



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

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

M_N SWAP NEWSLETTER Summer 2011

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Message from the Mn SWAP President

This fall, at our annual conference, we'll be holding elections and I hope that you will consider nominating a member or running for President of Mn SWAP. There are some great perks in addition to the experience gained and the fun of being on the board! Please don't hesitate to contact me with questions about this elected board position at nnannert@aol.com.

Hope you are enjoying your summer and spending lots of time with your family and friends! Here are some tips to remember (Medical News Today):

Enjoy the weather, but take things slow. The faster you move the more your body heats, especially in warm weather. Plan your outdoor activities for the cooler, early morning hours. If you are outside, look for shaded areas to enjoy activities or take regular breaks from the hot sun. Heat can impact seniors as easily indoors as it can outdoors, so be sure air conditioning or fans are used. Lowering window shades can help keep heat out. Signs of heat exhaustion include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion or fainting. Immediately move people exhibiting these signs to a cool place and provide cool water or juice. Apply cool compresses and call for medical assistance if necessary. Signs of dehydration or heat exhaustion can be less pronounced in seniors. Drink plenty of water, juice and sports drinks while avoiding caffeine. Eat cool or cold foods such as sandwiches and salads. Fresh vegetables and fruits contain water too and can help hydrate while offering a healthy snack. The key is to STAY HYDRATED. Speak with a doctor about how any medications or medical conditions might change your body's ability to manage heat. Wear lightweight and loose fitting clothes. Lighter colors and cotton materials are best for warm weather. Wear U/V skin protection and wide-brimmed hats or use an umbrella to protect from overexposure to the sun.

Enjoy your Minnesota summer!

Nancy Schwartz

Past President

Fellow Mn SWAP Members,

This will be my last note to you as a Mn SWAP Board member. How quickly the three year term as vice president, president and past president has gone, with the conclusion of my term at this coming fall conference. 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, and how important it is that we continue to be. 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 (the option of "shutting down" isn't an option!) 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, which is our main purpose as an organization.

I encourage you be involved and take an active role in your membership. Are you in an active chapter and region? One of our strongest support systems comes from the other Activity Professionals in our chapters (or could with an active chapter). Is the region rep position opening in your area? How about running for the Vice President position? Feel free to contact myself or other Board members if you have questions.

I look forward to seeing you in St. Cloud in October. Thank you for providing me with the opportunity to serve you!

Kate Winter Glor, ADC

Vice President

Can you believe that conference time is almost here? Where has the time gone? Maybe I'm not sure I really want to know the answer to that. I'm definitely looking forward to "The Sea of Change".

Thank you to all who submitted nominations for our award categories. We will be honoring the winners at the awards ceremony during the banquet so make sure you attend.

Please keep in mind that there are monies available from the Heidi Sibben Memorial Fund available to any current Mn SWAP member. Applications are available on the website at www.mnswap.org/Scholarship.html. The completed application can also be mailed to me.

Join "The Sea of Change" this year October 12-14. Have a great rest of the summer and I'll see you in the fall!

Jane Chagnon, ADC

Region 1

Region I is planning on having an Activity Aides workshop at the Lakewood Care Center in Baudette, MN on Thursday, September 22nd. Information on this workshop should be going out to Region I members the beginning or middle of August.

We are working on an updated list of Activity Directors in Region 1. We want to make sure we have an accurate list so we can make sure all Activity Professionals are invited by email to our Region 1 Mn SWAP meetings.

Cathy Christensen

Region 2

The Head of the Lakes group has taken the summer off with meetings. We will be meeting in September in Grand Marais at the North Shore Care Center. The meetings begin at 1:30 on the second Friday of each month for details contact Stacie Oakland at stacie.oakland@bhshealth.org or call 218-723-6433.

If you would like information for the Northern Group please contact Wendy Griese at wendygriese@ecumen.org. Hope to see everyone at the fall conference!

Stacie Oakland

Region 3

In June Region III met at the Knute Nelson Memorial Home in Alexandria for our meeting and education session. Planning continued for your 2011 fall conference. I hope you all will be able to join us for this wonderful opportunity for education, networking, and a chance to check out all the great vendors.

Our day to day jobs can be very hectic and Robin and Randi have been doing a great job to give all of us a little break we need, but to also give us a chance to take back to our facilities a renewed energy and our minds full of new ideas See you in St. Cloud as we come on board with a "Sea of Change."

Sheila Hagen

Region 4

Region 4 Spring Workshop was hosted by Joy Marshal at Cokato Manor on April 7th. We had one terrific speaker, Dr Catherine Johnson who is a Licensed Psychologist that specializes in geriatric services. She covered working with residents with Personality Disorders and Dementia and small groups.

Erin Van Valkenburg will be hosting our fall workshop in September at Heritage of Foley Nursing Home. The plans are still being finalized so look for the flyer in the mail sometime in August.

