



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

BOARD MEMBERS

- Jane Chagnon, President
952-848-5889
- Joni Johnson, Vice President
507-951-9747
- Nancy Schwartz, Past President
651-631-6075
- Sherry Hult, Secretary
763-971-6306
- 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
- Marlys Oswald, Region 3
218- 847-0870 ext. 1524
- Barb Anderley, Region 4
763-951-7819
- Lori Bullerman, Region 5
507-825-6006
- Lindsey Valjpeyi, Region 6
952-830-9541
- Janice Rasmussen, Region 7
507-477-3266 ext.133

Conference Co-Chairs 2012

- Kara Reiser
kara.reiser@goldentwing.com
- Jen Lahmann
jenlahmann@augustanacare.org

M_N SWAP NEWSLETTER

Spring 2012

President

What a fabulous winter it has been so far. However, March usually brings a little erratic weather with it and it seems to be already starting. We still have tournament season to get through. Plans are underway for the Spring Seminar. This year it will be held on Friday, May 11th. We hope many of you can join us for this information filled event. This is a good way to start the Mother's Day weekend, or fishing opener, whichever you prefer. Region 4 has been feverishly working on our Conference this year. Good things are happening! Have a wonderful spring!

Jane Chagnon

M_N SWAP Education Report

The M_N SWAP board has had a busy winter planning the 2012 educational events and continuing to work on strategic issues related to the on-going success of the M_N SWAP organization. We are working smarter by going to some half day meetings in facilities versus hotels, and trying to do some things by phone meetings. We also have been successful using our website for newsletters, handouts, brochures etc. Just the new method of handout distribution itself saved M_N SWAP thousands of dollars for our 2011 fall conference.

The 2012 spring seminar brochure will be mailed to all members, and all facilities in late March, if you do not receive a brochure you can download it from the M_N SWAP website, also available mid to late March. We are pleased to be able to offer the seminar at a very affordable price of \$85.00 which includes CEU certificates, lunch and breaks. To receive this rate you must be a current (2012) member. You may pay your membership fee with registration if you have not yet joined for 2012. The main speaker for the day is Erin Bonitto from Gemini Consulting. Erin is a former Activity Professional, nationally known speaker, and expert in Dementia care and training. Erin is designing two unique sessions just for M_N SWAP. The morning session will be: ***"I Already Told You...Don't You Remember? Coaching Strategies for Dementia Communication & Activities."*** The afternoon session will be: ***"There's Someone in There: Simple Steps for Therapeutic Small Groups."*** The brochure will give detailed descriptions of each session. Even if you have heard Erin speak before these sessions will contain lots of new material and program ideas. Mark your calendars now to join us on Friday May 11th in St. Cloud for this event.

We are currently preparing our speaker roster for the fall conference, we have calls out for sessions to a variety of local and national presenters and educators. The dates for the fall conference are October 10-12, 2012.

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 18 months. 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). We discussed concerns with NAAPCC at the 2011 fall conference, and continue to work with NAAPCC and other organizations to ensure the highest credentialing possible for activity professionals. We plan on providing an update and report at both the spring seminar, and fall conference on credentialing standards for the activity profession.

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 M_N SWAP to me at anytime (plhayle@augustanacare.org).

Pamela L. Hayle, ACC, SFPT

Past President

YOU MAKE A DIFFERENCE!

Hopefully, your boss and co-workers are into saying on a regular basis "what a great part of the team you are" and "what a difference you make in your residents and families lives every day". ***Well, it's true you work hard and you are awesome!***

Many of us have been doing activities for a long time in many settings. Most of us have worked in settings where space, resident diagnosis, understanding of the importance of activities, staffing and/or budgeting poses an obstacle. We have to remember to take the time in our busy, often stressful days to really look at and enjoy our residents. They are why we do, what we do. Nothing can turn you day around like them!! The twinkle in their eyes, the smile on their face, the big hugs, a touch with their hand on your cheek, or sometimes even a tear. In an ever busy time in our industry, when many communities are leaning toward the universal worker to comprehensively care for our residents, we need to step back remember why we are doing what we are doing.

Here's to you and the difference you make every day! THANK YOU!!

Nancy Schwartz

Region 1

Region 1 met for breakfast on Thursday morning in October at the conference. We will be meeting in January in Thief River Falls at the newly built Thief River Care Center. Sandy Hennem will be doing our education on Resident-Directed Care. We will also decide on our schedule for future meetings and events for the up coming year. In September we had an activity aide workshop at LakeWood Care Center in Baudette. Next year the Activity Aide Workshop will be in Crookston at Villa St. Vincent.

