



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

BOARD MEMBERS

Kara Reiser, President
763-421-5660

Cheryl Dinsmore,
Vice President
507-343-7157

Jen Lahmann, Past President
320-237-2118

Barb Anderley, Secretary
763-951-7819

Margaret Hemauer, Treasurer
612-518-9685

Pamela Hayle, Education
612-238-5414

Julie Reginek, Membership
320-234-8588

Sandra Lacek, Promotions
507-275-3134

Annette Gunnerson, Editor
320-274-3737 ext. 260

Betty Braegelman,
Storage & Vendor
320-254-8215 ext. 143

Jess Karstens, Region 1
218-456-2105

Stacy Oakland, Region 2
218-723-6433

Nancy Burns, Region 3
320-766-8353

Michelle Henifin, Region 4
320-468-6451

Tish Peterson, Region 5
507-938-4151

Katie Rhinehimer, Region 6
612-590-4061

Gloria Oakes-Speltz, Region 7
(507)498-3211 ext. 73426

Conference Co-Chair 2016

Jess Karstens
hlact@rrv.net
Crystal Speers
activiyttvlc@arvig.net

M_N SWAP NEWSLETTER

Summer 2016

President

The educational opportunities offered at Mn Swap are exceptional and one of the best in the nation! Our conference provides activity professionals with new information, refreshes our minds and helps us to learn and network with our colleagues.

The main purpose of the Mn Swap organization is to continuously work to enlighten and make us better by keeping us abreast of new ideas and innovating seminars while maintaining high quality education opportunities within the state of Minnesota.

I encourage you to be involved and take an active role in our membership. Become involved in your region or chapter. One of our strongest support systems comes from the other Activity Professionals in our state.

Is the region rep position opening in your area? How about running for the Vice President position?

During the conference and the annual business meeting, we will be taking nominations for Vice President. Voting will take place on Friday morning. Please consider running for this position. You will have lots of opportunities along the way for fun and networking with other Activity Professionals from around the state and nation!

Feel free to contact myself or another board member if you have questions. I look forward to seeing you in St. Cloud in October where Activities are Legendary!

Kara Reiser, ADC
kare.reiser@goldenliving.com

Vice President:

Hope you have thrived (or at least survived) during the summer heat. Besides the excitement of weeding my gardens, my summer has included a wedding and approaching Alaskan honeymoon so I'm not complaining.

I want to express my appreciation to all of you who put the time and effort into submitting nominations for our award categories. The board will be making the selections and we'll honor the recipients at the awards ceremony during the Thursday evening banquet at fall conference. Be sure to make plans to attend this time honored Mn SWAP tradition.

If resources are tight, please keep in mind that there are monies available from the Heidi Sibben Memorial Fund available to any current Mn SWAP member. Applications are available on the website at www.mnswap.org/Scholarship.html. The completed application can also be mailed to me @ Cheryl Dinsmore, 1801 Collegeway, Worthington, MN 56187.

Have a great rest of the summer and I'll see you in the fall! Blessings to you!

Cheryl Dinsmore
cheryldinsmore@ecumen.org

Past President:

It is hard to believe Independence Day has come and gone and there are school supplies in the stores! I am looking forward to fall, cool air, crisp leaves and of course the fall conference! It is a time to recharge and enjoy spending time with other like-minded people! This also will be the end of my tenure on the board. I have enjoyed spending time and being involved in promoting the Activity Professional. I encourage everyone to join a board position, whether it is on a region or state level. It has been a wonderful experience that I will always remember. If you are interested, the nominations will be at the business meeting, during lunch on Thursday at the fall conference. If you have questions regarding being a part of the Board, give me a call, send me an email or find me at the conference!

Jennifer Lahmann
jlahmann@stcroixhospice.com

REGION REPORTS

Summer 2016

Region 1

Region 1 met in Bemidji to solidify our conference plans and make a few more. We are looking forward to bringing a little bit of Northern Minnesota to share with everyone. After our meeting we spent two hours reviewing best practices for care planning with Sandy Hennum. It was a great refresher with an amazing teacher. See everyone in St. Cloud in October – don't forget to bring your flannel!

