



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

BOARD MEMBERS

- Joni Johnson, President
507-951-9747
- Theresa Wiley, Vice President
651-646-1026
- Jane Chagnon, Past President
952-848-5889
- 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
- Kara Reiser, Region 4
763-972-2987
- Lori Bullerman, Region 5
507-825-6006
- Nancy Schwartz, Region 6
651-631-6075
- Janice Rasmussen, Region 7
507-477-3266 ext.133

Conference Co-Chairs 2013

- Lori Bullerman** 507-637-3587
Lori.Bullerman@pcmchealth.org
- Becky Jenniges** 507-637-3587
wooddaleactv@newulmtel.net

M_N SWAP NEWSLETTER

Spring 2013

President

What an unusual winter it has been so far. Meteorologist Paul Huttner describes our "Forrest Gump" weather patterns in Minnesota are like a 'box of chocolates' you never know what you're going to get." That certainly has been true this year. We are all looking forward to Spring.

Plans are underway for the Spring Seminar. This year it will be held on Tuesday, May 7th. We hope many of you can join us for this informational Seminar.

Region 5 is excited about working on our 30th Anniversary Fall Conference October 9-11 this year. "30 years of Lights! Camera! Action! Activities!" Have a wonderful spring!



2013 Spring Seminar
May 7, 2013
Holiday Inn - St. Cloud, MN

Creating Moments of Joy



Featuring Jolene Brakey

Creating Moments of Joy

Eager to share her practical solutions and insights, Jolene began speaking at educational seminars. Her message of hope, encouragement-along with generous helpings of humor-was warmly embraced by family members and professional caregivers alike. So, she established a business, Enhanced Moments, to help guide people through the Alzheimer's journey.

Vendor Chair

Hello everyone! We are once again in the planning stages for our Fall Conference. In a short time I will be sending out invitations to potential vendors for the conference.

There were some comments on the evaluations about where we place certain vendors and the vendors that are in attendance. First of all, the people who vend bring income to our association. Second, I place them where they are according to when they send their agreements in to me. And since the people who vend choose us because they think they can gain customers by attending our conference, I cannot control who vends unless I think they are totally inappropriate for our group or if we have had a bad experience with them in the past.

You can help out by asking businesses you think would be appropriate for our group to check out our web site to see if they might be interested in vending at our conference. Another thing you can do is to point salespeople who call you at your facility to check out our website also. Hope to see you at our Spring Workshop and you can send any potential vendors addresses to me at dhbdhb@mchsi.com.

Betty Braegelman, Vendor Chair

Region 1

On Friday, January 18th Region 1 met at the Paul Bunyan Senior Center. Diane Engel who is the Director of the Senior Center hosted and spoke on Sensory Integration Dysfunction. A new treasurer was elected and plans were made again to meet in April.

We will meet at the Gold Pine Homes in Bemidji, time and date to be announced. At the April meeting we will determine whether we will meet in the summer.

Cathy Christensen

Region 3

Region 3 met on Monday February 25th at the Pioneer Home in Fergus Falls. The topic was on person first followed by discussions about resident and staff circles. Dues for 2013 are being collected. Region Rep reported that regions should be more aggressive in nominating administrators, activity directors, and volunteers for the yearly awards. There are many new faces in Region 3, so to help get to know one another, the activity directors have been asked to email out a story "About Me". There will also be circle questions at the region meetings to take learning about one another and sharing ideas and talents one step further.

It seems that not many of Region 3 will be able to attend the spring seminar, so it was decided to have a meeting in June at Oak Crossing in Detroit Lakes. There will be education from the Dementia Capable Care program and examples of how therapy at Oak Crossing is working closely together with neighborhood staff to turn behavioral problems into engaging activities through Dementia Capable Care.

Region 3 will not meet again until the 2013 conference in October.

Marlys Oswald

Region 5

2013 is upon us!! Our members of Region 5 met on January 22nd in Marshall and planned the upcoming Activity meetings for the year. Our meetings are always held on the 3rd Wednesday of the month starting in March. To kick off the year, we will be having Mary Pauluck speak to us on Depression in the Elderly and then in the afternoon we will be watching a DVD on Creating Memories and also do some sharing of ideas. In April we are fortunate to have back Janine Mcquillan and Habir to do some training on Behaviors and Listening with Dignity. June we are having Beth Wizek train our Activity Assistants on how to be resident centered and small group ideas. In August we will be having Ann Holme, Ombudsmen, speak on Quality of Life and Bullying/Resident Rights. We look forward to another great year of learning and taking in new ideas!!