Our region will be hosting the fall conference in 2012. We have two co-chairs Kara Reiser and Jennifer Lehmann who have been working on our ideas. The excitement is building and you won't want to miss our business meetings. We need your help to make this a great conference for everyone. See you in the fall,

Barb Anderley

Region 5

It was a slow starting spring and we have had some severe weather in our area. Please keep those affected by the storms in your thoughts and prayers as clean up and rebuilding continues.

We meet in Redwood Falls at The Pizza Ranch. Registration begins at 8:30 am, business meeting at 9:00am presenter at 9:30-11:30 am lunch provided 11:30-12:30 and our afternoon presenter is from 12:30-2:30 pm. Kris Wilner did a great job with her presentation on June 15th for the region activity assistants. Topic included planning small groups, one-to-ones and documentation. We had a great turn out as we do reduce our fee from \$30 to \$15 to encourage facilities to send their activity assistants.

We are fortunate to have Julie Reginek, B.S ACC presenting July 20th, The morning session is Leading Your Activity Department: Leadership Secrets from Santa's Workshop and the afternoon session is *Tips and Techniques for Training Staff to Engage Residents in Meaningful Activities*

In August we are lucky to have Jan Gerard RN, QI Coordinator, NFR&P Division, MN DHS giving morning and afternoon presentations on Person Centered Dementia Care and Using Quality Indicators. We are open at this time for a speaker at the September. 21st meeting. Any good suggestions are welcomed.

Lori Bullerman

Region 6

We hope all activity professionals around the state have enjoyed their summer so far, and we look forward to the opportunities to learn and network together this fall through MAPA and Mn SWAP! MAPA met on June 8 at Woodbury Senior Living where the board members presented a session on a variety of programming resources and Lakeview Hospice presented a session about end-of-life care. Upcoming MAPA sessions are September 15 and November 4. September 15th's session will include a presentation by Dr. Alicia Fahr who will walk us through a Creative Arts Therapy Project. Additional topics and locations to be determined. Check MAPA's new website www.mapatwincities.org for more information.

Lindsey Vajpeyi

New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:
November 1, 2011
March 1, 2012
July 20, 2011

Publication Deadlines:
December 1, 2011
April 1, 2012
September 1, 2011

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

PROMO

Thanks to everyone that stopped by the Promo booth during the May seminar. We had a great sale and if you missed out there will be items at the fall conference in October. We will also have new logo items that you can purchase. We are always open to new ideas so if there is something you would like to see for a promo item, please call or email me with your ideas. Thanks for your support, hope to hear from you if not see you at the promo booth this fall.

Sandy Lacek Promo Chair

Vendor Chair

Hello Everyone, I hope you are enjoying your summer. As you know some of us are busy preparing for fall as we work on our Mn SWAP Conference events. As Vendor Chair, I am working towards getting people to provide an opportunity for you to purchase supplies and ideas for your facilities and also vendors for your personal interests too. So far we have 12 vendors which is normal for this time of year. I will be sending out a letter to past vendors to remind them of our deadline.

If you know of anyone you think would make a good vendor, please send them my way or refer them to our website to read about us. See you this fall.

Betty Braegelman, Vendor Chair

Mn SWAP Membership NCCAP Update

I attended the National Certification Council for Activity Professionals (NCCAP) Symposium in Cincinnati, Ohio in June. At the symposium, members of the education and national exam committee met to discuss the progress of piloting stage of the national exam that has been implemented this year. Later this fall, the data and results will be analyzed, questions reviewed and revised before the January 1, 2012 implementation. The national exam will be required for all new director level certification applications in addition to education, work experiences, continuing education, and the MEPAP. If you have any questions or need help with your certification, please feel free to call or email me. (320-234-8588)

Julie Reginek MS, ACC/EDU

Mn SWAP Education Report

With the fall season upon us, I hope that all Mn SWAP members have registered or are in the process of registering for the October conference. The theme this year is "a Sea of Change", which is certainly descriptive of both Activity Services and the Long Term Care industry in these stressful economic times. Region 3 has been working hard to make this an excellent conference and we are looking forward to an opportunity to learn new things while network with colleagues and friends.

The theme "A Sea of Change" is also literally taking place in how the conference is going to be implemented this year. The biggest change is how you will access your handouts. All handouts will be on the Mn SWAP website by Friday September 9th, 1 month before the conference. You will need to print your own handouts and bring them to the conference. There will be **NO** handouts available at the conference. I have already had a few members question how they can get handouts if they do not have computer access at work or at home. You can go to a public library where you can usually print items for no charge or a nominal fee, or possibly ask a co-worker or friend to print them for you. This will be a large cost-savings to MN SWAP so please spread the word to anyone you know who is going to the conference. You also will not get a September newsletter mailed to your home which has traditionally been another reminder that the conference is right around the corner. You will get a brochure mailed to your home if you are a current member, it will also be mailed to all facilities, and additional copies of the brochure can be found on the Mn SWAP website.

