



New Jersey Activity Professionals' Association

***Presents the 32nd
Annual
Spring
Conference***

**March 28 & 29, 2019
The National Conference Center
At the Holiday Inn
East Windsor, NJ**



Founded in 1987 by Activity Professionals, to Serve and Represent Activity Professionals in New Jersey.

NJAPA is committed to:

- Promoting quality care and excellence in Therapeutic Activity service.
- Promoting and offering appropriate educational opportunities, information and communication geared to the Activity Professional.
- Promoting good relationships with other state organizations and agencies for quality services.
- Monitoring and representing the Activity professionals in legislative matters.
- Promoting community awareness of the profession.

Pre-approval pending for contact hours from NCCAP,
 CEU's for the American Therapeutic Recreation Association should be pursued by individuals who possess the CTRS certification

CANCELATION POLICY: Full refund will be made if a request is made by, **March 15, 2019**. Any further questions should be directed to Guylaine Mazure 201-848-5828 or GuylaineM@chccnj.org

LUNCH MEALS: There will be **no menu substitutions** for lunch served during both days of the conference. Participants are welcome to bring their own lunch if special diet needs are required.

HOTEL/ROOM RESERVATION: If you are interested in staying overnight at the Holiday Inn, please contact them directly at (609) 443-8000, and state Group Name **NJAPA** and you are going to be attending the NJAPA conference. Rooms will be blocked out at a special rate \$109.00, for NJAPA attendees until **March 15, 2019**.

Thank You!!

QUESTIONS: For Registration/Payment Questions Call: Guylaine Mazure-(201) 848-5828 or GuylaineM@chccnj.org
 For General Conference Questions Call: Sharon Wolfe – (609)-597-1634
For Membership Questions Call: Kevin Bassinder- njapamem@aol.com

Conference Schedule

THURSDAY March 28, 2019

FRIDAY March 29, 2019

8:00-8:45am	Registration & Breakfast	8:00-9:00am	Registration & Breakfast
8:45am-9:15am	NJAPA Awards Ceremony/Business Meeting	9:00am-10:15am	SESSION 7 -Keynote Address Part 1
9:15-10:30am	SESSION 1-Keynote Address Part 1	10:15-10:30am	Break
10:30-10:45am	Break	10:30-11:45am	SESSION 8-Keynote Address Part 2
10:45-12:00pm	SESSION 2-Keynote Address	11:45-1:00pm	Lunch
12:00-1:15pm	Lunch	1:00-2:15pm	SESSIONS 9
1:15-2:30pm	SESSIONS 3	2:15-2:30pm	Break
2:30-2:45pm	Break	2:30-3:45pm	SESSIONS 10-12
2:45-4:00pm	SESSIONS 4-6		

Session Summaries

THURSDAY March 28, 2019

9:15 – 10:30am – 1.25 Contact Hours **Key Note**

SESSION 1 **Through The Looking Glass-Life and Professional Lessons from Alice in Wonderland! Part 1**

Speaker: Bryan Rife, ADC/EDU

Working in the field of activities we all fall down the rabbit hole from time to time. In this session we will take a journey with Alice and other characters and learn lessons to help us in not only our personal life but our professional life as well.

10:45 – 12:00pm – 1.25 Contact Hours **Key Note**

SESSION 2 **Through The Looking Glass-Life and Professional Lessons from Alice in Wonderland! Part2**

Speaker: Bryan Rife, ADC/EDU

Working in the field of activities we all fall down the rabbit hole from time to time. In this session we will take a journey with Alice and other characters and learn lessons to help us in not only our personal life but our professional life as well.

1:15 – 2:30pm – 1.25 Contact Hours

SESSION 3 **“That’s Not Nice”! – The Perils of Senior Bullies**

Speaker: **Debbie Hommel, ACC/MC/EDU, CTRS**

It is reported that 10-20% of older adults living in care communities have experienced bullying behavior from their peers and those numbers are growing. This session will define senior bullying behavior and specific strategies the individual, the care provider and community can introduce. Specific case studies will be provided. Participants are also invited to submit specific situations involving senior bullying behavior in their community prior to the session by emailing debbiehommel@comcast.net

2:45 – 4:00pm – 1.25 Contact Hours

SESSION 4 **Chair Yoga with Tibetan Singing Bowls: Breathing, Stretching, & Meditation**

(Space is limited is offered both days)

Speaker: **Joan Tarrant BS Ed., MS Ed., RYT**

In this session you will have an opportunity to explore and practice Chair Yoga poses to stretch and release tension held in the body, mind and spirit. You will experience inner relaxation with the use of Tibetan Singing Bowls to create space in the body, mind and spirit through sound vibrations using a “Sound Cloud” method with use of the Singing Bowls. You will meditate with breathing and sound techniques to slow the “busyness of the mind”, incorporate visualization tools to create a sense of clarity, and to increase self-awareness and relaxation in order to “tap in” to the whole mind-body-spirit of the individual.