Becky Jenniges

Region 7

The Region 7 is busy with preparations for their annual Spring Workshop to be held on April 19. Allison DeRaad will speak on person-centered care, the management team from Caledonia Care & Rehab will present "Changes Gone Wild: How to Survive the Course of Resident Focused Needs in an Old Building," and Janette Simon, will give presentations titled "Care of the Cognitively Impaired Resident" and "Love and Laughter at Work." There will also be a panel discussion about the universal worker and other trends. Call 507-477-3266 ext. 133 if you are interested. The cost is \$55 or \$65 after April 6th.

Janice Rasmussen

Region 2

Happy spring from Region 2!

Our meeting schedule this year is at
Viewcrest Health Center March 8th at 1:30
Benedictine Health Center April 12th at 1:30,
No meeting in May,
Interfaith Care Center Carlton June 14th at 1:30,
Scenic Shores in Two Harbors September 13th at 1:30,
No meeting in October,
Saint Ann's in Duluth on November 1th at 1:30
Christmas party December 13th place to announce
We have speakers at our monthly meeting and everyone is welcome to join our group.

If you have questions please contact Stacie Oakland at stacie.oakland@bhshealth.org or call 218-723-6433.

Northern Group

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 held a workshop in April and it was well attended.

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.

Workshops are held in the spring and fall within various facilities of our region hosting the educational event.

Spring Workshop will be March 8th, 2013; 9:00am to 3:00pm at Horizon Health Harmony Assisted Living in Pierz, MN

with Beth Wizik, COTA, ADC

The Morning session will be an Activities Forum - Are you looking for some new activity ideas? Would you like to spend some quality time networking with other professionals to problem solve and discuss programming challenges? Beth will facilitate the discussion and share some tools she has used in her activity program to meet residents individual needs and interests. Bring your own programming questions and concerns to present to the group for input. The afternoon session will be Engagement vs. Entertainment. Please join us!

Region 4 hosted the 2012 fall MN SWAP conference and will be finalizing results of the conference at our next meeting in spring.

Kara Reiser

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

July 20, 2013
November 1, 2013
March 1, 2014

Publication Deadlines:

September 1, 2013
December 1, 2013
April 1, 2014

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

Region 6

We had our first MAPA session of the year on Monday, January 14th at Johanna Shores in Arden Hills that included:

Resource Sharing & Best Activity Ideas
Mn SWAP Conference Fall Planning Meeting for 2014

We have conference chairs (Gina Porter, Laura Lenertz, Liz Jurchisin)

Working on Theme and Logo to present at May Mn SWAP board meeting

Our next session will be on March 19th at MN Mason Homes, North Ridge that will include two CEU opportunities:

Ever Elusive Sleep

Objectives

- Identify the 4 stages of sleep and know the difference between REM and non-REM sleep.
- List the important things that happen during the stages of sleep and why not reaching those stages of sleep or being awakened out of them is detrimental to our health.
- Explain the connection between activities and sleep.

Speaker: Naomi Lundeen RPSGT
RSVP Coordinator
Presbyterian Homes and Services, Johanna Shores.

Gray Matters: Understanding Depression in Older Adults

Objectives

- Understand mental illnesses in older adults
- Learn the risk factors and warning signs of depression and suicidal behavior
- Understand treatment and recovery
- Understand stigma
- Learn about resources to support older adults living with depression

Speaker: Kay King Kay
Please check out our website to learn more about education opportunities and membership to MAPA (Metropolitan Activity Professionals Association) Region 6 of MN SWAP: <http://www.mapaboard.webs.com/>.

Nancy Schwartz

Past President

The groundhog did not see his shadow and we're hoping for an early spring this year. With spring on the horizon, the spring seminar planning is well underway. We hope you can attend on May 7th. This is always a good time for some education and networking. Now, some words of wisdom about sin:

Two elderly, excited Southern women were sitting together in the front pew of church listening to a fiery preacher. When this preacher condemned the sin of stealing, these two ladies cried out at the top of their lungs, "AMEN, BROTHER!" When the preacher condemned the sin of lust, they yelled again, "PREACH IT, REVEREND!" And when the preacher condemned the sin of lying, they jumped to their feet and screamed, "RIGHT ON, BROTHER! TELL IT LIKE IT IS... AMEN!" But when the preacher condemned the sin of gossip, the two got very quiet. One turned to the other and said, "He's quit preaching and now he's meddlin'."

Have a great spring!

