



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

*"A source for education, support, ideas, and opportunities
to enhance the lives of those we serve."*

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M_N SWAP NEWSLETTER

Fall 2015

President

It is sad to think that another summer is coming to a close, but that means the fall conference is around the corner! Please make sure to join us October 7-9, 2015 at the Holiday Inn in St. Cloud. Region 7 is our host this year and with the theme "I'm an Activity Professional, What's your Super Power?" It should be a fun filled three days. I truly look forward to this conference every year as it allows me to learn, network and recharge my activity soul. Please contact me with any questions or concerns you may have at jenniferlahmann@gsc-mn.org.

Jen Lahmann
jenniferlahmann@goodshepherdcampus.org

Vice President

I want to thank everyone for submitting nominations for the M_N SWAP awards this year. It is great to see so many people going above and beyond throughout our great state of Minnesota! We will be honoring the winners at the awards ceremony during the banquet so make sure you attend. Speaking of - What is your super power? All Super Hero's are called to action to our M_N Swap annual conference on October 7-9 in St. Cloud! Also, please keep in mind that there are monies available from the Heidi Sibben Memorial Fund to any current M_N SWAP member. It is available for the fall conference, spring workshop and for other activity related educational opportunities. Applications are available on the website at www.mnswap.org/Scholarship.html. The completed application can be mailed to me @Twin Rivers Golden Living Center-305 Fremont Street-Anoka, MN. 55303 Thank you!

Kara Reiser, ADC
kara.reiser@goldenliving.com

Past President

Our facility, like many others this time of year, is experiencing staff turnover. In the activities department that doesn't happen as often as other departments, except this year, it is happening to us. I have staff that are moving due to retirement or going off to college. It is an exciting time for them because they are moving on to the next phase in life. It can be exciting for our department too because we are getting new staff. Take advantage of getting new staff in your department by finding someone with new ideas and new energy. Our department is made up of staff with several different interests and talents which create an awesome team. Sometimes change is difficult but we can take advantage of that change and make it positive.

In October my term will be done and I want to thank you for the opportunity to serve on the board this awesome organization. I will stick around and maybe even find some other way I can help. See you October 7-9, 2015 for a "Super" conference.

Barb Anderley
banderle@elimcare.org

Vendor Chair

Hello Everyone, It seems awhile since we have all been together and I hope you are enjoying the summer events at your facilities. The vendors are coming in slowly and once again I encourage you to send me anyone's address that you feel would be a good vendor for our organization, so I can contact them for our fall conference.

Betty Braegelman
dhbdhb@mchsi.com



Conference 2016

MN Swap Address:

**Minnesota Statewide Activity Professionals Association
(M_N SWAP)
7455 France Ave. South #514
Edina, MN 55435-4702**

Region 1

The Region 1 Activities Professionals will be meeting on Thursday, July 30th at the Thief River Care Center at 10am. There will be a presentation and discussion regarding the Survey Process for Skilled Nursing Facilities led by Megan Klockmann. We will be given a tour of the Thief River Care Center by Lori Thompson, as it opened at its new location on Hwy 59 in November 2011. Region 1 members, please plan on attending as we will be finalizing our skit for the fall conference.

Region 1 is still looking for a Co-Chair for the 2016 fall conference. Information was sent out in late May, early June regarding what the duties are but if you need a copy or are interested in being a co-chair, please contact Megan.

If anybody has any questions or concerns, please feel free to contact Megan Klockmann, Region 1 Representative: (218) 681-3286 (work) or via email meg_magner@hotmail.com. Hope to see you all on July 30th!"

Megan Klockmann
meg_magner@hotmail.com

Region 3

Region 3 met on Monday August 17 at St. Williams Living center in Parkers Prairie. We hosted LaVonne Marie Schlidt, Massage therapist and certified Herbalist.

TAKE FIVE AND GIVE BACK FORTY FIVE.. with time to spare!
Caregivers often give without taking time to re-charge their internal batteries. Lavonne Marie, massage therapist for over 35 years helped us explore some simple 5-15 minute mindful activities designed to engage your body, mind and heart. We will use activities to explore self care, creativity and intelligence. These can be easily shared with the residents we work with every day.

So often, we are at a loss as to what we can do for our clients. The activities we involved ourselves in helped us be closer to the spirit of caregiving.

Nancy Burns
njberns@gmail.com

Region 6

WHAT'S HAPPENING IN REGION 6 (MAPA)!

THURSDAY, SEPTEMBER 10, 2015

Location: Minnesota Masonic Home
11501 Masonic Home Drive
Bloomington, MN 55437

Topics: AM- Pamela Hayle
PM- Dale Anderson, "The Happy Doctor"

FRIDAY, NOVEMBER 13, 2015

Location: The Waters of Edina
6300 Colonial Way
Edina, MN 55436

Topics: AM- Cheri Bunker, "Soul Collage"
PM- Julie Reginek

We are also looking for a person to fill the communications position on our board. Interested parties should contact Gina Porter, MAPA president.

