



South Carolina Activity Professionals Association

SCAPA NEWS

October 2011

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FROM YOUR PRESIDENT

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

Volunteering is the practice of people working on behalf of others or a particular cause without payment for their time and services.

Integrity is defined as adherence to moral and ethical principles; soundness of moral character; honesty.

Debbie Bouknight, Lorre Baird, Anne Abel, Amy Laughlin, Linda Wright, Gail Strickland, Mariannita Byrd, Pam Wessinger, Teressa Jowers, Dawn Martineau, Angela Grooms, Trisha Campbell, Irene Rigby and Betsy Anderson are all unpaid volunteers of SCAPA. They display integrity, not only in the Activity Profession, but in their Activity Association. Volunteering for SCAPA is by no means glamorous, and yes, we do invest a few more hours in SCAPA than the majority of the membership. However, we invest our time into SCAPA because we believe in what the organization stands for. We believe in the importance of the Activity Professional and the communities in which they serve. We are in need of more individuals to proceed with this tradition. You can start by getting involved with your District. Call your District Representative and offer to help them in whatever capacity. (Lower District members, you have the perfect opportunity to help out, as you are hosting the SCAPA 2012 conference in March in Myrtle Beach. Call Betsy Anderson at 843-856-4727 and ask, "**How may I help you?**". You always have the opportunity to help us at Conference by being a Session Monitor. There are several benefits of this position. 1) It guarantees you a spot in the class of your choice. 2) You get a great seat at the back of the class (prime seating for the speaker not to call on you). 3) You volunteer once a year for SCAPA! Please won't you display a little volunteerism and integrity?

The SCAPA awards nomination forms have been sent out. Please let Mariannita Byrd or myself know if you did not receive one. All completed forms must be returned/postmarked to **Mariannita Byrd** by **December 12, 2011**. **Nominations received after this date will not be accepted.** Please consider nominating a deserving individual who meets all of the qualifications. The recipient of the 2012 SCAPA awards will be announced at the **SCAPA Awards Banquet on Thursday, March 8** at the **Crown Reef in Myrtle Beach, SC**. Categories include *Volunteer of the Year, Administrator of the Year, Distinguished Merit, Activity Professional of the Year, and Activity Professional Assistant of the Year*. Please take the time to nominate deserving individuals.

If you need my assistance, please feel free to call or email me.

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“South Carolina Spirit of Caring” News...

Past President

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

We are happy to announce that Laurelbaye Health Care of Orangeburg won the poster contest for the SC Spirit of Caring initiative this year. Congratulations!!

The Awards banquet will be held on October 27 at Seawells in Columbia. If you have not received registration information, please call or email Debbie and she will get it to you. Please plan to attend as this is a great time to network with your peers, as well as gain new ideas for programming. Each attendee receives the manual with all of the Best Practice submissions. This is a great resource for ideas. **Every facility** that submitted a Best Practice idea will also receive a plaque at the banquet, **so make sure you are represented!**



Happiness is an attitude!

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it ... It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life."



An 85-year-old widow went on a blind date with a 90-year-old man. When she returned to her daughter's house later that night, she seemed upset. "What happened, Mother?" the daughter asked. "I had to slap his face three times!" "You mean he got fresh?" "No," she answered. "I thought he was dead!"



First Vice President
Government Relations & District Coordinator
~Lorre Baird, BS, AP- BC, ACC, CDP



Welcome aboard to our two new district representatives – Irene Rigby as Piedmont Rep and Dawn Martineau as Central Rep. Thank you, ladies, for taking on this responsibility!

District Reps should have everything squared away for your fall workshops. *Piedmont District* workshop is slated for September 9 and *Coastal's* for September 23.

Nominations - SCAPA has the following positions open for our 2012 elections – *President, Corresponding Secretary and Treasurer*. I will be accepting nominations for these offices until November 1st.

Government Relations - We won't see any QIS surveys in our State until the first of next year most likely and we will have QIS sessions at the *SCAPA Conference*

With autumn upon us, I hope we can all eagerly "Fall" into our jobs as *Activity Professionals*, enrich the lives of those we work for and with and promote SCAPA to others! If I can be of assistance to any SCAPA member, please feel free to contact me.

Wonderful Words of Encouragement

Something To Think About...