Jess Karstens
hlcact@rrv.net

Region 2

Region 2 is taking the summer off and we will meet Tuesday, September 9th at the Olive Garden in Duluth. At the September meeting, we will start to plan the 2017 MN SWAP conference. We meet the 2nd Friday of each month.

Please contact Stacie Oakland at 218-723-6433 or
Stacie.oakland@bhshealth.org if you would like to join us.

Itasca Activity Directors recently sponsored a senior picnic. Unfortunately the day was cold and rainy, but we were able to move the picnic to the Grand Village Activity Center. There were around 80 people in attendance and we all had a great time! We started out with bingo, followed by grilled hamburgers, potato salad and watermelon. We then whisked the plates away and were entertained by the fabulous "Sandy's Stompers" as we enjoyed ice cream treats. Everyone was happy to be together and not out in the cold! Our next meeting will be held Thursday, September 22nd, 12:00pm at Majestic Pines. We encourage and welcome new members!

Stacie Oakland
Stacie.Oakland@bhshealth.org

Region 3

A workshop was held in June with great attendance. The Health Spring Choir was inspirational, and a great take away from the Culture Change session was: "You are NOT helping Departments, you are helping residents. Be of service to the residents AND each other and do not keep score." Region 3 will meet again in August and October.

Nancy Burns
njberns@gmail.com

Region 4

Region 4 would like to invite everyone to our fall training Friday, September 23 at Lake Ridge Care Center in Buffalo, 310 Lake Boulevard S. Buffalo, MN. Registration will start at 8:30am. Look for more details on the fall training in-service coming in the mail in August.

For activity professionals new to our region, contact Michele Henifin at Horizon Health, (320)468-6451.

Michelle Henifin
mhenifin@horizonhealthservices.com

Region 5

Region 5 meetings have been going strong at the Pizza Ranch in Redwood Falls, held on the 3rd Wednesday of the fair-weather months. Coffee and rolls start at 8:30, and a full-day session runs until about 2:30 p.m. These meetings routinely consist of educational sessions covering topics relevant to the profession, with four hours of continuing education credit available.

The Program Chairs have done a great job of providing us with a variety of speakers and subjects. The May meeting included an informal exchange of Nursing Home Week ideas, which left us all inspired by our own creativity. This was followed by a full-day presentation from Hospice, which increased our sensitivity to find opportunities supporting residents and families during end-of-life situations.

The June meeting was developed with Activity Assistants in mind, and provided all-day sessions on Music and Spirituality. In July the morning focus was on the all-important and seemingly impossible task of maintaining a Balance Between Work and Outside Life. The afternoon session on Mental Health and Aging provided insight and information on the unique needs and issues facing our seniors. With a presentation on Essential Oils in the morning, and our local Ombudsman in the afternoon, the August meeting was a full and informative day. In September, both morning and afternoon sessions were brought to us by Julie Reginek, who willingly shared her vast knowledge of practical and regulatory ideas.

In addition to the education sessions presented, every meeting is guaranteed to provide excellent ideas, by virtue of the networking that goes on with other talented professionals in our region.

If you are new to the field or a seasoned professional, please consider joining us at the Pizza Ranch for any or all of the meetings. Feel free to contact me if you have any questions, suggestions, or need additional information at:

tpeterson_parkview@hotmail.com

Tish Peterson

tpeterson_parkview@hotmail.com

Region 6

The next MAPA meeting is scheduled for Tuesday, September 27th, 2016 at The Wellington in St. Paul. Julie Reginek will be speaking at both the morning and afternoon sessions.

The morning session topic is - Element of Change in the Activity Profession and the afternoon topic is Activity Intervention Techniques with Residents.

