

OCTOBER  
15-17



INDIANA ACTIVITY DIRECTOR'S ASSOCIATION

# 2025 Fall Conference

## Schedule At A Glance

### Wednesday, October 15

12:30 PM Registration

1:00 – 3:00 PM Expressive Arts

4:00 Hotel Check-in

4:30 – 6:30 PM Nature Collagraph  
Print & Pastel Paper Class

1:00 – 2:00 PM Words Matter

*Break*

2:15 – 3:45 PM SNF: Beyond the  
Social Visit/1-1 Programming

AL: Expectations & Regulations

*Break*

### Thursday, October 16

7:00 – 7:45 AM Registration &  
Breakfast

7:45 Announcements

8:00 – 9:00 AM No Place Like  
Home

*Break*

9:15 – 10:15 AM Level Up Your  
Men's Group

*Break*

10:30 – 12:00 PM Response to Be-  
havior, Verbal or Physical Aggres-  
sion

Lunch

4:00 — 5:00 PM Adapting Sports  
for Inclusive Activities

6:00 – 8:00 Dinner, Band & The  
Benefits of Reminiscence for those  
we serve

### Friday, October 17

7:00 – 7:45 AM Breakfast

8:00 – 9:00 AM Evolving, Not Re-  
volving: The Tech Enabled Future  
of Engagement

*Break*

9:15 – 10:15 AM NAAP & NCCAP

*Break*

10:30 – 12:30 PM Make a Small  
Tree of Life Hanging

## HAVE YOU TAKEN CARE OF THIS?

IADA membership fee is \$40.00 or retirees \$10.00 all per year. Do you receive the notification of your membership expiring. An email is sent to

each member before their membership expires and during the month it expires. If you are not receiving these emails please check with your I.T. de-

partment to put the membership email address on the safe sender list.

[membershipiada@gmail.com](mailto:membershipiada@gmail.com)

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## Session Descriptions, October 15 & 16

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### **Expressive Arts ~ Sherri**

WEDNESDAY, OCTOBER 15 | 1:00—3:00 PM

1. Fearlessly commit to Expressive Arts!
2. Understand, simplify, and embrace new approaches to Expressive Arts.
3. Believe the students are capable and have confidence you can lead them. The hope is that these objectives will become commitments.

### **Nature Collagraph Print & Paste Paper class ~ Bonita**

WEDNESDAY, OCTOBER 15 | 4:30 —6:30 PM

This active hands-on session engages participants in making paper that is like 18<sup>th</sup> century wallpaper. Intricate paintings can be made, allowing creativity without stress from a lack of experience or talent. Also, this type of express art can be modified for many different levels of cognitive and physical abilities. This session will engage both body and mind in a fun, relaxing way. We will be using nature such as flowers, leaves & plants as a resist or to lift paint. There are several ways to use the finished product with book binding, cards, gift wrap or stationary gift wrap. Participants will also learn how to make a 3-ring pamphlet binding. To help display our handy work or that of the people you serve.

### **“There’s no place like home” - Approaches for Transitional Care Patients ~ Susan**

THURSDAY, OCTOBER 16 | 8:00 —9:00AM

"There's No Place Like Home," will explore effective tools and strategies for identifying the needs and preferences of transitional care patients while assessing their needs and preferences. Participants will learn about programming resources and ideas that can be implemented in their facilities to enhance care. While recognizing the importance of home, this session will empower Activity Professionals to improve short-term offerings and support clients' rehabilitation goals and leisure activities as they transition back home.

**Goals:** Assess the Needs and Preferences of Transitional Care Patients: Learn to effectively evaluate the unique needs and preferences of short-term and rehabilitation

clients. Discuss Strategies to Overcome Challenges: Explore effective strategies for addressing the specific challenges faced by short-term care patients. Discover Activity Approaches that Support Therapy Goals: Identify and share activity ideas that align with and reinforce rehabilitation objectives for clients.

