settings. We will cover key responsibilities of leadership in virtual engagement, such as setting clear goals and motivating staff, as well as strategies for overcoming common challenges like resistance to change. This session will emphasize the need for effective communication, trust-building, and innovation in virtual settings. Practical tips and tools will be provided to help Activity Professionals enhance their leadership skills in virtual engagement, along with examples of successful virtual engagement initiatives. Linda Redhead A Degree in Art Therapy, Activity Consultant Certified with NCCAP, President of NCCAP.

General Session 3 "Understanding MS" Provide a general overview of Multiple Sclerosis and it's different expressions. Presentation will cover specific challenges for people with MS, and how to help people with MS as each person is unique. Information will also be provided about how to stay active with MS. Beth Stebbins PT with over 30 years of experience.

- C. "NCCAP Certification" If achieving your professional credentials with NCCAP is your goal, come to this session 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. Nancy Richards ADC, EDU, MC, CDP, MEPAP Instructor
- **D.** "Drawing from Your Imagination" Using your memories and mind to create artwork from imagination and using Images in your creations. Jim McKay PAPA Member/APC/Art Teacher
- E. & H. "Senior Fitness" (extra \$75.00 for Certification) 1:00 pm to 4:30 pm Monday Oct. 7th. Identifying ways to promote an active life expectancy and reduce the onset of physical frailty has become a major focus for care centers. This two-year Older Adult Instructor Certification provides you with the knowledge and credentials to train and help the largest growing population become healthy, fit and confident.
- F. "Dementia It's All About Approach" Attendees will explore effective approaches and communication for working with individuals living with Dementia. Opportunity to utilize interactive object demonstrations, music, science, role playing, case studies and other means to understand more the person living with Dementia. Attendees will see how communication, the five senses, and the limbic system come into play when working with individuals living with Dementia. Time tested methods will be revisited Validation-Person-Centered Care, Compassionate Care, and Empathetic Listening. Christabel Smith ACC/MC/EDU/PC/CADDCT/CDSGF/CDCM/CDP Also a Licensed MEPAP Instructor
- **G.** "Clever Art Class Hack" Interactive workshop during which participants will gain first hand experience of clever art class hacks and painting techniques. Equip attendees with practical know-how to overcome challenges of planning, presenting and completing age-appropriate art projects with a diverse group of participants by offering easily obtainable solutions to challenges encountered at work. Through guided activities and discussions, participants will explore various art techniques and learn how to apply them with confidence in the activity room.
- H. & E. See Above information for "Senior Fitness" 1:00 pm to 4:30 pm

General Session 4 "Stress, Survival, & Strength: Finding the Calm in the Storm" This presentation aims to shed light on the detrimental effects of stress in the workplace and provide practical strategies for managing and mitigating it's impact. The presentation will cover the signs & causes of work[lace stress and delve into effective stress management techniques. Melissa M. Swartwood DHSC./MS

General Session 5 " Attitude, Approach, Delivery, with Activities and Everything" This presentation will explore 1st Impressions, thinking outside & around the box. How little things can be a huge deal. These ideas and concepts will hopefully help Activities, and All staff, and Volunteers as well.

General Session 6 "General Meeting & Arts Festival" PAPA President and Board Members conduct the Annual Membership Meeting & Awards will be distributed for the Annual Arts Festival. Sherry Barzak PAPA Board President & Angelo Phillips PAPA Board Member and Chair Person for Arts Festival.

- I. "Volunteers: Why & How" The participants will learn why volunteers are important to any activity department. The participants will learn ideas of how/ where to get volunteers. Sherry Barzak ACC/ADC/Board Member
- J. "Nerf Madness" Participants will learn to enhance the depth and engagement of your activities program, consider integrating Nerf products into your activities calendar. This seminar aims to instruct activities professionals on incorporating Nerf blasters into regular programing, fostering interaction and enjoyment among residents. Johan Naranjo ADC/ACC/CDP/CMDCP
- K. "Locked Out! Breaking Into Engagement" Using the concept of escape rooms and puzzle boxes, this session will help it's attendees use common every day items to things that can be purchased for sessions of fun, engagement and cognitive stigmatization. We will show you have to change up the experience for residents of different skill sets.
 Nathan Mitchell ADC/Board Member
- L. "Oodles of Noodles: Crafty Ways to Use Pool Noodles" Participants will learn a variety of ways to utilize pool noodles for crafts and other activities. Participants will need to supply their pool noodles for the projects. Dominic D'Amico ADC/Board Member
- M. "What It Takes" A role building activity with 2 audience participation activities. Deedee Pena-Smith NCCAP/NCCDP/ TALA-Texas Assisted Living Association and TX Health and Human Services Alzheimer's Education Workshop Member, NAAP Member.
- N. "Music Matters" Participants will be provided with ideas for non-pharmacological musical interventions to improve the physical and mental health of the elderly. These interventions can enhance the quality of life, assist with past trauma, and aid in memory recollection. April Coval AAS/CDP/MMC/MDEC/ADC General Session 7 "PAPA Got Talented" Membership of PAPA and attendees of conference are given an opportunity to share their gifts and talents with all in attendance. Emcee Angelo Phillips ADC/PAPA Board Member

General Session 8 "Imaginate" Come explore imagination and its vital role in our personal development and innovation in the workplace. This immersive workshop explores imagination through a series of "What If" activities designed to re-ignite curiosity and unleash expansive thinking. Albert Einstein said "Imagination is more important than knowledge". Together, we will ignite and amplify the way forward to Activity Services unbound, unlimited.

Nancy Richards ADC/EDU/Founder-CEO of Activity Pathways LLC/Author

General Session 9 "Validation" To Explore deeper into Validation as a method of communication to those residents that have dementia. Presenter will build on last year's presentation, and add the use of imagination to see the three basic responses to a senior living at that moment, in another time period in their lives. The basics will be presented-centering, empathy, and some basic techniques to respond to the instructor who will be role playing seniors with dementia. James Day M.Div./CVT/AAP-BC

For Your Stay In State College:

The Penn Stater Conference 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 11.

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.

2025 Save The Date!

Pennsylvania Activity Professional Association 38th Annual Conference

October 5-8, 2025

Pennsylvania Activity Professional Association

S ee your goal.

U nderstand the obstacles.

C reate a positive mental picture.

C lear your mind of self doubt.

E mbrace the challenge.

S tay on track.

S how the world you can do it!

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.

"Activities...A World of Pure Imagination"

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, AC	C,ADC, etc):		
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PAPA MEMBERSHIP NUM	1BER:		Demonstration Activities Professional Acceptation
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Full Conference Sunday	\$300 \$60	\$380 \$90	Registration
Monday	\$130	\$175	Postmarked After
Tuesday	\$130 <u></u>	\$175 <u></u>	9/13/24 will be charged
Wednesday	\$60	\$90	a late fee of \$50.00
SENIOR FITNESS 2 ye	ear certification (E&	tH) Extra \$75	a late lee of \$50.00
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PERSONAL CHECK#	BUSI	NESS CHECK#	DATE RECEIVED:

Membership Renewal and Arts Festival Forms on Website

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:

PAAC24A

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

Group rate is: \$136.00 per night for Single to Quad Occupancy

In order to receive the PAPA group rate, reservations must be made by <u>September 6, 2024</u> 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

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: Vicki McNeil at wickie@verizon.net

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 credit