



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

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M_N SWAP NEWSLETTER

Spring 2014

President

I hope those of you who were able to make it to the conference last fall are trying out those new ideas. I know I like to take advantage of ideas that other facilities have tried and been successful. I was disappointed to miss the entire conference but honored to be with you at the Banquet & Awards dinner. I trust that all who were able to attend went away with something new to try or some ideas you had heard before but wanted to try again. The best part of conference is the connection we make with each other.

Spring is right around the corner and with it comes many opportunities to get our residents outdoors. I know that I love getting outside, even if it is for a few minutes during a break, so I can imagine how much it means for our residents. Take some time and plan ahead so our residents can get fresh air and feel a part of their community.

Our Spring Seminar is May 9th with Carmen Bowman. I am looking forward to connecting with some of you and listening to Carmen. Carmen was a Colorado state surveyor for nine years and she taught the national CMS Basic Surveyor Training Course. Carmen holds a Master's degree in Healthcare Systems with an emphasis in eldercare from Denver University. Spring brochures will be out soon or more information will be on the website www.mnswap.org. Remember to print your handouts from the website before attending the seminar. They will be available at least one week before and after May 9th.

Make it a great day

Barb Anderley

Vice President

It is funny to think that spring is just around the corner as the snow banks tower over my car and the constant fear of frozen pipes looms over my head. On a good note, all this cold weather has allowed me to cuddle up with a warm blanket and the Vice-President book and read the history of M_N SWAP. We are on our 31st year as an association and it is exciting to see the journey we have gone through. People like Jill Rontstrom, the Activity Director from Duluth that was first contacted by NAAP to take on the challenge of forming a statewide association, the members of the first steering committee: Diane Gibson, Karen Jopp and Ruth Hastings. The first interim officers President-Marilyn Flakoll, Vice President-Heidi Sibben, Treasurer-Karen Jopp, and Secretary -Sue Detienne helped move our profession into the lime light and laid the building blocks for a strong association that continues to promote and advocate for the Activity profession. As the snow starts melts and the spring seminar is around the corner on May 9th; I look ahead to our fall conference and want to remind everyone to nominate people for our awards; Activity Professional Award of Excellence, Volunteer of the Year and Excellence in Administration! Stay Warm!

Jen Lahmann

Past President

Punxsutawney Phil, the most famous of a pack of weather-predicting groundhogs across the country, played it safe this year, allegedly seeing his shadow and predicting six more weeks of winter, as usual. Unfortunately if you asked anybody in the country they would say he was right but failed to predict how much snow and cold we could have. With spring on the horizon, we all look forward to spring flowers, robins and the spring conference. The planning is well underway. We hope you can attend on May 9th. This is always a good time for some education and networking.

Here are some words of wisdom from Maxine:

"Here's a helpful tip for the winter-you call out for pizza enough times you don't have to shovel your walk."

"Hey all you geniuses who sang 'Let it Snow' back in December---Happy now?"

"There's a trick to driving' on ice and apparently nobody knows it."

Did you know Minnesota is ranked the third happiest state to live in? We all have to laugh at the weather to stay sane!

Have a great spring!

Joni Johnson

Region 1

Region 1 members met on February 24th at Fair Meadows in Fertile. On the agenda, meeting dates for 2014 were set up, along with sharing ideas for planning a 2014 Assisted Living Workshop. They also brainstormed themes and ideas for hosting the 2016 annual Fall Conference. The next meeting date for Region 1 is scheduled in April 2014. Date and location is TBD. Keep your eyes out for Spring!"

Megan Klockmann

Region 2

St. Eligius will be hosting the March meeting and the speaker will be talking about senior bullying on March 14th. The entertainment list was updated at the February meeting and will be given to all members in March or April. St. Ann's meeting will be held on June 20th. 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 meet the third Thursday of the month

Stacie Oakland

Region 3

Region 3 activity members recently met at the Veteran's home in Fergus Falls. Maxine Adams who is the Executive Director of the Lake Region Arts Council spoke to us about opportunities for grants that would fit into arts access for our clients and residents. Each county is represented by a regional arts council and care centers are eligible through Legacy funding to apply for arts access grants.

Our April 14 meeting will be held at Broen Home in Fergus Falls with Joan Thralow speaking on "Alzheimers From a Caregivers Point of View." Contact Denise Hjelmstad at [218-998-7350](tel:218-998-7350) for more information.

The region members are in the planning phase for our upcoming all day workshop on June 23, entitled: "**Celebrating Your Role, Honoring Their Voice...Working and Learning Together To Empower Residents**". It will be held at Good Shepherd Lutheran church in Moorhead. Ann Holme, Ombudsman and her associates will be presenting. It will be open to social workers, activity staff, nursing and other care center staff. The cost is 40.00 which includes the workshop, lunch, and breaks. On site registration will be 45.00. Call Diane Gibson at [218-233-7578](tel:218-233-7578) for more information

Nancy Burns

Region 5

Its that time of the year again where we Activity Professionals get to get together and learn exciting new ideas to bring back to our facilities! Our group met in January and planned the upcoming agenda for the 2014 year. Our first meeting will be on March 19th and will be held at the Pizza Ranch in Redwood Falls. We will be having Jenna from the Alzheimer's Association present on Person Centered Care and Positive Interactions. In April we will be having Aegis Therapies talk about the Role of Rehab in a Skilled Nursing Facility.. In June we will be hosting an Activity Assistant Day and the speaker will be Lisa Carter. In September we will have Julie Reginek speak, topic TBD. Once again we are looking forward to another great year in Activities!!!

