



Indiana Activity Director's Association

October 18—November 30

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Due to COVID19 the IADA Board has decided to offer this opportunity for education for one rate whether you are a member of IADA or not. We hope you consider joining IADA for \$35.00 per year.

TOTAL ONLINE EXPERIENCE

We are looking forward to delivering an engaging-learning experience October 18—November 30 2020.

- The IADA Fall Conference will be available on the IADA website. All the content will be available for attendees to access on their own schedules October 18—November 30, 2020.
- This fall conference will offer up to 26 C.E.s approved by the National Certification Council for Activity Professionals (NCCAP) and the Professional Licensing Board.
- You will not have expense of hotel or travel.
- You will be able to get the education you need at your convenience.
- You will be able to select your session. Conference price is being sold by two blocks. 15 C.E.s (1-15) \$150.00 or 26 C.E.s (16-26) \$260.00. You can register on our website at www.indianaactivitydirectors.com
- You will need to complete a form for each session to get your C.E. credit. All your C.E.s will be added up and you will receive verification with all your hours after November 30.

IADA

19 Sessions

26 C.E.s

6 Speakers

Sign up at our website:
www.indianaactivitydirectors.com
We hope to be able to return to live conferences and workshops in the future.

About our Speakers

Shane Elks, RBT, CST

Shane is the Life Enrichment Manager of the Memory Care unit at Brighton Gardens. He also worked for eight years as the Creative Arts Director/Registered Behavior Technician at the Cyzner Institute of Charlotte and is a Certified Sound Therapist. He is the founder and Executive Director of Black Star Theater Company. He is a member of the International Alliance of Holistic Therapists and travels to National Health Care Conferences as a keynote speaker and serves as a consultant in the Therapeutic Arts.

Patty Piechocki, CTRS, QMCP, CDCP, CMDCP

Patty is the Program Director of the Institute for Excellence in Memory Care. She is a Certified Therapeutic Recreational Specialist who has worked in the memory care field for over 24 years. Patty is certified through the National Council for Therapeutic Recreation Certification, the Alzheimer's Foundation of America as a Certified Dementia Care Partner, an Expressive Arts in Long-Term Care Train the Trainer through the University of Indianapolis, and a Certified Montessori in Dementia Care Professional by the International Council of Certified Dementia Practitioners. In November 2019, Patty received training by the Vivium "Dementia Village" consulting team as they embrace the vision, and helped create the foundation of the new Milton Village in Roseland, Indiana, in the summer of 2021. In July 2020, Patty and the Institute for Excellence in Memory Care received full endorsement by the Vivium-Be® consulting team.

Bryan Rife, ADC/EDU

Bryan has over 25 years in the healthcare arena and holds a Life Coach Certification through the Academy of Modern Applied Psychology. He is nationally certified as an Activity Director with a specialization in education through the National Certification Council for Activity Professionals. He is also a Licensed Montessori Home Engagement Certification Instructor through NCCAP.

Catherine R. "Cat" Selman, BS

Educator. Motivator. Communicator. Consultant. Author... Catherine R. "Cat" Selman, BS, uses her dynamic personality and compelling presence to spread the message of positive, realistic, and commonsense strategies for the aging services professional. She presently serves as President and Co-owner of The Cat Selman Company, a company specializing

in continuing education for healthcare professionals. Ms. Selman received her degree from Trevecca Nazarene University with continued graduate work at the University of Southern Mississippi. With over 35 years experience in management, education, and consultation, Ms. Selman has trained providers and surveyors in all 50 states. Since 1989, she has often been requested by the Centers for Medicare and Medicaid Services (CMS) to sit on stakeholder/expert panels responsible for the revision of surveyor guidance and compliance issues. In demand, and on topic, she is considered an authority in aging services.

Barbara Speedling, Quality of Life Specialist

Barbara is an inspirational and motivational speaker, author, educator and manager at the forefront of Person-Centered Care with a degree in healthcare administration and more than 30 years of practical experience within the adult care community.