Katie Rhinehimer
krinehimer@englishrosesuites.com

Region 2

The Head of the Lakes groups is off for the summer will meet on September 11th if you would like to attend the meeting contact Stacie Oakland at 218-723-6433 or Stacie.oakland@bhshealth.org.

The Northern group held a Senior Picnic for area nursing homes/Assisted Livings, coordinated by Activity Directors, on July 30th at Veterans Park in Grand Rapids. Everything was free to the seniors (we solicited donations) with entertainment by Sandy's Stompers (a clogging group) and played bingo. The Northern group meets once a month and if you would like more information contact Wendy Griese WendyGriese@ecumen.org.

Stacie Oakland
Stacie.Oakland@bhshealth.org

Region 4

We would like to invite everyone to our fall workshop Friday, September 11 at St Benedict's Senior Community in St Cloud. Registration begins at 8:30am. The morning speaker will be Jessica Harstad. She will be presenting on Validation for persons with Dementia. The afternoon speaker will be Nancy Schwartz. She will be discussing innovative program ideas.

We are asking all participants to send in at least two activity ideas with their registration. These ideas will be put in a book for distribution at the fall workshop. Everyone who submits information for the booklet will be eligible to win some great door prizes at the September meeting.

The cost of workshop is \$25.00 due by September 4. Please mail your payment to

Linda Faber , Hilltop Health Care Center
410 Luella Street Watkins, MN 55389.

Any questions please contact Region 4 President.

Michele Henifin
mhenifin@horizonhealthservices.com

Region 5

Hello from Region 5, aka West Central Activity Professionals Association (WCAPA)! The 17 counties in southwestern Minnesota which comprise Region 5 can lay claim to many dedicated activity professionals. Our recently updated email contacts list boasts over 60 members, and we are always ready to welcome more! Meetings are held at the Pizza Ranch in Redwood Falls, on the 3rd Wednesday of the month, during that time of the year when the Minnesota weather is most cooperative (April through November). Region 5 continues to provide educational sessions on a regular basis, covering a variety of topics relevant to the profession, with four hours of continuing education credit available at each meeting. The cost is very reasonable, and a great way to get CEUs ~ in addition to enjoying some networking, delicious breakfast rolls, and noon pizza buffet!

During the August meeting, Anne Holme, Ombudsman and strong supporter of all things Activity, presented morning and afternoon sessions, complete with her contagious enthusiasm and positive outlook. In September, Julie Reginek, Educator, Mentor and Activity Professional Extraordinaire, will provide a full day's session to the members, bringing us up to date on the latest Activity trends and issues. The October meeting is deferred to the annual Mn Swap Conference in St. Cloud, but we will meet in Redwood Falls once again in November to round out the year, recap our goals, and reaffirm our mission of serving and promoting the Activity Profession.

Please feel free to contact me if you have any questions, suggestions, or need additional information at: tpeterson_parkview@hotmail.com

West Central Activity Professionals Association (WCAPA)

Tish Peterson
tpeterson_parkview@hotmail.com

Region 7

The 2015 Region 7 spring workshop was a big success this year at our new venue in Rochester and plans are already underway for the 2016 spring workshop. At the annual meeting, Kate Richards from Good Samaritan in Albert Lea was elected to be the new Region 7 Representative.

Planning continues for the Engaging Our Seniors Workshop in Rochester on Friday, September 25th. This event is specially designed for caregivers of seniors at any senior living facility whether they work in memory care, a universal worker, a volunteer, or an activity aide not able to attend other workshops. Brochures are being sent by e-mail to Activity Directors in August. If you need one, contact Kate Richards at email address below.

All Region 7 Activity Directors are welcome to join in the fun of hosting at the Mn SWAP Fall Conference with our Super Hero theme. Contact your chapter representative.

Katie Richards

krichar4@good-sam.com.



Promotions

Thank you to all that took time to stop by the Promo booth during the spring seminar.

If you were unable to attend the spring seminar and will be attending the fall conference in October, you will have a chance to purchase items that were available during the spring seminar. Also, there will be tee-shirts with the Super Hero logo and a super charge item that we are hoping will give you great charge during and after the conference. Each year promotion tries to get items that are useful and identify the organization of Mn Swap. If at any time you have thoughts or ideas for a promo, please let me or someone on the Mn Swap board know. Looking forward to seeing you at the fall conference.

Sandy Lacek

Sandra.lacek@hendrickshosp.org

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines: Publication Deadlines:

July 20, 2016

November 1, 2015

March 1, 2016

September 1, 2016

December 1, 2015

April 1, 2016

You can submit your articles and advertisements to me by mail to the Annandale Care Center, 660 Park St. East, Annandale MN. 55302 or email them to me at Annette.Gunnerson@ahcsmn.org. Mn Swap does reserve the right to limit the number of ads and articles per issue due to the limited space and content.

