

From Your President

Debbie Bouknight, BS, AC-BC, CDP

After almost 38 years of employment in skilled care, I retired from my fulltime job as of 7-7-23. As I write this, it is with many mixed emotions.

I am looking forward to having more time to spend with my grandchildren and my parents, but I know I am going to miss the residents, the staff and my job! I will still be fulfilling my volunteer work with SCAPA and the APNCC, so I am not totally out of the picture just yet! I know this will be a huge adjustment for me, but I am excited to see what the future holds!

As I leave the profession as a fulltime Activity Professional, I can't help but worry some about the future of the profession. I cannot stress enough how important it is for some of you younger members to step up to the plate and start taking the reins, not only within SCAPA, but for the profession itself.

Many of us on the Board are 50 or older, we cannot carry the torch forever, but we also don't want to see SCAPA crumble. SCAPA has been a lifeline to so many in the field, we do not want to see that ever fade as some organizations in some states have done. Please consider taking on more responsibility with SCAPA. The organization needs your talents!

We are well into summer now, how quickly this year has passed! I hope you have some time for yourself scheduled, if you have not already taken any. We all need to re-charge our batteries.

All of the districts held some great spring workshops, I hope some of you were able to attend yours! The August One Day workshop is coming up and promises to be very exciting with lots of new ideas from our national speaker, Kathy Laurenhue.

I hope to see many of you there! And then don't forget your fall District workshops, which are FREE and a good time for you to network with your peers!

Happy summer and Fall to you all!

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www.scapasc.org



Map courtesy Michael Zeiler

Vice President's Report

✎ Amy McCormack, ADC, CRCFA ✍



We all struggle at times with creative block and need inspiration. One way to enhance your in-house programming is to partner with other organizations in the area and bring the outside community in.

A fantastic resource is your local library. I have worked with both the Lexington County Library and the branch in West Columbia and both were excited and very receptive to provide ongoing classes and storytellers! They will also come out and talk about what resources that have for those who have a card, bring a representative to help residents get signed, and also do a book drop off!

Lexington County also has a bookmobile that is in high demand and not easy to schedule, but they will do a regular book drop off to help freshen up the community library or deliver to individuals. Don't let that opportunity slip through your fingers!

In the past, I have worked with the Alzheimer's Association. Did you know that they will provide education for the staff as well as for the residents at no cost?

Supporting the Alzheimer's Association by fundraising with the help of your residents creates a fantastic, meaningful and purposeful program. Give them a call or email them, they are very responsive.

Utilize your local churches who's youth leaders are always looking for a ministry for the kids to do! I've had youth groups host regular game nights, Bingo's, help in the gardens, work on community projects with residents, teach residents how to use their cell phones and so much more. If you can schedule them monthly, that helps the children and residents develop close relationships.

Contact local museums, Pet Rescues, military agencies, banks, travel companies, etc. They will send people out to the community at no cost and host educational programming.

The possibilities for music programs are endless-get in contact with local places that do lessons and have the kids come out and do a recital. It could be instrument or voice!

Colleges will host concerts at your community. Don't forget about your local theater! They are a great con-

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From the Marketing Chair

✎ Renee Bledsoe, AC-BC ✎

Stand in The Gap

As Activity Professionals we are known for our parties and fun activities. We are the “game players.” The “fun ones.” But we all have a much bigger responsibility and that is to “Stand in The Gap.”

We have more contact with the residents than most people in the facility, there-



fore we are more apt to notice any changes that may occur with our residents. It is our responsibility to report those changes as soon as we notice them. Below is a list of things to remember when reporting a change.

- 1) As a good rule of thumb, always report to the resident's nurse first.
- 2) Write a note down on your calendar of when you reported and to whom you reported, and what changes you observed.
- 3) Follow up with the nurse. Ask him/her what they found out.
- 4) If the nurse has not followed through to find out

what is wrong with the resident, it is time to go over their head and make the ADON or DON aware of the change, when it happened, and whom you reported the changes to.

5) If the ADON nor DON looks into the changes it is then time to take it to administration.

6) Don't stop until someone looks into the change of your resident.

If you are fearful to report, let me ask you one question, what if the resident was your mom, dad, brother, sister, grandmom, granddad, or child? Would you hope someone would lookout for them and report a change before any medical emergency could transpire, or before a cognitive or physical change occurs that may have been prevented?

“Stand in The Gap!” Do not allow a change in a resident to go unnoticed. You may be the only person standing between the resident and a medical emergency.

Bettye Cecil

SCAPA Scholarship Application

**Information on Page 10
Deadline is November 30**

District Representatives-Central

📧 Tamara Ford, ADC 📧

Hello from the Central District! Our Spring Meeting was held on June 9th, and we had a great time.

