



# Indiana Activity Director's Association

I.A.D.A.

October 19 —21, 2022

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## Schedule At A Glance

### Wednesday, October 19

12:00 PM IADA Board Meeting

4:00 – 6:00 PM Registration

6:00 – 8:00 PM Creativity & Relaxation to be held at Heritage Point

### Thursday, October 20

7:00 – 7:45 AM Registration & Continental Breakfast included

8:00 – 9:30 AM Keynote: Disruption Creates Opportunity

9:45 – 10:45 AM Take It Up A Notch With Your Resident Council

11:00 – 12:30 AM The Incredible Impact of Organization & Prioritization

12:30 PM Lunch (included)

1:30 – 3:00PM Stop, Collaborate Listen

3:15 – 4:15 PM Strategies To Deal With New Normal

4:30–5:30 PM Activities At Your Fingertips

Dinner on your own

7:00–8:30 PM Exploring Diversity From Multiple Perspectives

### Friday, October 21

7:00 – 7:45 AM Breakfast (included)

8:00 – 9:00 AM Rollin' Rollin' Rollin' Activity Cart Program

9:15 – 10:15 AM There's An "I" In Remotivate

10:30 – 12:30 PM Whiteboard, Say What?!

Session Closed—Have a safe trip home!

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

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

## We Are Looking Forward to Being With "YOU" Again!

Transportation will be provided for the Wednesday evening event.

The first bus leaves at 5:45 PM and we will be taking two bus loads so please be prompt.

**IADA ANNUAL BOARD MEETING will be via zoom at another time & a link will be sent to all members.**

# Session Descriptions, October 19 & 20

## CREATIVITY & RELAXATION ~

### Cynthia Wright Deering

Wednesday, OCTOBER 19 | 6:00—8:00 PM

Need to relax? Join us as we unwind our mind and explore our creativity. This session will give you opportunities at multiple stations to work with clay and discover the positive affects that are available. Learn the step-by-step process to produce a piece of sculpture and how to turn residents loose to create their own masterpiece. Come ready to dig into your creativity!

**Objectives:**

- Promotes hands-on learning
- Increases self-esteem
- Develops hand strength and mobility

## KEYNOTE: DISRUPTION CREATES

### OPPORTUNITY ~ Mike Kutzke

THURSDAY, OCTOBER 20 | 8:00—9:30 AM

The past eighteen months have presented challenges, struggles and difficulties for individuals, families, and communities. At the same time, these disruptions also create opportunities for growth, new ideas and new experiences. In a fun and fast-paced learning environment, this presentation explores strategies for individuals to reenergize, focus on the positive and design the best future while enjoying the present. Please come prepared to smile, laugh, and enjoy the presentation.

## TAKE IT UP A NOTCH WITH YOUR

### RESIDENT COUNCIL ~ Susan McKinney

THURSDAY, OCTOBER 20 | 9:45-10:45 AM

Traditionally, the role of the Activity Department has been responsible to assist in the implementation of the "Resident Council". As the culture in our facilities evolves so must the way that we help support and grow the opportunities for involvement through Resident Council. If you work in Skilled Nursing setting or Assisted Living and find challenges with Resident Council, are new to your role or want to "take it up a notch" this session is for you!

**Objectives:**

- Participants will learn the purpose of a "Resident Council" and the benefits of a resident-centered council
- Learn the different structure types, leadership roles, duties and election process tips that may benefit your community
- Discuss tips for effective resident-led meetings including: agenda, minutes and communication tips

## THE INCREDIBLE IMPACT OF ORGANIZATION & PRIORITIZATION ~ Mike Kutzke

THURSDAY, OCTOBER 20 | 11:00-12:30 AM

Every day we are assessed on our ability to get things done. This course addresses practical strategies and techniques in a fun and fast-paced learning environment to help you take control of your time and assist you in identifying the things that are your personal and professional priorities. This session is designed to allow attendees to learn about how their current assumptions and beliefs about organization and prioritization impact their day-to-day productivity personally and professionally. It is designed to be an active and fun learning event that allows attendees to identify areas they can improve in while in a safe and enjoyable environment.

