



South Carolina Activity Professionals Association

SCAPA NEWS

April 2011

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Continued on Page 2



FROM YOUR PRESIDENT

~Amy Jackson, BA, AP-BC, ADC~

I want to thank ALL of the SCAPA members for all of your hard work in preparing for the NAAP conference, especially Debbie Bouknight. She began planning for this conference the day after we were awarded it 3 years ago and has been relentless ever since. It was a job well done!! Thank you very much! UNIFIED, WE ARE AN AWESOME STATE!!!!!!!!!!!!

I hope you all are making plans to attend the One Day Workshop on Friday, July 15 at Still Hopes in West Columbia. We are using non-paid SCAPA members to teach sessions in order to keep the cost very reasonable this year. You will be receiving more information soon concerning this workshop.

Please keep in mind that we will no longer be offering the Activity Assistant Workshop in September, but have increased the District workshops from 2 hours to 3 hours to compensate for this change.

Thank-you again for all that you do for your residents and your communities. Whether you know it or not you DO make a difference in the lives of your people!



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Important SCAPA Policies

Please read and be aware of these SCAPA policies. We have stated them in past newsletters and on conference brochures, but people continue to be surprised they exist. It is up to us as members to be responsible for reading and applying these policies.

SCAPA Late fee policy: For each workshop and conference, there is an early registration deadline. **Anyone** sending in a registration form after this deadline, must pay the late fee. There will be no exceptions to this policy. We have deadlines we must meet with hotels and hosting sites, handouts that must be prepared, registration packets to prepare, etc. It is not fair for those volunteering for these jobs to have to wait until the last minute to get it done. It also costs SCAPA money if we don't have accurate meal numbers for functions. Brochures are sent out in plenty of time for members to request approval and payment. **PLEASE DO NOT WAIT** until the last minute to do this or it may cost you more. Once you send your registration, you will immediately receive a confirmation letter or postcard. If you **HAVE NOT RECEIVED** one, after a reasonable amount of time, you need to check with the Professional Development Chair to make sure she received it. You **are not registered** until she receives the form and payment and sends confirmation. **ALSO**, please make sure your company sends payment to the address on the form, and not an old address they have in their computer. **SCAPA is not responsible if they send to the wrong address and it results in a late fee.**

SCAPA educational session attendance policy: NCCAP and LTHCA require that persons attend an entire session in order to receive credit. Anyone who arrives at a session more than 5 minutes after its start time, unless they have a pass from another session monitor, will not receive credit for that class. Session monitors will ask for their certificate and write "no credit" across the lines for that session's time frame. The member may still attend the session, but will not receive credit for that particular one. Breaks are normally for 30 minutes, which should allow everyone time to get to their sessions before they start.

SCAPA Refund policy: Refunds for conferences and workshops will be given in case of illness of the member or their family, death in the family, or surveyors in the member's facility at the time of the event. Refund requests must come to the Board in writing and **MUST** be made within 30 days of the close of the conference/workshop. No refunds will be issued after the 30 day time frame. Workshop/conference fees also will not be applied to a future workshop/conference, should someone not be able to attend. If the above stated criteria are met, then the member needs to request a refund within 30 days, or forfeit their registration fee. Members are kindly asked to inform the Professional Development Chair as soon as they know they will not be able to attend, in case there is time to correct meal totals.

Thank You from Linda Reavis, ADC, CDP

I just wanted to tell all of my fellow SCAPA members how grateful I am to have had the opportunity to serve on the Executive Board and Executive Committee of SCAPA for the past several years. If it had not been for SCAPA and the friends I made I probably would not be working in the long term care profession today. I totally changed careers at age 50 and became an activity director. Through the guidance of individuals such as Debbie Bouknight, Joyce Chapman, Fran Erickson, Tiffni Baxley, Amy Jackson, Mary Richburg, and many others I learned the Activity Profession.

When I thought the South Carolina Activity Professionals Association Conferences and workshops couldn't get any better, along came NAAP! I couldn't believe it. As someone said last year, the NAAP Conferences are SCAPA Conferences on STEROIDS!! There are ten times the people, vendors and classes to attend; different cities to explore, new food and restaurants to visit and ten times more friends to make!