Cathy Christensen

Region 2

We will be having a spring workshop on **April 13th** in **Grand Rapids** at the **Assembly of God church. 8:30 am to 12:30 pm** offering **4 CEU's** charge of **\$20.00 per person**. The speakers will be **Barb Norman and Michelle Rinne** and they will present on **Psychiatric Behaviors**. We will begin the day with a continental breakfast from 8:00 to 8:30 am. If you are interested contact Wendy Griese, wendygriese@ecumen.org or call 218-322-4740 for more information. Flyers will be coming out in the mail very soon.

Stacie Oakland

Region 3

Region 3 met at the Broen Home on Monday, February 13th for the first of the yearly scheduled meetings. The next meeting is tentatively scheduled for Monday April 9th and location will be determined with affirmation of the speaker/educator and a notice will be sent out. We will also meet at lunch time at the spring seminar which is to be held on May 11th and the August 13th meeting will be held at the St. Francis Nursing Home in Breckenridge. In October the region will again meet during the fall convention in St. Cloud. February 2013 is when we like to have the meeting more centrally located so will be held at the Pioneer Home in Fergus Falls.

Region 3 dues for 2012 will be \$10.00 and can be paid to Diane Gibson, treasurer. The position for Vice President is now open, but will be tabled until the April meeting. Randi Handegaard updated and handed out new address lists, but if there are corrections or additions, please let her know.

Region 3 took much care in the preparation of putting the fall conference together, being good stewards and watching the budget closely. After the expenses Region 3 had a balance of \$486.52 from the Lucky Buck Auction, which was given to MN Swap to use for other expenses.

Here are some of the comments from the fall conference evaluations:

1. **Registration process:** Good. Liked the quickness by having "greeter/host" to give directions. Some were offended when taken out of line due to "glitches"/non payment, and then sent back to registration. Maybe those can complete registration in the "fix-it" line.
2. **Vendor Grand Opening:** Good. Wide range due to "personal tastes". Interested in bright/bold colors for MN SWAP clothing items. Loved the music, too much techie related, great large selection, to crowded, wanted more "free" stuff.
3. **Buffet Supper:** Good. Again wide range but most liked the "healthy" food items.
4. **Wednesday Social:** Good (Lucky Buck Auction) for those that attended.
5. **Annual Business Meeting:** Good. Usual comments on "hard to hear".
6. **Banquet Meal:** Good. Overall food well liked. A few comments to each extreme!
7. **Awards Program:** Good. Would like recipients to say more about themselves.
8. **Entertainment:** Fair. We have a lot of in-house talent. Hold a Zumba or other wellness Class, karaoke that conveners can choose to attend OR they can use that period of time to shop and explore the city.
9. **Meals:** Good. Would like to see coffee in the meeting rooms. Suppers are too late.
10. **Hotel/meeting rooms:** Good.
11. **Speakers:** Good. Speaker repeat choices and something to meet the needs of the 20+ professionals, to prevent "burn-out".

Price: Good. Some were not happy about printing their own handouts as they are cutting budgets too. Others were happy that the web site is being used more for communications.

Members from Region 3 would like to thank Randi Handegaard and Robin Greff for doing such a great job as co-chairs for the 2011 conference. We appreciate you and "Congratulations on a job well done!"

Marlys Owden

Region 4

Region 4 will be holding this spring workshop on March 22, 2012 @ St Benedict's Senior Community in St Cloud.

The morning session will be by Jan Garard, RN, Quality Improvement Coordinator, MN Department of Human Services. Jan will be helping us to "Improve Quality of Life With Meaningful Activities". The afternoon session will be information on Validation Therapy.

Region 4 is the host for this Annual Fall MN SWAP Conference in October 2012. We will continue to work on finalizing the plans during our business meeting so please join us in making this a great conference for every one of our friends.

Hope to see you on then,

Barb Anderley

Region 5

We are a group of dedicated and motivated activity professionals that meet on the 3rd Wednesday of every month at the Pizza Ranch in Redwood Falls. Our first meeting will be held on March 21st and we will be discussing programming ideas, games, entertainers and ideas for the 2013 conference. In the afternoon we will have a speaker from the Alzheimers Association speak on Positive Interactions. In April we will have Harbir Kaur from Eldercare speak on the ABC's of Dementia in the morning and Norma Watson will speak on Spirituality in the afternoon. Our meetings usually run from 9:30-2:30 with a dinner break. We look forward to gathering again this year to receive the knowledge that we all long for. As always we welcome new members at our meetings. Let's make it a great 2012!

Becky Jenniges

Region 6

We hope all activity professionals around the state have enjoyed their winter so far, and we look forward to the opportunities to learn and network together this spring through MAPA and MN SWAP! MAPA met on Tuesday January 24th at Cornerstone Commons in Plymouth where the topics were "Animal Assited Interactions: Enhancing Human Health through connections with Animals" and the second session was "Music Therapy and Long-term Care: Rejuvenating Quality of Life for Residents and Staff." Our next MAPA Seminar will be on Wednesday March 21st at Friendship Village in Bloomington. Please check MAPA's website www.mapatwincities.org for more information.

