



# 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 Chairs 2014**

Laura Lenertz  
Gina Porter  
Liz Jurchisin (651-631-6000)

# M<sub>N</sub> SWAP NEWSLETTER

## Winter 2013

### President

This year's 30<sup>th</sup> Mn SWAP Conference was held in St. Cloud on October 9<sup>th</sup> – 11<sup>th</sup> and was the most amazing time to reconnect with friends both current and past. It was a great opportunity of learning, networking and more. Region 5 did a great job hosting this year's conference and making this another awesome conference.

Congratulations to our 2013 Mn SWAP award winners. Mn SWAP Excellence in Administration Award winner was Ernie Gershone. Ernie has been an Administrator for over 26 years and was nominated by Kara Reiser. Mn SWAP Volunteer of the Year went to Carrol Edmonds. Carrol is a volunteer from Crystal Care Center and was nominated by Sherry Hult. Mn SWAP Activity Professional Award of Excellence went to Liz Jurchisin. Liz has worked in Activities for more than 6 years and was nominated by Nancy Schwartz. These winners were announced and presented with beautiful clocks at our annual banquet.

During the conference there were two Mn SWAP State Board positions open including Vice President and Secretary. Nominations were taken at the Annual Business Meeting and voting was done on Friday morning. Our new Vice President is Jen Lahmann, she has served on the Region 4 Board as the Secretary and was Co-Chair for the 2012 Annual Conference. Our Secretary is Sherry Hult, she has served as Region 6 Representative and just finished her first term as Secretary.

The one advantage to living in Minnesota is the changing of the seasons. I love this time of year although I would probably say that any time of year because I love living in Minnesota. The second advantage to living in Minnesota is the Minnesota Statewide Activities Professional organization. I can't remember how long I have been a part of this organization but I can tell you it is one of the best choices I have made. I have met new people who have become true friends; I have been able to listen & learn from the best speakers around which make me a better Activities staff member and ultimately enhances the quality of live for my residents. All of us have heard someone say "I could never do your job" but those are the people who have not spent enough time where I work. I am an employee of some who just happens to live in a big home. The people I work for our residents and I ultimately try to do the best job for them. And I get my training at Mn SWAP.

Find something to enjoy in each day, it's there if you just look.

Barb Anderley

### Vice President

Thank you for having me as your 2014 Vice-President. I look forward to serving the organization and the members of Mn SWAP in helping to find new ways to navigate the changes within our profession as we move into a new era of activities. I would like to share this quote with you as I feel it relates to our professional difficulties we have overcome to promote the people we care for. "It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power"- Alan Cohen. I hope everyone has a happy and safe holiday season and remember it is never too early to start thinking about nominating someone for the Volunteer of the Year, Activity Professional Award of Excellence or Excellence in Administration award!

Jen Lahmann

### Region 1

Due to health issues, I was unable to attend the annual conference, therefore, Region 1 was unable to have a formal meeting. Members that did attend the conference did speak about how Region 1 will be up to hosting the conference in a few years, as I was told. Our next meeting is scheduled for mid-January. Through the grapevine, I was informed some members of Region 1 Activity Directors have either resigned from their positions or retired so I have been busy updating our area members and their contact information. I'm hoping by doing this, we will see more members in Mn SWAP!

Holiday season has begun! Have a Happy Thanksgiving and very Merry Christmas!"

Megan Klockmann

### Region 3

Region 3 activity members met at the October Mn SWAP conference. The region is hoping to host a summer workshop for any discipline that would be interested in attending. We were hoping to have Carmen Bowman present, but as she is not available will pursue the possibility of having Ann Holme. Our upcoming meeting at the Veterans Home in Fergus Falls will be February 24. Some of the ideas for education may include topics on visit Kits or writing grants for arts access. We have had several members retire this past year. Tammy Carlson is the new activity director in Battle Lake and we were sad to hear that the Good Samaritan home in Hoffman is closing in December.

Nancy Berns

### Region 5

Region 5 wants to thank everyone for the fantastic conference that was held in October!! Our Region had so much fun planning the event and we couldn't of pulled it off without everybody's help! I am sure everyone is looking forward to going back to the 60's at our next conference. As we are drawing near to the end of 2013, we are excited to see what 2014 has in store for all of us. Region 5 will be meeting in January 2014 to plan the upcoming year. Our goal is to keep everyone motivated and knowledgeable in our profession! Hope everyone has a fantastic rest of the year and Happy Holidays!!

Becky Jenniges

### Region 7

We are excited to be working on a 2014 workshop specifically for Activity Aides. It will be our first venture for this and are looking forward to using the expertise of our own region Activity Professionals for the training. Pat McGill has agreed to present at our April 11, 2013, Region 7 Spring Workshop in Owatonna. Pat is a motivational speaker, trainer, and educator, and has an introduction to her presentations on YouTube. Chapter 1 is our host chapter for the event and also has Angie Taylor coming to do a presentation on exercise. Put the workshop on your 2014 calendar; the event offers 5.5 CEUs for a registration fee of only \$55.

