

OCTOBER
9-11



INDIANA ACTIVITY DIRECTOR'S ASSOCIATION

2024 Fall Conference

Schedule At A Glance

Wednesday, October 9

3:00 PM IADA Board Meeting
4:00 – 5:00 PM Registration
5:00 – 6:30 PM Seven Dimensions of Wellness
Break
6:45 - 7:45 PM Science

Thursday, October 10

7:00 – 7:45 AM Registration & Breakfast
8:00 – 9:30 AM Dealing with Change
Break
9:45 – 11:15 AM QAPI
Break
11:30 – 12:30 PM AL: Art Therapy
SNF: Documentation
12:30 PM Lunch
1:15 – 2:15 PM AL: Activity Programming for the AL Resident

SNF: Art Therapy

Break
2:30 – 4:00 PM Trauma Informed Care
Break
4:15 — 5:30 PM Motivating your Residents to Attend, Post COVID
6:00 – 8:00 Dinner and 50th Party

Friday, October 11

7:00 – 7:45 AM Breakfast
8:00 – 9:30 AM Surviving the Business with Humor
Break
9:45 – 11:15 AM Now is the Time! Adult Activities
Break
11:30 – 12:30 PM Living with Dementia
Session Closed—Have a safe trip home

HAVE YOU TAKEN CARE OF THIS?

IADA has had a new email address for membership. Please add the new email address to your email contacts so you don't miss any important

membership updates that may be sent from that email.

Please check and make sure that you have the correct

email address.

membershiada@gmail.com

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Session Descriptions, October 9 & 10

Seven Dimensions of Wellness & the WHY of resident engagement ~ Kim

WEDNESDAY, OCTOBER 9 | 5:00—6:30 PM

Using evidenced based research about the Dimensions of Wellness in partnership with the International Council on Active Aging, upon completion of this session, the participant will have gained the knowledge to identify each of the seven dimensions of wellness discussed, observe these dimensions in action and learn how to design multi dimensional activities and engagement opportunities for those they serve. This class will also identify the WHY of resident engagement, explore the definitions of the various dimensions of wellness, create programming ideas for each dimension and assist to establish the engagement expectations for their organization.

Science ~ Amanda

WEDNESDAY, OCTOBER 9 | 6:45 —7:45 PM

Objective: Participants will learn benefits to implementing a mad science program, explore resources in obtaining experiments to use in their program & will learn about and try science experiments they can use to engage their residents.

Purpose: To stimulate residents' cognitive thinking and imagination. To foster creativity and social interactions. To leave the session with ideas of where to look for suitable experiments and places to obtain supplies.

Dealing with Change ~ Cat

THURSDAY, OCTOBER 10 | 8:00 —9:30AM

Health care professionals deal with change on a daily basis: more requirements, different survey issues, new admissions/residents/families, new employees/ coworkers, change of ownership or company leadership, and even personal changes as we grow older. With the introduction of COVID-19, and all the following variants, healthcare professionals have been at the epicenter of change. What protocols to follow...what will surveyors now look for...going from "lockdown" to reopening our facilities, and back again...Every day seems to bring something new and different. In this session, Cat will discuss the many changes that we have faced, and are facing, during the pandemic - both

personally and professionally. She will share some of the best, most effective coping techniques for dealing with change.

QAPI ~ Cat

THURSDAY, OCTOBER 10 | 9:45 —11:15AM

CMS requires that all skilled nursing centers develop Quality Assurance & Performance Improvement (QAPI) programs. The purpose of the program focuses on systems of care, outcomes of care, and quality of life. In this session, Cat will offer a "common sense," realistic way to implement this process in your facility. She will be addressing the 5 CMS Elements of QAPI, as well as the 12 Action Steps that CMS recommends to get started. Additionally, Cat will be providing suggestions/ideas for PIPs, as well as discussing which areas of care and quality of life are "best received" by surveying agencies.

Art Therapy ~ Amanda

THURSDAY, OCTOBER 10 | 11:30 —12:30PM & 1:15—2:15PM

Objective: Participants will explore the difference between Art Therapy and Therapeutic Art Making. Participants will learn about and try art making ideas that they can take back to their communities.

Purpose: Art making engages the mind, sparks creativity, can help to build self-esteem, and encourage social interactions among peers. Art making can be a covert way of encouraging residents to use fine motor and gross motor movements.

Documentation ~ Cat

THURSDAY, OCTOBER 10 | 11:30 —12:30PM

Wouldn't you love for someone to cover the basic components of documentation for activities? Cat will do just that in this session, covering everything from accurate coding of the MDS, CAAs, completion of activity assessments and the development of person-centered care plans to progress notes. This is a great session for new professionals beginning in the field, as well as a "refresher" course for the experienced professional.