Jane Chagnon



PROMO

Spring is here and it's time again to enjoy the nice weather and outdoor activities. We have the Mn SWAP tanks and tee shirt in bright colors to wear on those outings. Stop by the promo table at the spring seminar in May to get your spring wear. Also it is the 30th anniversary of Mn Swap and I'm looking for ideas for the Fall conference. So please if you have a suggestion or idea let me know I would be more than happy to check out your suggestions.

Sandy Lacek
sandra.lacek@hendrickshosp.org

Conference Co-Chairs

30 years of Lights, Camera, Action, Activities!!! This is the theme for the 2013 Mn SWAP Fall conference. This year marks the 30th Anniversary of Activity Professionals. The festivities will begin on Wednesday October 9th and commence on Friday October 11th. We will have take a walk down "memory lane", hold a silent auction, enjoy a night of laughter and as always reminisce with our fellow friends and colleagues. We look forward to spending the 2013 Conference with you!!

Becky Jennings

Lori Bullerman

Membership

NCCAP Update and Call to Action Meeting

There were approximately 60 participants representing 20 states in person attending the Call to Action meeting in Virginia Beach on November 17, 2012. Live video streaming of the entire day was available to people who could not attend in person. There were 18-20 people participating between four channels of live streaming. The "live streamers" were able to participate in table conversations as well as contribute to the overall strategic planning.

The first Call to Action meeting was held in November 2010. The following outlines the issues discussed at that time and the progress made toward these issues.

NCCAP Marketing: this committee worked on developing information and resources to use at health fairs, career fairs, community events, and conferences.

A dvd promoting NCCAP and certification was sent to Healthcare Association and 12,959 facilities in 30 states. The dvd is available from NCCAP for individuals to use along with certification brochures and other materials.

Professional Committee: this committee worked on ways for developing recognition for the activity profession

An "elevator speech" (30 seconds long) is available from NCCAP

A contact list of professional speakers has been developed for state associations to use

Promotion of the profession has been promoted through social media such as Facebook, website, and live streaming.

NCCAP has identified an increase in the number of advanced technology and non-traditional educational offerings as well as the lack of face-to-face/traditional opportunities

Recognition of the Activity Profession/Professional: this committee focused on ways to recognize the profession and how to educate states and agencies about what activity professionals do.

The tasks completed include those in the marketing committee

Universal Care Committee: this committee researched and review facilities and organizations implementing the universal care worker concept and the affect this role has on activities and meeting the leisure needs of the resident

Since the definition of universal worker is diverse and the way in which facilities are implementing this concept, the committee did not feel that the investment of time and energy would be beneficial. It was recommended that the committee continue to stay together and monitor any developments or issues that occur.

Regulatory Committee: this committee researched state regulations for activities, develop a list of CMS and state health department contacts, and develop resources that educate Administrators and Surveyors about activities.

NCCAP representative site on the CEAL Advisory Board and is providing input into the updating of the Assisted Living training manual.

Home Health is setting standards which now include Quality of Life and activities. Other areas of training needed for HHC are interpersonal communication, cooking, cultural sensitivity, English, and conflict management.

Adult Day Services are wanting specific training for activity/leisure and are also updating their manual

2012 Call to Action topics for collaboration

Cindy Bradshaw, Executive Director, shared that the majority of the tasks identified at the 2010 Call to Action have, for the most part, been met and have accomplished the past 15 years of strategic plans. Her question to the group was what's next, where are we going?

Bradshaw shared with the group the NCCAP gathered data in a study conducted June 2008-December 2009 on the number of deficiencies given for F248 and F249. Data indicating what states, qualified individual; were they trained, certified, etc. The results were not as big as was hoped or thought, but were significant. The full report is available on request from the NCCAP office.

NCCAP will be looking at the next research focus- activities and the impact of decreasing behaviors. A portion of the afternoon session was brainstorming specific activity ideas and interventions that people implemented with behavior residents. The ideas will be suggested as an intervention to use in tracking behavior.

New Topics and Projects for Collaboration

The afternoon portion of the meeting was spent working in groups discussing four key areas; NCCAP vision statement, Marketing, Professional development, Regulatory issues. NCCAP is looking for volunteers to be on these committees and help with the projects. If you are interested, please contact Julie Reginek for more information. Julie.reginek@ridgewater.edu

The discussion evolved around these areas: Objective, Target group, Specific actions to be taken
Time frames, Resources needed (training, equipment, budget), Contingencies, Opportunities, Challenges

Julie Reginek MS, ACC
NCCAP State Representative