- The most destructive habit.....Worry
- The greatest Joy.....Giving
- The greatest loss.....Loss of self-respect
- The most satisfying work.....Helping others
- The ugliest personality trait.....Selfishness
- The most endangered species.....Dedicated leaders
- Our greatest natural resource.....Our youth
- The greatest "shot in the arm".....Encouragement
- The greatest problem to overcome.....Fear
- The most effective sleeping pill.....Peace of mind
- The most crippling failure disease.....Excuses
- The most powerful force in life.....Love
- The most dangerous pariah.....A gossip!
- The world's most incredible computer.....The brain
- The worst thing to be without..... Hope
- The deadliest weapon.....The tongue
- The two most power-filled words....."I Can"
- The greatest asset.....Faith
- The most worthless emotion.....Self-pity
- The most beautiful attire.....SMILES!
- The most prized possession..... Integrity
- The most powerful channel of communication.....Prayer
- The most contagious spirit.....Enthusiasm



Everyone needs this list to live by...so pass it along!!!



PROFESSIONAL DEVELOPMENT

~Amy Laughlin, BS, ADC, CDP~

We had wonderful attendance and feedback from SCAPA members about our very own SCAPA speakers' sessions at the One Day Workshop. Please remember that we are always looking for new and interesting speakers for district workshops as well as the One Day and the annual SCAPA Conference so if you have an area of interest or expertise that you would like to share, please let me know.

The 22nd annual SCAPA Conference will be held March 6-9, 2012 at the Crown Reef Resort in Myrtle Beach, and is hosted by the Lower District with the theme "Peace, Love and Activities". Keynote speakers will be Susan Newell, MA CTRS, owner of T.R.-T.I.P.S., Inc. and Tony Fountain, President/CEO of Westminster Towers. Susan has a huge amount of experience and expertise in the field of long term care and will also present breakout sessions on the Quality Indicator Survey (QIS) Process, Managing Disruptive Behaviors and F-248 / F-249 Compliance. Other breakout session topics will include Drum Circles and Therapeutic Song Writing by Music Therapist Amy Watson, Pet Therapy and the Alternatives by Amy Jackson and two different sessions on leadership development by Tony Fountain.



Please ask your Administrators or Executive Directors NOW for funds for continuing education, because 2012 budgets are being finalized. I realize that budgets are tight, particularly at this time, but an educated Activity Professional can offer vastly superior programming, keeping the residents engaged and content. Don't forget that your activities program is an excellent marketing tool, showing prospective residents and their families the life and joy in your community or facility. Activities help keep "heads in the beds", so make sure your senior management knows how important it is for you to stay informed and energized by attending workshops and conferences.



Look out for more information in your conference brochure in the mail this fall!

Personally, I would like to share my appreciation for the positive comments you gave my residents after their Kitchen Band / Dance Fever session at the One Day Workshop. They were thrilled by the compliments and standing ovations and were so proud of themselves. What a boost to their self-esteem! Have any of you implemented a dance or kitchen band program since then? I'd love to hear all about it!



A woman in her eighties made the evening news because she was getting married for the fourth time. The following day she was being interviewed by a local TV station, and the commentator asked about what it felt to be married again at that age and would she share part of her previous experiences, since it seem quite unique the fact that her new husband was a 'funeral director.' After a short time to think, a smile came to her face and she proudly explained that she had first married a banker when she was in her twenties, in her forties she married a circus ring master, and in her sixties she married a pastor and now in her eighties, a funeral director. The amazed commentator asked her why she had married men with such diverse careers. With a smile on her face she explained, 'I married one for the money, two for the show, three to get ready, and four to go.'

National Certification Options

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

NAAPCC

Information about national certification can be found at www.naapcc.net. Check the Pathways and find the one that is best for you to follow. You can also download the standards there and follow those once you know your Path. The computer based exam is now offered monthly, information is on the Web site. Grandfathering for those who are ACC, ADC, CTRS, MT-BC, ATR-BC, OTR or COTA is available through January 1, 2013. If you are ADC, there is also a way to grandfather up to AC-BC (Activity Consultant Board Certified). Please check that out on the web!

NCCAP

Please go to www.nccap.org for information on their certification program.

CONGRATULATIONS.....

for receiving their certification the past few months. Please let me know when you become certified so we can recognize your accomplishment!