Barbara's unique training and education programs promote:

- Improved quality of care for Alzheimer's disease
- Bringing Better Quality of Life
- Encourage all to use program to form better relationships with those within their care
- Strategies for harmony among diverse, younger populations
- Open new pathways to maintaining regulatory compliance
- Support leadership and organizational development

Dawn Worsley, ADC, CDP, NCCAP President

Owner of 'Dawn on the Horizon, LLC' in Baltimore, Maryland, Dawn serves on a variety of boards including her 2nd term as President of NCCAP (2019-2021). Dawn is an Activity Director Certified (ADC), a Certified Eden Alternative Associate and Certified Dementia Practitioner (CDP) and NCCAP MEPAP Instructor.

In addition to serving as an Activity Director, Corporate Program Development and Consultant, Admissions & Marketing, Director of Alzheimer's and Gero-psych units, she also serves as a Regional Clinical Specialist. She is a pioneer and expert in long-term care and community specialized in regulatory compliance, resident rights and culture change. A National Speaker on topics for Health Care Workers, she is published in both print and video, having worked in collaboration with the University of Maryland Video Press.

Session Descriptions, October 18—November 30

1-1 ACTIVITIES FROM AROUND THE WORLD!

Cat Selman (1.5)

COVID-19 turned everyone's world upside down: in addition to the horror of the illness and death, group activities were cancelled, no communal functions/dining/ events could be scheduled, residents have been isolated and confined to their rooms, and have had no physical contact with anyone from their families or the community. The format and philosophy of activity programming HAD to change during this time to be responsive to the safety and well-being of our residents. As a result, and by default, nursing homes converted the delivery of all activity services to the provision of 1-1 activities. Although a number of states have reopened, the data shows that we have not yet successfully emerged from the first wave of COVID-19. In fact, reported cases are increasing, and we are assured of a second wave of the virus some time in the fall or winter. 1-1 Programming is going to be the primary format for delivery of activity services for the foreseeable future. How do you develop a 1-1 program that is designed to meet the needs of each individual resident? How do you involve ALL staff (which is a required component to be successful)? How do you capitalize on the use of technology? And WHERE do you come up with enough ideas?? In this session, Cat will answer all those questions, plus provide participants with a list of 1-1 activities from nursing homes around the world!

INFECTION CONTROL FOR THE ACTIVITY & SOCIAL SERVICE DEPARTMENTS ~ Cat Selman (1.5)

Our facilities face an elevated risk of COVID-19 outbreaks. Residents, living in congregate settings, are older and have more underlying medical conditions. As a result, the provision of activity services and delivery of social services has had to change. Although our facilities have strong infection prevention and control policies and process in place, the Activity

and Social Service Departments need to have very specific, individualized protocols for this focused area. In this session, Cat will be addressing infection prevention and control for these departments, as well as providing specific recommendations that should be followed when reopening our facilities during the various Phases as outlined by the current Administration's Guidelines for Opening Up American Again. We will probably be facing these challenges for the foreseeable future. Let's do it correctly to keep our residents and employees safe!

LOOK FOR THE HELPERS ~ Cat Selman (1.0)

When Mister Rogers was a little boy and would see scary things in the news, his mother would say, "Look for the helpers. You will always find people who are helping." What we are currently seeing in the news, and experiencing in our places of work and personal lives, certainly meets the definition of "scary." It becomes increasingly hard to "look for the helpers," when in reality, we ARE the helpers. Where do we find the strength and fierce courage to provide loving care to our precious residents? How do we keep our own fears, anxiety and concern at bay? How do we cope with the loneliness and despair that our residents are feeling? Where do we find the physical strength to simply keep "keeping on," when we are totally exhausted? In this motivating and inspirational session, Cat shares how we can face our fears, take care of ourselves during this time, and provide the person-centered care that we have always been known to provide. We really are ALL in this together!

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THE 11 THINGS YOU CAN CONTROL EVERY DAY OF YOUR LIFE ~ Cat Selman (1.0)

We all know how it feels to lose control of our day. A resident has "issues" before you can even get into the door of the facility. Staff have left messages on your voice mail, and notes all over your desk. Families feel that you were hired "just for them..." And that's just at work!! What about when you get home? Feel like the world is spinning out of control? Ever said, "it's just out of my hands..."? Those thoughts can result in doubts about your abilities as a caregiver, devalue your worth as a person, foster a lack of confidence in your skills as a professional, and just plain "wear you out!" Whatever the events happen to be, there is little we can do to prevent them from occurring. However, we should realize that there are some things in life that we CAN control. We can prevent life's little diversions from completely derailing us day after day. This session will offer guidance and recommendations for exercising techniques to regain "control" of your life and work.