### **Level Up Your Men’s Programming ~ Susan**

THURSDAY, OCTOBER 16 | 9:15 —10:15AM

Despite our ever-changing generational needs, one thing has remained the same in Long Term Care; lower participation from the male population. In the LTC setting, men tend to be in the minority and come with their own set of unique needs, interests, and qualities. In this session we will explore those qualities and learn how you can bring your programming to the next level with a variety of options geared towards the male population.

### **Response to Behaviors: Verbal or Physical Aggression ~ Susan**

THURSDAY, OCTOBER 16 | 10:30 —12:00PM

In this educational session, we will explore the concept of person-centered care and the importance of understanding behaviors as a form of communication, particularly for individuals living with dementia. Participants will examine how aggressive behaviors, whether verbal or physical, can arise from unmet needs or challenging situations. By recognizing that these behaviors are not intentional but rather expressions of underlying needs, caregivers can develop more effective strategies to respond compassionately and appropriately. This session aims to empower caregivers with the knowledge and tools to better understand and support individuals with Alzheimer's Disease and Related Dementias (ADRD).

**Objectives:** Participants will learn about aggressive behaviors in the context of unmet needs, enhancing their understanding of how individuals with dementia communicate distress. Explore common situations and triggers that may lead to aggressive behaviors, equipping caregivers with the ability to anticipate and mitigate potential conflicts. Gain practical strategies for responding to aggressive behaviors in a way that addresses the underlying needs of individuals with dementia, fostering a more supportive care environment.

## Session Descriptions, October 16

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### **Words Matter: Person Centered Care ~ Susan**

THURSDAY, OCTOBER 16 | 1:00 —2:00PM

Join us for an insightful session focused on the essential role of language in delivering person-centered care to individuals living with dementia. This session will delve into how the words we choose and the way we communicate can profoundly impact the emotional and cognitive well-being of those we care for. Participants will learn practical strategies for selecting words that foster positive interactions, enhance understanding, and promote dignity for individuals with dementia. This session will equip you with valuable insights and tools to improve your communication skills and enrich the care you provide. Join us to discover how thoughtful language can transform your approach to dementia care.

**Objectives:** Participants will be able to articulate the principles of person-centered care and explain how it differs from traditional approaches in the context of dementia care. Participants will learn four areas in which language choices and communication styles can impact the care we provide for those living with dementia. Participants will analyze how specific word choices can affect the emotional responses and behaviors of individuals with dementia and will understand the importance of selecting words that positively impact a person-centered care environment.

### **AL: Activity Expectations & Regulations ~ Rhiannon**

THURSDAY, OCTOBER 16 | 2:15 —3:45PM

Today AL appears to be a little different than in the past. More facilities are adapting to the Age in Place idea as long as possible. Aging in place is, of course, the best for any individual.

What are the requirements for activities in Assisted Living? Sometimes it feels like we are just the Fun people.

What are the Expectations of Activity Directors in the AL setting. Hear from an Assisted Living Executive Director.

Attendees will learn the Regulations for the Activity Department, find out what the expectations are for the Activity Department, and how important life stories are.

Most of the time in this field of Health Care, Activities are also helping other departments, as a team, learn how all departments can work together not only for the residents, but also for their community as well.

### **SNF: Beyond Social Visit—1-1 Programming ~ Susan**

THURSDAY, OCTOBER 16 | 2:15—3:45PM

**Purpose / Description:** This interactive session will explore the importance of personalized activities for one-on-one engagement. Social visits can be a great way to spend quality time with your residents, but how can we go beyond the same ol' "Hey how are you doing today?". There's only so much talking about the weather one can do! And what about those individuals who experience less functioning and cannot take part in traditional socialization? What can we do with them? Do you want some new ideas to implement a variety of activities that allow for added engagement and quality experience? This informative session will help guide you in identifying individuals needing 1:1 intervention and explores a variety of quality intervention options that go 'Beyond the Social Visit'.

