

# Activity Professional Weekend Boot Camp/Retreat October 12-14, 2018



15 contact hours plus 4.5 hours optional sessions

**Location:** Camp Ithiel, 2037 Hempel Avenue  
Gotha (West Orlando), FL 34734

**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 15 contact hours plus 4.5 hours optional sessions of continuing education which will be accepted by the National Certification Council for Activity Professionals (NCCAP) and the National Association of Activity Professionals Credentialing Center (NAAPCC); however, these hours may or may not be accepted by other entities or certifying bodies.

**Accommodations:** Air conditioned dorms with bunk style beds. Meals – A variety of meals will be served, beginning with dinner on Friday and ending with breakfast on Sunday.

**What to Bring:** Participants need to bring their own bed linens for bunk beds, blanket, pillow, pillow case, towels, personal care items, personal snacks and a program to share during Program Share Time. No alcoholic beverages or weapons.

**Fees:** Fees include 5 meals (Friday dinner through Sunday breakfast), dorm style lodging and educational materials. Refer to registration form . **Additional** registration fee for the Friday optional session.

## Friday, October 12, 2018

- 1:00-2:00PM - Registration
- 2:00-4:30PM - Regulations Review (**optional session- \$20.00 additional registration fee**)
- 4:30-5:00PM - Registration
- 5:00-6:00PM - Welcome & Dinner
- 6:00-7:00PM - Professional Networking
- 7:00-9:00PM - How To Encourage Participation in Activities
- 9:00-10:00PM—Christmas Crafts (optional session)

## Saturday, October 13, 2018

- 8:00AM - 8:45AM Breakfast & Prize Drawings
- 8:45-9:15AM Announcements/Housekeeping

**9:15-10:45AM**  
choose one

Crockpot Cooking

Creative Art

Fresh Fruit Exploration

- 10:45-11:00AM - Break

**11:00AM-12:30PM**  
choose one

Understanding Activity Department  
Policy and Procedures

Puppetry & Storytelling

Budgeting for the Activity  
Department

- 12:30-1:30PM Lunch & Announcements/Prize Drawings

**1:30-3:00PM**  
choose one

Resident Council

Writing Activity Department  
Policy and Procedures

Activity Staff Training

- 3:00-3:15PM - Break

**3:15-4:45PM**  
choose one

Hands-On Teaching Skills

Movement & Seniors

Adapting Crafts for All  
Functional Levels

**Saturday, October 13, 2018 (continued)**

4:45-5:00PM - Break

5:00-6:00PM - Dinner & Announcements/Prize Drawings

6:00-7:00PM - Expert Panel Questions & Answers—If you have a question for the panel of experts, please go to the next page.

7:00-7:15PM - Break

7:15-9:15PM—Documentary—Alive Inside—Musical Programs for the Low Functioning **OR**

7:15-9:15PM—Caregivers Journey Through Dementia: *Miss Les Lucy Jesus and Me*

9:15-10:15PM—Holiday Crafts (optional session)

**Sunday, October 14, 2018**

8:00-9:00AM - Breakfast & Announcements/Prize Drawings

**9:00-10:30AM**  
choose one

Understanding Snoezlen

Mental Stimulation Activities

Technology Update

10:30AM-12:00PM Program Share Time & Announcements/Final Drawings

12:00-1:00PM - Camp Cleanup (two volunteers needed to tidy/inspect each dorm & meeting space)

**REGISTRATION FORM**

**NAME:** \_\_\_\_\_

**FACILITY:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY, STATE, ZIP:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**TELEPHONE: W (\_\_\_\_) \_\_\_\_\_; (H) \_\_\_\_\_; (FAX) \_\_\_\_\_**

**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: \_\_\_\_\_ + Friday Optional Session \$20.00 = \$ \_\_\_\_\_**

**No refunds after October 1, 2018. 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 at the above listed telephone.**

**REGISTRATION FEES:** (Includes educational materials, 5 meals and dorm style/bunk lodging.) Registration fee will be determined by when your registration is received. Deadlines will be followed. No registrations will be accepted without payment. Space is limited to the first 100 registered participants.

**Special Registration** (payment must be received by 5/1/2018) \$145.00

**Early Early Registration** (payment received by 7/15/18) \$155.00

**Early Registration** (payment received by 9/1/18) \$165.00

**Regular Registration** (payment received by 10/1/18) \$175.00

**Late Registration** (after 10/1/18) \$185.00

**Send your registration in early to save on registration fees.**

**OPTIONAL SESSION on Friday 10/12/18—2.5 hours of education—additional fee of \$20.00**

**BREAKOUT SESSIONS—Please select which sessions you are planning to attend.**

**Friday, 10/12/18 2:00-4:30PM - Regulations Review (optional session—\$20.00 additional registration fee) -**

I will be attending this session YES NO

**Breakout Sessions**

**Circle/check which breakout session you are planning to attend.**

<b>Saturday</b>	9:15-10:45AM choose one	Crockpot Cooking	Creative Art	Fresh Fruit Exploration
	11AM-12:30PM choose one	Understanding Activity Department Policy & Procedures	Puppetry & Storytelling	Budgeting for the Activity Department
	1:30-3PM choose one	Resident Council	Writing Activity Department Policy & Procedures	Activity Staff Training
	3:15-4:45PM choose one	Hands-On Teaching Skills	Movement & Seniors	Adapting Crafts for All Functional Levels
<b>Sun.</b>	9-10:30AM choose one	Understanding Snoezlen	Mental Stimulation Activities	Technology Update

