



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

BOARD MEMBERS

Nancy Schwartz, President
651-631-6075

Jane Chagnon, Vice President
952-848-5889

Kate Winter Glor,
Past President
507-867-4220

Desiree Hoveland, Secretary
763-559-3123

Margaret Hemauer, Treasurer
605-323-3006 (voice mail)

Pamela Hayle, Education
612-238-5414

Julie Reginek, Membership
320-234-8588

Sandra Lacek, Promotions
507-275-3134

Annette Gunnerson, Editor
763-428-3230

Betty Braegelman, Storage/
Vendor
320-254-8215

Cathy Christensen, Region 1
218-934-3418

Stacy Oakland, Region 2
218-740-4082

Shelia Hagen, Region 3
218-583-2965

Barb Anderley, Region 4
763-951-7819

Lori Bullerman, Region 5
507-825-6006

Lindsey Valjpeyi, Region 6
952-830-9541

Milosha Malecha, Region 7
507-664-3472

Conference Co-Chairs 2011

Randi Handegaard
randihandegaard@ecumen.org

Robin Greff
robin.greff@statemn.us

M_N SWAP NEWSLETTER

Spring 2011

Message from the Mn SWAP President

Hope all is going well for you and yours so far in 2011! After such a snowy winter, spring has arrived with much anticipation.

With world events and local flooding in Minnesota, this spring has brought us thoughts of being thankful and appreciating all of our blessings in life.

The economy has challenged us on the home front and on the job front as well. Mn SWAP is working to be financially responsible to ensure a secure future for our organization. Watch for updates coming soon about our website! It is the same great resource for: Spring Seminar & Fall Conference Brochures, board members, region contacts, scholarships, award nominations, and more.

Coming soon will be electronic newsletters, seminar and conference session handouts on the website, and more innovations as we keep up with the times. We invite all members to check our Bylaws (under membership tab on website) and make requests for any proposed amendments at this time.

Looking for another great way to be economically savvy ?? You should consider running for a position on the board. Board members have some covered costs at the Spring Seminar & Fall Conference. It's also a great way to give back to the organization that gives us so many great educational opportunities year after year. This year openings on the board include Vice President & Treasurer.

I look forward to seeing you at the Spring Seminar in St. Cloud.

Nancy Schwartz

Mn SWAP Education Report

The Mn SWAP board has had a busy winter planning the 2011 educational events and continuing to work on strategic issues related to the on-going success of the Mn SWAP organization. We are integrating some new procedures aimed at creating a more sustainable organization in terms of dollars spent and volunteer time. The most visible change will be using our website in more practical ways for membership information. The newsletter will now be on the website, and starting with the 2011 fall conference all conference handouts will be on the website. Conference participants will be directed to the website to print the handouts before attending the conference. We are on a campaign to get that word out so that we have no disappointed attendees at the fall conference. This method of handout distribution will save Mn SWAP thousands of dollars each year, and cut down on paper waste, and lots of volunteer hours collating and preparing handouts for conference books.

The 2011 spring seminar brochure was mailed to all members, and all facilities in late March, if you did not receive a brochure you can download it from the Mn SWAP website. We are pleased to be able to offer the seminar at a very affordable price of \$75.00 which includes all materials, CEU's, lunch and breaks. The main speaker for the day is Theresa Thorland. I am sure all in attendance will greatly enjoy her sessions. We will also be having an Activity Professional update and resource review, introducing some creative new activity products, and providing legislative and professional updates to Mn SWAP members. Mark your calendars now to join us on Friday May 6th in St. Cloud for this event.

We are in the final stages of preparing our speaker roster for the fall conference. We have two nationally known activity experts, Catherine Selman, and Susan Newell who will be presenting several times during the conference and have selected Carr Hagerman as our keynote speaker. The dates for the fall conference are October 12-14, 2011.

I represent Minnesota as our state contact for the National Association of Activity Professionals. The organization has undergone some major structural changes in the past year. They have organized a Credentialing branch of the organization, which provides another organization as an option for activity professional certification. It is referred to as the NAAPCC (National Association of Activity Professionals Credentialing Center). There has been considerable controversy over the development of NAAPCC, and members will be given an update at the spring seminar in regards to how it affects the profession, and what benefits it may have for them in their career development.

I am looking forward to seeing many of you in May and hope you have a wonderful spring. Please feel free to email questions, ideas and suggestions for Mn SWAP to me at anytime (plhayle@augustanacare.org).

Pamela Hayle

Region 1

Region I met in Bemidji for a Winter Workshop on February 4, 2011 at Neilson Place. The MDS 3.0 Assessments and CAA's was discussed as well as information on grant opportunities to enhance programming. Sandy Hemmun hosted our meeting and gave us a tour of the newly expanded facilities at the WoodsEdge Campus.

Our region is working on an updated list of Activity Directors in our region. We also made plans for our next meeting that will be in Red Lake Falls and the Activity Aide Workshop that will be in Baudette in the fall.