### **Adapting Sports for Inclusive Activities ~ Susan**

THURSDAY, OCTOBER 16 | 4:00—5:00PM

In this engaging educational session, participants will learn how to adapt various sports to create inclusive and enjoyable activities for individuals of all abilities. By modifying rules, equipment, and environments, activity professionals can foster participation and enhance the physical, social, and emotional well-being of all participants. This session will provide practical insights and innovative strategies to ensure that everyone can enjoy the benefits of sports, regardless of their skill level or physical limitations.

**Objectives:** Participants will learn the foundational principles of adapting sports to accommodate diverse abilities, ensuring inclusivity and engagement for all participants. Discover various techniques for modifying rules, equipment, and playing environments to create accessible sports activities tailored to the needs of individuals.

Participants will engage in hands-on planning to develop inclusive sports activities that can be implemented in their settings, a 'take and play' handout will be provided.

## Session Descriptions, October 16 & 17

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### **Evolving, Not Revolving: The Tech Enabled Future of Engagement ~ Kim**

FRIDAY, OCTOBER 17 | 8:00—9:00AM

In this dynamic session, we will explore the evolving landscape of senior living engagement, focusing on the critical shift from passive entertainment to meaningful, technology-enabled engagement. As baby boomers enter senior living with different tech expectations, we'll discuss how to meet these changing needs while adhering to a person-centered engagement approach. Attendees will learn about innovative engagement technologies and the benefits they provide to residents and families. We'll delve into best practices for integrating technology into daily activities, supporting the activity professional's role in creating resident-centered programs that incorporate individual interests, hobbies, and cultural preferences, and increasing resident participation and engagement. Drawing from real-world examples and lessons learned, this session will provide practical insights into implementing tech-enabled engagement programs that serve to enhance residents' sense of well-being, independence, dignity, and satisfaction. Participants will gain valuable knowledge on overcoming common obstacles in senior living settings and customizing technology solutions to individual needs. Join in to discover how to shape the future of senior living through purposeful, tech-driven engagement that goes beyond mere entertainment, creating more fulfilling experiences for residents and staff alike. Your residents—and staff—will thank you!

**Session objectives:** Attendees will be able to outline the changing needs and expectations of residents and how technology-enabled engagement can address some of these changes. Attendees will be able to describe best practices for integrating technology into daily activity programs that cater to individual resident interests, hobbies, and cultural preferences. Attendees will be able to outline a process for assessing the effectiveness of engagement technology by measuring its impact on metrics such as residents' sense of well-being.

### **NAAP & NCCAP ~ Kim & Bryan**

FRIDAY, OCTOBER 17 | 9:15—10:15AM

#### **NAAP**

The National Association of Activity Professionals (NAAP) offers a variety of benefits to its members, including professional development, advocacy, and networking opportunities. These benefits are designed to support activity professionals in geriatric settings and help them enhance the quality of life for the individuals they serve. We will explore NAAP's website and peek into the amenities that are provided for NAAP members as well as discuss the opportunity to attend free monthly NAAP live webinars available for all activity professionals and reveal information on the upcoming NAAP conference being held in Chicago IL in the spring of 2026.

#### **NCCAP 2.0**

Participants will be provided an update related to the new standards, new course, and several other wonderful changes that NCCAP has made to better serve the profession.

### **Making a Tree of Life Hanging ~ Tomme**

FRIDAY, OCTOBER 17 | 10:30—12:30 PM

While we live in a perfect world, art is expressive and about the process not the outcome. In this session attendees will make their own Tree of Life, with a 5-inch ring, wire, beads and instructions. We will talk about how to modify to other levels of ability. This will promote social interaction with each other, free conversations with sharing of ideas for other crafts and much more needed face to face networking, while creating our own piece of expression. The goal is for participants to feel the benefits of the Art Expression Experience, the calmness, sense of community, success and fun.





# About our Speakers

## Bonita L. Bent Blooding

Bonita is a professional artist and retired educator specializing in printmaking, bookbinding, handmade, and decorative papers. With over 45 years of teaching and presenting workshops for preschoolers through college and beyond. During this time she developed many techniques to make the arts accessible to everyone regardless of skill level and physical or cognitive difficulties. She has also been very active with her grandchildren, Powwows & Reenactments. She also has a passion for her cats, birds and any other stray animal that needs love.



