41st Annual Conference

Activity Professionals - Ordinary Heroes!

Tuesday – Friday, March 24 - 27, 2020

The Marriott Newport News, Virginia
Conference Room Rates for King or 2 Double beds - $124.00 / night plus Tax.

Hotel room rates are applicable for single and double occupancy. There is no charge for Additional persons in the room. Hotel room rates are subject to applicable state and local taxes, unless tax exempt in the State of Virginia.

**Self-parking is free**

Make your reservations by calling the Reservations Department at 866-329-1758 and ask for the **VAAP Conference group block**.

OR

To book using your direct link, go to [Book your group rate for VAAP Conference](#)

*Please note the Reservation Cut-Off Date for the Conference Room Rate is March 2\(^{nd}\), 2020, by 5:00 pm.*
Message from the VAAP President

Welcome Activity Professionals and others interested in improving the quality of life for our seniors.

The Virginia Association of Activity Professionals (VAAP) would like to welcome you to the 41st annual VAAP conference hosted by the Hampton Roads District in Newport News, Virginia. The conference begins March 25th through the 27th. A pre-conference session will be offered on Tuesday March 24th targeting activity professionals that are new to the field.

We are offering a large variety of classes and speakers covering many topics concerning the healthcare field. Our goal is to provide educational programs that will help you to be the best Activity Professional you can be. You will also receive continuing education credits that should meet the requirements for NCCAP certification as well as other professional credentialing bodies. Along with the classes we offer there will be time allotted for networking and socializing. Activity Directors are very social people! We learn best face to face, interacting with our peers, brainstorming and swapping ideas with each other.

This year’s theme is “Ordinary Heroes”. Each of you are heroes everyday to your residents. I’m sure there are many days you don’t feel like it, but you are a hero! After all, even Superman needs a little downtime every now and then.

Please plan to join us at the conference in March at the Marriott Newport News for four days of education and rejuvenation.

Betsy Jenkins, ADC
VAAP President
Welcome to the 2020 VAAP conference!

I want to first thank all of you for taking the time to attend our conference.

HRAPA has worked hard to put together a conference that will be both educational and fun. There are many new speakers and some old favorites. We have scheduled a social so we can get together to reacquaint with old friends and make new ones.

HRAPA selected this location for several reasons. Many of those reasons include; the variety of restaurants, accessibility to shopping, and the vast historical significance of the area. Town Center Newport News offers a variety of activities to include; Busch Gardens, visiting historical Battlefields, National Parks, the Oceanfront and so much more.

Please do not hesitate to ask any questions you may have about the conference or the local area. We will be happy to assist you anyway we can.

Thank you again from HRAPA, we are so happy you have decided to join us at this year’s conference.

Tina Guthrie, ADC/MC
HRAPA President, VAAP Vice President
Tinagu3@hotmail.com
(757) 692-4118
TUESDAY, March 24, 2020

“Back to Basics” Pre-Conference Workshop

8:30 - 9:00 - Registration

9:00 AM - 5:15 PM - Pre-Conference Workshop – 6 CE (separate fee - $125.00)

9:00 – 9:15 Welcome, Tina Guthrie

9:15 – 10:15 - Gardening, Tina Guthrie, ADC/MC - This session will give ideas on how to incorporate gardening into your activity schedule in a variety of ways - indoors, outdoors, as well as, with use with one to ones.

10:25 – 11:25 - Games, Laurie Hawkins, ADC – Be prepared to revisit your childhood! We will be playing a variety of games you know and love, on a GIANT scale that your clients/participants/residents will also enjoy! This is a full participation session!

11:35 – 12:35 - Men’s Activities, Robin Cooper, BA, CDP, RCCT - In this session, we will look constructively at what activities are currently being offered to the men in our programs. Working together, we will share successful activities and offer suggestions for improvements for those that are not thriving.

12:45– 1:30 Lunch Provided

1:40 – 2:40 – Musical Activities, Tricia Geary, BMT, ACC – This session will share ways to engage your residents and have fun with music.

2:50 – 3:50 – Reminiscing, Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP - Do you have limited resources and planning time? What if you could run the same program, just in a different way, across functioning levels? In this session, we will explore reminiscing with visuals (in this case cooking items and postcards) and discuss how to use this technique for many types of programs.

4:00 – 5:00 - Intellectual Activities, Cindy Bradshaw, MS – The mind is an amazing tool, in fact one of the most amazing tool a person will ever have. Based on the “Use it or Lose it” concept, this session will introduce right brain/left brain activities to use with your clients. Participants will play the games themselves and express an understanding of how to share these ideas with others.