Thank you from Michele Hebert (filling in for Lindsey!)

Lindsey Vajpey

The real secret to happiness is not what you receive; it's what you share.

Unknown

Storage / Vendor Chair

Hello Everyone, Thoughts of the upcoming Fall Conference are now in the heads of the M_N SWAP Board and with that comes my task of contacting potential vendors to exhibit at our conference. Recently I mailed out over 120 letters to solicit vendors. If you know of anyone you think would make a good vendor for our conference please send me their address and I will get the information to them. Have a Happy Easter – See you at the Spring Workshop! -- Betty Braegelman, Vendor Chair

Betty Braegelman

Vice President

2012 has been going by so fast, especially since the winter has been so mild. It feels like spring is here already 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 M_N 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: Joni Johnson 2210 County Road 121 NE Rochester, MN. 55906. I look forward to a mailbox full of nominations!

Don't forget about the Heidi Sibben Memorial Fund available to any current M_N 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.

Joni Johnson

Region 7

The Region 7 Spring Workshop will be held April 20 at the Holiday Inn by Cabelas north of Owatonna from 8:00 to 4:00. Registration is \$55 until April 6 or \$65 at the door. Jennifer Pelletier, MS, MT-BC, is a Board Certified music therapist is presenting goals for music interventions, strategies for groups and challenging behaviors, and practical ideas we can bring home. Julie Reginik, MS, ACC/EDU, who teaches the Activity Director and Assistant certification programs at Ridgewater College, will be sharing tips and techniques that we as activity experts can use to train staff to identify resources and involve residents in meaningful activity. Mary Zelmer, a Level 2 Master Healer of Spring Forest Qigong, will present a hands-on Qi-ssage workshop on how to stimulate key energy points and in a specific order for greater benefit. Contact Breanna Wheeler at wheelerb@northfieldhospital.org if you need information or a brochure. The Region 7 Annual Meeting will also be held at the Spring Workshop.

Janice Rasmussen

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

July 20, 2012
November 1, 2012
March 1, 2013

Publication Deadlines:

September 1, 2012
December 1, 2012
April 1, 2013

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.

M_N Swap does reserve the right to limit the number of ads and articles per issue due to the limited space and content.

Annette Gunnerson, M_N SWAP Editor

PROMO

I would like to thank all who stopped by the promo last fall at the conference and purchased items. The bright colored glasses were a hit. Spring is around the corner and so we will be looking for cooler clothing items. At the May seminar checkout the promo booth for a new bright colored top, and we all like to get a bargain so stop by and look at all the other promo items. Promo is always looking for new promo ideas so if you have suggestions please let me know by phone or email

Sandy Lacek

sandra.lacek@hendrickshosp.org

Aboard the M_N SWAP Express!

Fall M_N SWAP Conference
Holiday Inn, St Cloud, MN
Arrival: October 10, 2012
Departure: October 12, 2012



Stop, Listen and Learn!

Conference Co-Chairs 2012

Make sure to mark your calendars as we are "All Aboard the M_N SWAP Express" at the 2012 Fall Conference on October 10-12, 2012. We look forward to coming together to Stop, Listen and Learn about our profession and our changing culture. The conference is a great opportunity to stay on the right track, connect with colleagues and to "toot" our own horn as well as learn from the best in the business. We will be having an auction/ raffle on Wednesday evening and be sure to join us for the Conductor's Dinner and comedy from C. Willi Myles on Thursday evening. Region 4 looks forward to seeing you all at the 2012 Fall Conference.

Jen Lahmann and Kara Reiser

JOIN NOW! It's FREE!

myEventConnect is an online community connecting senior event planners and recreation directors with vendors, venues and others in the senior living industry.

Why We're Here

Activity professionals are constantly searching for new and exciting events to engage our senior population. myEventConnect is here to provide a new way to connect with event providers—no more stuffed voicemail boxes or stray papers floating around.

More Variety

Create a more fulfilling environment for your seniors by sharing new experiences from a variety of event providers based on the experiences of your peers.

Minimize Risk

Make informed decisions. See what other event planners have to say about their experiences from reviews by other professionals like you, ensure more value for your money.

Save Time

Quickly search for new ideas and find event provider details and contact information in one place. Save time returning event provider cold calls, by referring them to update their own myEventConnect profiles.

Help us grow this NEW community by coming together to provide quality events for our seniors! Send us your list of event providers- we'll get them added for you!

www.myeventconnect.com

You can find us on Facebook or info@myeventconnect.com