



South Carolina Activity Professionals Association

SCAPA NEWS

October 2010

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FROM YOUR PRESIDENT

~Amy Jackson, BA, ADC~

Well fall is upon us and the holidays are just peeking around the corner. As Activity Professionals we are entering into our busiest time of the year, more so if you have so graciously volunteered to be a part of our LAC committee for the NAAP conference. I hope you all are planning on attending this NATIONAL conference in 2011. It has never been in South Carolina before and the SCAPA Board really wants 200 South Carolinians in attendance. Tell everyone you know about it, continue to obtain donations for the NAAP bags and silent auction, AND BY ALL MEANS, make sure you budget for the NAAP conference. You will not be disappointed!! Join NAAP now and become a part of the South Carolina LAC committee.

The Activity Assistants' Workshop is September 24th at the Columbia Presbyterian Community. (You can download a brochure from the SCAPA website.) We have some great speakers lined up such as Toni Edge, Carol Allen, Anne Abel, Amy Laughlin and Dawn Martineau. Thank you ladies for taking the time out of your schedules to come and present us with new ideas!!

In order to help one another, please send me your good or bad DHEC surveys. I will share them in the newsletters BUT WILL NOT use your name or that of your facility.

If I may be of assistance to you, please feel free to contact me via email or phone.

NAAP
Conference 2011
to be held in SC!
Watch for details

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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.

I WANT TO GO TO CONFERENCE, BUT BUDGETS ARE TIGHT

~SUBMITTED BY DEBBIE BOUKNIGHT, BS, ACC, CDP~

There are many Administrators who are very supportive of and understand the importance of continuing education, and then there are some that aren't as supportive. So how can we help our Administrator see the importance? We need to show them how the conference will benefit us. We should not just ask if we can go and leave it at that. We need to show them how our attendance will benefit the individuals we serve as well as the company as a whole. By attending, we will be further educated and able to offer better programming for those we serve. We will also be further along on regulatory issues and up on the new trends. We will come back rejuvenated and excited and it will show once we are out amongst those we serve. We should choose in advance the sessions we'd like to attend, and show our Administrator how when we return, those sessions will help our residents and the company. Better programming means happier residents and clients. That is a huge marketing tool. Conducting new and innovative programs, outside of the "norm" is also a great marketing tool. The only way we are going to learn about new and innovative ideas is to stay educated.

We need to let the Administrator know we will have the opportunity to visit the vendor room, where we can actually see products normally only seen in catalogs. Instead of just having to order books and other resources sight unseen, we can view them, look through them, and find those best suited for our needs. We normally get some good deals at conference too, like not having to pay shipping fees. In many cases, we can take the items with us and some vendors offer discounts.

We will also have the opportunity to network with Activity Professionals from all across the US, Canada and Bermuda. This helps rejuvenate us and we also often gain many new ideas and new perspectives on things by discussing them with others in our field. We also develop new friends with whom we can share by email and often learn things from them that will help us, our residents or our company.

Over the years, I have implemented many program ideas that I have learned about during NAAP, SCAPA and other conferences and workshops. These ideas keep us fresh and keep the residents engaged and continually growing themselves. Our facility received a SC Spirit of Caring Best Practice Award for a scrapbooking programming we implemented after a session I attended at a SCAPA conference gave me the confidence to try it with our residents. In 2004, I attended a NAAP session on an Intergenerational Vacation Bible School. In 2005, I implemented the program (which is an annual event today) and it has been a huge success! And in 2005, our community also won a Best Practice Award for the program through our State Spirit of Caring program. I myself have taught education sessions on the program which resulted in others in our State implementing the Bible School. The program was also written up for Long Term Living Magazine in 2009. So, in addition to this being a great intergenerational program for those we serve, it has been a wonderful marketing tool and it wasn't even implemented for that reason! In 2009 in NM, I attended a session on a Spanish class and immediately implemented it upon my return. We submitted this program for a Best Practice award and again won. The program was presented at our State's Award Banquet in October. Those participating in the Spanish class are thrilled with it and with the win. Our facility is part of a very large hospital network and this award was written up in their newsletter, which was seen by many in the community. Marketing tool, you bet! And this is just the gravy. The programs were implemented to serve the residents, but the side affects can be just as rewarding. We have also implemented many other program ideas from education sessions, too numerous to mention here, and all have met with great success. Without these new ideas, we might still be doing some of the same old stuff! Good programming leads to family members and volunteers "talking" out in the community. This will lead to more beds being filled. This is definitely something your Administrator would like to see, a full house!