Cathy Christensen

Region 2

The Head of the Lakes Activity Director meet the second Friday of each month. We are trying to encourage better attendance at our meetings by recruiting new members to our group of Activity Directors and going over our by-laws. If you are interested in attending are meetings please call Stacie Oakland at 218-740-4082 or email me at stacieoakland@ecumen.org. Everyone is welcome to our meetings.

Itasca Activity Director group meets on the third Thursday of each month for lunch. They are planning a spring workshop. If you would like information on their meetings contact Wendy Griese at wendygriese@ecumen.org
Stacy Oakland

Region 3

Region III MN SWAP meeting was held at the Veterans Home in Fergus Falls on Feb. 28th. We were fortunate to be able to tour and watch a presentation of the new Memory Care Unit they are building. The morning consisted of our business meeting along with discussion and planning for the 2011 MN SWAP Annual Fall Conference. We would like to extend an invitation for all to come to the Fall Conference entitled "Sea of Change". We will be holding a Lucky Buck Auctions and would like each region to donate either one \$50 basket or two \$25 baskets. We are excited to be hosting this years conference. See you there.

Sheila Hagen

Region 4

Region 4 is making plans for the Fall Conference 2012. Last fall at our region business meeting we had three volunteer to co-chair the conference. We also discussed themes and picked two to present to the state board. Our Spring Workshop will be held at Cokato Manor in Cokato on April 7th. Joy Marshel and Caroline "Toots" Lauer will host and have some great speakers lined up. During the business meeting we will continue to make plans and discuss options for the 2012 conference.

Barb Anderley

Region 5

We are a group of dedicated activity professional that usually meet on the 3rd Wednesday of the month. We start our meetings for the year in March and continue meeting in April, June, July, August and September. Meetings begin at 9:00 AM to 2:30 P.M they are held at the Pizza Ranch in Redwood Falls. Here are the dates and speakers for 2011

March 16 th	Janine Mcquillian Elder Care Rights
April 20 th	Kris Wilner Documentation
May 6 th	Spring Seminar
June 15 th	Kris Wilner Activity Assistant Day Planning Quality Small groups 1-1's
July 20 th	Julie Reginek
Aug. 17 th	Jan Gerard Person Centered Dementia Care and Using Quality
Sept. 21 st	Open
Oct. 12-14	MN SWAP Fall Conference

Four hours of continuing education are available at each meeting with a cost of \$30.00 for members (\$5.00 annual dues) and \$35.00 for non-members. Rolls and beverage in a.m. and Lunch is also included with the meeting fee. May is our Spring Seminar in St Cloud and in June we have an activity assistant workshop. We invite our facilities to send their activity staff for the day. That is also held at the Pizza Ranch in Redwood Falls. October is Fall Conference and that is also in St Cloud. We welcome any new members.

Lori Bullerman

Region 6

Happy spring to all of our peers from around the state! MAPA started off snowy January 2011 with a half-day session by Julie Reginek called "Activity Program Planning for Today's Resident" at Parkshore Senior Campus in St. Louis Park. We followed that up with a great full day of education in March at Providence Place in Minneapolis. Topics included "The Essentials in Volunteer Management" by Zeeda Magnuson from Hands-On Twin Cities and "Awaken the Spirit Inside: Poetry Therapy for Elders" by certified poetry therapist Mary Lawson. Other dates for MAPA sessions in 2011 are June 8, September 15, and November 4. MAPA continues to strive to provide great education for activity professionals in the metro area. Whether you are from region 6 or another region, any ideas for topics or speakers are welcome and can be sent to adecorsey@provplace.com. The Board welcomed Laura Hopp as our Communications Chair. Laura has website management experience and is leading the Board on building a more professional and more useable website for our members and other interested people. For now, keep abreast of MAPA information using the Mn SWAP website or www.mapaboard.webs.com.

Lindsey Vajpeyi

Region 7

~~Happy Spring~~

Our Region has been working on our upcoming workshop that will be held on Friday April 8th in Owatonna. Thank you to all the Chapter 3 members that are helping make this another great workshop. Chapter 4 is starting to work on the details for the 2012 workshop.

My two year term as Region 7 Rep is coming to an end. We will be taking nominations and voting in a new rep at the April workshop. I want to thank everyone for this wonderful opportunity to serve as your Region 7 Representative. I learned a lot about our field and have meet some WONDERFUL people along the way. I really encourage other Activity Directors to get involved with your regions. It's been a blast- "THANK YOU".

Milosha Malecha

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

July 20, 2011
November 1, 2011
March 1, 2012

Publication Deadlines:

September 1, 2011
December 1, 2011
April 1, 2012

You can submit your articles and advertisements to me by mail at The Wellstead of Rogers, 20600 South Diamond Lake Road, Rogers, MN. 55374 or fax them to me at (763) 428-3792 or email them to me at: agunnerson@5sqc.com.

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

Vice President

So far 2011 has been going by pretty fast, even though the winter was rather long. But spring is in the air and we're not too far from our Spring Seminar.