## Sherri Ganka

My education began around 7 years of age when my grandmother Ophelia had a stroke that caused dementia. My grandfather nurtured her without a complaint or bitterness, making it fun to visit them. Looking back, I believe now he felt privileged to serve her with joy and love. This experience may have, unbeknownst to me, planted a seed to serve seniors. I accidentally ended up majoring in Therapeutic Recreation at Indiana University and completed an internship at Newington Children's Hospital in Connecticut. I thought I wanted to work with children until my senior year, 1981, when I took a job as an Activity Director at a rural nursing home in Indiana. That is when I realized that I wanted to program for the elderly in assisted or skilled care. So I stand before you today, still serving Seniors 40 years plus. I have been fortunate to present at conferences with a focus on creative programming, serve as guest teacher for the Activity Director Course, consult and be on the support team at Trilogy for 12 years. At present, I am the Resident Services Coordinator at Evergreen Village in Bloomington, Indiana – a job that fits me well! I am implementing activities for 115 Assisted Living Residents who inspire me to continue creating new activities and remind me I am a young 66-year-old! I count my hands-on experience as my greatest credential, so today I am in good company with all of you working managers providing hands-on activities!

## Susan McKinney, CTRS, CDP, CADDCT

Susan McKinney serves as the Senior Vice President of Operations for Lifetime Wellness, bringing over 22 years of experience in geriatric healthcare, wellness programming, and team leadership. Her journey with Lifetime Wellness began in 2006 when she joined the organization as a Wellness Specialist. Through dedication, innovation, and a passion for serving older adults, Susan has steadily advanced into key leadership roles—culminating in her current position where she oversees operational strategy, team development, and program excellence across multiple service lines. Susan earned her Bachelor of Science in Recreation Administration with an emphasis in Therapeutic Recreation from Texas State University. She is a Certified Therapeutic Recreation Specialist (CTRS) through NCTRC and holds credentials as both a Certified Dementia Practitioner (CDP) and Certified Alzheimer's Disease and Dementia Care Trainer (CADDCT) through the NCCDP.

With a strong focus on empowering teams, Susan is passionate about providing professionals with the tools and support they need to thrive. She is a respected educator, leading Alzheimer's and dementia care seminars throughout the year and presenting at national conferences including the National Association of Activity Professionals (NAAP). Her leadership is grounded in compassion and a deep understanding of the unique needs of seniors.

Outside of her professional life, Susan enjoys spending time with her husband and three children. Whether traveling, attending sporting events, walking their dogs, or planning family nights together, she embraces every opportunity to create meaningful memories. A travel enthusiast and celebrator of

life's big (and small) moments, Susan brings energy and warmth to everything she does.



# About our Speakers

## **Kim Mead, AAS ADC CDP CAP CMDCP**

Kim has over 35 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 on the Leadership Team for the National Association of Activity Professionals (NAAP) Board of Directors and served as a past Vice President, Secretary, Awards and Social Media Chair for the Illinois Activity Professionals association (IAPA).

Kim has served as the Senior Regional Director of Resident Engagement for Gardant Management Solutions for the last 9 years. 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.

## **Tomme L. Owens Lindzy, AD, SSD, QMCP**

Tomme has been in Long Term Care for 45 years. Starting as a Nurses Aid and 10 years later moving on to Activities for 35 years. Socials Services Designee for 17 years and Qualified Memory Care Professional for 10 years. She is a dedicated member of IADA with a passion to assist other Activity Directors in this complicated world of long-term care. She has also served on the board for over 10 years.

Tomme and Jim Lindzy, another retired AD, married in 2021. They worked through the worst part of Covid while Jim volunteered to help at Tomme's facility.