5:00 – 5:15 – Wrap-Up & Distribution of Certificates of Attendance, Tina Guthrie
A1. Keynote Address: Activity Professionals - Ordinary Heroes
Cindy Bradshaw, MS

To many, an Ordinary Hero is an individual who finds the strength to persevere and endure despite overwhelming obstacles. People that may have dealt with hate, racial slurs, cancer or other diseases, inequality, ageism, and on and on. People that mustered their own “inner hero”, are survivors. A hero can be an ordinary person in regular clothes possessing no special super powers like Batman, Wonder Woman and so forth, yet have the characteristics to prevail in a time of need for themselves or others. We will celebrate our HEROES!

B1. A Step Above Success
James Jordan, ADC

In this session, participants will learn the true meaning of success: set and meet goals despite everyday personal challenges. You will develop ways to focus on one’s individual talents and how to implement them into activities. We’ll also discuss how to play your position “ONLY”! Stop fantasizing – believe in yourself and go for it. This session will include group discussions, strategizing for better results, role playing, and trust building activities among team players.

B2. Caring for Someone with Dementia
Raul R. Pernites, CTRS, CDP

This session will discuss Person Centered Care and other fundamentals for effective dementia care.

B3. Facilitating the Recreational Programming Needs of Independent Living Residents
Betsy Jenkins, B. Art Ed., ADC

This will be a roundtable discussion about meeting the unique needs of the independent living resident.

C1. Behavioral Challenges and Dementia What’s Going On?
Christine Nesbitt DNP, RN, GNP-BC, PMHNP-BC

This session will review many types of dementia and how they may present differently. We’ll discuss current literature reviews of what behaviors modifications work, and often why medications don’t work. Participants will be able to describe the differences in presentation for various types of dementia and list common environmental and behavioral approaches that may reduce behavioral problems. Common side effects of medications used for those with behavioral challenges will also be discussed.
C2. What on Earth Will I Feed These People?
Lydia Jansan, MS, CCC-SLP
It is activity hour and you’ve got several patients on modified diets. Are you tired of passing out pudding? Learn how to modify your snacks to meet the needs of your residents without the dreaded snack pack. Participants will be able to identify one food item in each dysphagia level category, describe three ways to modify their regularly served foods, and identify three ways to get residents more involved in their food choices at activity events.

C3. Team Building
Cindy Bradshaw, MS
We continually hear that “there is no I in TEAM”, yet there is no “WE” in TEAM either. There is however a “ME”. You may find "it's about me" to be a very selfish view. In reality, nothing could be further from the truth. A motivated and successful team is made up of individuals who understand what's in it for them.

12:30 PM – 2:15 PM Lunch and VAAP Business Meeting

2:30PM – 4:00PM  D1. Behavioral Problems and Dementia What’s Going On? (Repeat)
Christine Nesbitt DNP, RN, GNP-BC, PMHNP-BC

D2. What’s Cooking?
Laurie Hawkins ADC
Nothing draws folks in faster than some great smells coming from the kitchen! In this program we will discuss potential table top foods that require minimal preparation and cooking. There will be something for all to enjoy. This is a hands-on learning session.

D3. Death and Dying - Part 1
Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP
Many of us don't even use words like "die or death". Instead, we say "passed away, didn't make it, or gone to a better place." This class makes the unfamiliar territory of death, and often taboo, more comfortable by discussing ways to provide comfort, what to do when someone dies, and looking at our own perspective regarding what we would want.

4:15PM – 5:15PM  E1 “Super” Activity Programs for Men
Robin Cooper, BA, CDP, RCCT
In this session, participants will look constructively at what activities we are currently offering to the men in our facilities/program. We’ll share our effective and popular activities. Using our “super powers,” we will work in groups to develop new and creative ideas for those activities that aren’t as successful.

E2. What’s Cooking? (Repeat)
Laurie Hawkins, ADC

E3. Death and Dying - Part 2
Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP
6:30PM  
**F1. Social (Ice breaker) Heavy Hors d'oeuvres**

1 CE  
**What is a Superpower?**

**Tina Guthrie, ADC/MC**

When you think of Super Heroes such as Batman, Batwoman, Spiderman, the Hulk, etc., what do you envision? What draws you to think of these characters as “heroes”? This session will encourage you to seek out the hero in you. Come share with others your SUPER power in this fun interactive session.

THURSDAY, March 26, 2020

7:00 AM Breakfast

8:00 – 9:00AM  
**G1. Understanding Alzheimer's & Dementia**

1 CE  
**Douglas Panto, Community Program Manager**

Alzheimer’s is not a normal part of aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. This presentation will cover the impact of Alzheimer’s, the stages of Alzheimer’s Disease, risk factors, an update on research, and resources available through the Alzheimer’s Association.