SESSION 5 **Beauty in the Beholder’s Eye**

Speaker: **Nancy Richards, ADC/EDU/MC, C.D.P.**

Did you know that the eyes are the second most complex organs in the body after the brain? Understanding sensory organs better enables Activity Practitioners to serve residents who may be experiencing vision changes. Gain insight into the pet peeves of the blind and visually impaired, explore how to adapt activities to set folks up for success, explore creativity, motivation and quality of life experiences through Activity Services. Take away at least five adaptable activities.

SESSION 6 **Meeting the Activity Challenges of a Dementia Population**

Speaker: **Saralynne McDowell LPN, ADC**

Through this session, you will explore the challenges faced by the activity professional as they attempt to plan activities to meet the needs of individuals in their facilities with dementia. As per the new state regulations, this session will give suggestions as to how to individualize an activity program that meets the needs of the individual resident while maintaining socialization in a group activity. An overview of the GDS (Global Deterioration Scale) will be reviewed as it pertains to cognitive loss so that the activity professional can focus on maintaining the strengths of the residents throughout each stage of dementia.

FRIDAY March 29, 2019

9:00 – 10:15am – 1.25 Contact Hours **Key Note**

SESSION 7 **Making Magic Moments in a Healthcare Setting Part 1**

Speaker: **Bryan Rife, ADC/EDU**

Those that live in healthcare settings still have hopes, dreams and wishes. During this session participants will visually experience what dreams are made of for several residents of a skilled nursing facility and participants will also be given the tools to make their own magic happen in the healthcare setting they work. “Magic Moments” is a NCCAP award winning best practice.

10:30 – 11:45am – 1.25 Contact Hours **Key Note**

SESSION 8 **Making Magic Moments in a Healthcare Setting Part 2**

Speaker: **Bryan Rife, ADC/EDU**

Those that live in healthcare settings still have hopes, dreams and wishes. During this session participants will visually experience what dreams are made of for several residents of a skilled nursing facility and participants will also be given the tools to make their own magic happen in the healthcare setting they work. “Magic Moments” is a NCCAP award winning best practice.

1:00 – 2:15pm – 1.25 Contact Hours

SESSION 9 **Communication Tips and Techniques in Alzheimer’s disease**

Speaker: **Mary Anne Ross, CSW**

As Alzheimer’s disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease, including how to recognize behavior as a form of communication. Topics include how to identify verbal and non-verbal messages and tips on how to maintain your relationship with your loved one as Alzheimer’s disease brings changes.

2:30 – 3:45pm – 1.25 Contact Hours

SESSION 10 Chair Yoga with Tibetan Singing Bowls: Breathing, Stretching, & Meditation
(Space is limited is offered both days)

Speaker: Joan Tarrant BS Ed., MS Ed., RYT

In this session you will have an opportunity to explore and practice Chair Yoga poses to stretch and release tension held in the body, mind and spirit. You will experience inner relaxation with the use of Tibetan Singing Bowls to create space in the body, mind and spirit through sound vibrations using a "Sound Cloud" method with use of the Singing Bowls. You will meditate with breathing and sound techniques to slow the "busyness of the mind", incorporate visualization tools to create a sense of clarity, and to increase self-awareness and relaxation in order to "tap in" to the whole mind-body-spirit of the individual.

SESSION 11 The Purpose Project

Speaker: Gloria Hoffner, BA, ADC, AC-BC, CDP

Everyone at every age and every stage needs to feel needed and to know they make a difference in the world. This session will use proven medical research to demonstrate residents engaged in meaningful charity work have been proven to have lower rates of depression, are more socially engaged, enjoy better health and may even live longer. During this session attendees will learn hands-on charity ideas for residents to work together across the lines of independent, assisted living, long term care and memory care so everyone feels an equal part of the success. There will be examples of charities for children, soldiers, ecology, people in need in the community and more.

SESSION 12 Natural Techniques to De-Stress, Re-Balance, & Re-Energize: For the Caregiver & the Client

Speaker: Siobhan Hutchinson MA- Holistic Health

Mehmet Oz, MD and C. Norman Shealy, MD, Ph.D. have stated that Energy Medicine is the future. Experience how simply tapping, touching, massaging different points on the body can help to de-stress, re-balance, and re-energize the mind, body, and spirit. Based on Traditional Chinese Medicine techniques and Donna Eden Energy Medicine, learn practical applications for daily living and for the care of your client.

CONFERENCE FEES

	Two Days	One Day
Member-----	\$215.00-----	\$155.00
Non-Member-----	\$260.00-----	\$200.00 (become a member and save \$5)

***Payment must be received by March 15, 2019
or be made in person at time of registration.***

We are now accepting credit cards on site. PLEASE send in your registration forms by the deadline and mark off that you will pay on site with a credit card. This will make sure that we have received your information timely and you will not be charged a late fee.

Personal Checks or a copy of company P.O. will still be accepted at registration.

In instances where no payment has been made by time of registration, participants will be expected to pay on site.