NAAPCC

Kim Burgess – AP-BC
 Rebecca Richardson – AP-BC
 Lorre Baird – AP-BC
 Carol Livingston – AP-BC
 Tiffni Baxley – AP-BC
 Barbara Clark – AP-BC
 Sara Elvington – AC-BC
 Stacy Sanford – AC-BC



NCCAP

Carol Livingston – ADC

National Certification Council for Dementia Practitioners

Dana Cooper - CDP
 Amy Jackson – CDP
 Jane Roper - CDP

Conference Chair Report

~Submitted by Betsy Anderson, ADC, AP-BC~

The Lower District is working really hard to bring you a great conference in March, 2012. We have fun things in store for you especially at the banquet. Come dressed in your favorite 60's attire to win fun prizes. Keep an eye out for a flier in the mail telling you of all the fun and educational happenings at our conference.



Membership and Corresponding Secretary

~Linda Wright, AP-BC, ADC~

Hello everyone,



Fall is here! The air is cooler now and we are busy with activities around our facilities. Here is a cute and simple fall activity to use at your facility. When the leaves start changing colors, get some pumpkins donated. Make a flyer asking the Nursing staff to help get the residents dressed in their favorite fall outfit. On a pretty sunny day, take your residents outside to get their picture taken surrounded by the beautiful colors. Maybe have them hold a pumpkin in their lap for added color in the picture.

Another idea is to hold a *Tailgate Party* with everyone dressed in their favorite football team colors. Ask your local schools for some T shirts (sometimes you can get them donated or buy at a very reduced price). Have your tables decorated in the team colors and have all the residents receive some pompoms and a small beverage as they come into the room. If your local team has a championship DVD, play it as the activity begins or ask some members of your local team to come and visit with the residents. Hope this gives you some great ideas and everyone have a wonderful fall and Holiday Season.

Just a special reminder*** If I receive a Company/corporate check that does not have any paperwork with it, then there may be a substantial delay in receiving your membership. 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.

As of September 1, 2011 we have a total of 198 SCAPA members!

The break down goes like this:

Central = 62
Coastal =30
Lower =32
Piedmont=64
At large =10
Total =198



Please continue to promote SCAPA in and around your area.

Ways and Means

~Teresa Jowers~

Hello Everyone,

I hope everyone is continuing to use all the wonderful information from the NAAP conference, but are ready for more. Fall workshops are coming up, as well as, the *SCAPA Conference*. Just a little note to let everyone know that new items are coming to the *SCAPA Ways and Means* table for the new year. These will be items that will be enticing! I do hope that everyone will be attending fall workshops for more new and fun ideas for all our residents. See you all soon.

"A New Activity Idea"
Submitted by Recording Secretary and Parliamentarian
~Anne Abel, BA, CRCFA, ADC~



NY Times Bestseller Activity

My residents love to discuss current books. Beforehand, I Google search a summary of each title of the *New York Times Bestseller Top 20 List*. I then print an annotated list of *The New York Times Bestseller Top 20 List* (usually non-fiction). Everyone then gets a copy of the list. It makes for a lively discussion, after which, we vote on OUR top favorites, after which, I check the available titles out of our local library. The preparation time is about one hour and they often are still talking about the topics around the dinner table!



Awards Chair & Historian
~Marianitta Byrd~

Just a reminder to everyone, it's time for nominations for the SCAPA Awards ceremony. Forms will be mailed out to everyone. Send all nomination forms to me at: *Marianitta Byrd 350 Austin Graybill Rd., North Augusta, SC 29841* or you can email them to me at: marianitta_byrd@yahoo.com. Please have all nominations in to me by Dec. 12th, 2011. There will be awards for *Activity Director of the Year, Administrator of the Year, Volunteer of the Year, Activity Assistant of the Year and Distinguished Merit*.

Thanks!



Seems an elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased you can hear again." To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will five times!"

DISTRICT REPORTS

CENTRAL DISTRICT

~By: Dawn Martineau, AAC~

A Little About Dawn....

Hello everyone,

My name is Dawn Martineau and I am excited about being your new Central District Rep. I am the mother of three children, Katie (21) Brittany (18) and Matt (15). I enjoy working in the garden, taking my dog for a walk, reading and just hangin' out with my friends and family.