I also want to thank Charles and Irene Taylor for making my husband Steve and I feel so welcomed into the NAAP family of conference goers. You two are the best and Steve and I certainly cherish your friendship and appreciate your encouragement. Steve and I are honored to serve on the LAC Committee this year at the NAAP Conference in Myrtle Beach, South Carolina March 28-April 2, 2011.



Special Announcement

As previously stated, in order to help people with their budgets in 2011, and allow more to be able to attend the NAAP conference, the One Day Workshop will be reduced in price to \$30.00 and will include lunch and all breaks. You will still receive 6 hours of CE credit. However, to cut the costs, we will not be using a national speaker. You can hear them all at NAAP!! All speakers for the One Day Workshop in July will be from South Carolina and will speak for no fee. Because the workshop is normally \$90.00, this gave you an extra \$50.00 to put toward the NAAP conference.



NAAP Credentialing Center

The NAAPCC officially opened for business 1-1-11. Information can be found at www.naapcc.net.

Activity Professionals have the option of becoming Activity Professional Board Certified (AP-BC) or Activity Consultant Board Certified (AC-BC). Grandfathering for those already certified ACC, ADC, CTRS, OTR, COTA or MT-BC will be through 1-1-13. Those seeking new certification have a choice of 4 pathways they can follow. All Paths will require completion of the NAAPCC competency exam. Information on the Paths and the Exam are on the web site. The exam will be available online beginning in April.



As with NCCAP certification, please notify us when you become certified so you can be properly recognized in this newsletter.

NCCAP INFORMATION

If you need help with working toward or applying for your NCCAP certification, please utilize the website www.nccap.org for further information and to print off the certification standards and application. There is also a message board there where you can interact with your peers, get answers to questions, programming ideas, etc.



If you are certified, PLEASE DO NOT let it lapse. Even if you leave the field, you may need to come back some day and will have to start the entire certification process over again, following whatever criteria are in effect at that time.

DISTRICT REPORTS

CENTRAL DISTRICT

By Ann Able, BA, CRCFA, ADC

Central had its Spring District Workshop on January 28 at Lexington Extended Care with about 20 in attendance. Thanks to Debbie Bouknight for her instructional demonstration of Cricut, a wonderful little machine that enables Activity Directors (and other crafters) to cut every imaginable shape with great precision. We used our new found expertise to cut shapes and assemble adorable bookmarks which were used at the NAAP conference as gifts and mementos from the great state of South Carolina.

We are currently seeking for a SCAPA member in the Central area to take the helm as District Representative for the greatest district in SCAPA, (Ok, so we are a little biased!) Marianitta Byrd has graciously agreed to serve as Assistant District Rep, in addition to her other duties on the SCAPA board. Free training and support will be graciously supplied so please let Anne know that you are willing to take this highly esteemed position!

Happy Spring, everyone!

COASTAL DISTRICT

By Lorre Baird, BS, ADC

Coastal District held its "Spring" workshop on January 21, 2011, at The Methodist Manor, Florence, SC. 14 were in attendance. After a buffet lunch of hamburgers, hotdogs and all the trimmings, Hannah Price, ADC instructed us all in the operations of the Cricut. Everyone seemed amazed at all the Cricut can do to enhance activities. Those who don't have one left declaring they would be getting one soon! We then spent time putting together the bookmarks for the NAAP conference bags.

Angela Ham, Heritage Home, Florence, SC, will be taking over as Coastal District representative after the NAAP conference. We'll be getting out her contact information soon. I know that Angela will do a "jam up" job as district rep. I have enjoyed my time as rep and hope that I have done a satisfactory job for you all. I'll still be around and involved in SCAPA! I'm sure Angela will appreciate your continued support of the Coastal District and SCAPA.

LOWER DISTRICT

By Trisha Campbell, ADC

Hello fellow SCAPA members!

The lower district had our "spring" workshop in January and learned how to use the Cricut with and for our residents. We gained several new members and would like to welcome them to SCAPA!