The conference fee only went up \$1.00 this year, the full conference fee for current 2011 members is \$160.00, if you are paying your 2011 membership fee with your conference registration the fee will be \$185.00. Please remember Mn SWAP does not accept credit cards, and we do not have the resources to provide billing of the conference fees to your facility.

A special thank you to all who attended the spring seminar. We had a wonderful day of education and received very good reviews on all of the sessions provided. Many favorable comments about the panel discussion / resource review, we will continue to work on this format for future educational sessions. If you have interest in presenting or know of a good speaker please feel free to contact me at any time with your interest and or information. I hope to see you all in October for the full conference or 1 day option, thanks for your on-going support of the Mn SWAP organization.

Pamela L. Hayle

Region 7

The Region 7 Spring Workshop was held April 8 at the Holiday Inn north of Owatonna. Speakers Shane Paulson of Physiologic Human Performance Systems, and Sherry Sonnenberg of Fitness 4 Ever spoke on Wellness, the theme for the workshop. Dr. Nancy J. Horvath-Zurn of Horvath-Zurn Consulting ended our day with encouragement to accept change in our workplaces with "wine" instead of "whine". Much thanks to Laura Moon and the Chapter 3 activity directors for the time and effort they gave for a successful workshop!

Our Region 7 Board met June 3 in Owatonna with three new representatives joining us for the first time. Current board members are:

Region 7 Representative: Janice Rasmussen from Field Crest Care Center in Hayfield

Chapter 1: Jackie Lupkes from Old Main Village in Mankato

Chapter 2: Kate Richards from Good Sam Comfortcare in Austin

Chapter 3: Laura Moon from Prairie Meadows Senior Living in Kasson

Chapter 5: Marie Howard from Caledonia Care & Rehab in Caledonia

Chapter 4's representative Lola Scott notified us since that meeting that she has changed employment to a different facility and is no longer able to represent

Chapter 4. We are grateful that Breanna Wheeler of Northfield Hospital and Long Term Care agreed to take the reins.

Evaluations from the Spring Workshop were reviewed and suggestions were gleaned for the 2012 workshop which is being planned by Chapter 4.

Appreciation was expressed to Milosha Malecha and Alan Bahler for serving on the board the last several years and to Leah Keyes-Hugeback as she is stepping aside as representative for Chapter 1 after 2 years. Jackie and Kate stepped up to be our new treasurer and secretary. Two activity directors in our region, Sue Warmka and Tim Greenslade, are looking for open activity director positions.

Chapter reports were given. Chapter 1 just held their annual planning meeting, Chapter 2 toured the Snoezelen Room at Traditions 2 in Owatonna, Chapter 3 reviewed evaluations from the workshop, Chapter 4 was meeting that day, and Chapter 5 met to talk over lunch.

Janice Rasmussen

A Message from 2011 Conference Co-Chairs

Ahoy! MN SWAP will be Boarding "A Sea of Change" on October 12-14th, 2011. "A Sea of Change" is what we all experience. From those we take care of that are ever-changing in mental/health status, to facilities remodeling/restructuring, and let us not forget the evolving records that are needed to comply in our systems. We all face change and fall conference will provide great opportunities to lift your spirits, learn something new, renew old friendships and make new ones. We are excited in our plans which will include the Lucky Buck Auction on Wednesday night. We are asking each region to provide two \$25.00 baskets or one for \$50.00 to be auctioned off. You are encouraged to be 'creative' with your "baskets" (it could be in a purse, shaving kit, use your imagination!) the more baskets the more fun we can have!!! There will also be a raffle. On Banquet night, wear your 'Cruise-wear' to the "Captain's Dinner" and enjoy the excellent entertainment after the banquet.

Region 3 looks forward to seeing you at fall conference in October.



Randi Handegaard and Robin Greff

Activities Director

Augustana Mercy Health Care Center of Moose Lake is seeking an experienced Activities Director. We are seeking a resident life leader that has experience in creating a person centered approach, dementia programming and care center culture change. Experience in recruiting and working with volunteers

Candidates for this full-time position must possess a BA/BS degree in health related field; ACC, ADC, CTRS, or COTA. Supervisory experience in a therapeutic department or care center activity program setting is required.

Located in a lakes region and Moose Lake area 40 miles south of Duluth on I-35, we offer the benefits of a small vibrant community and excellent schools.

A competitive wage, full benefits and a 403(b) retirement program with match is provided. To express interest or discover more about Augustana's mission please visit our website at www.augustana.org or email/ fax to:

ceripley@augustanacare.org
(218) 351-9401

A Sea of Change

MN SWAP Fall Conference
October 12-14, 2011
Holiday Inn, St. Cloud, MN