I am employed at Westminster Towers (Rock Hill) in the Assisted Living area called the Manor. I feel I am very fortunate to be able to say "I love my job". I have worked at Westminster for nine years and our activity program has flourished thanks to SCAPA! I always look forward to our one day workshops and annual convention to give me new ideas, new energy and encouragement to face the downfalls of our job, while we cheerfully serve our seniors.

Please call me at 803-328-5095 if you have any concerns or ideas that you would like to see addressed in our workshops. I would love to hear from you. We are planning our fall workshop now and I hope you will be able to attend, be rejuvenated and be inspired. Until then, keep up the good work!



WELCOME



COASTAL DISTRICT

~By: Angela Grooms~

Coastal District will hold its Fall Workshop on September 23, 2011 at Laurel Gardens, Florence, SC. Lunch will be provided and we will have a speaker from Tri-County Hospice, speaking on Hospice and Activities. Hope to see all Coastal Districts Activity Professionals. The workshop will be from 12-4pm and 3 CEU's will be given for the workshop. Please feel free to call me if you have any questions or concerns.

Coastal District has been a little quiet lately, hoping to get everything cranked up after the workshop for the SCAPA Conference in March 2012. Go ahead and mark your calendar's for this event. Please help us keep our memberships coming in by introducing SCAPA to all of your Activity Professionals in your area. We depend on our members to spread the word about SCAPA.



LOWER DISTRICT

~By Trisha Campbell, ADC~

Hello fellow SCAPA members!



We are looking forward to our fall workshop on Thursday, October 27th at noon. Many thanks to Franke at Seaside for hosting our workshop. The title of our workshop is "Crafting for all Seasons." By attending this workshop, you will go away with crafts that work for our residents throughout the year!

I hope everyone enjoyed our one day workshop in July...WOW is all I can say...we have some very talented SCAPA speakers in our state! You guys were awesome! In my community, we have implemented the *Journal in a Jar* program as a group program with my assisted living residents and are doing it as a 1:1 program with our skilled residents. This program is just amazing as it brings out wonderful stories and tid-bits about our residents that we wouldn't normally know. Thanks Pam for sharing your program with us! We have also begun collecting and making instruments for our kitchen band which we will be implementing this fall! Again, thanks to all of the speakers!



Conference 2012 is just around the corner...if you are a lower district member, please consider being a part of our conference committee. You can call or email myself or Betsy Anderson, Conference Chair. Happy Fall to everyone!



PIEDMONT DISTRICT

~By Irene Rigby~

A Little About Irene.....

Irene Rigby has been in activities since 1997. She is currently the Activity Coordinator for independent living at Clemson Downs, a retirement facility in Clemson, SC. She is a graduate of Coker College with a BA in vocal performance and got her MA at the University of South Carolina in theatre. She has performed on stage, in commercials, film and in many church settings. She now has the privilege to use her creative energies to make life an adventure for all her residents each and every day. She has been married to her husband, Cecil, for 24 years and lives in the "wilds" of Liberty, SC with her four legged children, Shadow, Little Man, Pickle and Prissy.



NAAP News

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

SCAPA would like to announce that we are offering a scholarship for someone who is a SCAPA as well as a NAAP member, to attend the NAAP conference April 25 – 28, 2012 in Murfreesboro, TN. The scholarship is in the amount of \$500.00 and information and the application can be found on the SCAPA Web site (www.scapasc.org). Applications must be postmarked by December 1, 2011. Applicants must have been a SCAPA and NAAP member for at least one year.

SCAPA will also be continuing the bake and craft sale fundraiser during our State Conference March 6 - 9, 2012. If anyone would like to donate any homemade craft items, we would appreciate it! Silent auction items will also be welcome!!

If you are not yet a NAAP member, I encourage you to join. NAAP is our voice in Washington. I have already heard of one state that is only allowing a certain group to complete the MDS 3.0 (this State was not allowing Certified Activity Professionals or Qualified Activity Directors (F 249) to complete the MDS, even though the regulations allow for that). While what this State is doing is not mandated by CMS, States can create their own regulations. NAAP worked to help get this corrected. It is not our state, but we never know when something like this could happen. It takes a large organization with a lot of clout to fight for our profession. We as a State cannot do it alone. If NAAP does not have the numbers, they cannot fight for us, so PLEASE consider joining if you have not yet done so. And if you are a member, please **DO NOT let your membership lapse. Your job may one day depend on it.** NAAP has had to fight for our profession many times in the past. Without NAAP, activities would not even be part of the regulations and required at all. They were also an advocate on our behalf to get the video allowance passed, so we in Nursing Homes and Assisted Living can now show movies to groups in common areas without paying licensing fees.

