



New Jersey Activity Professionals' Association

## FALL FORUM

September 27, 2019  
8:00am-3:15pm

5 CEU's

Holiday Inn  
399 Monmouth Street,  
East Windsor, NJ 08520

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

**Lori Dierolf, BA, PCHA, CDP,  
CADDCT, CAEd**

**Gloria Hoffner, BA, ADC, AC-BC, CDP**

**Caitlyn Campbell, MT-BC**

### Description:

#### **Creating Change for the Activity Professional**

Some people like change and others don't. "If it ain't broke, don't fix it" say some. What is it about change that causes stress? How can we define our own path for positive change and manage change successfully? This session will explore our attitude toward change, change management models, preparing for change and creating positive change.

#### **Decoding the Challenging Behaviors of Dementia**

Throughout the stages of dementia a person can exhibit what caregivers label "Challenging Behaviors". The anger, confusion, fear, paranoia and sadness that people with the disease experience can result in aggressive and unusual actions. Participants will learn to distinguish these behaviors by recognizing the impact of these behaviors as well as define better communication and care practices to manage the behaviors.

#### **Religion and Spirituality in Care Communities**

Studies have proven that religion and spirituality are important at all stages of life, even for people suffering cognitive impairment such as dementia. This session will address the statistics of the religious and spiritual populations in care communities, how to work with family and clergy, and how to provide for residents' individual religious and spiritual needs.

#### **Oasis: A Holistic Healing Approach**

Attendees will learn through an interactive presentation how holistic approaches to healthcare can be used to enhance overall quality of life. We will discuss how music can promote positive shared experiences. Participants will also identify through mindfulness how to connect to the body, mind and spirit.

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### Schedule

**8:00am – 8:45am**

Registration and Breakfast

Welcome and Introduction

**8:45am – 10:00am**

**Session I**

**10:00am – 10:15am**

Break

**10:15am – 11:30am**

**Session II**

**11:30am – 12:30pm**

Lunch

**12:30pm – 1:45pm**

**Session III**

**1:45pm – 2:00pm**

Break

**2:00pm – 3:15pm**

**Session IV**

REGISTRATION FORM:

Please detach and mail to:

**Guyline Mazure**  
**13 Aspen Court**  
**Paramus, NJ 07652**  
**201-848-5828**

## *Directions to the National Conference Center*

**Name:**

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**Address:**

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**Phone:**

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**Email:**

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NJAPA MEMBER  Yes  No

Payment or purchase order must be included with registration form.

**Deadline is *September 18, 2019***

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.

MEMBER \$130.00 \_\_\_\_\_

NON-MEMBER \$155.00 \_\_\_\_\_

LATE/SAME DAY REGISTRATION FEE

\$25.00 \_\_\_\_\_

TOTAL \_\_\_\_\_

**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.