



New Jersey Activity Professionals' Association

***Presents the 34th  
Annual  
Conference***

**September 16 & 17, 2021  
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, **September 1, 2021**. Any further questions should be directed to Guylaine Mazure 201-848-5828 or [GuylaineM@christianhealthnj.org](mailto:GuylaineM@christianhealthnj.org)/[creativenut@verizon.net](mailto:creativenut@verizon.net)

**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 **September 1, 2021**. (This price is subject to change, due to recent hotel changes)

Thank You!!

**QUESTIONS:** For Registration/Payment Questions Call: Guylaine Mazure-(201) 848-5828 or [GuylaineM@christianhealthnj.org](mailto:GuylaineM@christianhealthnj.org)/[creativenut@verizon.net](mailto:creativenut@verizon.net)

For Membership Questions Call: Kevin Bassinder- [membership@njactivitypros.com](mailto:membership@njactivitypros.com)

## Conference Schedule

### THURSDAY September 16, 2021

### FRIDAY September 17, 2021

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

## Session Summaries

### THURSDAY September 16, 2021

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

**SESSION 1 Part 1 Creative Therapies**

**Speaker: Shane Elks, RBT.CST**

Approaching the client through the arts allows the use of music, visual arts, creative movement, and drama as a modality to help address their physical, psychological, cognitive, behavioral, and/or social needs. Creative and Expressive Arts provide a unique and enjoyable way to facilitate social-communication and/or to support sensory-based needs and can also help to support relationship-based intervention.

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

**Key Note**

**SESSION 2 Part 2: Expressive Arts**

**Speaker: Shane Elks, RBT.CST**

Approaching the client through the arts allows the use of music, visual arts, creative movement, and drama as a modality to help address their physical, psychological, cognitive, behavioral, and/or social needs. Creative and Expressive Arts provide a unique and enjoyable way to facilitate social-communication and/or to support sensory-based needs and can also help to support relationship-based intervention.

**1:15 – 2:30pm – 1.25 Contact Hours**

**SESSION 3 Understanding the Montessori Approach for Older Adults**

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

Adopting Montessori Principles with older adults who have dementia is an increasingly popular approach. This session will introduce the basic concepts of a prepared environment; communication techniques focusing on grace and courtesy; and implementing activities which focus on the whole person. This is an overall philosophy of care which can be implemented with team support, additional training and adaptations to the environment. Information about the Montessori Dementia Engagement Certification, implemented by NCCAP, will be shared as well as additional resources for training.

**2:45 – 4:00pm – 1.25 Contact Hours**

**SESSION 4 Laughter Yoga Wellness Session**

**Speaker: Joan Castellano, Credentials Certified Laughter Yoga Teacher, MA**

Laughter Yoga combines interactive laughter exercises with deep centering breaths and calming movements. Laughter Yoga is the happiest wellness program ever! It is a joyful way to connect with others and laugh away our sorrows and troubles. It is a fun, effective stress relief program for all ages and abilities. It can be performed gently (in a chair if needed) or moving throughout the room with full energy and enthusiasm!

**SESSION 5 "The Benefits of Therapeutic Music For Seniors"**

**Speaker: Derick Glenn**

"The Benefits of Therapeutic Music For Seniors" will provide activity professionals with a hands on approach to unlock the many benefits of therapeutic music. The session will describe how utilizing the appropriate music can relieve boredom, calm nervousness, encourage happy thoughts, and many additional health benefits.

**SESSION 6 The Power of Language**

**Speaker: Patricia Newman, ADC, CDP, MS Gerontology & Laura Sharpe, BS Psychology**

Language is a powerful tool, the words we use every day can influence how we treat elders and each other. During this session we will explore how we interact with elders in regards to the care we provide and identify new words to use based on person centered care principles.

**FRIDAY September 17, 2021**

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

**Key Note**

**SESSION 7 Mining the Emeralds of Oz Part 1**

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

During this two part keynote session we will be mining gems of wisdom big and small about longing, compassion, power, fear, joy and having faith in ourselves. Participants will be given tools developed by the "Man behind the curtain" to apply to obstacles in their life. We will click our heels only by two times to activate the power inside of all of us.