You can join at www.thenaap.com. **DO IT TODAY!!**



URGENT



SCAPA News To Share.....

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

Congratulations to Longwood Plantation in Orangeburg for being one of the Adult Day Services and Assisted Living Winners in the September 2011 *Creative Forecasting* contest, for their activity – “Coupons for Servicemen”. That is great!! Carol Livingston is the Activity Director there. If not a subscriber to *Creative Forecasting*, go to www.creativeforecasting.com for information. And Congratulations again to Carol and Longwood Plantation.



You are the Activity Professional.... Do You Know The Regulations????

(For those in Skilled Care)

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

I want to encourage you all to remember you are the Activity Professional and should know the regulations that affect you. You need to know them so you can make sure you are following them, and you also need to know them as you occasionally have to stand up for yourself. The regulations for Certification for skilled care facilities that accept Medicare/Medicaid residents are very comprehensive and extensive.

I cannot possibly cover all 32 pages of my manual of the Federal Skilled Care activity regulations in this article. If you do not already have them, I encourage you to get a copy of F tags 248 and 249 from your Administrator, and make sure you study it regularly. There is a lot of information there to keep up with.

I want to specifically target the following items in this article:

The regulations (F tag 248) state that "activities" refers to any endeavor other than routine ADLs, in which the resident participates that is intended to enhance his/her sense of well being and to promote physical, cognitive and emotional health. ADLs include dressing, bathing, feeding and grooming. The guidance to surveyors states that manicures, hair styling, etc. may be considered as part of the activities program. A lot of socialization goes on in the beauty shop as well as increased self esteem.

Activities are basically ANYTHING the resident enjoys doing outside of ADLs and therapy. This may include TV, sitting and looking out the window, reading on their own, sitting outside, music – headphones, strolling, group programs, doing things with their family members, and socializing. Some residents just enjoy sitting somewhere and watching what goes on around them. Make sure you document what your residents enjoy doing during their leisure time, either in their quarterly notes or their participation records.

One to one programming refers to programming provided to residents who will not or cannot, effectively plan their own activity pursuits, or residents needing specialized or extended programs to enhance their overall daily routine and activity pursuit needs. Make sure you document all one to one therapy, no matter who conducts it. For those residents who prefer to self-initiate activities, and I got this from Susan Newell, it is recommended you visit with them weekly to review the availability of activity supplies and see if they have any needs. Document that you have done this and document that no needs/ issues are identified. Under F 248 Assessment: **NOTE: Some residents may be independently capable of pursuing their own activities without intervention from the facility. This information should be noted in the assessment and identified in the plan of care**".

Under the section of the regulation, guidance to surveyors on Non-traditional Approaches to Activities: residents, staff and families may interact in ways that reflect daily life, instead of in a formal activities program.

Under the Care planning section of the guidance to surveyors under F tag 248, it states: **Activities can occur at any time, are not limited to formal activities being provided only by activities staff, and can include activities provided by other facility staff, volunteers, visitors, residents and family members.** Just be sure and document. **SPECIAL NOTE:** I received notice from a surveyor at DHEC that "it is their understanding that family visits & outings with family are not to be considered when determining if the facility has provided appropriate and relevant activities". I am looking into clarification on this from some of the experts in our field. I would encourage you to well document anything the resident does with their family and if it is their choice and preference. Obviously, you should not ignore a resident because they have a lot of family support. Having attentive family, who conduct activities with their family member, does not absolve you from your responsibilities, but it does count toward enhancing their overall well being. You should be offering other activity options, even if the resident has a substantial family presence. If they decline the offerings, that is their choice. Documentation is the key.

****There will be a session at the State Conference in March on F tags 248 and 249
by Susan Newell, MA, CTRS, Author, Owner of T.R. T.I.P.S.
as well as a separate session on the Assisted Living Regulations by Tiffni Baxley, NHA, AP-BC, ADC. **
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You are the Activity Professional.... Do You Know The Regulations????

(For those in Skilled Care) continued from page 11

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

Questions we have been asked that may help you.....