About our Speakers

Kim Mead, AAS ADC CDP CAP CMDCP

Kim has over 33 years of experience in Long Term Care, 30 of those specifically in the field of activities and recreation. Kim has an AAS degree as an Activity Director from Ridgewater College. Kim is Activity Director Certified through the National Certification Council for Activity Professionals, is a Certified Dementia Practitioner and Certified Montessori Dementia Care Practitioner through the National Council of Certified Dementia Practitioners, and a Certified Activity Professional through the Illinois Activity Professionals Association.

Kim currently serves as the Marketing/Social Media Chair for the Illinois Activity Professionals Association (IAPA) as well as serving as their Executive Board Secretary and the Central Region Director for the National Association of Activity Professionals (NAAP) Board of Directors.

For the last 8 years, Kim has served as the Director of Engagement for Gardant Management Solutions. Kim is passionate about the purposeful recreation and engagement needs of all individuals. In her free time, she volunteers for the River Valley Special Recreation Association and Sunrise Animal Rescue.

Amanda Benson, M.S., LMHCA, ATR-B.C.

Amanda began working with seniors in 1999 as she worked her way through college and continued working in various settings and with a variety of populations in several states over the last twenty-five years. She is a graduate of both Huntington University with a Bachelor's degree in Fine Arts (2001), and Emporia State University with a Master's degree in Art Therapy (2008). She became a qualified activity director in the state of Indiana in 2010. Currently, Amanda works in a private practice as a Licensed Mental Health Counselor Associate and a Registered, Board Certified Art Therapist providing mental health services for ages 5 and up. She continues to be involved with residents in a nearby assisted living community providing an art therapy group once a week.

Amanda lives in LaPorte, Indiana with her husband of twenty-three years, Steve, and their three "fur babies" Radar, Sherman, and Sophie along with fish and shrimp. In her "spare" time, Amanda enjoys working in the studio wheel throwing clay, knitting, and weaving.

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 common-sense 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. She was a Corporate Management Consultant for 101 nursing homes in 7 states. With over 40 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 fact, Ms. Selman participated in a CMS Expert Panel Group responsible for much of the Activities Surveyor Guidance that is now included in the current CMS RoP. She continues to train State Agencies & Surveyors in Care Planning, as well as other requirements regarding process, documentation, and compliance. In demand, and on topic, she is considered an authority in aging services.

Rhiannon Study, RCA, CDP

Rhiannon Study has been working in Senior Living for 23 years, from Skilled Nursing, Assisted Living, and Memory Care! There isn't much she hasn't done when working in Senior Living, but one of her most favorite positions held of all times was when she was an activities director. From there, she went into a community relations/director of sales role and then she moved into an executive director/administrator role, which is where she is now. She received her RCA license a year ago and this past January, she became a Certified dementia Practitioner. Working with seniors has been her passion since she was a little girl, following in the footsteps of her mother.

Rhianna has a fiancé, William, and together they have four amazing boys! Peyton— 16, Sebastian— 14, Cassius— 13 & Isaiah— 11. From the months of March to August, you can catch her at the baseball diamonds, watching Peyton and Isaiah play ball.

Registration Form

Early Bird Registration Deadline September 19, 2024. NO REFUNDS after September 19, 2024.

Full Workshop

Member: \$250.00

Non-Member: \$375.00

Retiree Member : \$100.00

REMINDER: Annual Individual Membership is \$35.00 and can be purchased on our website at www.indianaactivitydirectors.com

Registration after September 19, 2024:

Full Workshop

Member: \$300.00

Non-Member: \$425.00

Retiree Member : \$100.00

Lodging is the responsibility of the individual.

Room Rate at the Season's Lodge: \$112.00 plus tax. Reservations must be made by **9-9-2024** in order to receive the discounted IADA rate. Mention IADA when making reservations.

The Seasons Lodge & Conference Center
P.O. Box 1009
560 E. State Road 46
Nashville, Indiana 47448
800-365-7327 / 812-988-2284

Complete and return to:

Indiana Activity Director's Association
P.O. Box 144
Clear Creek, IN 47426

Make checks payable to I.A.D.A.

For Credit Cards please go to our website at www.indianaactivitydirectors.com

NAME

POSITION

EMAIL

FACILITY

BEST PHONE NUMBER TO REACH YOU:

ADDRESS

CITY

ZIP CODE

Guest meal tickets may be purchased at registration.