Big shoutout to Debbie Bouknight for hosting the meeting at LMCEC! We saw a lot of new faces and learn from the Life Enrichment Coordinators presenting the sessions.

Our Sessions Focused on Cooking with Seniors, IN2L-never To Late To Learn and Journal In A Jar.

First session was led by Debbie Bouknight had a great idea on cooking recipes for the residents that were simple and easy to do in the microwave. Lunch was provided with some of the cooking recipes. Taco in A Bag, Cupcakes in an ice cream cone, Brownie in a crock pot. The room was filled with flavor and ideas for the next cooking event.

Directors and Coordinators filled in on how some of them had a cooking class once a week with their residents. Another Director talked about how they would ask the residents what they would like to cook in advance, and they will prepare for the next week.

Of course, with the Summer in full effect. There's some nice cool recipes and dishes that can be served to the residents!

Second session was led by Tammy Ford on the IN2L (Never To Late To Learn). This is a great source of ideas or programming on wheels for our Seniors. The IN2L has sections such as Travel, Music,



Trivia, Internet etc. The residents can use the program themselves; staff can use it for 1:1 visit, or large group programming.

Our last session was led by Pam Wessinger, the program focused on Journal In A Jar. Pam did a different twist with Journal In A Jar. Pam passed out a folder with questions and other material of how you can

start the Journal In A Jar with your residents. Pam asks the resident questions about their family life, work life, etc. Pam will then type up each question and put them on different colored sheets and place them in a jar of their choice, decorate with ribbon etc. The ending of Pam's presentation was very heart felt.

Two of the residents Pam interviewed came to the workshop and spoke about their journey. The resident's said they enjoyed talking to Pam. It brought back memories they forgot about. It's a keepsake for their family and they can read years later and reminisce about their loved one.

We are currently working on our Fall workshop and will be sending out information soon.



There are a myriad of benefits to journaling, and everyone should consider keeping a journal.



Visit our
Facebook
Page -

SCAPASC.org



District Representatives-Lower

☞ Diane Merrow, BA, AAP-BC ☜



Happy Summer from the Lower District

With the heat index reaching records highs I would like to share some tips & reminders for seniors. According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body.

This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. This is why seniors suffer from heat stroke in the summer more often than younger people.

Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.

• Stay hydrated.

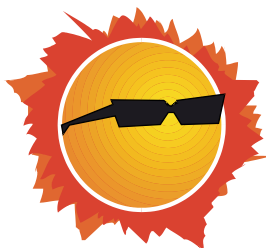


Drink eight or more glasses of water and/or fruit

juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.

• Stay indoors during extreme heat.

In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.



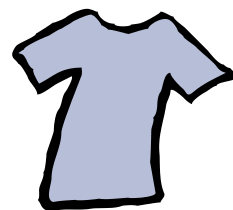
• Stay in an air-conditioned place.

Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all

good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

• Know the weather forecast and dress appropriately.

The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.



• Protect your skin and eyes.

Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.



• Know the side effects of your prescriptions. Some



medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns

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District Representatives-Piedmont

Stephanie Whitfield

I have received the torch for Piedmont District Representative. Robbie Dominick passed it over to me at the spring workshop. I am so excited to except the torch!

My name is Stephanie Whitfield form Shepherd's Care Assisted Living in Greenville, SC. I have been the activities director here for 16 years and counting. I have the most supportive administrator

(Eric Thompson) that I could ask for.

He is a great leader who has taught me a lot. With both of our minds put together we have a pretty awesome activities department.

I have been a member of Scapa for at least 14 years now. A lot of you I know and a lot of you I don't but I'm excited

to meet you all. I have always felt refreshed and renewed after leaving Scapa conferences and workshops. I hope you all feel the same.

I am looking for a facility that would like to host our fall workshop. Thank you all for this experience. If you have any ideas or questions feel free to reach out to me.
Sstidham@shepherdscarescenter.com
(864) 322-6212



Sandra Ferguson, Activity Director of the Year and former Piedmont Rep, Robbie Dominick



Stephanie Whitfield and Robbie Dominick passing the torch!



Left, Sandra Ferguson, and Stephanie Whitfield.



Right, Sandra Ferguson and Eric Thompson, Administrator

District Representatives-Coastal

✉ Lucy Evans, ADC, AAP-BC, CDP ✉

Hello SCAPA members, hope you all are having a great summer.

Coastal District had a Spring workshop July 14th with 13 members in attendance. Our guest speakers were Tami Washington, Regional Ombudsman, and Dora Sutton, Volunteer Ombudsman Coordinator, who spoke on Residents' Right and Abuse, and Lorre Baird, Vice President of Resident Services at The Manor Senior Living, who spoke on Exploring Community Resources for Special Events. Many thanks to these ladies for a great workshop.