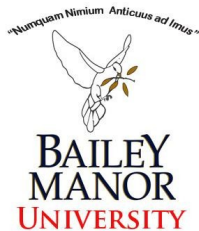
Do I have to have a specific “participation” or “one to one participation” form? The answer to this is “no”. Many companies put out various forms and many of us create our own. The guidelines for F 248 state that a system must be in place that supports the development, implementation and evaluation of the activities provided for the residents in the facility. Whatever that “system” is, is up to you, whether it is participation records, quarterly notes, etc. There is nothing there that tells you what must be on the form, etc. It is standard practice to keep participation and quarterly note records and it is also the only written evidence you have of what the resident does as far as activities. It is one of the best ways for you to gauge what your residents are doing on a day to day basis and how often they have family support, etc. For example, if a resident says they do not participate in activities, have no idea who you are, etc., having no documentation to dispute that could get you cited. If however you do have the records, that show the resident does participate and maybe they are forgetful or confused, you should then have no problems. It can also help you with family members who may think “mama” doesn’t do anything. Keep track not only of the group activities and one to one programming you provide, but also document any leisure activities they initiate themselves or activities and visits conducted by others, including families (F tag 248). This will give you a good overall picture of what they do on a day to day basis and lets you know how much support they do have from family or friends. This will let you know if family support has dropped off and if that resident needs more attention from you or possibly a volunteer. You can’t possibly document everything they do, but the more you get down on paper, the better picture you have of the residents and what they enjoy.

Are there a certain number of activities I am required to conduct? The answer is “no”, there is no specific number. We are to provide activities to meet the needs and interests of our residents, so the number of programs, and when we provide them, will be determined by them. Resident council is a good place to find out if residents are satisfied with what is being offered, with when it is being offered, and if they want anything more. Another good time to ask residents is during the MDS 3.0 interviews. This also applies to one to one. Some residents cannot or will not tolerate more than a few minutes of our time. That is OK, as long as it is documented. There is no specific number of times a resident should be seen. It is determined by what each resident needs and can tolerate. The main thing is that their needs are being met and that their choices are documented. If they prefer time with their family over us, that is their choice and right and does contribute to meeting their activity needs and to their overall well being.

Am I required to have a Resident Council? No, you are not required to conduct a Resident Council *if your residents do not want that*. However, you are required to give them the opportunity to meet if they so choose (F tag 243). Most communities do have a Resident Council and minutes are kept. Minutes can help you during survey time because they reflect what is expressed by residents and what has been addressed. Another issue that comes up with Resident Council is staff attendance at those meetings. If the residents request staff attendance, that is acceptable and should be reflected in the minutes. If they prefer no staff attend, that is their right.

What are the rules about activity calendars? Oddly enough, there is no requirement for an activity calendar in the Federal regulations. (however, under Licensure regulations for skilled care, you must have one activity calendar posted in the building). It is *standard practice* to have an activity calendar for two reasons; first, so the residents will know what programs are offered each day, and secondly, it can be used as evidence of what you offer if any questions arise during survey or with families. A calendar would also count as one of the “systems” you have in place. Therefore; it is recommended that you have calendars available. It is not recommended that you put on a care plan that “a calendar will be posted in the resident’s room”. If that calendar should fall for some reason, or the resident takes it down and it is not there when surveyors check, you could get cited because you were not following your care plan. You can still place them in the rooms, just don’t put it on the care plan.

***** Everything stated above is from the Federal regulations F tag 248. However, your facility may have specific policies that differ. If anything in your facility policy does not agree with what is said above, then you must follow the policy you have in place or change the policy. For example, if it is a facility policy that you write quarterly progress notes, you must follow that even though the regulations do not require it *****



The following is an article that was submitted by Joe Reiland for the SCAPA newsletter on his recent *Bailey Manor University Summer Session*. Joe said, "It was a HUGE success and we will be having Graduation Ceremonies next Friday to end our "Cruise Week" and bring in all their families as well."

Bailey Manor- After sending their Activities Director off to the National Association of Activity Professionals Conference in March, the residents never realized it would mean that they themselves would be headed back to school for "Summer School". Well that is exactly what happened. Bailey Manor University kicked off it's inaugural Class of 2011 with it's summer school session "South Carolina – It's History & Culture 101".