Janice Rasmussen

### Region 2

The Head of the Lakes group met in November and we are planning to meet on December 6<sup>th</sup> and plan next year's meetings. Our meetings begin at 1:30 on the second Friday of each month. For details contact Stacie Oakland at [stacie.oakland@bhshealth.org](mailto:stacie.oakland@bhshealth.org) or call 218-723-6433.

Stacie Oakland

### Region 4

Region 4 is an active group of Activity Professionals with confident ideas to work towards the same goal - bringing fresh ideas and educational topics to each meeting and to provide learning and networking opportunities for everyone.

Our fall workshop at Lake Ridge Care Center in Buffalo was very informative with quality time meeting other professionals to problem solve and discuss programming challenges. Our spring workshop will be held at Cokato Manor, with date to be determined. Keep an eye out for the brochure in the mail or contact me for information.

The fall conference was great to get together networking with our old friends and meeting new.

Please contact Kara Reiser, ADC, Region 4 Representative for questions.

Kara Reiser, ADC

### Region 6

#### **Metropolitan Activity Professionals Association**

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, seminar information & more: <http://www.mapatwincities.org>

#### **2014 MAPA Seminar Dates**

Tuesday, January 14, 2014; Half Day Seminar, 1:00 - 3:00 p.m.

Wednesday, March 19, 2014; All Day Seminar

Monday, June 2, 2014; All Day Seminar

Thursday, September 11, 2014; All Day Seminar

Friday, November 14, 2014; All Day Seminar

Nancy Schwartz

### Vendor Chair

I would like to thank everyone who attended the vendor open house at the fall conference, it was a huge success. If you have any suggestions for next year please forward me the potential vendors address an contact information and I will see what I can do to get them here next year. Keep the ideas coming? With this busy season upon us remember to take time for yourself and enjoy the little things in life, like a smile or a child's laugh. Have a blessed Holiday

Betty Braegelman





### Promotions

I would like to thank all of you that attended the fall conference and stopped by the Promo table. It was a good feeling to have attendees stop and say how much they enjoyed the selection of items offered. It's always good to hear the positive things. As you all know, sizing in some of the items very from brand to brand. I did a lot of research on the clothing items, but unfortunately we all have a different body frame. Hope everyone enjoyed the choices at the promo table. Please feel free to make suggests for different items to offer in the future.

Sandy Lacek

May you be blessed with love for your family, compassion to the needy, courage to stand up for yourself, unmatched success in life and the ability to handle it. Have a blessed Christmas.

### 2014 Conference Co-Chairs

#### **Peace, Love and Activities – Get on the Bus! October 2014 Mn SWAP Conference**

The members of Region 6 /MAPA invite you to join in the Flower Power movement at the Mn SWAP Conference October 8-10, 2014. In addition to **NEAT** professional educational opportunities that are **RIGHT ON**, enjoy **COOL** networking with colleagues from all over the state, and sharing of best practices.

The conference will include an opportunity to get **DECKED OUT** in **FUNKY THREADS** for a 60's theme night supper and a 60's themed costumed contest on Banquet & Awards Night. Save the date and plan to **GET ON THE BUS** with all of your **GROOVY** friends. It's going to be **FAR OUT** and a real **BLAST!**

Laura Lenertz  
Gina Porter  
Liz Jurchisin



### Past President

What an awesome 30 year celebration conference we had this year! It was so much fun seeing so many past presidents. Great job Lori Bullerman, Becky Jennings and Region 5 for putting the conference together. Thanks for all your hard work on making it a success. Thanks for all those who were involved with the video presentation.

I would like to thank you for the opportunity to serve as your President this past year. It is a privilege to work with the other members of the board and to be a part of this great organization! I would encourage you to think about running in the future. It has been an awesome experience. I'd like to give a hearty welcome to our new board members. I'm looking forward to getting to know you better. I'm also looking forward to our next years conference "Love, Peace and Activities". You won't want to miss it. Have a Blessed Holiday season!

Joni Johnson



### Education Report

This past fall MN SWAP celebrated their 30<sup>th</sup> anniversary of being an organization dedicated to the educational needs of activity professionals. The profession truly has developed into an integral part of the care team for all of those working in Aging Services and with other specialized populations. We look forward to continued growth, development, and innovation in our field. We are beginning to look at the 2014 educational calendar and have a few dates for you to put on hold.

#### *2014 Dates to Remember*

April/May (Date to be determined) Spring Seminar- Holiday Inn, St. Cloud  
 April 30-May 3, 2014 – NAAP Annual Conference Hilton Frontenac, St. Louis Missouri  
 June 6-7, 2014 – NCCAP Symposium Crown Plaza hotel, Bloomington, MN  
 October 8-10, 2014 – Annual Conference – Holiday Inn, St. Cloud

Also remember most regions hold several educational events each year for their members we hope you can participate in as many as possible. Please remember we are always interested in new and different speaker or session topics please forward your ideas to me at [plhayle@augustanacare.org](mailto:plhayle@augustanacare.org) or 612-238-5414.