It's not too early to be thinking about nominating that exceptional Activity Professional, Volunteer and/or Administrator who have gone above and beyond in their commitment and service in promoting quality of life to our residents and seniors.

We've tried to make it easy for you to nominate. The forms are available on the Mn SWAP website at www.mnswap.org/Awards.html. The forms need to be completed and sent with two (2) letters of support for each category. (Please do not send any more than 2.) What we'd really like to see this year is a nomination in each category for **every** region. How cool would that be?

Nominations are due by July 1st and that will be here before you know it. It's not too early to nominate. I know that you all know people that would be worthy recipients. Take that extra time to let them know that you notice the work that they do. Nominations can be sent directly to me: Jane Chagnon, 1815 Bush Avenue, St. Paul, MN 55119. I look forward to a mailbox full of nominations!

Don't forget about the Heidi Sibben Memorial Fund available to any current Mn SWAP member. Applications for the scholarship may be submitted at any time. Applications are also available on the website at www.mnswap.org/Scholarship.html. The completed application can also be mailed to me.
Jane Chagnon

PROMO

Spring is here and the annual spring seminar is right around the corner. If you missed the fall conference and were not able to shop, there are some new items as well as some old favorites that have been marked down. It's a great time to stock up on those gifts for your staff or peers. Hope to see you at the promo table in May. If you have any ideas for new promo items I would like to hear them.

Sandy Lacek Promo Chair

Vendor Chair

Hello everyone, I have sent out the vendor invitations and so far we have 5 vendors with a few more sending me their applications and several new ones that have called showing interest. Thank you to the Mn SWAP members who have been sending the new people my way. I think we will have a full vendor show once again in the fall. Please encourage anyone you know of to check out our website for the vendor information at mnswap.org.

Betty Braegelman

Mn SWAP Membership

Mn SWAP membership dues for 2011 are now \$25 per person. It has been over seven years since the last increase in membership dues. If you are planning to attend the spring seminar and need to renew for 2011, you can do so with the seminar registration and take advantage of the discount rate. If you are not sure of your membership status, you can email me and I will check. Remember that membership are individual and run January – December for everyone.

Julie Reginek
Membership
Julie.reginek@ridgewater.edu

Mn SWAP Website Update

At the last Mn SWAP board meeting in January, some time was spent discussing how the website could be more of a resource tool and ways to increase its functionality for members. Over the next year, you will see several areas of the website changed and revised. One of the biggest changes will be the online availability of session handouts for the fall conference. This will provide conference participants an opportunity to preview all the session's content and determine which sessions are of interest prior to arriving at the conference. Please note that handouts will not be available at the conference. Another big change will be the newsletter being available online. By going paperless and putting conference handouts and the newsletter online, Mn SWAP will save a significant amount of money in printing and mailing costs.

Julie Reginek

Past President

Fellow Mn SWAP Members,
How quickly the three year term as vice president, president and past president has gone, with a conclusion of my term at this coming fall conference. I remember thinking as I was elected...*three years is a long time!* It has gone by in a hurry and has been such a learning experience. It is amazing, all the inner-workings that keep Mn SWAP moving ahead in such changing time. What a strong organization we are in Minnesota. We have much to be proud about!

The educational opportunities offered at our conferences are exceptional, providing us with new information or refreshing our minds with past info in a new light, helping us to grow as individuals as well as leaders in our facilities. With cost and budget on everyone's mind be assured that the Mn SWAP Board is working hard on ways to keep conferences reasonably priced while maintaining the high quality of education opportunities offered at the workshops and conference, which is our main purpose as an organization.

We are Activity Professionals – the people who can do more with less, the people checking out the dollar stores, clearance bins and goodwill. The days of the free-bees are gone, we are seeing it on the airlines, in different expos, exhibited and conferences. One thing that will not change is the quality of the education offered at conferences. I look forward to seeing you in St. Cloud in May and October. Thank you for providing me with the opportunity to serve you!

Kate Winter Glor



Congratulations to Alta and Ellsworth Sulerud Volunteers from Fair Meadow Nursing Home in Fertile MN.

Recipients of the NAAP 2011 Volunteers of the Year award.

Alta was employed at Fair Meadows from 1978 to 1995. She was the activities director until 1988, when she decided she'd rather be an activity assistant. She remained in that position until 1995, when she retired but continued working some in an "on call" capacity. As a volunteer, Alta fixed hair, helped with bingo, went on outings, made dinner aprons for the residents and delivering home meals. Her husband Ellsworth started volunteering while Alta was still employed. He built many small items for the facility and cut out wood projects for residents to sand and paint. They both continue to volunteer and work together on things like going on outings and delivering meals.

Alta and Ellsworth demonstrate many outstanding qualities while carrying out their volunteer duties. They show kindness, compassion and understanding toward the residents they serve and the staff they work with. As a husband and wife team they have proven to be very deserving of this award.

Thank you both for all of your hard work and dedication!