



*Spring is far more than just a changing of the seasons; it's a rebirth of the spirit.*  
-Toni Sorenson

## Celebrating Spring

### MARCH

Optimism Month  
Disability Awareness Month  
Social Work Month  
Women's History Month

### APRIL

National Volunteer Month  
National Garden Month  
National Humor Month

### MAY

Mental Health Awareness Month  
Women's Health Care Month  
Better Sleep Month  
Asian American & Pacific Islander Heritage Month



**April 19th**  
**Details on page 6**

## *From the President's Desk*

Dear Activity Professionals:

I'd like to start by telling you how much I appreciate each member of NJAPA as we are known. I recognize that NJAPA would not be where it is without the contributions and dedication of each of our members.

Since serving as President of the New Jersey Activity Professionals Association, I have seen many changes in our profession and within our organization. We have come a long way in the past three years. Facing a pandemic but in stride remained resilient. **At times it was difficult to identify the right course of action to take with so many obstacles. Through it all, NJAPA and you continued to keep our profession on forefront.**

As Activity Professionals I am grateful knowing that our profession is committed to acting with integrity in all we do, and in compliance with both the letter and spirit of the ethics of

our profession. NJAPA will continue to foster an environment and provide the Activity Professional of today with more education and resources so that our profession has the recognition to be an integral part of every life you touch. **Your role is vital to the quality of life to all your residents.**

With this being said, I encourage all Activity Professionals and those who wish to enter the field to keep learning. NJAPA will be sponsoring its *36th Spring Conference on April 19, 2024 at the Holiday Inn Conference Center, East Windsor, NJ.* With an array of speakers lined up, this is an opportunity to learn and exchange ideas about your Therapeutic Activity service you provide. The perfect time to meet new and seasoned Activity Professionals with the same commitment as you, to be the best you can be.

***continued on page 4...***

## Here are some Spring activities for Seniors

### What Do Animals Do In Spring?

---

Animals become active in Spring - arising from winter sleep, migrating, breeding - because of the warmth, plants grow and food becomes more abundant. Ground squirrels such as chipmunks, start scurrying around. Bears in turn start feeding on ground squirrels.



### What is your favorite Spring Activity?

---



**Gardening** - Can help seniors improve mobility, immunity, and reduce depression. If mobility is limited, consider a raised bed or potted plant garden.

**Volunteering** - Can help seniors feel useful and foster community. For example, you can contribute to a nature center or community garden,

**Farmers markets or community events** - Can be a good place to visit with an aging relative. However, markets can be crowded and noisy, so they might be overstimulating for someone with dementia.

**Nature walks** - Can be beneficial for older adults. You can move at a leisurely pace and stop to examine leaves, trees, and flowers. You can also check to see if there are any walking groups you can join.

**Picnic** - Pack a light picnic basket with your favorite day meals and head to a local park or nature reserve to enjoy a relaxing afternoon outdoors.

**Spring Cleaning** - Can encourage seniors to get off clutter. You can make this chore more special by sifting through old photos and keepsakes together.

**Birdwatching** - Spring is a great time to observe birds as they return from their winter migrations. You can set up a bird feeder in your yard or visit a local bird sanctuary.



**Walking** - Can be an easy social activity for seniors. You can meet up with others in a walking group or make new friends while you're out. If you don't have a park nearby, even just getting outside to walk around the block is a great spring activity.





## What's New?

# Governor Murphy Signs Health Care Heroes Violence Prevention Act

TRENTON – In response to increased attacks on healthcare workers in recent years, Governor Phil Murphy today signed the "Health Care Heroes Violence Prevention Act" to make it a criminal offense to intentionally threaten health care professionals or volunteers in an effort to intimidate them or interfere with their work. The act also establishes



additional penalties against individuals who assault health care workers or volunteers. Under the bill (A-3199), a person who knowingly and willfully makes, delivers, or sends a threat against health care workers covered by the act is guilty of a disorderly persons offense, which is punishable by imprisonment of up to **6 months and/or a fine up to \$1,000**. For individuals convicted of assault, this act allows them to be sentenced to an anger management of up to 12 months and community service of up to 30 days. **Please see link below:**

<https://www.nj.gov/governor/news/news/562023/approved/20230508b.shtml>

On September 1, 2023, the Centers for Medicare and Medicaid Services (CMS) released a proposed rule that establishes new nursing home staffing requirements. The rule will be phased in over time.

### The rule's main proposals are:

- \* Minimum nurse staffing standards
- \* 0.55 hours per resident day (HPRD) for Registered Nurses (RNs)
- \* 2.45 HPRD for Nurse Aides (NAs)
- \* On-site RNs

### The rule also:

- \* Requires facilities to use a facility assessment to assess the specific needs of each resident.
- \* Facilities to develop a staffing plan to maximize recruitment and retention of staff.
- \* States to report percentage of Medicaid payments.
- \* Updates federal participation requirements for LTC facilities.