For more information please visit the MAPA website - mapatwincities.org

Katie Rhinehimer
krinehimer@englishrosesuites.com

Region 7

Region 7 Board Meeting was held April 22nd. at Samaritan Bethany in Rochester. Information from the state board meeting from April 7th was shared. Some discussion was held about the Chapters within Region 7 and the number of facilities within each Chapter. This may warrant some discussion and possible consideration of restructuring the borders and size of the Chapters in an effort to improve participation in Chapter meetings and events.

Region 7 spring workshop was held May 19th in Rochester. Julie Reginek was the speaker and presented two sessions: The Element of Change in the Activity Professional and Supporting Quality of Life in Residents with Dementia.

Next Region 7 Board Meeting will be held September 9th.

Gloria Oakes-Speltz
gjoakess@gundersenhealth.org

MORE REGIONAL NEWS AND HIGHLIGHTS

Summer 2016

Vendor Chair:

Fellow MN SWAP friends, so far I have 10 vendors signed up for this year's fall conference. I am asking that if you know of anyone selling products or services that would better the service to our clients, that you send me their information. My email is dhbdhb@mcshi.com or you can look up the information on the website under the vendor tab. Betty Braegelman, Vendor Chair

Betty Braegelman
dhbdhb@mcshi.com

MNSWAP By-Law Update

The By-laws were reviewed at the April 7, 2016 board meeting and the following changes were suggested

Section 4 Membership: Delete "newsletter"

Rationale: the newsletter is now publicly available online.

Section 6, E Treasurer: change wording to say "shall furnish a quarterly financial statement.

Rationale: the treasurer has always provides quarterly updates, the verbiage needs to reflect this.

Promotions

Fall conference will so be here soon. I have been busy working on getting some great theme related ideas for the promotions booth this year. Looking forward to seeing you at the fall conference as you stop by to shop for those new items. Have a great rest of the summer.

Sandy Lacek
Sandra.lacek@hendrickshosp.org

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

November 1, 2016
March 1, 2017
July 20, 2017

Publication Deadlines:

December 1, 2016
April 1, 2017
September 1, 2017

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

Conference 2016

Minnesota



Where the Activities are Legendary!

Region 1 continues to plug away behind the scenes for this year's **MN SWAP conference: Minnesota – Where the Activities are Legendary**. Our decorations are mostly complete and we are so excited about some of the "extras" we have in store. It is hard to imagine that in two short months we will be getting together in St. Cloud to celebrate our awesome skills and learn even more! Keep your eyes open for the registration brochure that should be arriving in the mail very soon.

Co-chairs

Jess Karstens
[Jess Karstens <hlcact@rrv.net](mailto:Jess.Karstens<hlcact@rrv.net)

Crystal Speers
activiyttvlc@arvig.net

Education News

MN SWAP's mission is to be a source for education, support, ideas and opportunities to enhance the lives of those we serve. We accomplish this in many ways but primarily through our educational events held in the spring and fall of each year. Our fall conference is one of the largest most informative and reasonably priced conferences in the nation for Activity Professionals. It is my hope you can join us this October at the Holiday Inn, St. Cloud for this wonderful event. The conference starts late Wednesday afternoon October 12th and concludes at 12:30 p.m. on Friday October 14th, the brochure will be on the website late August, and mailed out to all members and facilities earlier in August. We are planning a few new things for this year, a larger vendor exhibit grand opening with bigger prizes, including a Lucky Buck Auction, food and a cash bar please join us for this new version of the Wednesday night events. We are also going to trial a poster board session, tell us what you do best... see the attached information sheet on the website. All handouts for the fall conference will be on the website the last week in September for your convenience. Just a reminder no handouts will be available at the conference. Our spring seminar is still in the planning stages we hope to have a date soon, keep checking the website for the most accurate education information.

Pam Hayle
plhayle@augustanacare.org

**MNSWAP Fall Conference Special
Pre-Order Favorite Things - Seasons Kit
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