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

**Key Note**

**SESSION 8 Mining the Emeralds of Oz Part 2**

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

During this two part keynote session we will be mining gems of wisdom big and small about longing, compassion, power, fear, joy and having faith in ourselves. Participants will be given tools developed by the "Man behind the curtain" to apply to obstacles in their life. We will click our heels only by two times to activate the power inside of all of us.

**1:00 – 2:15pm – 1.25 Contact Hours**

**SESSION 9 On the Horizon: Serving Co Occurring Populations in Older Adult Settings Part 1**

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

Substance abuse, particularly alcohol and prescription drugs, among baby Boomers is one of the fastest growing health issues facing our country. Some seek treatment while many do not and when placement arises for long term care unmet needs arrive at the older adult setting. Coupled with mental health issues, care provision can be complex. Are you equipped to provide supportive services, arrange AA meetings, and integrate a complex case mix? Putting the pieces together, workshop offers practical tips from the field, resources to equip group leaders, an overview of co-occurring diagnoses of mental health and substance use disorders with goal of building community.

**2:30 – 3:45pm – 1.25 Contact Hours**

**SESSION 10 *On the Horizon: Serving Co Occurring Populations in Older Adult Settings Part 2***

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

Building on the base knowledge of Mental Health and Substance Abuse discussed in Part I this session, will dig deeper into: the structure and purpose of the Diagnostic Statistical Manual (DSM), strategies for understanding complex client cases, identify Critical Element Pathways for regulatory compliance, provides tips to strengthen positive communication between residents, peers, and staff to locate resources for nonpharmacological person-centered approaches.

**SESSION 11 *Honoring Caregiver and Professional Grief***

**Speaker: Mary Catherine Lundquist, MDiv Director COPSA Institute for Alzheimer 's Disease and Related Disorders**

The process of mourning impacts lives even before the actual loss occurs. This type of mourning may be difficult to recognize and legitimize in our communities. This training will provide education for professional staff who are assisting caregivers with navigating end of life issues and help develop a deeper understanding about the varied forms of grief associated with illnesses such as dementia. Strategies will be presented to help families dealing with grief. Professional grief will also be examined, including aspects of self- care for the very real grief experienced by professionals working with the aging and disabled and those with terminal illnesses.

**SESSION 12 *The New Jersey LGBTQ+ Bill of Rights in Long-term Care. What is required of Community Life and Activity Staff?***

**Speaker: Amy Simon President/CEO LGBT Senior Housing and Care, LLC**

This sessions will include a review of NJS2545 and its protocols and practices. Why LGBTQ+ persons require equity in services. Training required by Activity Professionals to meet the needs of the LGBTQ+ community. There will be a Q&A periods to address any questions.

**CONFERENCE FEES**

	Two Days	One Day
Member-----	\$230.00-----	\$170.00
Non-Member-----	\$280.00-----	\$220.00

***Payment must be received by September 1, 2021  
or be made in person at time of registration.***

***We are accepting credit cards!***

***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

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

NJAPA MEMBER \_\_\_Yes \_\_\_No \_\_\_\_\_ Check here if you are a first time attendee of the NJAPA conference.  
**\*\*\*If you leave any sessions for more than 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 September 16, 2021	Friday September 17, 2021
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.....	\$230.00	\$170.00
Non-Member.....	\$280.00	\$220.00

**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 **September 1, 2021**

TOTAL AMOUNT ENCLOSED..... \$ \_\_\_\_\_

***For those attendees registering the SAME day for the conference  
 and for those registration forms  
 received after September 2, 2021, will be subject to a \$25.00 late fee.***

***\*\*You will receive and email confirmation once all registration materials are received, please make sure  
 your email is legible.***

**\*\*\*Note:** Please make a copy for your records  
 Mail Conference Registration to: Guylaine Mazure  
 13 Aspen Court  
 Paramus, NJ 07652  
 GuylaineM@christianhealthnj.org



## 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  
[membership@njactivitypros.com](mailto:membership@njactivitypros.com)

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



*New Jersey Activity Professionals' Association*

**Guylaine Mazure**

13 Aspen Court

Paramus, NJ 07652