I learned the following from Susan Rauch (our NAAP President) and put it into place at my facility a couple of years ago. When anyone on my staff attends a conference or workshop, they are asked to fill out a form stating what they learned and how they plan to implement what they learned. When you return, in addition to thanking them for allowing you to attend, let your Administrator know what you learned and how you will put it to use. This will show him/her that it was worth the money for you to be sent to the conference. It will be an investment for them, not an expense. Budget concerns are a huge headache for Administrators. It is up to us to show them how our continuing education is not just another cost to the company, but can in the long run, help bring in more money by way of filled beds. A great activity program is key to keeping those beds filled. If those served are not happy and engaged, no one will want to be there. I firmly believe that the communities and homes with varied and innovative programs, that are continually changing, are the ones that will thrive. You can help yours be a thriving community by keeping yourself educated and fresh!

AGING BABY BOOMERS DEMAND MORE OF US!

~Submitted by Anne Abel, BA, ADC, CRCFA~

As we see younger and younger residents (or residents closer to our own age!), we are challenged with programming outside the box. More and more residents are coming to us and expecting the comforts of their homes in our communities. I recently toured a brand new facility that had such advances as sports bars, digital/electronic calendars including TV's that can be tuned to a channel with today's activities posted, movie theater with recliners, and couch seating, dance studio, Wii game room, and a gym with the latest equipment for exercise and therapy.

Even if you do not have the luxury of these added features to your physical plant (I don't, for instance), you can plan a program with these younger residents in mind. Many of you are already including things like Zumba, Pilates, aerobic dancing and various types of Yoga and Tai Chi. Take advantage of streaming Netflix for movies at the touch of a finger. You may also find that this generation of residents is researching anti-aging techniques on their own to keep their physical and mental abilities as sharp as possible.

I would encourage you to keep yourself up-to-date as well, by periodically searching the internet for new brain games, exercises, and topical matters to discuss and debate. Like the best schoolteachers (and parents, for that matter!), we have to work to keep ourselves ahead of our "students".

****Don't forget we are on the web...www.scapasc.org
Also, if you would like something featured in this newsletter,
please submit it to Christina Bonnett at acbonnett@embarqmail.com or 205 Blossom Lane, Greenwood,
SC 29649.****



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 affect at that time.

DISTRICT REPORTS

CENTRAL DISTRICT

By Carol Frye, ADC, CDP, Retired

Hello Central District:

I hope this finds everyone in good spirits after the Labor Day Holiday. I am working on getting the final details together for our Fall Workshop and will be getting the information out to everyone shortly.

We will hold our Workshop in the fall before everything gets crazy with the Thanksgiving and Christmas holidays. News is short right now, hope to see everyone from Central District at the Workshop!!



COASTAL DISTRICT

By Lorre Baird, BS, ADC

Greetings Fellow Activity Professionals! The Coastal District Fall Workshop will be held in late October at The Methodist Manor in Florence. Details are being finalized and you will receive more information soon! We'll also be having our Spring Workshop a little early next year. Spring workshops will be held in January so as not to interfere with the NAAP conference in late March. I hope all of you who have not done so are joining NAAP and making plans to attend the conference in Myrtle Beach! We are super excited about being host, even though it involves a tremendous amount of work. We'll need help from ALL of you during that week, so let us know if you will be available.

I am happy to announce that Angela Ham, Activity Director at Heritage Home in Florence will be taking over for me in February 2011. Angela and I are working together to get her familiar with the job and she is very excited to become the Coastal District Rep. Angela has a vibrant and positive personality and I know she will do a wonderful job! Please give her a warm welcome and be quick to assist with needed help for Coastal. I have enjoyed my time as rep and hope that I have done a good job for you all! I love SCAPA and all of you!