Becky Jenniges

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.

We are finalizing our spring workshop to be held at Cokato Manor, April 4, 2014.

Morning session: Resident and Family Councils isn't just a "nice thing to have" -- they are the law. Federal and state law recognizes the importance of Resident and Family Councils — independent and collective voices committed to maintaining or improving the overall quality of care and the quality of life for residents living in a nursing or boarding care home. In Minnesota this is implemented by Tubman, Elder Care & Rights Center under contract with the Minnesota Board on Aging and administered by the Office of Ombudsman for Long Term Care.

Our afternoon session will be with Jenna Herbig who is a Regional Care Consultant for the St. Cloud Regional office of the Alzheimer's Association Minnesota-North Dakota. She will be speaking on Positive Interactions with People with Dementia. This class pays special attention to the importance of care giving techniques that consider individual preferences, needs and abilities in understanding and responding to communication challenges and behaviors.

Keep an eye out for the brochure in the mail or contact me for information. Please contact Kara Reiser ADC, Region 4 Representative for questions.

Kara Reiser

Region 6

MAPA (Region 6) Update:

Our Co-Chairs are getting everything in Groovy Shape for this Fall's Conference "Peace, Love, & Activities: Get on the Bus" on October 8-10. Remember there will be a 60's costume contest by region at the banquet this year-bring your dancing shoes!!

2014 MAPA Seminar Dates

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

Check out our website for speakers and updates:
www.mapatwincities.org

We just added job postings to help match employers and activity professionals! Check it out!

Nancy Schwartz

Vendor Chair

Hello to everyone, I hope you found a some ways to get through this tough winter and will enjoy the spring weather ahead. Last week I mailed out over 100 letters to potential vendors for our Fall Conference. Hopefully some of the vendors that were not able to be with us due to conflicting conferences in other states will be able to attend this year. If you know of any company you would like to see vend at our conference please feel free to send me their name and address and I will get in contact with them. Thank you to everyone who has given me suggestions in the past and I hope to see you at our spring workshop.

Betty Braegelman

Region 7

The 2014 Region 7 Spring Workshop is scheduled for April 11th 8:00 – 4:00 at the Holiday Inn & Suites (2365 43rd Street NW) just north of Owatonna. Brochures were mailed to all facilities in Region 7 mid-February. Speakers at the workshop will be Pat McGill, a motivational speaker who will give a presentation titled "The Hand is a Poem." Angie Taylor will present "Attitudes & Exercise in the Workplace" and do a exercise demo so we can leave with an exercise routine in-hand. Michelle Tiede will complete the day with a session titled "Confidence."

The Region 7 Annual Meeting will take place in conjunction with the workshop.

The board received very positive feedback from surveys for an Activity Aide Workshop specially designed for staff doing activities with seniors at any senior living facility, whether the staff are aides working in memory care, team leaders in universal worker settings, or activity aides not able to attend other workshops. Watch for brochures for this workshop this summer.

Janice Rasmussen

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!**

Start planning your outfits for the 60's - costume contest and polish up those dancing shoes so you will ready to get your groove on at the banquet!!