Each week brought new areas of interest regarding the illustrious history, facts, figures and people that have made South Carolina one of our nations greatest States. They not only had lectures and handouts each week but actually got to attend field trips to local State Parks (Musgrove Mills State Park), local museums (The Clinton Museum) and had a representative from the Museum and Library of Confederate History (Greenville, SC) bring the "War Between the States" to life with Uniforms, clothing, armaments, flags and other interesting articles from those strife filled years. They were able to study the religious and educational roots that formed our state.

Other areas that were covered this summer included: The Arts/Sciences/Industrial Age in South Carolina, Museums and State/National Parks located here in the State, local historical places to visit, Firsts in South Carolina, Famous People of South Carolina and we finished the class with a visit to the South Carolina State Museum in Columbia.

With almost 50% of our residents, several staff and some family members looking forward to each week's lesson it has ignited a desire to live out our University's Motto:

"*Numquam Nimium Anticus ad Imus*" which is "Never Too Old to Learn".

Everyone that participated met the requirements for graduation and looking forward to receiving their diplomas at our Graduation Ceremony and are already asking "What are we going to study next?", well there are 49 more States.....

Joe Reiland
 Director of Activities/ Assistant Administrator
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 "Living in Grace, Serving with Love, 20 Years Strong"
 twofatguys@mindspring.com



See Invitation on Right



Dawn will be sharing planning strategies, creative decorating ideas and stress busters to make this the best holiday, not only for your resident's, but for YOU!!

Chef Hank will be serving up easy holiday recipes, snack ideas and mocktails for you to sample! Make sure you call or e-mail Dawn today and register to attend!

Planning Ahead for your Best Holiday Ever!

Join Dawn Marineau, AAC
 (our new Central District Rep)
 &
 Atria's amazing Chef Hank Yaden
 as they bravely welcome
 the upcoming holiday season!

October 21st, 2011
 from 1:00–4:00
 at
Atria Forrest Lake in Columbia, SC

Workshop is FREE to SCAPA Members
 \$30.00 for non-SCAPA Members
Seats are limited!
 RSVP to Dawn by
 Weds., Oct. 12th
 at
803.328.5095 or
DMarcineau@westministertowers.org

Be sure to bring a small wreath to decorate!

Survey News

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

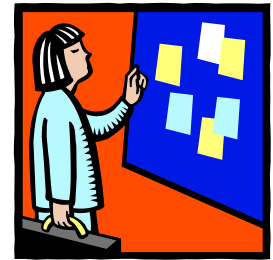
The following information has been passed on to SCAPA concerning surveys. We ask that you as members let us know how your surveys go so others may benefit.

Surveyors were watching med passes closely. They focused on peritoneal care as well as hand washing.

They are looking at 1:1 documentation and programs. (For comatose, semi-comatose and some residents at end of life, you will be focusing on solace/palliative care activities for comfort measures).

The following Tags were reported as being received by facilities:

- F 156 – Notification of rights – Medicare denial letter not completed
- F 157 – notification of changes – resident not informed of change concerning a doctor
Another cited for not notifying family of a medication change
- F 241 – Dignity - residents being served food in dining room and others not. One resident had to wait about 10 minutes for her meat to be chopped before being served
- F 248 – no details given
- F 249 – no details given
- F 315 – improper catheter care
- F371 – tarter sauce 3.5 days old
- F372 – plug missing from bottom of dumpster
- F425 – pharmacy issue
- F441 – infection control, laundry staff person not wearing apron
- F496 – HR could not produce CNA certification verification while surveyors in the building (but found it after they left).



(no tag number given)

- Cited for not knocking on doors
- Cited for expired magic cup in refrigerator

CAUTION



A little old lady came home from shopping and found a robber in her kitchen. Scared and not knowing what to do, she raised her hand and quoted the Scripture "Acts 2:38." The robber froze in his tracks, so she called the police. When the policeman came, he saw this robber standing perfectly still and wondered what the lady had done. He asked her, and she replied, "I just quoted some Scripture." The policeman turned to the robber and said, "Why did that Scripture make you act this way?" The robber replied, "Scripture, what Scripture? I thought she said she had an axe and two 38s."

Warm Reflections

Submitted by ~Pamela Wessinger, ADC~

Thank the Lord, Fall is here! I don't know about everyone else, but I am ready for COOLER weather! With that in mind, it's time to start gearing up for Fall Activities!