I hope that everyone who went to the NAAP conference in March enjoyed it and took many new ideas back to your facilities! We have already started working on SCAPA's 2012 annual conference. The Lower District is proud to be presenting "Peace, Love & Activities" as the theme for the 2012 conference. It'll be a time to travel back into the 1960's! Save the date, March 7 - 9, 2011 and we'll see you in Myrtle Beach!

PIEDMONT DISTRICT

By Fran Erickson, ADC, Retired

Our Spring Workshop originally planned for Friday, January 14, was rescheduled due to "icy snow days" ... but on Friday, February 11, we "warmed up" with breakfast treats at our 9am-Noon gathering at Shepherd's Care in Greenville. We learned not only what a Cricut machine is, but also, what it can do!

Wow! We've come *a long way baby* when it comes to creating "stuff" - from cards, invitations, bookmarks - to- bulletin boards, centerpieces, decorations ... *and* even cake decorating creations!!! Our residents can get in the act of creating, too! Of course, the best way to learn is by doing: those in attendance used the Cricut materials provided to make bookmarks for the attendees at NAAP's upcoming hosted NAAP National Conference. We are hoping only *a few* will have to miss this chance to experience a National Conference! For some it will be a once in a lifetime opportunity!

Thank you to all who have donated items to put in the Piedmont District gift basket for the NAAP silent auction. Many of you have helped SCAPA and our district in so many ways volunteering your time, talents, gifts and collecting donations. THANK YOU!

Our Fall Workshop will take place in September or October. Be watching for details that will be coming as soon as plans are confirmed.

WAYS AND MEANS
~By Teresa Jowers, ADC~

I would like to share with everyone that since the beginning of 2010 the SCAPA Ways and Means has cleared \$200.00 after expenses. With a new year about to begin, new items are forth coming. I ask that everyone, when attending a work shop, take a look at the items we have and if you have suggestions for new items please share them with the District Rep. or e-mail me at tjowers@preshomesc.org.

NAAP

~Debbie Bouknight, BS, AC-BC, ACC, CDP~

Please watch the NAAP and SCAPA Web site for information from the conference in Myrtle Beach, which was held March 30 – April 2.

If for some reason, you have not yet joined NAAP, I encourage you to consider it. They are our national organization and our voice in Washington. They cannot work for us without our support. They were recently instrumental in creating another certification option for Activity Professionals that is fair and equitable and obtainable by all. They need our support if they are to be able to do things like this, which help us the Activity Professionals. Without them, we would not have jobs today. There are other groups out there who would love to take our jobs from us and NAAP is continually working to make sure we as Activity Professionals continue to be recognized and our jobs remain intact.

Please go to www.thenaap.com for further information and a membership application.

Thank You to the Following!!

Please remember the following when you need services of their type. These businesses helped support us with donations for the NAAP Conference bags and for the NAAP Silent Auction.

Ascension Hospice
Charleston Tea Plantation
Drift Spa, Murrells Inlet
Elizabeth Taylor Satterfield Interior Design
Functional Pathways
Genesis Rehab services
Lowcountry Companion
Myrtle Beach National Golf Course
Nascar Speedpark/Myrtle Waves/Pavilion Nostalgia Park
Palmetto Tours
Planet Hollywood- Myrtle Beach
Reliant Medical Products

State Street Snacks
SunCruz Aquasino
Tanger Outlets
Waddell & Reed Financial Planners
Winyah Pharmacy Solutions

*Thank
You*

The Royal Wedding Amy Laughlin, ADC, CDP

As a Brit living in the United States, I am thrilled that Prince William will be marrying his long-time love, Katherine (Kate) Middleton on Friday, April 29 at Westminster Abbey. I was only 18 months old when Prince Charles married Lady Diana Spencer, and 2 ½ when William was born, so I almost feel as if I have grown up “with” William. He and Kate have been together for over 7 years and this marriage is a first for the British Royal family, to have an heir to the throne marry a “commoner”, that is a person not of noble birth. I am very happy for the lovely couple and I’m hopeful that this union has really revived popularity for the Royal Family, which has dwindled over the years. But if I’m really honest, I’m more excited about the prospect of throwing a huge party for the Royal Wedding than I am for the actual wedding itself. That’s the Activity Professional in me!