Coastal currently has 38 members. We've dropped a few members recently, so if you know of anyone who has let their membership lapse, please encourage them to join back up! SCAPA is only as successful as its members, so let's GROW!

LOWER DISTRICT**By Trisha Campbell, ADC**

It sure has been a busy summer and I can't believe that fall is already here! In the Lower District, we are looking forward to our Fall Workshop on Thursday, November 4th at NHC in Bluffton, SC. Our Fall Workshop is going to be focused on National Nursing Home Week and is being presented by Linda Tucker. Linda is a SCAPA board member and a member of the Central District. We very much appreciate Linda for being our upcoming speaker.

In the Lower District, we are also very excited about the upcoming 2011 NAAP conference. We are looking forward to Betsy Anderson, a lower district member, teaching the SCAPA board how to use the Cricut Machine which will result in our Spring Workshop in January. During our "Spring Craft Workshop" we will be preparing for the national conference by making bookmarks for each of the participants at the NAAP conference. The Cricut is something that can be used in our facilities with our arts & crafts programs and with our bulletin boards. This should be a fun time to learn and network!

PIEDMONT DISTRICT**By Fran Erickson, ADC, Retired**

The Piedmont District will hold its **Fall Workshop** on Friday November 5th from 10-12 at the Hawthorne Inn on Howell Road in Greenville. The two one-hour sessions will cover: 1) members' monthly facility calendars and 2) craft ideas & examples with instructions. Attendees are to bring 30 copies of their most recent facility's calendars and be prepared to discuss any questions people may have about their calendar. Attendees are also to bring a craft, with 30 copies of the instructions, and be prepared to teach or discuss their craft.

Our **Spring Workshop** will take place Friday, January 14th from 10-12 at a location TBD soon. This 2-hour session will introduce workshop attendees to the Cricut machine and demonstrate how to use it effectively within their own activity programs. If you have not heard of a Cricut machine, check out the website of any of the craft stores for more information; there is also mention of it in Lower District's newsletter article (see above.)

WAYS AND MEANS**~By Teresa Jowers, ADC~**

For the Ways and Means— good things are coming! I would like to thank everyone for their suggestions of items for SCAPA. I have done some research and will be presenting items that can be utilized in every day activities as well as new items to wear and enjoy. I do hope all have had a great summer and are looking forward to a wonderful Fall. I myself am looking forward to seeing everyone at the NAAP Conference. It's getting close and it will be a great time of sharing and learning.

NAAP 2010 CONFERENCE

~Debbie Bouknight, BS, ACC, CDP—State Contact~

Several of the LAC met with Irene Taylor, Executive Director of NAAP and Mary Spikes, Professional Development Chair for NAAP in early June at the Sheraton in Myrtle Beach. We had a very productive meeting and everything seems to be right on track for an awesome conference!! Mary is so professional and has everything worked out as far as education. She is also great at negotiating and was able to get the hotel to change some things in the original contract, which was signed a few years ago.

The LAC toured Irene and Mary around the beach and took them to some areas that will be tour sites. We also took in some shows and just had a really nice time with them. They seemed to be very impressed with our LAC and with the hospitality we can show others. We look forward to showing that to the rest of the country in 2011!!

We do have a challenge for South Carolina!! Virginia has been the state with the most attendees at any one single NAAP conference and they had around 170. We want SC to top that so please be promoting this conference to anyone you know in the field! Not only for that reason, but because it is an awesome conference and an awesome opportunity for Activity Professionals in this State to attend a National Conference. Many will never get that opportunity again. There is so much education available and so many choices for sessions. It is also so nice to actually visit with all the vendors when we normally only get to see a catalog. Now, you can touch and feel and see their products and look through books to see if they will work for your population, instead of just ordering sight unseen. And to meet Activity Professionals from all across the US, Canada and Bermuda is awesome! You will strike up friendships and stay in contact from here on out. Don't forget, Administrator hours are also available and people can get CEU credit through the University of TN.