#### **NEWS FLASH ....**

The mailing address for MN SWAP will be changing soon. This will be for all correspondence and events so please watch the website and brochures for the change!

Pamela Hayle



Minnesota is a beautiful winter wonderland for us to share with our seniors.

### **New Ad Deadlines and Publication Mailings**

#### **Ad & Advertising Deadlines:**

March 1, 2014  
 July 20, 2014  
 November 1, 2014

#### **Publication Deadlines:**

April 1, 2014  
 September 1, 2014  
 December 1, 2014

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](mailto: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

### **Technology Corner..... Got Apps?**

Here are some fun and useful iPad apps for you to try with your residents

#### **Virtuoso Piano Free 3**

Virtuoso is a popular multi-touch piano and is the perfect free piano to learn the basics of music or just having fun. Play wirelessly from your device to your Apple TV or AirPlay enabled speakers and share your masterpiece with friends and family!



#### **Gaze HD – Fires and More Lite**

Beautiful HD fires and candle scenes, waterfalls, a tranquil sea, depths of winter and an Christmas centerpiece, all with natural ambient sounds.



#### **Birds Lite by National Geographic**

With over 70 species of birds in the free version, Birds Lite is a beautiful and interactive field guide to the birds of North America. Perfect for birdwatchers!



#### **Cool Websites**

Using PowerPoint to play games  
<http://www1.umn.edu/ohr/teachlearn/tutorials/powerpoint/games/index.html>  
<http://facstaff.wwu.edu/jonesd/games/index.html>

### **Membership Report**

Congratulations to Region 5 for a wonderful conference celebrating 30 years of MN SWAP! At the Thursday lunch and business meeting, we recognized some of the pioneers who were there at the organization's beginning and have been dedicated through the years to keep MN SWAP strong and growing! We welcome those who are new to MN SWAP and hope that you will be the pioneers that take us through the next 30 years!

Additional speaker resources and idea handouts from the conference sessions have been posted on the education website page.

A couple reminders about your membership; membership runs January through December for everyone. If you became a new member or renewed your dues for 2013 with your conference registration, that will expire in December of this year. If you included your 2014 membership, then you are good for next year. The membership application and information is located on the MN SWAP website: [www.mnswap.org](http://www.mnswap.org)

#### **NCCAP State Contact Report**

Mark your calendars for June 6-7, 2014 for the NCCAP Symposium being held at the Crowne Plaza in Bloomington, MN. For more information, go to [www.nccap.org](http://www.nccap.org) and click on the announcement page

Julie Reginek MS, ACC, EDU, CDP

### More Top 30 Ideas

(A compilation of ideas from the Wednesday Top 30 Pre-Session)

One slip of paper offered this quote on a perception of why we are important members of the care team

“Doctors help keep them alive, Nursing keeps them healthy and Activities make them glad they are!”

#### Creative

Seasonal Mobiles & Collages	Art Appreciation Courses	Stamping Posters & Cards
Personal Memory Books	Scrapbooking	Window Sill Gardening
Have a Seasonal Tree	Resident Art Show	Melt pony beads into any shape

#### COMMUNITY OUTINGS

Start a Restaurant Review Club	Visit Public Bingo Halls	Go to the real Bowling Alley
Movie Matinees	Visit a Farm, Crop Monitoring & Sightseeing Tour Bus	School Concerts & vol. reading programs at the school
Host a Dog, Classic Car, Motorbikes, Tractors, etc... Show	Visit a State Park	Use the Big screen TV to show a Photo review of last month's Activity programs

#### COOKING GROUPS

Cooking Club	Chocolate Lovers	Campfires & S'Mores
Coffee / Tea of the Month	Cookie of the Month	Celebrity Chef (i.e. Administrator)
Recipe Review Club	Happy Hour	Fondue
Make Salsa from Center Garden	Make Pesto from Basil	Enter a Peeps Diorama Contest

#### DISCUSSION PROGRAMS

Learn a new Language	Memory Lane	Hobby Discussions
If You Were Ann Landers	Find products made in MN	Photography, Gardening, etc
What is it? Super enlarge photos just show part then guess image	Contact State tourism assoc. for armchair travels, trivia, etc...	Take a trip around the world

#### EDUCATIONAL PROGRAMS

Music Appreciation	Art Appreciation	Review Historic Events
Resident Theatre Club	Senior College	Famous People in History
Armchair Travelers	Health Facts (i.e. Diabetes)	The President's Wives
Celebrate Staff & Resident Heritages (trading cards)	Build your own Wheel of Fortune Game	

#### MOVEMENT & SPORTS

Jazzercise	Wheelchair Square Dance	Make your own free weights
Sittercise	Walk About Bingo	Large Dice and Hoopa Hoop toss
Sweating to the Oldies	Walking Club	Balloon Volleyball
Stretch and Flex	Balloon Volleyball	Floor Hokey with Water noodles
Tai Chi & Yoga	Shakercise	Cane Foo (look up online)
Toss Beanbags on a Twister mat	Charades	Simon Says