October is one of my favorite months because I am a "Halloween" buff! I love the month of October because it is the month of the SC State Fair, Trick-r-Treater's, Halloween Parties, and a chance for me to display my creativity by dressing up in costume! Of course, I have to admit, the older I get, the harder it is for me to get motivated to wear all that makeup for an entire day. Most of the time, I wind up taking everything off by mid-day. Not only do I like doing it, but the resident's like it as well. Nothing is funnier than when a resident calls you by name and look at you, like you come dressed like that to work every day! It's amazing how they still recognize and know you!

Halloween is also a great time to get the staff involved. At our facility, we make it a day of fun and excitement. We have a wonderful Volunteer Director, who brings in Child Day Cares, that are assigned to every floor in the facility. The children arrive in their costumes with their bags or pumpkins in hand to trick-r-treat to all of our resident's. Before hand, the Activity Coordinator's choose the resident's who are able to pass out candy. We provide a certain number of resident's with candy that is given by our Volunteer Director. Family members also provide candy. After the Activity Staff find out how many children are coming to each unit, we then count out each piece of candy, including a few extra. The resident's are informed to drop (1) piece of candy in the children's pumpkin or bag as they trick-r-treat. Our resident's dress up along with staff. Each unit is often decorated by the Nurses, Nursing Assistants, Activity Coordinator and Ward Clerk for the unit. Some units go all out when decorating with blinking lights, animated props, scary sounds, etc. If the resident's family member does not bring a costume for the resident to dress up in, staff will often "create" something themselves.

All day long there are haunts and loads of fun! Everyone is anticipating the *Costume Judging Contest* that happens after lunch. This year we have our very first *Pet Costume Judging Contest* that will include our Pet Therapy Volunteers. Our Volunteer Director asks Volunteers if they will be willing to judge the contest before hand. The judges sit at a table with ballots in hand to watch the show.

Each staff member or Department is given a number. Once given the number and their number has been called, the show begins. The staff member or Department then perform by singing, dancing, just walking out in front of the judges, etc. hoping to capture the judges vote! It's a lot of fun to see the creativity. Some costumes are scary, while other's are funny. The resident's look on and enjoy the fun while the staff puts on a show!

Awards are presented for various categories such as: The Scariest, The Funniest, The Prettiest, The Most Creative, The Best Over-all and etc.

The resident's have their own *Costume Judging Contest* during the day and cupcakes are provided by the Volunteers for the resident's to enjoy. It's a wonderful day of creativity and fun!

November is another month full of excitement because we are awaiting the anticipation of Christmas! It's time to start thinking about decorating for Christmas! That means getting the Christmas Trees out, deciding what decorations we are going to use, decorating the facility and etc. We have a Garden Area in which one of the units in the facility got permission to decorate for Christmas. This has been happening for several years and is always beautiful. Maintenance hangs lights, as well as, beautifully animated decorations line the pathways and fountain. The resident's, as well as, the family members really enjoy sitting outside on the porch and looking at the lighted scene.

Again, let me say, we have a wonderful Volunteer Director! Not many people give her the credit she deserves because without her, the residents would be missing out on so much. She makes sure that Christmas is a memorable event at our facility. Activity Staff make a list of all our resident's who do not have families or needs extra items for Christmas. We tailor the gifts to what we know our residents like or need. The list is given to our Volunteer Director who starts creating the magic of the season. She then gives the names and wish list to numerous volunteers who go out and personally buy the resident's Christmas list. When December finally arrives, she then has many who volunteer their time and energy by coming out to the facility and wrap each individual present. Their area looks like an "Elf Shop" and they are all busy little elves making sure no one is left out. Every resident gets a "general gift" or "bag" while those who have little support, gets their list fulfilled.

The day before Christmas Eve, the bags are brought to the Activity Room and placed in order by floors. Her elves have meticulously labeled each bag that contain both individual, as well as, general gifts for each resident. The bags sit and anxiously await being distributed to each floor Christmas Eve morning, which she is responsible for.

Volunteers are assigned in advance to each floor to help Activity Staff distribute and open gifts with each resident. Many staff families also come out to assist as needed. It is such a wonderful way to bring in Christmas.

Have a blessed Holiday Season! And above all, let's not forget the *Reason for the Season!* Happy Fall and Winter Activity Planning!

**South Carolina Activity Professional
Association—SCAPA**

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**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: _____