The LAC has worked hard these past few years and because of that, we are ready to go and have much of the work behind us. The SCAPA Board labeled and applied postage to over 2000 "Save the Date" postcards. (cont'd.)

NAAP 2010 CONFERENCE (CONT'D.)

~Submitted by Debbie Bouknight, BS, ACC, CDP—State Contact~

These went to every facility in NC, SC, GA and Bermuda in July. The main thing we need from this point forward are items for the conference bags. If you do receive items, any amount will be accepted, please let me know. We want to include the name of companies, individuals, etc. who donate in the conference program book, but I will need those names by December 1st.

Forms for persons/companies wishing to sponsor an educational session or any other portion of the conference, are available. Let me know if you need those. Forms for advertising and Exhibitors are also available for anyone who needs those. Just let me know and I'll send them to you.

If you have not yet joined NAAP, you can get a form from me, go to their website www.thenaap.com or there is also a membership form on page 11 of this newsletter. Go ahead and join now, so you will already be a member when the conference brochures are mailed and can attend at the member rate. Being a member is also the best way to be assured you receive a conference brochure.

The dates of the conference are March 30 – April 2. Some of the LAC will start arriving on Sunday, March 27 and will put together conference bags on Tuesday. NAAP is able to keep the conference registration rate at \$265.00 for the 12 hours credit, this also includes 2 continental breakfasts, 1 full breakfast, 1 banquet and 1 wine/soda/fruit/cheese reception. It also includes admission to the exhibit hall. To keep this amount in perspective, other associations in town will be charging at least \$130.00 for a 6 hour education session, which would be \$260.00 for 12 hours and you only have the opportunity to hear from 2 speakers, no vendors and no networking with peers from all across the US and not all the meals.

If you have any questions or concerns, please feel free to contact me at dbouknight2@sc.rr.com or 803-996-6260 (work).

SPIRIT OF CARING

~Debbie Bouknight, BS, ACC, CDP~

I hope all of you who work in skilled care were able to submit a Best Practice from your community. I am looking forward to seeing all the entries as there are always some great new ideas shared! This year's Spirit of Caring banquet will be held on October 28th at Seawell's in Columbia. Your Administrator will receive the registration form, but I will put an email out when it is available, so if any of you need one, you can let me know. The top 5 Best Practice submissions will be presented during the banquet. **All facilities that submit ideas will receive a plaque at the banquet.** All attendees will also receive a manual that includes the written form of all the submissions. This is a great resource tool for new ideas! Make plans now to attend the banquet!

MEMBERSHIP REPORT

~Linda Wright, ADC, Corresponding Secretary~

Fall is here! The air is crisp and cool, and we are busy with activities around our facilities. Some activities that we are having at my facility include a Tailgate Party for our Football fans and a Fall Festival which includes games, prizes and a magic show for our residents. Hope you all have a wonderful fall and Holiday Season. Remember to take some time to recharge yourselves during this time. Just a special reminder*** I have been getting some company/corporate checks lately that do not have any paperwork with them. It is **your** responsibility to return your SCAPA membership form to me. You may include on your form that a check is coming soon, I will then hold the form until the check arrives. There may be a delay in your membership if I have to do research to see exactly whose membership is being paid for by a company check.

The break down goes like this:

Central = 72
 Coastal = 38
 Lower = 36
 Piedmont = 74
At large = 10
 Total = 230

Please promote SCAPA in your area!!

PROFESSIONAL DEVELOPMENT

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

In this newsletter article I usually tell you to “save the date” for the next year’s conference and write about all the wonderful speakers and sessions we have planned. But next year SCAPA will NOT have an annual conference, as South Carolina will be hosting the National Association of Activity Professionals Conference. If you haven’t heard about it yet, where have you been?!