JUST FOR THIS WEEK ~ Cat Selman (1.0)

Could you accept a challenge for "just a week?" Cat started 2013 off balance and with a heavy heart. Her Mother had reached the advanced stages of Alzheimer's, with resulting death in February. Wanting to turn a profoundly sad, life-changing event into something positive, Cat began a blog entitled, "Just for this week..." in January, 2013. (www.catselman.me) The intent was to challenge herself to do something different and positive in the world each week, helping others, and in turn, help herself through a difficult time. She got the bright idea that if she could persuade others to not only follow what she was doing, but to also "join" her each week, countless lives could be influenced in a positive way. Thousands of followers later, in over 77

countries, the blog can be considered a success! The response to the blog, and the issued "challenges," has been tremendous! Join Cat as she shares some of the more memorable stories and responses. Laugh (quite a lot) and learn (quite a lot) as she challenges us to do more for ourselves and others! Won't you join us? Just for this week...

BEHAVIORAL HEALTH: THE CHANGING ROLE OF THERAPEUTIC ACTIVITY ~ Barbara Speedling (1.5)

Guidance in developing new pathways to improved coordination and teamwork in the provision of therapeutic activity for an increasingly diverse population.

DISCOVER THE POWER OF MEANINGFUL ACTIVITY ~ Barbara Speedling (1.5)

Ideas and strategies for satisfying the needs of a rapidly changing population. Developing a team approach to the provision of meaningful activity, integrating technology, recognizing the benefit of "life skills" programming, and recognizing the impact of positive activity interventions on challenging psychosocial behavior

TOWARD BETTER BEHAVIOR: YOURS, MINE AND EVERYONE ELSE'S ~ Barbara Speedling (1.5)

Provide professional caregivers a framework for developing an assessment process that results in a deeper understanding of what motivates someone to do what they do. Providing a greater understanding to a more focused, personalized plan to accommodate the complicated needs of

Session Descriptions, October 18—November 30

every individual.

THERAPEUTIC RECREATION: MEETING THE CHALLENGES OF A NEW GENERATION ~

Barbara Speedling (1.5)

Part 1 will be on Developing a well-coordinated , interdisciplinary program of activity designed to engage and divert, challenging behaviors, with examples of deficiency citations impacting Activities.

Part 2 will provide a framework for developing an assessment that results in a deeper understanding of what motivates someone to do what they do. Preparing all staff to meet the needs of residents impacted by mental disorders, intellectual and developmental disabilities, addictions and other special needs.

UNLEASHING YOUR INNER SPARKLE ~

Bryan Rife (1.5)

Have you lost your Inner Sparkle? Don't worry—it's not gone forever. It's just waiting for YOU to throw a gigantic, glittered-powered Welcome Home party! This session will show you how to transform from being overwhelmed to overjoyed—and take small-but-strong steps in the direction you truly want your life to be. To energize your batteries + reclaim your inner sparkle that gets lost in the shuffle of being that one person that wears many different hats and help you be happier with yourself, instead of looking outside for happiness. You will learn how to “sparkles like you mean it” and “not let anyone ever dull your sparkle” while “leaving a little bit of sparkle wherever you go”.

THE VALUE OF LEGACY: ACTIVITIES FOR THOSE THAT ARE IN END OF LIFE ~ Bryan Rife

(1.5)

During this session, participants will be shown several unique ideas that can be done with someone that is in end of life. These ideas will help the person find closure and also provide them with an opportunity to feel as though they have left a legacy behind.

IF I COULD TURN BACK TIME ~ Bryan Rife

(1.5)

In this session participants will take a closer look at our life professionally and personally and identify those time sucking vampires that stop us from doing the things that are most important.

MANAGING BEHAVIOR THROUGH CREATIVE & EXPRESSIVE ARTS (2 parts) ~ Shane Elks

(1.5 EACH PART)

Approaching the client through the arts allows the use of music, visual arts, creative movement, and drama as a modality to help address their physical, psychological, cognitive, behavioral, and/or social needs. Creative and Expressive Arts provide a unique and enjoyable way to facilitate social-communication and/or to support sensory-based needs and can also help to support relationship-based intervention.

