

# Indiana Activity Directors Association

## 2023 SPRING WORKSHOP

### Schedule At A Glance

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IADA will follow the current guidance of the local Health Department and state guidance in relation to COVID issues at the time of this Workshop.

Everyone attending this conference serves vulnerable people and we want to keep everyone as safe as possible. We encourage you to test before coming to the conference and **DO NOT** attend if you are not feeling well even if you think it is a cold.

IADA will waive/refund the conference fee once provided with proof of a current positive test so that we can keep others safe.

Any Questions?

Please call IADA at

765-763-6438 or email  
iadapresident@gmail.com

#### Thursday, May 4

3:00 PM Board Meeting  
4:00 – 6:00 PM Registration  
7:00 – 8:00 PM Therapy Dogs  
Sharing Smiles & Joy



#### Friday, May 5

7:00 – 7:45 AM Registration & Breakfast (included)  
8:00 – 9:30 AM Calligraphy The Art Of Beautiful Handwriting  
9:40 – 11:10 AM Creating Meaningful Moments in All We Do Each Day  
11:20 – 12:35 PM Empowered Dietary: Nutrition & the Elderly & Teamwork  
12:35 PM Lunch (included)  
1:30 – 3:00 PM I Want To Go Home

**OUR ADDRESS HAS CHANGED!**

**P.O. Box 144**

**Clear Creek, Indiana 47426**

**Plan to pick up your ceramics made  
at 2021 Fall Conference**

## Session Descriptions

### **THERAPY DOGS: SHARING SMILES & JOY Alliance Of Therapy Dogs Is An International Registry of Certified Therapy Dog Teams**

Therapy dogs are trained and certified dogs who go with their owners to volunteer in settings such as schools, hospitals, and nursing homes. From working with a child who is learning to read to visiting a senior in assisted living, therapy dogs and their owners work together as a team to improve the lives of other people.

### **CALIGRAPHY: THE ART OF BEAUTIFUL HANDWRITING ~ Caitlyn Gallagher**

Calligraphy is a visual art related to writing and is the design and execution of lettering with a pen, ink brush, or other writing instrument. Contemporary calligraphic practice can be defined as "the art of giving form to signs in an expressive, harmonious, and skillful manner."

### **CREATING MEANINGFUL MOMENTS IN ALL WE DO EACH DAY ~ Rachelle Blough**

In this session we will review the opportunities we have all day to go from task to a meaningful interaction in all we do with our approach. We will review ways to utilize interventions thru out the day in practical and efficient way to be able to still lead group activities and help to support those who are having challenging behaviors in a compassionate and supportive way.

Learning objectives: 1. By the completion of this education session the participant will have at least 3 new techniques they can utilize in their day to day interactions with those living with AD. 2. At the completion of this education session the participant will be able to give at least 3 examples of personalized interventions that could be utilized to support a person living with AD. 3. At the completion of this education session the participant will have gained and learned how to use laminate and lead lesson plans for all to help create meaningful moments.

### **EMPOWERED DIETARY ~ Amy Cummins**

Nutrition and the Elderly—As we get older, our bodies change. Learn the basics about the aging body and how the interdisciplinary team (IDT) can facilitate a healthy aging process.

TEAMWORK—Learn creative ways how Dietary and Activity departments can work together to provide healthy and safe food-centered activities.

### **I WANT TO GO HOME ~ Rachelle Blough**

Communication basics in dementia care. This session will review validation and empathy basics and reassurance programs for our residents who have dementia. We will discuss communication strategies and activity-based interventions that can be utilized to improve the daily quality of life for those living with dementia.

Learning objectives: 1. At the completion of this education session the participant will be able to define what validation model is and how it works. 2. At the completion of this education session the participant will be able to give at least 3 examples of using the life story to create personalized programs. 3. At the completion of this education session the participant will be able to educate others on the team they work with on this important topic.

## About Our Speakers

### **Rachelle Blough, CTRS, CDP, CADDT**

Rachelle has worked in the senior living world since 1995, She is a certified recreational therapist, a certified dementia practitioner, and a certified Alzheimer's disease and dementia care trainer for the National Council of Certified Dementia Practitioners (NCCDP). She currently serves part-time as one of the Vice Presidents of Corporate training with the NCCDP. Rachelle is a consultant and educator specializing in memory care, life enrichment, and senior living operation topics. Prior to opening her own consulting business, Rachelle had served as Vice President of Life Enrichment and Innovation for a Senior Living company based in Toronto, Canada, where she established progressive and innovative life enrichment and memory care programs for this quickly growing company. Rachelle presents and teaches at various conferences around the US with several of the state healthcare associations. She enjoys helping staff to be inspired and equipped with practical tools and resources to help them provide high quality of life to our elder population.

### **Amy Cummins, RDN, CD, LD**

Amy is a Registered Dietitian Nutritionist, certified in the state of Indiana who graduated from Purdue University in 2006 with a bachelor's degree in Dietetics and a bachelor's degree in Nutrition, Fitness & Health. Following her undergraduate program, Amy completed her dietetic internship at Barnes Jewish Hospital in St. Louis, Missouri. After working in various dietetic related fields for 5 years, Amy started Cummins Nutrition and Wellness, LLC in 2011 and currently consults for several long-term care facilities. She specializes in clinical nutrition, food service management, and dining services to improve quality measures, nutrition outcomes, cost control, and customer satisfaction. She prides herself on being an integral part of the interdisciplinary team and aims to provide the best nutrition care to all residents she works with.

### **Caitlyn Gallagher**

Caitlyn graduated in 2019 from Ivy Tech Community College with an associate degree in Elementary Education. She is a self-taught calligrapher who specializes in free-handed calligraphy. She opened Sweet Meraki Designs in Brown County Indiana in 2020. Meraki means "to do something with soul, creativity, and love." Meraki is the energy behind the work Caitlyn creates. For the beautiful wood pieces, Caitlyn uses wood harvested and milled on her property. She is animal friendly and enjoys time with her dogs, cats, goats, horses, and chickens.

# Registration Form

**Registration Deadline: April 21, 2023, after this deadline please add an additional \$50**

**Member: \$150.00**

**Non-Member: \$250.00**

**Retiree Member: \$125.00**

**REMINDER: Annual Individual Membership is \$35.00 and can be purchased on our website of [www.indianaactivitydirectors.com](http://www.indianaactivitydirectors.com)**

**NO REFUNDS after 4-28-23. Can substitute.**

**Lodging is the responsibility of the individual.**

**Room Rate at the Season's Lodge: \$109.00 plus tax. Reservations must be made by 4-4-2023 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

**For additional information contact:**

**IADA at 765-763-6438**

**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 of [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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**Please mark the meals you will be eating at the workshop (included)**

☐ **Breakfast**

☐ **Lunch**

Guest meal tickets may be purchased at registration.



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

P.O. Box 144  
Clear Creek, Indiana 47426



**We're on the Web!**

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

## 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 or Sheila Dick at 812-545-1695.

### CONTINUING EDUCATION

Approval has been requested for 6.75 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 **4-4-2023**. Please mention the IADA when booking your reservation to receive the special rate of \$109.00 + tax. Please reserve early, previous years the room block sold out!

**REGISTRATION** The deadline to register is **April 21, 2023**. 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.

Please wear your name badge.

### CANCELLATIONS

There will be no refunds given after **April 28, 2023**. A refund minus \$50.00 will be given prior to that date. Absolutely no refunds given if you are a no show to conference