So as I have nothing “Professional Development-y” to write about, I want to share about a successful program we had at our community this summer, as many of the ideas and suggestions came from this year’s SCAPA conference, which had a Circus / Carnival theme. We celebrated Westminster Towers’ 21st anniversary this summer, with a week-long “Coming of Age” Carnival and Circus. We were able to use so many of the games from the banquet celebration, THANK YOU Piedmont District for those excellent suggestions. One of our favorite games was The Sock Game – just try putting a small Chip Clip inside a tube sock and asking a 90 year old what is inside! The residents from the Health Center and Assisted Living were actually more successful at this game than the ones in Independent Living – maybe they have a little more patience? Or are more reliant on their sense of touch? The Petting Zoo was a huge hit, not to mention the Sno Cones, Cotton Candy, Popcorn and other goodies. But the main event was the resident-organized Circus. Yes, residents were transformed into Spectacular Serena the Snake Charmer, Tootsie the Tattooed Lady, Henrietta the Bearded Lady, Fusty and Festus the Clowns and Senorita Rosita Lolita, the Bare-Backed Horse Rider. Each one had an “act” to perform and an introduction written especially for them. Various members of the staff participated as the Strongman, Balloon Magician, Human Carousel, Girls on the Flying Trapeze, Dancing Gorilla, the Lions and Lion Tamer, and our Executive Director himself played a surprisingly authentic Ring Master. The group who helped me to plan the event were so proud that their ideas had “come to life – there’s no limit to what your residents can create and achieve when you give them the opportunity to use their imaginations and have some fun!”



NAAP Membership Application 2010

Please Type or Print Clearly: (Incomplete form will delay the processing of your membership) New
Check Appropriate Box New Address Name Change Facility Change Renewal Reinstatement

Mail to be sent to:

Name: _____ Credentials: _____ Previous Name: _____

Address: _____

City: _____

State/Province: _____ Zip: _____

Phone # Home () _____ Phone # Work () _____

Fax # () _____ Email _____

Facility Address:

Name: _____

Address: _____

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Zip: _____ Phone # () _____

Fax # () _____ Email _____

Check work setting

- | | | |
|--|---|--|
| <input type="checkbox"/> Long-Term Care Facility | <input type="checkbox"/> Adult Day Care Service | <input type="checkbox"/> Senior Center |
| <input type="checkbox"/> Retirement Home | <input type="checkbox"/> Assisted Living Center | <input type="checkbox"/> Alzheimer's Dementia Unit |
| <input type="checkbox"/> Sub-Acute Unit | <input type="checkbox"/> Senior Service Center | <input type="checkbox"/> Other _____ |
- Activity Consultant and/or Educator in the field of activities whose primary focus is on geriatric population.

National Certification None NCCAP NCTRC RMT OT Other _____

(Although you do not have to be Nationally Certified to be a NAAP Member, NAAP strongly encourages and supports the certification process.)

Length of Experience: Number of years _____ Full time Part time Volunteer

Education: _____ Advanced Studies: _____

- Amount Enclosed:
- | | |
|---|-------------|
| <input type="checkbox"/> Active Membership | 59.00 (USD) |
| <input type="checkbox"/> Associate/Retired Membership | 39.00 (USD) |
| <input type="checkbox"/> International Membership(outside U.S.) | 39.00 (USD) |
| <input type="checkbox"/> Student Membership | 49.00 (USD) |
| <input type="checkbox"/> Corporate Rate- eleven or more members | 49.00 (USD) |

A Corporate Employee participants list must accompany the application to be eligible.

I do not want my name included in the membership list sold.

Credit Card Payment Visa Master Card AMX Discover Card

Credit Card # _____
Expiration Date: _____
Signature: _____

Send checks, money orders or credit card to: **NAAP**
PO Box 5530 Phone # (865) 429-0717
Sevierville, TN 37864 Fax # (865) 453-9914
Federal I. D. #36-3253020

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Date Received: _____ Amount Paid: _____ Check # _____

Date Mailed: _____ Membership Number: _____

Christina Bonnett
205 Blossom Lane
Greenwood, S.C. 29649
864-227-9838
email: acbonnett@embarqmail.com

**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

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Facility: _____

Preferred Mailing Address: _____

City/State/Zip Code: _____

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