



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

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Conference Co-Chairs 2015

- Janice Rasmussen
- Allison DeRaad

M_N SWAP NEWSLETTER

Winter 2014

President

The holidays are upon us and I always find myself reminiscing about the past year. As I look back during my time as Vice-President, I am so thankful for being a part of a wonderful organization, and I am so grateful I was able to present awards to three people that remind us why we do this job. The Volunteer of the Year-Andrew Whitman, Excellence in Administration award winner-Jason Swanson, and of course, Activity Professional Award of Excellence award winner-Nancy Schwartz. These people epitomize Resident Centered Care and Quality of Life. These award winners will be nominated for the NAAP and NCCAP awards to be presented in the spring and summer of 2015. As my year as Vice-President comes to a close, I want to remind people that it is never too early to start thinking about next year's nominations! Happy Holidays!

Jen Lahmann

Vice President

I am excited to represent Mn Swap as your new Vice President! I have been in the Activity field for almost 30 years from college. When I was in High School, I spent much time with my grandparents whenever I could. My grandmother once told me "Kara, for your career - you should work with old people, because you are the only one that can make grandpa do anything!" From then on I knew my calling was going to be in geriatrics and motivating folks to have fun! There will be times along your journey where you will be faced with extreme obstacles and setbacks. They will make you reconsider your ability to accomplish your dream with excuses to procrastinate. These are the moments you will find out just how much you want your dream. Our organization Mn Swap gives you the tools that can help you stay positive and focused on what matters, to do some recharging and to build your confidence and to learn and grow. I fully support and believe in our organization and encourage you to also get involved. I am pleased and look forward to supporting the Mn Swap board as we head into 2015.

Kara Reiser

Past President:

What a great conference!! I heard some of the best speakers this year that I have ever heard and I am certainly going to remember what Chad Hymas had to say for a long time. He definitely made an impression on me and from listening to others talking, he made an impression on many of you too. We had several wonderful speakers to choose from again this year. I am confident that between the new employees to the very experienced activities staff, we all had opportunities to take something back to the facility to use in our day to day interactions with residents. Thank you to Region 6 for the energy and excitement we all felt coming in to conference. You all did a great job with theme & decorations and everything. Thank you to Pam for finding the speakers. And thank you to any of you who have sent speaker names to Pam because that is often where she get such great speakers. It has been a great year serving as your President and I am looking forward to being the Past President this coming year. I have learned so much and had so much help along the way and I just want say I have been honored to be chosen to be in this position. See you at the Spring Workshop in May 2015.

Barb Anderley

Mn SWAP's New Mailing Address
Minnesota Statewide Activity Professionals Association
(Mn SWAP)
7455 France Ave. South #514
Edina, MN 55435-4702

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

March 1, 2015
July 20, 2015
November 1, 2015

Publication Deadlines:

April 1, 2015
September 1, 2015
December 1, 2015

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.

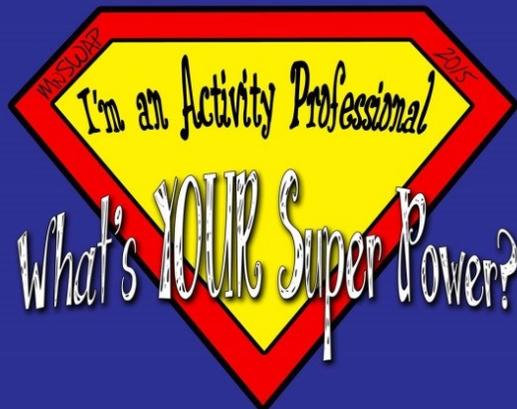
Annette Gunnerson, Mn SWAP Editor

2015 Fall Conference

Wham! Pow! Shazam! Region 7 is jumping right into the fray to capture the attention of all Minnesota Activity Professionals and remind them of the Super Heroes they are. Discovering super powers, engaging with other super heroes, and attaining new heights in super powers will be what's happening at the 2015

Mn SWAP Fall Conference 2015. Bam! Zap! KaPow!

Janice Rasmussen
Allison DeRaad



SUPER HEROES CALL TO ACTION!!
Mn SWAP Conference
October 7 - 9, 2015
Same Bat Place, Same Bat Station
There's no need to fear!

Promo Chair

I would like to thank everyone that stopped by the Promotions booth during the conference. There were several choices for department managers to pick from for staff gifts. These items will also be available at the 2015 spring seminar. As I said before, promotions is always looking for fresh and new ideas for fun and functional that we can use to promote our field. I would enjoy hearing any ideas you may have for future conferences.