## STOP. COLLABORATE & LISTEN ~

### Susan McKinney

THURSDAY, OCTOBER 20 | 1:30-3:00 PM

Caring for individuals living with dementia poses many challenges including the ability to communicate effectively. Collaborating with your team will help create a person-centered care environment that will assist in positive communication. In this session we will explore what communication is, changes that occur through the disease process and strategies for effective communication.

**Objectives:**

- Participants will learn what communication is and identify the two types
- Identify the changes that occur in communication through AD/DR
- Discuss benefits of collaborating with your team for person-centered care
- Understand the value of listening in dementia care

## STRATEGIES TO DEAL WITH NEW NORMAL

### ~ Mike Kutzke

THURSDAY, OCTOBER 20 | 3:15-4:15 PM

Have you ever felt overloaded or overwhelmed? Are you prepared to identify and take advantage of the opportunities that future change will present? In a fun and fast-paced learning environment, this presentation is designed to help individuals be successful personally and professionally in today's challenging work environment. This training focuses on providing strategies and ideas to assist you in effectively dealing with the impact of technology, information overload and personal and professional responsibilities. Please come prepared to smile, laugh, and enjoy the presentation.

## About our Speakers

### Cynthia Wright Deering

Cynthia is the owner, manager, sales-clerk, custodian, and grounds keeper of Hesitation Point Pottery in Nashville, Indiana. As a child she was always “playing in the mud,” so now she teaches others how to do the same. Cynthia received her bachelor’s degree from Indiana University and her master’s degree from the University of Evansville. She has a lifetime of experience in art of various types. She will discuss insights she has gained over the years and share ways you can incorporate clay into your activities.

### Mike Kutzke (KEYNOTE SPEAKER)

Mike Kutzke is a speaker, trainer, and life-long learner. He is interested in technology, social media and how people and groups adapt to change. He has an M.S. Degree in Social Sciences from North Dakota State University and a B.A. Degree in Criminal Justice from Minnesota State University Moorhead. Mike is faculty of Ridgewater College in Wilmar, Minnesota, where he is the Vice President of Student Success. Mike presents on a wide range of topic areas and takes pride in his ability to blend humor, information, and adult learning principles in his training events.

### Susan McKinney, CTRS, CADDCT, CDP

Susan has more than 20 years of experience in geriatric healthcare beginning with volunteer work, internships and then her work as a Recreational Specialist for Assisted Living, Skilled Nursing and Rehab.

Susan earned her Bachelor of Science in Recreation Administration with an emphasis in Therapeutic Recreation from Texas State University in 2002. She is a Certified Therapeutic Recreation Specialist through NCTRC. She is also a Certified Alzheimer’s Disease & Dementia Care Trainer (CADDCT) & Practitioner (CDP) through NCCDP.

Susan greatly enjoys her role as Vice President of Operations for Lifetime Wellness for the past 16 and half years. She values the opportunity to develop programs and resources that can be carried out for the senior population. Susan’s compassion and leadership have shone through her work as an educator – teaching ADDC seminar multiple times each year and as a guest speaker at NAAP and other conferences.

In addition to her passion for her work, Susan’s life is full of family; being a wife and mother of three children. She finds joy in opportunities for family time whether it be walking their dogs, camping, attending sporting events or game/movie nights. Susan loves to travel, explore new areas and cultures, and celebrate all the special days in big ways.

# Registration Form

**Registration Deadline September 30, 2022**

**Full Workshop**

Member: \$260.00

Non-Member: \$360.00

Retiree Member : \$160.00

**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 September 30, 2022. 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 **9-19-2022** 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 215  
Mooresville, IN 46158

**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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Guest meal tickets may be purchased at registration.

# Session Descriptions, October 20 & 21

## ACTIVITIES AT YOUR FINGERTIP ~

Susan McKinney

THURSDAY, OCTOBER 20 | 4:30-5:30 PM

Over the past few decades, influence of technology in the healthcare setting has become more prevalent and affordable. There are so many applications available at the app store, choosing the right ones can be daunting and time consuming. In this session we will explore apps that can be used for programming under each dimension of wellness.

