



2019 Activities and More...
Preparing Activity Professionals for
the Future of Long Term Care
January 21-25, 2019

Schedule Details

- Registration and a continental breakfast begin each day at 7:30 am.
- Training sessions start at 8:00 am daily.
- Please note, to provide you with 45 hours of training in five days, some days will be long. We will not break before dinner Monday-Thursday. On Friday, the program will end at 1:30 pm.
- Lunch and dinner are on your own each day. A variety of snacks will be provided.

Monday, January 21

Course Overview—Let's Jump Right In!

Brenda Walker, ADC, AP-BC | Activity Director and Volunteer Coordinator | Roman Eagle Rehabilitation and Health Care Center, Inc.

As we kick off the course, you will be given opportunities to learn, network, and experience a variety of day-to-day activities. With thoughtful planning and implementation, you will learn to plan many activity programs at minimal cost, as well as how to modify activities to meet specific needs. Together we will identify programs that are meaningful and fulfilling, as well as fun for all. You will be given ideas, resources, and opportunities for hands-on participation to prepare you for directing the activity program in your facility.

Break

Course Overview—Let's Jump Right In! *(continued)*

Lunch (on your own)

The 3 C's of Resident's Rights

Judy Brown, RN, LNHA | Consultant | JFB Consulting, LLC

Learn about the 3 C's of residents' rights – choice, culture, and collaboration as they pertain to activities. In this session you will learn how to identify similarities and conflicts between choice, culture, and collaboration.

Break

The Spirit Connection

TBD

Learn to lead faith groups to build a sense of community and home within your facility. We will emphasize how to enrich spiritual experiences for residents from diverse religious backgrounds.

Break

Planning Special Events

Use your creativity, knowledge, and skills to plan a special event using a variety of tools. Working in small groups, you will develop an event that can be utilized for different levels of care.

Tuesday, January 22

Activities on a Tight Budget

Laurie Hawkins, ADC, Activity Director | Lee Health & Rehab Center

What is a successful activity program made of when you have limited time and resources? You will stretch your inner creativity through ideas and opportunities designed to be quick, easy, and low-cost!

Easy as P-I-E

Laurie Hawkins

Your residents represent a broad range of interests and abilities. We will discuss strategies for encouraging participation, interaction, and engagement in your activity programming.

Break

What Can I do for You...You are the Key

Jeff Ukrop | Development Officer | Virginia Baptist Foundation

Finding ways to discover who your residents and clients are will provide you with greater insight on how to respond positively to their needs. In this session you'll learn from a customer service expert about how to create a culture focused on providing extraordinary customer service and how to treat people the right way. Jeff Ukrop, who honed his skills creating associate, customer, and vendor experiences in the Ukrop's grocery business, will share his insights on developing an environment that helps individuals and teams realize their potential in a tangible and fun way.

Activities for People Nearing End of Life

Tina Thomas | Director of Programs and Services | Alzheimer's Association-Greater Richmond Chapter

We will explore the end of life process, themes of spiritual engagement, and various ways to engage people who are critically ill. This presentation will provide practical tips and strategies on how to create a comfort kit that can be used by staff and families for those nearing end of life.

Lunch (on your own)

A Day, a Month, a Year

Laurie Hawkins

Who says structure and routine has to be boring? Let's shake it up, step out of our normal realm, and bring unexpected excitement and wonder to our facilities. Through discussion and networking, you will plan, design and present your ideas for "out of the box" celebrations and theme days.

Understanding Difficult Behaviors

Laurie Hawkins

There are several behavioral problems that may accompany Alzheimer's and other dementias. Understanding causes and triggers makes it possible for caregivers to lessen or prevent difficult behaviors from occurring again. This session will help you take a systematic look at potential causes and discuss coping strategies to better understand and deal with these behaviors.

Break

What's Cooking?

Brenda Walker

Nothing draws the attention of your residents and staff to the activity room quicker than the smell of something cooking. Even the most reserved residents will come closer for a peek. There are numerous food items that can be prepared with minimal effort, equipment, and cost. This will be a hands-on session with tasty rewards at its conclusion.

Wednesday, January 23

Well Being and Dementia

Ed Owen, LNHA (retired)

This presentation will demonstrate ways to incorporate spirituality, storytelling, and music as strategies to improve communication, enhance memory, encourage social interaction, and decrease agitation and anxiety for persons with dementia.

Break

The Process of Aging

Beverly Morgan, MS | Gerontologist

Learn more about the aging processes including what is considered normal aging. We will review social, physical, psychological, and spiritual changes and the effect these changes have on an individual.

Lunch (on your own)

Ethics, Values, Principles, and Decision Making

Gigi Amateau | Director of Grants and Research | The Greater Richmond Age Wave
Jenny Inker, MBA, MSG | Instructor | Department of Gerontology | Virginia Commonwealth University

This program will help you identify the values and beliefs that define what you as a professional stand for. This session will explore how values affect behavior and conduct in making decisions reflecting your morals and principles in every day work.

Break

Planning Special Events

Use your creativity, knowledge and skills to plan a special event using a variety of tools. Working in small groups, you will develop an event that can be utilized for different levels of care.

Thursday, January 24

Documentation and Care Plans for Activity Departments

Mary Chiles, RN, RAC-CT | President | Chiles Healthcare Consulting, LLC

In this session you will review elements required to build an effective care plan. Discussion will include an overview of activities assessment and an in-depth look at care plan development and implementation. Time has been reserved to address specific care plan challenges and opportunities as experienced in your current practice settings.

Departmental Policies and Procedures for Activity Departments

Mary Chiles

You will learn a vast array of activities and original service delivery concepts during this session. You will assist with problem solving as you write individual plans of action for your department.

Lunch (on your own)

Concurrent Sessions

MDS Success for Activity Professionals

Mary Chiles

This session is specifically designed for those attendees that are currently employed in nursing facilities who want a more in-depth and hands-on training regarding documentation.

Regulatory Update for Assisted Living Facilities

Annette S. Kelley, MS, CSAC | Provider Training Consultant | Division of Licensing Programs | Virginia Department of Social Services

This session will address the standards that relate to providing activities in licensed assisted living facilities. Learn about the inspection process and how activities relate to the standards.

Break

Medication Use in the Elderly

Lydia Ballentine, RPh, MS, CGP | Clinical Manager of Virginia | Omnicare, Inc.

This session will address how to use medications appropriately and the consequences of inappropriate medication use in the elderly. Topics to be reviewed include potential drug interactions and adverse outcomes, as

well as how medications are prescribed to meet the medical and physical needs of residents.

Friday, January 25

Transformation from Institution to Household

Pamela E. Doshier, LNHA, MBA, CDP | Administrator | The Orchard

Learn about how Riverside Lifelong Health & Aging Related Services Division successfully launched a major initiative to transform its traditional facilities to households adopting the Household Model as a roadmap. Emphasis will be placed on elements facilities can implement without renovating the physical environment and still have positive outcomes. You will gain a great understanding of the benefits of the transformation for residents, families and staff members.

Break

Certification Requirements

TBD

Discuss the education, experience, and other requirements necessary to become a certified activity professional.

The Power of Positive Aging

Mary Ann Johnson, BS, MA | Retired Program Director for the Alzheimer's Association

This session will define positive aging and help you recognize the signs and physical symptoms that may occur as we add years to our lives. You'll learn more about how to identify activities that create positive experiences for groups of older adults according to their abilities. Working in groups, you will develop an activity that promotes "positive aging." We will discuss how the activities can be adapted for those who present different signs of aging abilities.

Wrap-Up and Questions