9:15AM – 10:45AM  
**H1. Mental Health for You and Your Clients**

1.5 CE  
**Tyler Corson, PhD, Associate Professor, Dept. of Gerontology, VCU**

In this session, participants will understand the benefits of maintaining good mental and emotional health; appreciate the complex issues surrounding mental health and have tools to navigate those issues; be familiar with professional and community health resources.

**H2. Understanding & Responding to Dementia-Related Behaviors**

Douglas Panto, Community Program Manager

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. In this workshop, participants will decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer’s disease.

**H3. Mother Nature’s Garden Gypsy Gardening**

Debbie Freeman, HTR

“Flowers always make people better, happier and more helpful; they are sunshine, food and medicine for the soul,” wrote Luther Burbank. The Prescription “Secret Garden” will share an innovative nature guide, designed for Long Term Care residents. Participants will learn how to create a 12-month garden/ nature program. A green thumb is not required.
11:00AM–12:30 PM I Move Like You Have Super Powers!
Robin Cooper, BA, CDP, RCCT
In this session, participants will learn what naturally occurs in our joints and muscles as we age, and importance of the brain-body connection for cognition, movement, and preventing falls. Please be prepared to be active as we try different movement activities to keep us moving like we have super powers!

I2. Activities and Assisted Living Regulations
Ivy Burnham, Licensing Inspector, Virginia DSS
This presentation will focus on the overall importance of activity programs in assisted living, especially as you strive to improve and enhance the lives of our residents. Licensing requirements for activities to include hours and documentation for various populations, as well as, qualifications for persons providing the them will also be covered.

I3. The Normal Aging Process
Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP
What is "normal" in the aging process? What changes occur in our bodies without disease being present? In this session we will explore the body systems and age-related changes.

12:30 PM - 2:00 PM Lunch

2:00PM – 3:30PM J1. I’m the Director and You're My Participants. How is Your Life Going?
James Jordan, ADC
This session will look at the years we collectively have. Participants will discover the vast amount of knowledge, wisdom, and power that we possess, proving that we are the everyday heroes in so many lives.

J2. Activities and Assisted Living Regulations (Repeat)
Ivy Burnham, Licensing Inspector, Virginia DSS

Jerry Johnson, Christian Concourse
Participants will learn some fun Christian activities that the residents will enjoy. We’ll also discover some new ways to use your volunteers to benefit your residents and program.

3:45 – 5:15 PM K1. Fun with One to Ones/Small Groups/Volunteers
Tina Guthrie, ADC/MC
This session will look at some fun ways to engage residents who do not come out and join in with groups. We will share ideas for small groups, that will engage the residents whom do not enjoy being in a large group setting and will learn how to utilize volunteers to achieve these goals.

K2. Mental Health for You and Your Clients (Repeat)
Tyler Corson, PhD, Associate Professor, Dept. of Gerontology, VCU
K3. *Introduction to Aroma Therapy*
Natalie Kravitz, BA, ADC, CDP
In this session you will learn what essential oils are, the basic methods of use, the benefits of using essential oils, and make your own DIY products with essential oils.

**Dinner on your Own**
FRIDAY, March 27, 2020

**7:00 AM Continental Breakfast Begins**

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<tr>
<td>8:00-9:00AM</td>
<td><strong>L1. Your Treasure, Your Heart, and Your Actions!</strong></td>
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<td>James Jordan, ADC</td>
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<td>This presentation will include life like examples of treasures that many people hold dear to their heart. At the end of life, some treasures may leave you void, empty, and wishing you had done things differently; while others leave you, content, proud, and satisfied with all your lifetime issues.</td>
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<td>9:15 – 10:15 AM</td>
<td><strong>M1. Dementia Delirium and Depression, Part 1</strong></td>
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<td>Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP</td>
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<td>Discover how dementia, delirium and depression are similar and how they are different in such areas as onset, thinking, mood, and activity levels. We will also discuss the many reasons why older adults are at a high risk for depression.</td>
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<td><strong>M2. Activities Survival</strong></td>
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<td>Laura Mullen, MA, CTRS, CDP</td>
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<td>Maintaining wellness is crucial for our &quot;helping&quot; profession. When we ignore our own needs, we become stressed. This can result in burnout: emotional exhaustion, depreciation of one's work, and impersonal feeling towards one's job. This session will review the construct of wellness and describe methods to deal with stress to prevent burnout. We will also discuss strategies that Activities Professionals can use their “super powers” to maintain their well-being and career satisfaction.</td>
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<td>10:30 –11:30 AM</td>
<td><strong>N1. Dementia Delirium and Depression, Part 2</strong></td>
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<td>Vicky Surash, MS, MS, ACC/EDU/MC, CADDCT, CDP</td>
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<td><strong>N2. Activities Survival (Repeat)</strong></td>
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<td><strong>N3. Finding the Hero Within (Repeat)</strong></td>
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<td>Kim Gilbert, MT-BC</td>
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11:30 AM–12:30 PM *Brunch*


Paul F. Aravich, Ph.D, Daniel Schaffer, Ramneek Kaur
Eastern Virginia Medical School, Norfolk,
Susan Elmore, Ph.D., SAEElmore Consulting, LLC, Richmond, VA
Membership Application

Please type or print the VAAP Membership Application below and send it with a check or money order for $50.00 made payable to "VAAP" to: Jo Tice, CTRS, 8041 Fallbrooke Drive. North Chesterfield, VA 23235. Membership year runs January 1st to December 31st. In order to be eligible to vote during an election year, dues must be postmarked by February 15.