Make your calendar, Coastal District workshop will be Friday, October 20, 2023 at NHC Garden City from 12:00pm – 4:00pm. Be on the lookout for more information.

God bless you all!

Lucy D. Evans, ADC, AAP-BC, CDP
Coastal District Representative



Here's a few pictures from the Coastal District Spring Workshop. Speakers Tami Washington, Regional Ombudsman and Dora Sutton, Volunteer Ombudsman Coordinator



For additional information, resources and info on upcoming workshops, visit SCAPASC.org



National Activity Professional Certification

Debbie Bouknight, BS, AC-BC, CDP

Congratulations!!

Anntawn Green

– AP-BC

Mary Vining – AP-BC

If you are not yet nationally certified as an Activity Professional I encourage you to set a goal to get that accomplished in 2023, or as soon as it is possible for you based on the criteria you need to meet. Employers will look to hire certified individuals first, so it is in your best interest professionally to take care of this important step in your career.

Please feel free to reach out to me with any questions. If I do not know the answer, I will direct you to someone who can help you. **Please remember to let me know when you become certified** so we can properly recognize you for your accomplishment!!

The certifications recognized by CMS under FTAG 680 are listed below.

AC-BC – Activity Consultant/
Educator Board Certified
through NAAPCC/APNCC

AAP-BC – Advanced Activity
Professional Board Certified
through NAAPCC/APNCC

AP-BC – Activity Professional
Board Certified through
NAAPCC/APNCC

ACC – Activity Consultant
Certified

ADC – Activity Director
Certified

APC – Activity Professional
Certified

CTRS – Certified Therapeutic
Recreation Specialist through
NCTRC

OTR – Registered Occupational
Therapist

COTA – Certified Occupational
Therapy Assistant

You can go to their websites to see what the requirements are for certification and choose the one that best fits your needs. Feel free to also call me with any questions.

APNCC is www.apncc.org – no specific course required per NCCA standards

NCTRC is www.nctrc.org – no specific course required per NCCA standards

NCCAP is www.nccap.org, NCCAP does require a specific course, the MEPAP

SCAPA has always been a supporter of Activity Professionals receiving their certification and encourages you all to pursue that goal. Many of you may already meet most of the requirements and only need to take an exam.

Other certification options can be found on the web that are not recognized by CMS; but may help in your career growth or with specific company requirements.

NCCA – The National Commission for Certifying Agencies was created by the government to accredit certifying bodies that meet their strict criteria. Following all their standards assures there are no conflicts of interest or ethics violations and assure a certification that is above reproach. APNCC and NCTRC follow NCCA criteria, including requiring no specific course.

Membership Update

Linda Wright has provided update numbers on our membership. Central District is up 4 members, Coastal is up by two, Lower up 4, and Piedmont is holding at 69 for a total of 239 members.

Central-84 members

Coastal-49 members

Lower-37 members

Piedmont-69 members

Total: 239 members

Activity Tips from the Vice President

Continued from Page 2

nection to have! They local theatre here in Lexington is going to do musical previews for our residents and assist us with our upcoming Drama Troop that we are creating.

People want to help, all you have to do is ask! Having the outside community into your community brings excitement!

There are many CMP grants available out there at no cost to your Medicaid and Medicare communities for programs such as Bingocize, Art4Life, and IN2L. Bingocize brings exercise and bingo together. They provide tee-shirts for all those who play and host the game as well as 150 prizes per quarter! We are about to start this program August. See what its all about here <https://www.wku.edu/bingocize/> Art4Life provides you with art materials for your residents. They also provide project instructions to try. Check it out! <https://www.thriving4life.org/art4life-south-carolina> IN2L is everything from Singing Karaoke, playing trivia, travel programs to giving your residents the opportunity to drive a car in the simulator! There are unlimited activities at your fingertips as well as a function for your residents to create a "profile" and put there own photos and favorite games and videos in

there. We use it everyday here ,multiple times. <https://in2l.com/> The SC Speaker's Bureau will provide your non-profit community (does not have to be skilled) with two free fabulous speakers per year. These are top notch speakers that would normally hit your budget pretty hard. The topics range from Musical Instruments, to history, politics, poetry, literature and everything else! Here is the Roster for current speakers <https://schumanities.org/projects/>

speakers/roster/ If you have any questions about these programs or anything else, please reach out to me!
almccormack@lexhealth.org

Amy McCormack, ADC, CRCFA | Life Enrichment Director

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Check Out Your Local Library

Debbie Bailey, AC-BC

The South Carolina State Library System is composed of the State Library in Columbia and a network of public libraries distributed throughout the state's counties. These public libraries serve their local communities by providing access to books, digital resources, computer and internet services, programming and educational opportunities.