**Objectives:** Identify the six dimensions of wellness.  
Explore a variety of applications for each wellness dimension that may be used for programming.  
Understand the benefits of using applications (iPad) in your activity program.

## EXPLORING DIVERSITY FROM MULTIPLE PERSPECTIVES ~ Mike Kutzke

THURSDAY, OCTOBER 20 | 7:00—8:30 PM

As organizations and communities continue to experience greater diversity, the need for a deeper understanding of the impacts of diversity experienced by employees and organizations intensifies. Assumptions are the basis for strategies and if we assume that all workers have the same experiences, beliefs and motivations, frustration often follows. This presentation explores the impact of diversity in our day-to-day lives and focuses on improving awareness of the challenges present as our world, communities, and workforce continue to become more diverse. This training is designed to help individuals think and understand how diversity will impact their futures in a positive framework.

## ROLLIN' ROLLIN' ROLLIN' - ACTIVITY CART PROGRAM ~ Susan McKinney

FRIDAY, OCTOBER 21 | 8:00-9:00 AM

Not every resident residing in your care community attends scheduled group activities. Activity professionals must be creative in offering opportunities of engagements and leisure activities to this population. This is especially true for the short-term transitional care patient. Join me as we explore a 'how-to' build an activity cart that can keep you Rollin', R o l l i n ' , R o l l i n ' !

**Objectives:** Learn the benefits of having an on-going Activity Cart Program.  
Explore supply suggestions and best practices for building your cart.  
Provide resource examples & suggestions for promotion of program.

## THERE'S AN "I" IN REMOTIVATE ~

Susan

McKinney

FRIDAY, OCTOBER 21 | 9:15-10:15 AM

The impact we are experiencing as activity professionals after the pandemic-induced lockdowns has put us to the test to get residents remotivated and engaged in group activities. Socialization is crucial for residents' well-being both physically and emotionally. There is an "I" in remotivate and every person can help. In this session we will explore the impact of isolation, post-pandemic lockdown challenges and how all caregivers can help remotivate seniors living in a care community to participate in programs. Will include opportunities for sharing and collaboration.

**Objectives:**

Participants will learn how the pandemic-induced lockdown has impacted the health and wellness of residents. Explore the current activity professional challenges of residents participating in activities.  
Identify the caregivers that play a part and learn ways they can each help re-motivate seniors to participate in activity programs.

## WHITEBOARD, SAY WHAT?! ~

Susan McKinney

FRIDAY, OCTOBER 21 | 10:30-12:30 PM

Yes, technology is hands down an amazing resource that we have at our fingertips but nothing beats the good ol' pen and paper or shall I say...marker and whiteboard. Say What?! You may have used a dry erase board before for an activity or maybe you haven't explored or expanded the options of activities with this resource at your fingertips. Do you want some new ideas to implement a variety of activities that allow for and added visual and engagement? During this session you will see how integrating a whiteboard(s) and other resources can benefit engagement of your activity. Come prepared to interact to learn more than 20+ games and activities you can take back with you to your community!

**Objectives:**

Participants will learn the benefits of using whiteboards as part of their life enrichment program (group and one-on-one sessions).  
Learn about supplies, storage, cleaning and other tips for a whiteboard program implementation.  
Participants will engage in demonstrations of 20+ games and uses of a whiteboard for a life enrichment program for seniors.

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

P.O. Box 215

Mooreville, Indiana 46158

**IADA CELEBRATING 48 YEARS**

**1974—2022**

## **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 Dietlind Woods at 317-710-0226.

### **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 **9-19-2022**. 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 **September 30, 2022**. 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.

NAME BADGES which will be provided, are required for admittance into all conference events.

### **CANCELLATIONS**

There will be no refunds given after **September 30, 2022**. A refund minus \$50.00 will be given prior to that date. Absolutely no refunds given if you are a no show to conference.