Name:____________________________________ Previous Name Used:____________________

Position:_____________________________________E-mail(W)____________________

Facility:_______________________________________________________________________________

Facility Address:______________________________________________________________

City:______________________________ State: ___________ Zip:____________

Phone: (W) (___)__________________

Home Address: _______________________________________________________________________

City:______________________________ State: ___________ Zip:_______________

E-mail(H)_______________________________Phone: (cell/home) (___)__________________

New Member:______________ Renewal: ________ District: ___________

VAAP Tax#: 54-1381140

We accept VISA, DISCOVER, MASTERCARD Secure credit card payment through PAYPAL can be made on the VAAP website, www.vaaponline.org under the membership tab. You do not need to have a PAYPAL account to pay online.

Do You Want Your Mail Sent To Your Home or Facility? __________________________

May VAAP include your name and address on lists that are made available to organizations or companies that may be of interest to you as an Activity Professional? Yes_____ No______

Membership is granted to individuals. Dues are non-transferable.
2020 VAAP Conference Registration
“Activity Professionals - Ordinary Heroes”
March 24 – 27, 2020

Name________________________________________ Title_______________________________
VAAP#Member________________ Facility: ________________________________
Work address______________________________________________________________
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Work # ___________________________ work e-mail______________________________
Home address______________________________ ________________________________
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Home # ____________________________ home e-mail____________________________
Cell # ______________________________ ____________________

Please make sure email addresses are provided and printed clearly. VAAP is moving toward more
information sharing with members via email. Emails will only be used for official VAAP business.

Join VAAP now and qualify for the membership discount for the conference. Membership
application is attached or go online at www.VAAPONLINE.ORG

Registration Fees: (check appropriate boxes)

Pre-Conference Fee “Back to Basics”
____ $125.00 VAAP Member (Separate Fee)  ____$175.00 Non -VAAP Member Registration

Late registration (postmarked 3/5/20 & after)
____ Current VAAP Member $300.00  ____ Current VAAP Member $375.00
____ Non -VAAP member $400.00  ____ Non -VAAP member $475.00
____ Day Registration (includes meals and breaks) ____$150/day VAAP member ____$200/day Non

Guest Food ($50 per day) (includes breakfast, lunch and breaks) May be purchased at the
Registration Desk

Total Enclosed $ _______________

Please make checks payable to VAAP
VAAP Tax ID #54-1381140

Registration and payment via mail to: Jo Tice, VAAP Treasurer
8041 Fallbrooke Drive, N. Chesterfield, VA 23235; or online www.VAAPONLINE.ORG

No cancellation refunds given after March 5, 2020. Substitutions are welcome.

All cancellations are subject to a $50 processing fee. Returned checks are subject to a $50 service charge.

COMPANY CHECK POLICY: Please make checks payable to VAAP; ensure that the attendee’s name
is included in the memo line of the check. If you are paying by company check and the check will not
be ready by the registration deadline, written guarantee of payment by the appropriate financial officer
from your facility or corporation must be faxed to the conference treasurer accompanied by a copy of
your registration form. Please contact Jo Tice listed above with any registration questions.

Special considerations needed: (must be submitted with registrations)
Dietary needs (food allergies, vegetarian, etc.): ________________________________
Accessibility needs (be specific): ____________________________________________

Please direct conference questions to:
Tina Guthrie Robin Cooper Jo Tice - VAAP Treasurer
Tinagu3@hotmail.com rcoope@arlingtonva.us vaaptreasurer@gmail.com
(757)692-4118 rlkcooper@yahoo.com 804-524-7200
703-228-0957 Fax: 804-524-7148
# Session Sign-Up

**Name**
Please assist the conference committee in preparing appropriate classroom spaces by putting an “X” next to your preferred sessions and times below. Please return with your conference registration.

**Tuesday, March 24, 2020**
*Pre-Conference*

*10:00am-5:00pm: _____

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**Wednesday, March 25, 2020**

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**Thursday, March 26, 2020**

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*** Please keep a copy of your choices to refer to at the conference.***