



Activity Professional Weekend Retreat

October 13-15, 2023

16.5 Contact Hours of Education



Who Should Attend: This weekend retreat offers activity directors, activity assistants, volunteers and facility staff a chance to network and attend educational programs to enhance quality of life with their residents/clients.

Continuing Education: This weekend retreat provides 16.5 contact hours of continuing education which will be accepted by the National Certification Council for Activity Professionals (NCCAP) and the Activity Professionals National Credentialing Center (APNCC); however, these hours may or may not be accepted by other entities or certifying bodies.

General Information: Due to the aftermath of the several year pandemic this retreat will be offered virtually as the camp site does not allow for much physical distancing. This year we have some new presenters and looking forward to great learning experience for Activity Professionals from all levels of care.

Participants can chose to attend the **live** Activity Professional Weekend Retreat (via Zoom) or **request recordings** of the entire retreat—so they are able to watch the educational sessions and then complete a quiz of understanding in order to receive a continuing education certificate.

Friday, October 13, 2023



7:00-8:00PM—**Professional Networking**

8:00-9:30PM—**Professional Association Involvement** — presented by Alisa Tagg, Association Director, National Association of Activity Professionals (NAAP)



Saturday, October 14, 2023

8:30-9:00AM—**Welcome, Introductions, General Information**

9:00-10:30AM—**Introducing “Get Set Up” to Senior Clients**— Karina will share how to use the GetSetUp platform to enhance your recreation programming for seniors (and yourself).



10:30AM-12:00PM—**Enhancing Family Visits: Ways to help families find value in their experience**—presented by Pamela Wisner-Stephens, MA, CDP

12:00-1:00PM—Lunch

1:00-2:30PM—**Empowering the Spirit: Spirituality and Older Adults**— Spirituality gives meaning to life and is a way for residents to express their beliefs and values. Having an inclusive spiritual program promotes cultural competency and diversity in a long-term care community. During this session, we will explore the ins and outs of creating a spiritual program that includes specific faith, interfaith, multifait, and nonfaith activities. Presented by Timothy Anderson, MA, ACC

2:30-4:00PM—Staffing the Activity Department

4:00-5:30PM—Mind, Body, Spirit Through Music— Presented by Shannon Wallace, CDP, CDC, Founder Musical Memory Care



Sunday, October 15, 2023

8:30-10:00AM—Integrating Brain Health Exercises for our Seniors. For those looking to strengthen the brain’s defenses against dementia, protect against declining cognitive functioning, and to remain at home and independent as long as possible, Brain Health Exercises are designed to support the journey to cognitive wellness. For residents with stronger cognitive skills, the BCAT® Working Memory Exercise Books and the 15 For Me app can help them further improve memory and protect their brains against dementia as they age. Activities professionals frequently work with residents who have cognitive impairment.

The use of these tools has been proven to be effective in improving both cognition and function, allowing residents to achieve their maximal level of functional independence. These programs are part of an evidence-based program and have been validated by the BCAT® Research Center.

Presenters: Michael McGregor, PT, DPT, Director of the 15 For Me® Program
Abby Williams, MA, CCC-SLP, Director of Strategic Integration at Mansbach Health Tools

10:00-12:00PM—Engaging Seniors Through Creativity 12:00-1:00PM—Lunch

1:00-2:30PM—Measuring and Reporting on Quality in the Activity Program— Having an easy way to report our data from a QAPI study is crucial as it can impact resident care and budgets. In this session, we will outline how to create a digital Quality Assurance survey for an activity department using Google Forms and identify ways you can use the data from these surveys to advocate for your resident and departments’ need. Presented by Timothy Anderson, MA, ACC

2:30-4:00PM—Sensory Programs—The importance to stimulate all the senses.

- - - - - REGISTRATION FORM - - - - -

NAME: _____
FACILITY: _____
ADDRESS: _____
EMAIL: _____
TELEPHONE: W (_____) _____ ; Cellular (_____) _____

Select:
Live: ____
Recording: ____

\$150.00 for all educational sessions
Limit of 100 live participants—no exceptions—those who register and pay first will be provided additional information.

Make check payable to Collins Healthcare Education, Inc. and mail to: P.O. Box 780251, Orlando, FL 32878-0251 For more information contact (407) 282-9647, (407) 435-5242 cell/text, email collinshealthedu@aol.com

or www.collinshealthedu.com. **Registration Fee:** \$ _____ Check has been sent to the PO Box addressed above. _____ **Payment can be made on www.collinshealthedu.com website—go to Registration Form tab—complete information.** If paying using a PayPal account use the pull down and select Retreat to get the special rate of \$150.00. No refunds after September 29, 2023. All refund requests must be in writing and will be charged a 25% administrative fee. If special needs are needed, please contact the Retreat Coordinator in advance.