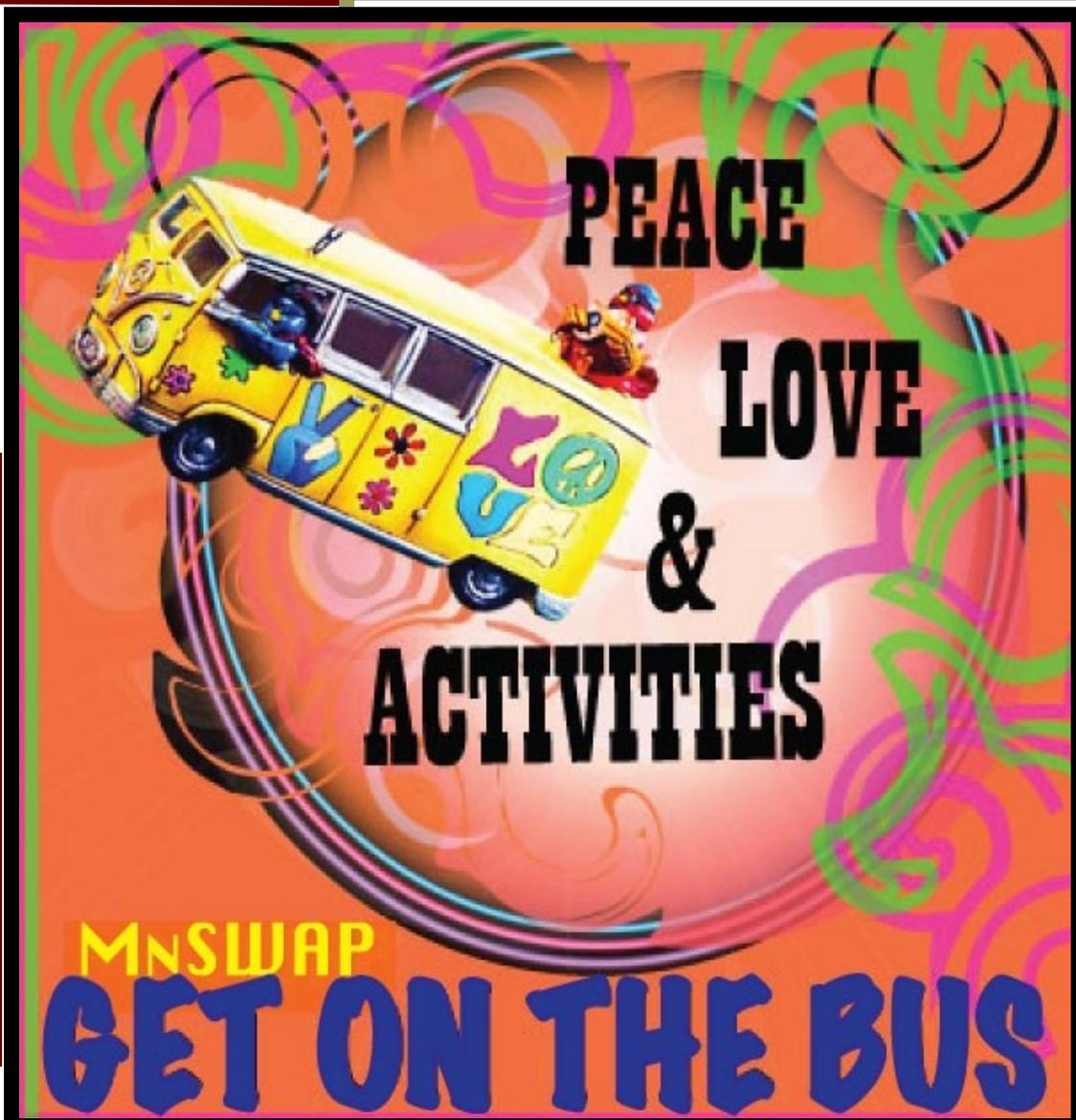
Laura Lenertz
Gina Porter
Liz Jurchisin



Promo Chair

Thank you to all that took time to stop by the Promo booth during the fall conference in October. The fleece colored jackets, notebooks, and card holders went well. If you were unable to attend the fall conference and will be attending the spring seminar in May you will have a chance to purchase items that were available at the conference. Each year promotion tries to get items that are useful and identify the organization of Mn Swap. If at anytime you have thoughts or ideas for a promo please let me or someone on the Mn Swap board know.

Sandy Lacek



NCCAP Symposium is coming to Minnesota!

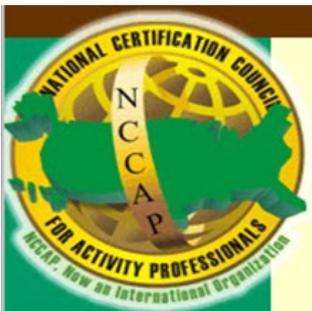
June 5-7, 2014

Crown Plaza Hotel in Bloomington, MN

This National Certification Council for Activity Professionals Symposium has been designed for those activity professionals who teach others including teaching their staff through in servicing and presenting at conferences or workshops. Seasoned Activity Professionals can benefit from the tracks offered.

Participants will earn 16 clock hours of continuing education, by participating in all of the sessions. Intensive is an additional 4 hours.

For Symposium and registration information:
<http://www.nccap.org/symposium/index.shtml>



2014 Spring Seminar May 9

Holiday Inn, St. Cloud, MN

Speaker

Carmen Bowman, owner of consulting company Edu-Catering: Catering Education for compliance and Culture Change. Carmen was a Colorado state surveyor for 9 years and policy analyst with CMS where she taught the national Basic Surveyor Course. She has now turned from regulator to educator with practical, hands on training to improve resident quality of life, and help facilities be in compliance.



Morning Session

Activities or Engagement – What's Missing and What's Required?

Afternoon session

Come on Long Term Care! Be the Best, Smash the Box and get ready for the Baby Boomers!

5 CEU's and lunch provided with registration fee.

Brochures will be mailed to all individual members and facilities in early March and posted on the website.

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines

July 20, 2014
November 1, 2014
March 1, 2015

Publication Deadlines

September 1, 2014
December 1, 2014
April 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

Technology Corner– iPad Apps



Easily create your own exotic greetings or choose a ready made greeting and share your work with friends via Facebook and email. Great for your residents to send cards to their loved ones.



Flipboard is your personal magazine. It is the most popular way to catch up on the news you care about, discover amazing things from around the world, or stay connected to the people closest to you