After retiring this past October, she has enjoyed time with her 8 grandchildren, 12 step grandchildren & 6 great-step grandchildren. Jim and Tomme have spent the last winter in Arizona as snowbirds in a 55 plus resort. They are active with pickle ball, swimming, hiking, line dancing, happy hours and great craft classes.

## **Bryan Rife, ADC/EDU**

Bryan Rife, CEO of Sparkle Success, has over 29 years in the healthcare arena and holds a Life Coach Certification through the Academy of Modern Applied Psychology. Currently, he is the Director of Quality Assurance for NCCAP. He is nationally certified as an Activity Director with a specialization in education through the National Certification Council for Activity Professionals and has previously served on the boards of the National Certification Council for Activity Professionals in Washington, DC and the Coalition of Activity Professionals in North Carolina.

He has traveled the country presenting at many different healthcare conferences and workshops as a keynote speaker and has received national awards for Activity Department of the Year and for several programs he implemented in healthcare communities.

## **Rhiannon Study, RCA, CDP**

Rhiannon Study has been working in Senior Living for 24 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 of all time will always be when she was an Activities Director- She attended Glenda's MEPAP-1 class in 2012, then she attended John Collins MEPAP-2 class in 2013. 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 two years ago and she became a Certified Dementia Practitioner, 6 months later. Working with seniors has been her passion since she was a little girl, following in the footsteps of her mother. Rhiannon has a fiancé, William, and together they have four amazing boys! Peyton- 17, Sebastian- 15, Cassius- 14 & Isaiah- 12.

Fun Facts: From the months of April to August, you can catch her at the baseball diamonds, watching Peyton and Isaiah play ball. She loves that she has a unique name- although there are never any key chains, pens, or shirts, with her name on it. And she still gets excited if people know where her name comes from!

# Registration Form

**Early Bird Registration Deadline **September 15, 2025**. NO REFUNDS after **September 25, 2025**.**

## **Full Workshop**

Member: \$260.00

Non-Member: \$385.00

Retiree Member : \$100.00

**REMINDER: Annual Individual Membership is \$40.00 and can be purchased on our website at [www.indianaactivitydirectors.com](http://www.indianaactivitydirectors.com)**

## **Registration after September 15, 2025:**

Full Workshop

Member: \$310.00

Non-Member: \$435.00

Retiree Member : \$100.00

Room Rate at the Season's Lodge: \$115.00 plus tax. Reservations must be made by **9-15-2025** in order to receive the discounted IADA rate. Mention IADA when making reservations. Lodging is the responsibility of the individual.

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](http://www.indianaactivitydirectors.com)**

**NAME**

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**POSITION**

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**EMAIL**

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**FACILITY**

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**BEST PHONE NUMBER TO REACH YOU:**

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**ADDRESS**

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**CITY**

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**ZIP CODE**

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Meals are included in registration. **Please mark which meals you will be eating:**

◇ **Thursday Breakfast**

◇ **Thursday Lunch**

◇ **Thursday Pizza**

◇ **Friday Breakfast**

**Water will be provided between sessions. Please plan accordingly.**

Guest meal tickets may be purchased at registration.

**I.A.D.A.**

P.O. Box 144

Clear Creek, Indiana 47426

***IADA Celebrating 51 Years***

**[1974—2025]**

## CONFERENCE INFORMATION

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### LOCATION

Season's Lodge Conference Center, **560 E. State Road 46**, Nashville, IN 47448

### CONFERENCE RATES

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

### CONTINUING EDUCATION

Approval has been requested for full conference for **15.5** clock hours from NCCAP & Professional Licensing Agency.

### HOTEL RESERVATIONS

Attendees are encouraged to make hotel reservations at the Season's Lodge, by calling 800-365-7327. All hotel room reservations must be made by **9-15-2025**. Please mention the IADA when booking your reservation to receive the special rate of \$115.00 + tax. Please reserve early, previous years the room block sold out!

**REGISTRATION** The deadline to register is **October 11, 2025**. 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 25, 2025**. A refund minus \$50.00 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.