At my community, we are planning a week of events in honor and celebration of the wedding, and I wanted to share some of our ideas with you.

Bridal Tea Party



Invite ladies to attend a semi-formal tea party, complete with hats (which you can make using paper plates, ribbons and flowers) and gloves. Make floral centerpieces for the tables and use white or bridal themed paper products. Serve cucumber sandwiches and a cream tea (see recipe below), as well as different flavors of tea. Maybe you have a rep. for a tea company in your area who could come and give a tea tasting and tea history lesson – call and find out. In the Rock Hill area we have a Twinings rep. who is wonderful! Traditionally though, Brits do not go for flavored tea – we prefer English Breakfast or Earl Grey with milk (and sugar if necessary).

Bridal Shower



William and especially Kate will be very busy after their marriage supporting various national and international charities. Although they have not confirmed which charities they will be supporting, it is likely that they will choose some of the same areas of interest as Princess Diana, for example, children’s hospitals, AIDS victims, palliative care, families of prisoners and victims of landmines. At the shower, residents could make cards or small gifts for individuals supported by a local non-profit or ministry that falls into one of these categories, in honor of William and Kate. Ask residents for their marital advice for the couple – you could even make a scrapbook of these ideas and suggestions and send it to them! Kate and William will have more of a traditional marriage than many young people nowadays – she is not permitted to work (other than Royal duties) or have a career, and she is expected to produce at least 2 heirs. Her looks, behavior and actions are constantly monitored and coached. How would your residents advise that she copes with this pressure and lack of privacy and independence?

Bridal Fashion Show



How fortunate it is that the Royal Wedding should fall right after high school prom season! I’m sure you have invited high school students to model their prom dresses before, but this time add a twist and invite employees, friends, family members and volunteers to join the fashion show. They could wear their old wedding dresses, bridesmaid dresses, prom dresses, Easter or Sunday outfits (for mother-of-the-bride), suits, tuxedos, flower girl dresses, ring bearer outfits etc. If they do not want to model the outfit themselves, maybe they would be willing to lend their dress so that someone else can wear it. Don’t forget about veils, shoes, jewelry, music, an emcee etc. You could invite residents to vote on which dress/outfit they like in each category, and give prizes. I even have a resident who still likes to wear her wedding dress from 1940 – she is going to be the belle of the ball at our fashion show!

(continued on page 9)

The Royal Wedding Continued from page 8



Garden Party Reception

The Queen is well known for her Garden Parties at Buckingham Palace. She holds them every summer, and invitations are issued to members of the public, as well as to dignitaries, heads of state, members of other royal families and celebrities. You could hold a Queen's Garden Party as the reception following the viewing of the Royal Wedding. The British national anthem, God Save the Queen, is played or sung to both open and close the party (see below). Your resident sing-a-long group or chorus would be proud to have such a responsibility! Random fact: At a typical garden party, around 27,000 cups of tea, 20,000 sandwiches and 20,000 slices of cake are consumed. Maybe you could serve tea and "wedding" cake, and don't forget to toast the happy couple with sparkling grape juice (champagne). A military band usually provides the entertainment at a garden party – try calling your local high school or college and see if one of their smaller music ensembles could play, either a string quartet, a woodwind group, or brass group.

We will also have a Wedding Memories display throughout the week of the wedding, where residents can display their pictures and other memorabilia from their weddings. Maybe you can have a competition to guess the year of their wedding.

Cucumber Sandwiches

Thin slices of cucumber, with skin removed
Soft white and wheat bread
Real butter, softened enough to spread
Cut sandwiches into small triangles or fingers.



Cream Tea

The key is having the right ingredients. The sweetness is supposed to come from the preserves, not the cream or scones.

**Strawberry preserves*

**Whipped cream* – real whipped cream, not cool whip or redi-whip, as these are too sweet and not the right consistency.

**Scones* – I prefer to make these myself, as ready-made scones in America are far too sweet. (Let me know if you want my scone recipe, it's very easy) Keep it simple by using buttermilk biscuits.