## Expert Panel Questions & Answers

If you have a question that you would like to be presented to the expert panel presenters—please email it to collinshealthd@aol.com at least two weeks before the retreat..

## SESSION DESCRIPTIONS

**Regulations Review**—This session will address how the activity professional should be implementing the November, 2017 regulations. All regulations that affect the Activity Department will be addressed. If you work in a skilled nursing facility you do not want to miss this session. (optional session)

**How to Encourage Participation in Activities**—This hands-on session will provide activity professionals ways to encourage their residents/clients to participate in activities. This session will definitely provide some new ways to increase participation in activities.

**Christmas Crafts**—This hands-on session will definitely get the activity professional ready for the upcoming holiday season with some great crafts for their residents/clients to make. (optional session)

**Crockpot Cooking**—This hands-on session will show activity professionals how you could a crockpot to add some much needed variety to your Cooking Program.

**Creative Art**—This session will offer participants a learning experience of using Art as a creative therapeutic intervention with your resident/client. Several successful creative art ideas will be shared.

**Fresh Fruit Exploration**—This session will explore fresh fruits and how you could incorporate them into activity programming. Nutrition information and creative ways to use fruits for fun.

**Understanding Activity Department Policy & Procedures**—This session will help the activity professional understand what policy and procedures are and why they are important to the Activity Department.

**Puppetry & Storytelling**—This hands-on session will show how to use puppets and storytelling to provide your residents/clients a fun and meaningful experience.

**Budgeting for the Activity Department**—This session will address how the activity professional should have input in the development of the Activity Department budget at the beginning and then must monitor expenditures throughout the year to include supplies, entertainment, food, transportation, education, resources, etc.

**Resident Council**—This session will define what Resident Council is and why it happens. Discussion will be held about officers, meeting minutes, responses to concerns, attendance, the regulation that addresses Resident Council.

**Writing Activity Department Policy & Procedures**—This session will help the activity professional understand how to develop new policy and procedures for their department. Bring a topic of a concern that you need a policy and procedure for.

**Activity Staff Training**—This session will address the basic training areas that activity staff should have some training in. It is definitely different in each facility/company—this will be a general session related to training of most activity staff.

**Hands-On Teaching Skills**—This session will provide the activity professional teaching skills that will help them when it is time for them to present inservices, training staff, presenting educational materials to other activity professional, and how to keep participants engaged during educational sessions.

**Movement & Seniors**—Physical activities are so important for seniors. This session will address how to include movement into your activity programs. The importance of movement will be also be discussed.

**Adapting Crafts for All Functional Levels**—This session will show how to adapt crafts so all of your clients can participate in your Craft Program.

**Expert Panel Questions and Answers**—This Q&A session will give participants a chance to ask the “experts” questions about any topic related to activities—programming, certification, regulations, staffing, etc.

**Documentary—Alive Inside—Musical Programs for the Low Functioning**—This session participants will watch the documentary “Alive Inside” which focuses on how music helps clients to awaken and enhance their quality of life.

**Caregivers Journey Through Dementia: Miss Les Lucy Jesus and Me**—This session is a caregivers journey through dementia. Participants will have a better understanding of how to work with the dementia client/resident while at the same time also understanding what the client/resident is also going through. This session will definitely open your eyes on how to work with the dementia client.

**Holiday Crafts**—This hands-on session will share some successful crafts to make many of the holidays to come alive. (optional session)

**Understanding Snoezlen**—This session will explain what ‘Snoezlen’ is and how to incorporate it into your activities program. Learn how to adapt some of the therapeutic supplies used during Snoezlen.

**Mental Stimulation Activities**—Activities that stimulate the cognition of your clients are very important. This session will discuss many of those mental stimulation activities.

**Technology Update**—Learn how to make your Activity Department more tech savvy. Apps to use with your clients, Apple TV, adaptive headsets, how to use technology to enhance your activities.

**Program Share Time**—Participants are asked to bring something—a craft, website, recipe, resource to share. This year a special category of share will be holiday ornaments. Participants will submit their Program Share Time resource to the Retreat Coordinator prior to the retreat so copies can be made and collated so all participants get one. The resources are due by 10-1-18.