Sandy Lacek
Sandra.lacek@hendrickshosp.org

Education Update

The fall conference was a great success this year and we would like to thank all who attended. Just a brief summary we had 330 plus participants with over 250 of those attending the full conference. It is great to see such a good turn out when we know budgets are tight and in some cases therapeutic activity departments have been downsized. The good attendance helps us keep our conference a quality experience with nationally known speakers, and a strong vendor base. The evaluations are very positive about the education provided. We had a few hotel issues this year which have been addressed with the Holiday Inn management. The conference evaluations will be reviewed in depth at the January 2015 board meeting if anyone would like a copy. In addition we had many heartfelt notes, emails, and comments about Chad Hymas' heartfelt presentations. The response to Chad is one of the most impressive I have ever received following a Mn SWAP conference. The next educational offering will be the spring seminar on Thursday May 14th, 2015. This seminar will be held at the Holiday Inn, St. Cloud, and provide 5 continuing education credits. The brochure will be mailed to all members and on our website by the end of March. Region 7 is hard at work on next year's conference with the theme of, "I'm an Activity Professional ~ What's your Super Power?" The conference dates are October 7-9, 2015. Make budget plans early and spread the word in your region and to all aging practitioners to come and be a part of the Mn SWAP annual conference. Feel free to contact me with any educational questions, suggestions or ideas, I love to implement member driven sessions. I can be reached at phayle@augustanacare.org.

Pamela Hayle

Vendor Chair

Just a thank you to everyone for visiting the vendors at the fall conference. The vendors on site were very happy with the interest shown by the conference attendees. Also, a reminder to check out the information that you received in your conference packet and catalog items you picked up at the conference as there are many useful tools for our occupations in there too. Thanks again and see you in the spring!

Betty Braegelman

Region 1

Region 1 Members met on Thursday, October 9th for breakfast. They discussed a theme for the 2016 Conference as to which they host. The theme is "Legends of NW MN." We are hoping to educate as many as possible about what NW MN has to offer, what we have, and its' stories. So come 2016, everyone be prepared to learn!

Region 1 plans on meeting in February 2015 at Woods Edge in Bemidji to discuss the conference into further depth and also to learn more about how physical fitness can help our residents. Everyone have a great Thanksgiving and a very Merry Christmas!"

If you have any questions, please let me know! As of right now, I will still remain Region 1 Representative. Two Region 1 members have agreed to Co-Chair the 2016 conference. Many of the Region 1 members have stepped up to help me out with things within our region as I have been doctoring.

Megan Klockmann

Region 3

Our next meeting will be held in Fergus Falls in February.

Nancy Burns

Region 5

Hello from Region 5! We ended our meetings for the year in September. Conference was held in October and good times was had by all!! Region 5 will be gathering in January to plan the upcoming meetings for 2015. Tish Peterson will be the new Region 5 Rep for the upcoming 2015-2016 years. As the outgoing Region Rep, I must say that it has been a pleasure and loads of fun working with a great bunch of ladies! Our Region 5 meetings are always held in Redwood Falls at the Pizza Ranch the 3rd Wednesday of the month! If you would like more info on our meetings please contact me at: Sandra.Lacek@hendrickshosp.org

Becky Jenniges

Region 6

Metropolitan Activity Professionals Association (MAPA)

Thank you to everyone who got into the 60's fun theme of "Get on the Bus" at the fall conference! We had fun hosting this year and look forward to attending next year's unique and fun super hero theme. We were very excited two of our region were selected as award recipients for 2014. Congrats to Andy & Nancy!

Region 6/MAPA's mission is to provide educational opportunities for the continued growth of the professionals it serves. We are Region 6 of our state organization, Minnesota Statewide Activity Professionals (MN SWAP). Check out our website for updated information, job postings, links, board members, By-Laws, Membership information/forms, 2015 seminar information & more: <http://www.mapatwincities.org/>.

Nancy Schwartz

Region 2

Head of the Lakes Activity Directors

The head of the Lakes Activity Director's meet on the 2nd Friday of the each month at different locations. We plan speakers or we share information on new ideas we are trying at our facilities. We will meet on December 12th at the Olive Garden in Duluth. If anyone has any questions contact Stacie Oakland at 218-723-6433 or email Stacie.oakland@bhshealth.org.

Northern Group

Itasca Activity Directors will sponsor a Senior Christmas Party at Zion Lutheran Church on December 4th. This is an annual event where we all pitch in and cook the meal- Ham, Swedish Meatballs, Mashed Potato's etc. We get each senior guest a gift (thanks to a local club) and the Grand Rapids Male Chorus provides the entertainment. A fabulous and well attended event! The Northern Activity Directors meetings are held in the Grand Rapids area and if you would like more information contact Wendy Griese, wendygriese@ecumen.org or call 218-322-4740 for more information. They meet the third Thursday of the month.

Stacie Oakland

Region 4

Region 4 Fall Workshop was well attended at the CentraCare Health in Melrose. Our speakers were excellent. The morning session we invited the Minnesota Department of Health to speak "From A Surveyors Point of View". We learned what methods and tools the State Surveyors use to establish quality of life for residents through the activity department within a health care facility. The afternoon session Debbie Richman, from the Alzheimer's Association, focused on communication and how we can be more involved and engaged as we look for different interventions. Discussions for our spring workshop will be scheduled at Parkview Care Center in Buffalo with a suggested date of April 10, 2015.