Top each scone or biscuit half with strawberry preserves and whipped cream, serve with Earl Grey or English Breakfast tea and enjoy!

God Save the Queen (to the same tune as "My Country, Tis of Thee)

God Save our gracious Queen, long live our noble Queen,

God save the Queen.

Send her victorious! Happy and glorious!

Long to reign over us,

God save the Queen.



PROFESSIONAL DEVELOPMENT

~Submitted by Amy Laughlin, BS,ADC, CDP~



Mark your calendars! The annual SCAPA One Day Workshop will be on Friday, July 15 at Still Hopes Episcopal Retirement Community in Columbia. To help your budgets, for one year only this workshop is a bargain price of only **\$30.00 per person**, including continental breakfast and lunch. You'll be able to benefit from several SCAPA members sharing their own successful programs, such as Pam Wessinger's *Journal in a Jar*, Amy Laughlin's *Music and Dance for All: The Kitchen Band and Zumba Group* and Carol Allen's *Drama Therapy*. Look out for the brochure in the mail this spring and send in those registration forms and payments as soon as possible. Remember to stay in touch and let us know if you have any ideas or suggestions for future conferences and workshops – we want to make sure we are providing the education that you want!

Amy Laughlin, ADC, CDP
 SCAPA Professional Development Chair
alaughlin@westminstertowers.org

How many of you remember your grandmother wearing an apron? I do. She always kept interesting things in her pockets. I remember sticking my hand inside and getting scratch feed out to feed the chickens. Amongst the feed was also items such as her house key, which was a skeleton key, tied to a handkerchief, maybe some change, crochet needle, and a napkin or extra handkerchief to blow her nose from time to time. I've seen her take bread out of the old wood stove, pick up a hot pot, gather eggs in it, hold a sick animal, cuddle with some baby chicks, and etc. She made all of her aprons and there wasn't a day that didn't go by that I don't remember her wearing one. Here is a poem below that I found about Grandma's Apron. Enjoy!

The principal use of Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion, was even used for cleaning dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

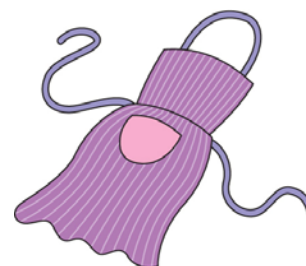
In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

REMEMBER Grandma used it to set her hot baked apple pies on the window sill to cool.
 Her granddaughters sit theirs on the window sill to thaw.



-submitted by Jim, formally of Emmitsburg, Md

MEMBERSHIP REPORT

~Linda Wright, AP-BC, ADC, Corresponding Secretary~

Hi, I hope everyone has some wonderful Spring activities ready for your residents. At my facility we are gearing up for a Royal Tea Party, Spring Fling, and Easter Scavenger Hunt. Then we have National Nursing Home Week in May. We are planning a "Cruise Around The World" and have many new activities scheduled for each port! There might be a few pictures available for the next newsletter.

Please take a few moments to check your SCAPA membership card and make sure that your membership is up to date.

As of March 1, 2011 we have a total of 214 SCAPA members!

Here are the District totals:

- Central = 67**
- Coastal = 36**
- Lower = 33**
- Piedmont = 69**
- At large = 9**
- Total = 214**



Please continue to promote SCAPA in and around your area.

Linda S Wright, ADC
(864) 487-2717 ext. 103



Learning How To Cricut with Piedmont District



**South Carolina Activity Professional
Association—SCAPA**

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Pamela Wessinger
815 Old Cherokee Road
Lexington, SC 29072
803-996-6229
Email: pdwessinger@lexhealth.org

**Check your membership card to see if it's time
to renew!!**

Has your address changed?...

YES! I want to join SCAPA. Enclosed is my membership information and dues.
Mail application and dues (\$40.00) to:

SCAPA
c/o Linda Wright
PO Box 384
Gaffney, SC 29342

Name: _____ Title: _____

Facility: _____

Preferred Mailing Address: _____

City/State/Zip Code: _____

Work Phone: () _____ Home Phone: () _____ Email: _____