Date Received _____ Registration No. _____
 Check No. _____ P.O. No. _____

Registration Form NJAPA ANNUAL CONFERENCE (Only)

Name _____ Home Phone () _____
 Address _____ P.O. Box _____
 City/Town _____ State _____ Zip _____
 Email Address (please print clearly) _____

Facility Name _____ Work Phone () _____
 Address _____ P.O. Box _____
 City/Town _____ Fax () _____ State _____ Zip _____

NJAPA MEMBER Yes No Check here if you are a first time attendee of the NJAPA conference.

*****If you leave any sessions for more then 10 minutes you will not receive attendance for the session.**

EDUCATIONAL SESSIONS

PLEASE INDICATE YOUR SESSION PREFERENCE

Your selection does not guarantee a seat. Participants will be seated on a first come, first serve basis.

Thursday March 28, 2019	Friday March 29, 2019
9:15-10:30 Session 1 _____	9:00-10:15 Session 7 _____
10:45-12:00 Session 2 _____	10:30-11:45 Session 8 _____
1:15-2:30 Session 3 _____	1:00-2:15 Session 9 _____
2:45-4:00 Session 4 _____ Session 5 _____ Session 6 _____	2:30-3:45 Session 10 _____ Session 11 _____ Session 12 _____

CONFERENCE FEES:

2 Days	1 Day
Member.....\$215.00.....	\$155.00
Non-Member.....\$260.00.....	\$200.00

Note: When sending in your payments please make a **copy for your records**.

Payment options:

- Please check here if you included a check as payment.**
- Please check here if you are paying via purchase order.**
- Please check here if you will be paying with a credit card on site.**

SEND CHECKS (PAYABLE TO NJAPA) AND REGISTRATION FORM BY **March 15, 2019**

TOTAL AMOUNT ENCLOSED..... \$ _____

For those attendees registering the SAME day for the conference and for those registration forms received after March 16, 2019, will be subject to a \$35.00 late fee.

****You will receive and email confirmation once all registration materials are received.**

*****Note:**
Mail Conference Registration to:

Please make a copy for your records
 Guylaine Mazure
 13 Aspen Court
 Paramus, NJ 07652
 GuylaineM@chccnj.org



New Jersey Activity Professionals' Association

NJAPA MEMBERSHIP APPLICATION

JOIN NOW AND SAVE

Become a member and save on the cost of educational offerings. Mail the enclosed membership brochure when you register for the convention. Both costs can be combined in one check or can be paid by credit card at the door.

Please remember that our membership year runs from January 1 to December 31.

Application for Active Member at ___ \$40.00 for one year ___ \$100.00 for 3 years

___ Student Discount (\$5.00 off) Must be enrolled in a Basic Ed. or Adv. Management Course

Course Name and Instructor Signature _____

Name _____

Home Address _____

City _____ State _____ Zip _____ County _____

Home Phone _____ (Print Clear) Home E-mail _____

Facility Name _____

Job Title _____

Home Address _____

City _____ State _____ Zip _____ County _____

Work Phone _____ (Print Clear) Work E-mail _____

Type of Facility: (Please check appropriate ones)

___ Long Term Care	___ Day Care	___ Residential
___ Sub Acute	___ Assisted Living	___ Retirement
___ Senior Center	___ Other _____	

Length of Employment in the Activity Field _____

Formal Education Background _____

Other Professional Membership(s) _____

Applying for:

___ Associate Membership (for those not working in the field) ___ \$30.00 per year or ___ \$75.00 for 3 years

___ Retired Activity Professional ___ Volunteer

___ Not Presently Employed ___ CNA ___ Other _____

___ Student Membership 1 year only

If you are interested in assisting NJAPA through any of our committees please check here ___.

Make Check Payable To: **“NJAPA”**
 Kevin Bassinder
 NJAPA Membership
 1933 Hwy 35, Ste. 105, #304
 Wall, NJ 07719
 732-773-0750
 njapamem@aol.com

Admin use only: Date received _____ [] Posted [] Card Given/Sent

Holiday Inn * 399 Monmouth Street * East Windsor, NJ 08520 * 609-443-8000

Directions to the National Conference Center

From NJ Turnpike (North/South):

Take Exit 8. After the toll, follow signs for Rt. 33 Hightstown/Freehold. Bear left and follow signs for Rt. 33 West. At the traffic light, turn left onto Rt. 33 West. At the next traffic light, turn right onto Monmouth St. The hotel will be on your right.

From Philadelphia:

Take I-276/PA Turnpike East to the NJ Turnpike Extension. Merge onto the NJ Turnpike North. Follow directions above for NJ Turnpike.

From Trenton:

Take Rt. 206 or Rt. 29 South to I-195 East. Take Exit 6 for the NJ Turnpike North. Follow directions above for NJ Turnpike.

From Princeton Area:

From Rt. 1 take Washington Rd to Rt. 571 East (Princeton-Hightstown Rd). Continue on Rt. 571 East for nearly 5 miles. Take Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

From Rt. 130 North/South:

Take Rt. 130 to Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

From Freehold/Points East:

From Rt. 9, the Garden State Parkway, or Rt. 537, pick up Rt. 33 West. Follow it into East Windsor. Turn right onto Woodside Avenue. The hotel will be directly in front of you.



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Paramus, NJ 07652