Part 1: Creative Arts: (Painting, Sketching, Creative writing, Story building, Song writing, and more)

Part 2: Expressive Arts: (Drama, Music, Dance, Storytelling, and more)

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I'VE OPENED THE BOX....NOW WHAT? ~ Bryan Rife (1.5)

During this session, participants will explore technology and how it will be beneficial in activity programming.

PROGRAM IDEAS FOR THE FELLAS ~ Patty Piechocki (1.0)

It's every Activity Professionals nightmare... Programming ideas for the men's group! Why do these programs seem so hard to create? Why do men refuse to come? How can you create a program that is not only inviting, but fun, and successful?

This session will discuss why men need different programs than our ladies, identify how to structure and create programs based upon the needs of your men, and lastly give examples of event ideas that you can add to your program bag of tricks.

I SWEAR! CONFABULATION, HALLUCINATIONS & DELUSIONS ~ Patty Piechocki (1.0)

Elaborate stories that never happened, visions that are not there, genuine beliefs that are false... Confabulations, hallucinations, and delusions are common in dementia but how do we deal with these challenging behaviors?

This session will help professionals understand how to accept these behaviors through respect and sensitivity, and will identify approaches that can be helpful in day-to day practice.

SENSORY FOCUSED PROGRAMMING ~ Patty Piechocki (1.0)

Programming for those living with Dementia needs to be meaningful, purposeful and meet the individual's functional ability. When the journey of dementia continues, modifications are needed in order to gain quality experiences.

This session will describe sensory focused programming, how to design and modify enjoyable activities of interest, and lastly, offer themes and resources for organization.

RESPOND VS. REACT. STAYING COOL WHEN BEHAVIORAL EXPRESSIONS HAPPEN ~ Patty Piechocki (1.0)

It's not easy to stay cool when behaviors happen— especially when they are unpleasant expressions. It's SO easy to react... but is this the best way to care for someone with dementia?

This session will review communication styles, and show ways staff can learn to refocus their care by identifying challenges and approaches that may help respond to individuals needs before behavioral expressions begin.

YOUR CERTIFICATION JOURNEY ~ Dawn Worsley (1.0)

NCCAP is focused on improving Quality of Life in all care settings. To that end, we offer individuals the opportunity to earn one of several Certifications for a variety of care areas. Each Care Topic contains multiple Certifications. Each Certification has a foundation based on Activities and Engagement. Attend this session to see which road you need to be on to start your journey.

Registration Form

Please Print Legibly

Circle One:

15 CEs(1-15) \$150.00

26 CEs (All CEs) \$260.00

NO REFUNDS after October 17,
2020

Complete and return to:

Indiana Activity Director's Association

P.O. Box 215

Mooresville, IN 46158

Make checks payable to IADA

For credit cards payments, please go
to our website:

www.indianaactivitydirectors.com

Facility:

Facility Address:

City/State/Zip Code:

Name

Email

Phone

Home Address

City/State/Zip Code

For additional information contact
Tomme Owens (574)654-2217
IADA (765)763-6438

Due to COVID-19, the IADA Board
has decided to offer this programming
at ONE rate. We hope that you will
consider joining IADA for \$35.00 per
year.

I.A.D.A.

P.O. Box 215

Mooresville, Indiana 46158

IADA CELEBRATING 46 YEARS

1974—2020

CONFERENCE INFORMATION

LOCATION

Is wherever you decide to learn from this education.

CONFERENCE RATES

Due to COVID 19 the IADA Board decided to offer this opportunity for education for one rate whether you are a member of IADA or not. We hope you will consider joining IADA for \$35.00 per year. If you are unsure if your facility is a member, please email IADAMembership2@gmail.com, call IADA at 765-763-6438 or Dietlind Woods at 317-710-0226.

CONTINUING EDUCATION

Approval has been requested for full conference for 26 clock hours from NCCAP & the Indiana Professional Licensing Agency.

HOTEL RESERVATIONS

There are none to be made. No travel required.

REGISTRATION

The deadline to register is **October 19, 2020**. Mail the original registration along with payment when your check becomes available or register online

with a credit card on our website of www.indianaactivitydirectors.com. All **PAID** attendees will receive a confirmation with a link to be able to access the Fall Conference from the IADA Website. If you do not receive a confirmation, do not assume that you are registered.

CANCELLATIONS

Cancellations received prior to October 17, 2020 will be refunded.