



**2020 Activities and More...  
Preparing Activity Professionals for  
the Future of Long Term Care  
February 17-21, 2020**

**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, February 17**

**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 center or community. 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, February 18**

### **Easy as P-I-E**

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

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**

### **Activities for People Nearing End of Life**

Tina Thomas | Director of Programs and Services | Alzheimer's Association-Greater Richmond Chapter  
Sharon Napper | Certified Dementia Practitioner and Professional Trainer | 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.

### **Dementia Care Best Practices Recommendations**

The Alzheimer's Association's 2018 Dementia Care Practice Recommendations were developed to better define quality care across all care settings and throughout the disease course. They are intended for professional care providers who work with individuals living with dementia and their families in residential and community based care settings. The recommendations outline quality care practices based on a comprehensive review of current evidence, best practices and expert opinions. Thomas and Napper will share details about these recommendations, which inform and influence dementia care standards, training, practice and policy from a person-centered focus.

## **Lunch (on your own)**

### **Activity Calendar-Planning for a Day, Week, Month, and Year**

Brenda Walker

This educational session will prepare activity professionals on how to achieve great time-management skills in activity calendar-planning. Activity professionals will also learn how to enlarge their perspective of what is actually the difference between a good activity calendar verses a great activity calendar! Learning techniques that will improve and stimulate the activity professionals' insight into quality activity programming on even a tight budget will be enhanced through this session.

## **A Day in the Life of a Resident**

Brenda Walker

Have you ever really noticed that completing caregiving tasks may not equate well with the behaviors of dementia residents? This session will offer you advice and practical how-tos on how to work with individuals in long term care. What can you do with just five minutes to provide engaging activity programming to dementia residents? You will learn how much you can take advantage of every moment, even if it is only a few minutes at a time, to provide meaningful enrichment for all.

## **Hooray! It's a Themed Week of Events**

Brenda Walker

Are you an activity professional that wants to try something entirely new and different? This session will help you to think outside of the box. Themed weeks of events are weeks that bring about unlimited creativity for the activity professional. These themed weeks also engage every member of a facility family as well as give you a chance to grow your volunteer ranks, and market your facility bed census.

## **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, February 19**

### **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**

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**

### **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.

### **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, February 20**

### **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**

Ivy Burnham | Licensing Administrator-Region 2 | Division of Licensing, 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 | Retired

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, February 21**

### **Transformation from Institution to Household**

Pamela E. Doshier, LNHA, MBA, CDP | Retired

Learn about how Riverside's 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**

Dawn Worsley | President | National Certification Council of Activity Professionals

You'll learn about 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**