Annette Gunnerson, Mn SWAP Editor

Annette.Gunnerson@ahcsmn.org.

AVENGERS ASSEMBLE!! Mn SWAP Conference October 7 - 9, 2015 Same Bat Place, Same Bat Station There's no need to fear!

The 2015 Mn SWAP FALL CONFERENCE is fast approaching!

REGION 7 invites you to:

Wear your favorite SUPERHERO costume or T-Shirt Wednesday night for the Social and you will receive some SUPERHERO POWERS!

Bring some extra money so you can purchase raffle tickets for the AMAZING baskets that will be on display!

Brush up on your SUPERHERO facts so you can play some INCREDIBLE games!

Check out some FANTASTIC things that will be happening near the vendors.

Dress as formal as you want for the Thursday evening banquet, while we listen to and get involved in EXTRAORDINARY dueling pianos!

Plan to network, learn, be re-charged and remind yourselves WHAT A SUPERHERO YOU REALLY ARE!!

There is a SUPERHERO inside all of us, we just need the courage to put on the cape.

Conference Co-Chairs

Katie Richards

krichar4@good-sam.com.

Allison DeRaad

aderaad@samaritanbethany.com

MN SWAP Education Report

Education is the focus and strongest asset of the MN SWAP organization. It is often through attendance at a MN SWAP educational event that an activity professional become more involved in their profession on a regional or state level.

MN SWAP continues to strive to provide excellent educational programs for its members, please keep these dates in mind as you plan for the rest of 2015 and 2016.

2015 Fall conference – October 7-9, 2015
2016 Spring Seminar –April/May (Date to be determined)
2016 Fall conference – October 12 -14, 2016

We want to continue with the high quality of education MN SWAP members have come to expect from our seminars and conferences. There are many ways MN SWAP members can help participate in the educational endeavors of our organization.

- Make speaker/session suggestions with full information on speaker topics, costs, and references.
- Volunteer to convene or monitor a session or even present a “best practice” of your own.
- Be an avid learner, ask questions, fully participate in the session/s be respectful of speaker even if the session does not meet your expectations.
- Return evaluation forms with both positive and improvement needed feedback so MN SWAP can continue to strive to meet it’s members needs.

Be diligent about reading the entire brochure when registering for MN SWAP educational events so that you include the correct information, membership status and fees. Keep a copy and remember no credit cards are accepted, you will not receive a confirmation. If needed, you may get a receipt at the on-site registration.

Your support and assistance with the education work of MN SWAP is greatly appreciate and helps keep the organization strong and functioning at a high level of competency in order to meet the needs of all members of MN SWAP.

We are looking forward to the 2015 conference and our theme of “I’m an Activity Professional: What’s your Super Power?” Region 7 has been working hard to make this a great educational and networking event with several fun activities along the way. All MN SWAP members will get a brochure mailed to their home. Facilities will also receive a brochure. Brochures for all MN SWAP educational events can be found on our website. Handouts for all educational sessions are also posted on the website at least 2 weeks in advance of the event for download or review.

Please feel free to contact me at any time with your questions, suggestions and ideas for MN SWAP,.

Pamela Hayle phayle@augustanacare.org.

Attitude is Everything If You Want to Succeed

When it comes to success, many of us never even think about our attitude. Most of us are so busy just trying to live our lives, with all our hundred responsibilities and our thousand tasks and our million commitments, that we find ourselves often reacting to our lives instead of responding to them. Successful leaders don’t have fewer problems than unsuccessful leaders—they just have a different attitude.

The remarkable thing is that we have a choice every day regarding our attitude:

- Don’t get locked into negative thoughts where you’ve experienced difficult times in the past. Any ill feelings and negative thoughts you may have had in the past were of no value to you then and have not increased in worth since.
- It’s not helpful to react in negative ways to daily events. Be mindful of how you choose to interpret what happens to you. The way you react and reason with the events in your life is the way your memories will be stored.
- When you have harsh struggles in store, your attitude can save you. You can’t change the inevitable and you don’t know what will happen in the future—struggle and pain may arrive uninvited. And it’s at those times especially that your attitude will make or break you.
- Many of us have forgotten how to control our attitude, even though it is really the only control we have. When we hold on tight to our misgivings, when we dwell on the ways we’ve been mistreated, it’s easy to forget that our attitude is what defines the things we experience.
- Lead From Within: Let us strive to make our reactions and responses the best they can be, because our most precious attribute is our attitude. The choice is ours: We can hold on to negative thoughts or we can put some altitude in our attitude!

Yesterday is gone. Tomorrow may never come, so the present is the moment we have.

Source: www.lollydaskal.com