The rule aims to hold nursing homes accountable for providing safe and high-quality care.

## *From the President's Desk*

continued from page 1



### Executive Board

President - - - - - Joan Marie Granato  
Vice Pres. - - - - - Kevin Bassinder  
Treasurer - - - - - Kevin Bassinder  
Secretary - Vacant

### Committee Board Members

Membership - - - - - Kevin Bassinder  
Legislation - - - - - Julie Echon  
Community Relations - - Barbara Jean Dowling  
Newsletter - - - - - Lester Macalalag  
Nominations - Vacant  
Awards - - - - - Leah Jennings  
Professional Development Members:  
- Guylaine Mazure  
- Patricia Yannotta  
Website - Vacant  
Ways & Means - - - - Paige Doumenis  
Marketing/Fundraising -  
- Linda LaStella  
Social Media - Vacant

### 2024 Full Board Meeting

Tuesday, January 20 @ 7:30 PM  
Tuesday, March 19 @ 7:30 PM  
Tuesday, May 21 @ 7:30 PM  
Tuesday, July 16 @ 7:30 PM  
Tuesday, September 17 @ 7:30 PM  
Tuesday, November 19 @ 7:30 PM

I am proud to serve as President of NJAPA with a dedicated team of Activity Professionals on its board. This organization cannot run on its own. It is a team always looking for new members with new ideas. I promise we will continue to strive to provide our members, both existing and potential, with the education needed for their careers. We will continue to promote awareness of our profession but we cannot do this with just a handful of people. I know volunteering for anything takes time, and sometimes with our schedules time is a commodity, but if you have a little time to help us, NJAPA will greatly appreciate your efforts wherever you can lend a hand. **You can call me directly 201-736-5301 or email me njapapresident@gmail.com.**

I want to thank every Activity Professional for their work. **This profession is not an easy one, but it has its rewards; smiles where there were none, tears of joy, laughter and song.** Life is a journey and we are all on this journey together. Keep up the good work, stay well, stay safe.

Respectfully,

Joan Marie Granato



### Active Membership Benefits

- Informational Mailings
- Reduced fees for conferences, etc.
- Voting rights
- Right to hold office
- Opportunity to seat on or chair a committee
- Opportunity to submit information for publication
- By Laws and Code of Ethics





### *Why I Do What I Do?*

Coming from a close-knit family in the Philippines, I grew up in a huge extended family that included grandparents and great grandparents. As a young child I have seen some elderly left in their children's homes, alone and uncared for properly. Abuse was an occurrence here and there but what troubled me was the sad look in their faces, such loneliness, such melancholy. I remember dropping by my elderly neighbor's house and talking to her endlessly about anything under the sun. She would smile and laugh at whatever I said. It felt good, I don't know why but I kept doing it until I moved to the city to continue my studies. I aspired to be a lawyer but I ended in health care, first as a Certified Nurse Aide then in recreation, where I found my niche in life. I enjoy making the residents happy, if I get faint smile from one of them, I say, I have done my job and my day is complete.

*- Lester Macalalag*



### *Spring, the sweet spring*

*Spring, the sweet spring, is the year's king,  
Then blooms each thing, then maids dance in a ring,  
Cold doth not sting, the pretty birds do sing:*

*Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The palm and may make country houses gay,  
Lambs frisk and play, the shepherd pipe all day,  
And we hear aye birds tune this merry lay:*

*Cuckoo, jug-jug, pu-we, to-witta-woo!*

*The fields breathe sweet, the daisies kiss our feet,  
Young lovers meet, old wives a-sunning sit,  
In every street these tunes our ears do greet:*

*Cuckoo, jug-jug, pu-we, to-witta-woo!*

*- Thomas Nashe*





New Jersey Activity Professionals' Association

# *Presents the 36th Annual Conference*

**April 19, 2024  
The National Conference Center  
At the Holiday Inn  
East Windsor, NJ**

Come one, come all to the **2024 NJAPA Annual Conference, FRIDAY, APRIL 19, 2024**. This is the time of the year that new beginnings start. Spring is in the air!! So spring into action with your continued education. This is an opportunity for you to meet new as well as, seasoned Activity Professionals who have the same goal as you..."Learn more, to do more, so you can be more!"

We are excited to offer our special array of speakers, bringing something new to the table

***For more info and to learn more about NJAPA... Please visit our website at: <https://www.njactivitypros.org/>***

If you have any questions or need any information, you can contact for Registration/Payment Questions **Guyline Mazure, Professional Development Member-(201) 848-5828** or **[GuylineM@christianhealthnj.org](mailto:GuylineM@christianhealthnj.org)** or **Patty Yannotta, Professional Development Member** at **[Pyannotta@gmail.com](mailto:Pyannotta@gmail.com)** or **[pyannotta@fellowshiplifeinc.org](mailto:pyannotta@fellowshiplifeinc.org)**.

So what are ya waiting for? We're looking forward to providing you with once again, another successful, fun-filled learning experience.