They can be a wonderful source of programming ideas. Find free speakers to visit your community by checking out my local library. One speaker brought her celluloid doll collection and spoke about them. That was a well attended and popular program. Another spoke on diving in the Cooper River for shark's teeth and lumber.

Check out your local library's programs. Some offer a library of things where you may borrow an item you need for a project such as a sewing machine. Some libraries offer 3D printers or Library of Humans events where you can seek advice from people experienced in the topic you wish to explore.

They also offer ebooks and audiobooks for you to download for free. They can be borrowed on your phone, tablet, e-reader or computer.

For a guide to South Carolina's Public Libraries visit www.statelibrary.sc.gov/south-carolinians/south-carolina-public-libraries



The Bettye Cecil

**SCAPA Scholarship for Annual Conference
Must have been SCAPA member for One Year
Scholarship covers conference registration feenly**

Name of applicant _____

Address: _____

Phone (H) _____ (W) _____ Email: _____

Employed at: _____ Title _____

Dates of employment _____

If employed less than 1 year, previous employment _____ dates _____

Title _____

Please answer the following questions. Please use a separate piece of paper as necessary.

1. Why does the applicant need financial assistance to attend the conference?
2. Is the applicant receiving any financial assistance from other sources?
3. How many SCAPA annual conferences has applicant attended?
4. How long has applicant been a SCAPA member?
5. Please list any involvement in SCAPA
6. What does applicant hope to gain from attending the conference?
7. What are the applicant's plans for the future?

Signature _____ Date _____

Please return this application to:

Debbie Bouknight
209 Westport Dr.
Columbia, SC 29223

Application musbe returned by November 30.

New videos featuring expert conversations aim to shake the stigma

A new video series from the Alliance for Aging Research—*Expert Conversations on Neuropsychiatric Symptoms of Alzheimer's*—is now available to help shake the stigma of talking about neuropsychiatric symptoms (NPS) and to help those living with Alzheimer's disease create a care plan and get the support they deserve.

Diseases and injuries that damage the brain can change how we interact with the world and lead to significant behavioral and psychological symptoms—also referred to as neuropsychiatric symptoms (NPS). These symptoms can include anxiety, depression, agitation, apathy, socially inappropriate behavior, psychosis, sleep disturbances, and more. Neuropsychiatric symptoms can be challenging, and often lead to social isolation due to stigma. The reality is that neuropsychiatric symptoms often require medical attention and are as much a product of the disease as changes to memory and cognition.

The videos feature a clinician, family caregivers, and patient advocates living with Alzheimer's disease.

To learn more about neuropsychiatric symptoms related to dementia and Alzheimer's disease, and to view all of these expert videos, visit www.agingresearch.org/NPS.

For more information, visit www.agingresearch.org.

Skilled Care CMP Grants Medicare/Medicaid Reimbursed Communities

If you work in a skilled care community that accepts Medicare/Medicaid funding, you are eligible to apply for CMP grants. These grants are funded with the fines facilities pay for federal citations. If you would like something for your community, that you cannot obtain through your budget, I urge you to consider a grant.

Grants can be obtained for iN2I systems, Ipads, special gardening equipment, wheelchair gliders and more, to enhance the quality of life for those you serve.

If you Google "CMP Grant application" the application and criteria will populate for you. It is then just a matter of filling out the application and submitting that, along with the total costs of what you are requesting. You will need to submit reports quarterly to CMS, on the benefits and results of the grant.

I cannot stress enough how awesome this opportunity is, take advantage of it! And contact me if you have questions or need help with the application.

Happy Summer!

Continued From Page 5

or questions you have.

- **Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc.**

Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.

- **Maintain communication with friends, family, caregivers and emergency contacts.**

Prepare a list of emergency phone numbers and place them in an easy-to-access area in case needed.

As a caregiver or loved one, you can help seniors beat the heat by:

- Visiting at least twice a day.
- Watching for signs of heat exhaustion or heat stroke.
- Making sure they have access to air conditioning.
- Helping them limit their exposure to the sun.
- Making sure they are getting enough fluids to keep them hydrated and have a normal body temperature.

Stay cool and enjoy your summer,

Diane Merrow,
Lower District Representative



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Find us on the web at:

www.scapasc.org

Find us on Facebook
at SCAPA SC

Visit daily!



Is it time to renew your membership? Check your membership card!

YES! I want to join SCAPA. Enclosed is my membership information and dues.

Mail application and dues (\$40.00) to:

SCAPA

Linda Wright

PO Box 384

Gaffney, SC 29342

Name: _____ Title: _____

Facility: _____

Preferred Mailing Address: _____

City/State/Zip Code: _____

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

Email: _____ @ _____