Session Descriptions, October 10 & 11

Programming for the AL Resident ~ Cat

THURSDAY, OCTOBER 10 | 1:15 —2:15PM

Are individuals who live in an assisted living center different from those who live in a nursing home? Can we provide the same activities? Should we be doing anything differently? What about documentation requirements? And how do you develop an activity program that will meet the needs of everyone in the building? This session will address the components of developing an activity program for residents who reside in assisted living centers. Individual resident assessment, population surveys and programming format will be addressed in-depth.

Trauma Informed Care ~ Cat

THURSDAY, OCTOBER 10 | 2:30—4:00PM

Surveyors are beginning to focus more on the delivery of trauma-informed care to our residents. To be proficient in this area, ALL staff are required to have training regarding trauma-informed care. But, how do you make this happen? In this session, Cat will be addressing: what trauma triggers are, how to identify trauma triggers, common sense interventions that work, and how to obtain needed information from the resident to develop a person-centered, individualize care plan, utilizing a De-Escalation Preferences Form. Participants will leave with a “ready-made” inservice for their facility staff.

Motivating your Residents to Attend, Post COVID ~ Cat

THURSDAY, OCTOBER 10 | 4:15—5:30PM

Our residents used to look forward to every event/activity in their community - their home. THEN we had at least TWO YEARS of isolation and “lockdown” within our buildings. For most residents, the activity program was their lifeline to quality of life, and something to look forward to each day. And because of the pandemic, overnight, our group programs were effectively shut down. If we provided anything at all, it was a program of 1-1 activities, spread out individually to residents in their rooms...by themselves! For some, this literally killed their spirits and motivation to be involved. In this session, Cat will discuss the challenges that we are facing...and why.

Surviving the Business with Humor ~ Cat

FRIDAY, OCTOBER 11 | 8:00—9:30AM

Would you say that health care providers have a slightly “warped” sense of humor?? Let’s face it! We laugh at situations that others would find horrifying! It doesn’t mean that we are unprofessional, uncaring or insensitive. Those “light moments” help us get through an extremely stressful or painful time, and allow us “longevity” in this industry. This session takes a look at the humorous side of health care. Through the humor we see very real resident/client issues and what we, as providers, should have in place to meet those issues. Utilizing humor and laughter, participants will learn necessary techniques to maintain a balance in providing care that is both meaningful and realistic. Cat shares tips for how we can develop humor skills, and ends this session with a “Jeff Foxworthy-take” on the “Top 10 Ways” you can tell you work in health care. Let’s face it - without humor, how else are you going to survive?

Now is the Time! Adult Activities ~ Cat

FRIDAY, OCTOBER 11 | 9:45—11:45AM

“All the activities here are ‘stupid baby games’...These activities are too childish, and I’m an adult...No, I don’t want to color - I’m not a child.” Any of these statements sound familiar? CMS requires us to provide an environment that promotes quality of life, especially with respect to dignity. In this session Cat will address the challenges that are faced in the provision of adult activities. She will be offering recommendations as participants adapt/modify current activity programs to become more reflective and representative of the ages, interests and needs of their current population.

Living with Dementia ~ Rhiannon

FRIDAY, OCTOBER 11 | 11:30—12:30PM

We will discuss how to engage with People Living with Dementia as well as how it is to live with Dementia. This will be hands on and discussion.

I.A.D.A.

P.O. Box 144

Clear Creek, Indiana 47426

IADA Celebrating 50 Years



CONFERENCE INFORMATION

LOCATION

Season's Lodge Conference Center, **560 E. State Road 46**, Nashville, IN

CONFERENCE RATES

There are two rates: Member and Non-member. If you are unsure if you are a member, please call IADA at 765-763-6438, Treasurer: Sheila Dick at 812-545-1695 or email Ashley Leahy at membershipiada@gmail.com.

CONTINUING EDUCATION

Approval has been requested for full conference for **15** clock hours from NCCAP & Professional Licensing Agency.

HOTEL RESERVATIONS

Attendees are encouraged to make hotel reservations at the Season's Lodge, 560 E. State Road 46, Nashville, IN 47448, by calling 800-365-7327. All hotel room reservations must be made by **9-9-2024**. Please mention the IADA when booking your reservation to receive the special rate of \$112.00 + tax. Please reserve early, previous years the room block sold out!

REGISTRATION The deadline to register is **October 5, 2024**. Mail the original registration along with payment when your check becomes available. All registered attendees will receive a confirmation. If you do not receive a confirmation, do not assume that you are registered.

CANCELLATIONS

There will be no refunds given after **September 19, 2024**. A refund minus \$50.00 plus 3% fee if paid by credit card will be given prior to that date. No refunds given if you are a no show to conference. Substitutions are always welcomed.

FOOD

Someone will contact you after you register so we can get an accurate food count for each day of the conference.