I am proud to say that Region 4 offers exceptional educational opportunities for you and your staff and I encourage everyone to attend them as well as the MN Swap fall conferences to refresh your mind, grow and network with colleagues and Activity Professional from around the state. I look forward to seeing you in the future and want to thank you for the opportunity to serve as your Region 4 Representative for the past 4 years.

Kara Reiser

Region 7

The 2015 Region 7 Spring Workshop will be moving to a new location. It is being hosted by Chapter 2 and will be held at the Woodlake Meeting Center in Rochester instead of in Owatonna. In the planning are sessions on music as therapy, getting aromatherapy out of the closet, Shelley Wagner from the Grace Unit will be speaking on difficult behaviors, and a motivational presentation will finish the day. Please contact Chapter 2 Rep Kate Richards at krichar4@good-sam.com or Janice Rasmussen at janicer@fieldcrestcare.com for more information.

The Engaging Our Seniors workshop with very "hands on" sessions designed for frontline staff was held September 26th in Rochester. This is our first time to have two workshops in one year

Janice Rasmussen

9 Things Successful People Never Do

Successful people don't compromise on their standards. They don't settle for less than what they hope to achieve and believe that success only comes from intention and action — and so they live that way. Here are nine things remarkably successful people never do:

1. They never let the past dictate their future.
The key is to not be constrained by those things but to learn from them. When something goes wrong, turn it into an opportunity to learn something you didn't know — especially about yourself. Successful people believe their past should inform them but should never define them.
2. They never gossip.
It's hard to resist the inside scoop, those conversations are hard to resist. Unfortunately, the person who gossips about other people is also gossiping about you. And suddenly gossip isn't so much fun. The next time you're tempted to talk about another person, think about whether you would say what you're about to say to that person. And the next time someone starts to talk about someone else, excuse yourself and walk away. Don't worry that you'll lose a gossip's respect; anyone willing to gossip doesn't respect other people anyway.
3. They never say "yes" when they really mean "no."
Refusing a request from colleagues, customers, or even friends is really hard. But rarely does saying no go over as badly as you expect. Most people will understand.
4. They never interrupt.
When you interrupt someone, what you're really saying is, "I'm not thinking about what you are saying. I'm thinking about what I want to say ... and what I want to say is so important you need to hear it now."
Remarkably successful people already know what they think — they want to learn from what everyone else thinks.
5. They're never late (without an incredibly good reason).
Successful people start the day a little day earlier. They arrive early to their first scheduled event. They don't worry that they'll waste time — they plan ahead and bring along whatever they need to use any "early" time to get a few simple things done. Then they feel a lot less stressed and as a result are more insightful, more creative, more decisive, and simply more "on" in everything they do.
6. They never resent.
Take it from Nelson Mandela: "Resentment is like drinking poison and then hoping it will kill your enemies." The same holds for bitterness. And jealousy. And dislike. When you hold on to ill will, the only person who loses is you. Successful people put all that emotional energy into focusing not on what others have done but on what they themselves will do.
7. They never decide they don't have the time.
Everyone knows someone who just seems to get a lot more done than other people. They've figured out what is important to them and they're making it happen. We're all given the same amount of time. The only difference is how we use our time- successful people use their time.
8. They never fit in (just to fit in).
Successful people have decided to simply be who they are. By not trying to fit in or make an artificial impression they know they might lose a bunch of acquaintances, but they know they'll also gain a few real friends.
9. They're never afraid to do the things that matter.
"The only thing we have to fear is fear itself," is true, but in some ways a better quote might be, "The only thing we have to fear is ourselves." Successful people put their fears aside and get started. They do something. They do anything. Successful people are often afraid, but they're most afraid of looking back and thinking, "If only I had ..." Don't look back and think, "If only I had ..."

Source: www.businessinsider.com

Technology Corner... Apps and Websites



Heirloom

Heirloom is an app built to make preserving print photos a snap, literally. Just take a picture of a photo and it does the cropping and color correcting automatically. You can even leave photos in their albums, so you don't risk damaging or losing them. Once the photo is ready, you can upload it to Facebook, Twitter or another site, or upload it to Heirloom's own social network. You can upload as many photos as you want.



Let's Play! 100 Games: Simple Rule to the World's Best Card, Dice, Domino and Dart Games

Lists both common and obscure card games like Gin Rummy. Includes all rule sets for the most popular dice-based games. Dominoes and darts are also featured. Fosters development of mathematical skills and strategy. Card "tricks" for recreational purposes.



Top 10 Christmas Apps 2014 for iPhone, iPad and iPod Touch

https://www.youtube.com/watch?v=mMYIZ4sS_fs