



New Jersey Activity Professionals' Association

***Presents the 36th
Annual
Conference***

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



New Jersey Activity Professionals' Association

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.

CANCELATION POLICY: Full refund will be made if a request is made by, April 7, 2024. Any further questions should be directed to Guylaine Mazure 201-848-5828 or GuylaineM@christianhealthnj.org or to Patty Yannotta at Pyannotta@gmail.com or pyannotta@fellowshiplifeincl.org

LUNCH MEALS: There will be NO MENU SUBSTITUTIONS Participants are welcome to bring their own lunch if special diet needs are required.

QUESTIONS: For Registration/Payment Questions Call: Guylaine Mazure-(201) 848-5828 or GuylaineM@christianhealthnj.org or Patty Yannotta at Pyannotta@gmail.com or pyannotta@fellowshiplifeinc.org
For Membership Questions Call: Kevin Bassinder- NJAPAmem@aol.com.

Conference Schedule

FRIDAY April 19, 2024

8:00-8:45am	Registration & Breakfast
8:45am-9:00am	Award Ceremony
9:00am-10:15am	SESSION 1 -Keynote Address
10:15-10:30am	Break
10:30-11:45am	SESSION 2
11:45-1:00pm	Lunch
1:15-2:30pm	SESSIONS 3 and SESSIONS 4
2:30-2:45pm	Break
2:45-4:00pm	SESSIONS 5 and SESSIONS 6

Conference Fees

Member----- \$170.00 Non-Member-----\$220.00

Payment must be received by April 1, 2024 or be made in person at the time of registration.

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

Session Summaries

9:00 – 10:15am – 1.25 Contact Hours

SESSION 1 “Here Come The Boomers” Understanding the new generation of Residents in Senior Care Part 1

Speaker: Tim Hodges

Ten thousand people a day are turning 65 years old in the United States. This presentation will help you understand the needs, preferences and other social dynamics impacting the growth of the senior population in senior care. You will learn new insights into aging demographics in New Jersey, perceptions of caregivers and older adults themselves regarding senior care options, and lifestyle health trends which impact the care of older adults in all sectors of healthcare.

10:30 – 11:45am – 1.25 Contact Hours

SESSION 2 “Here Come The Boomers” Understanding the new generation of Residents in Senior Care Part 2

Speaker: Tim Hodges

Diversity, Equity and Inclusion (DEI), and the understanding of the core elements of DEI are critical as we approach the next phase of senior care. Improving care and employee satisfaction and retention can be directly tied to an embracing of education, promotion, and policies which incorporate the key concepts and strategies of DEI. This session will enlighten and educate participants on DEI principles and ideas to assist them in gaining better insight and understanding of how to improve and enhance the culture that they work in.

1:15 – 2:30pm – 1.25 Contact Hours

SESSION 3 Music Therapy and Therapeutic Music Experiences-An Overview

Speaker: Tara Davis, MA, MT-BC

Learn what music therapy can do to improve the quality of life and health for older adults living in a nursing home, dementia care, or adult day program setting. Also learn music activities that can be offered by life enrichment professionals in most settings that will bring a wide range of benefits to the residents and team.

SESSION 4 How our personal stigmas to mental illnesses deterred the treatment provided to our patients!

Speaker: Jessica Arteaga, CTRS

In this session we will discuss what is "stigma" and how it affects the care we provide. We will discuss how society plays a role in the concept of stigma, i.e. culture, TV, movies. Participants will learn about different diagnosis related to mental illness (depression, bipolar) and how they are stigmatized. We will consider the DSM V interpretation of Dementia as a mental illness. After this session attendees will be able to recognize how the concept of stigma can affect the treatment we provide to others.

2:45 – 4:00pm – 1.25 Contact Hours

SESSION 5 Move over Diet and Exercise, and make some room for Wellbeing!

Speaker: Rebecca Donato MBA, and Angela M. Labonté, MS

Over the last decade, research has demonstrated a significant correlation between better longer life, better health outcomes, and living with a sense of purpose. Historically, senior living communities have promoted activities to engage residents in enjoyment and fun. But today's science is asking us to take up these efforts with an entirely new lens - promoting meaningful life engagement as a health intervention.

During this session we will share an example of a wellbeing calendar with programming initiatives launched in 2024 intended to help senior living communities promote a "culture of wellbeing." This initiative was born out of the need to help residents and team members gain a deeper appreciation for the science of wellbeing and have simple and accessible ways to proactively cultivate these pillars of wellbeing in everyday life.

The calendar emphasizes one pillar of wellbeing each month (purpose, gratitude, joy, humor, resiliency, compassion, mindfulness, optimism, etc.) and often connects to existing national wellness observances for creative cross promotional opportunities.

During this session we'll share the calendar, educational materials, and how it's currently used in three different senior living communities along the East Coast. Come hear about the successes and lessons that we've learned so far this year, and be inspired with new ideas!

SESSION 6 Finding Meaning in Memories

Speaker: Linda Panarella, CDP

As we age, we often desire to put our lives in perspective. By encouraging seniors to talk about their past, many benefits can be achieved such as improved self-esteem, realizing a sense of fulfillment, improved mood, and higher self-worth. The wisdom seniors have acquired through decades of experience can sometimes feel insignificant or old-fashioned to them in our fast-paced high-tech world. Reminiscing can reaffirm the importance of hard-earned wisdom as it is shared and verified by the listeners. This presentation discusses the purpose of reminiscing as well as engages participants to experience the significance in becoming more drawn to the past.

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 served basis.

9:00-10:30	Session 1	_____			
10:30-11:45	Session 2				
1:00-2:15	Session 3	<input type="checkbox"/>	Session 4	<input type="checkbox"/>	
2:30-3:45	Session 5	<input type="checkbox"/>	Session 6	<input type="checkbox"/>	

CONFERENCE FEES:

Member.....\$170.00 Non-Member.....\$220.00
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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 **April 1, 2024**

TOTAL AMOUNT ENCLOSED..... \$ _____

Registration on the SAME day for the conference and registration forms received after April 2, 2024 will be subject to a \$25.00 late fee.

****You will receive an 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



New Jersey Activity Professionals' Association

Awards Program

Each year NJAPA honors the following individuals for the dedication to those we serve. The awards categories are Activity Professional of the Year, Volunteer of the Year, and Madison E. Weidner Life Achievement Award.

Activity Professional of the Year

This award is given to someone whose outstanding service to the residents has promoted a Positive Image of the Activities Profession in the past year.

Volunteer of the Year Award

This award is for a single volunteer or a volunteer group, who has shown loyalty and dedication to a single resident or to a group of residents.

Madison E. Weidner Life Achievement Award

On September 19th, 1987 the NJAPA Board established this award to honor Dean Madison E. Weidner of Rutgers University; he is the person who pioneered the training course for the Therapeutic Activities Profession in the State of N.J. The purpose of this leadership award is to honor an individual who has a Significant and Profound effect and who has given inspiration, motivation, direction, and guidance to the activity profession.

The application that must accompany the nomination form. You are welcome to make copies. Please provide background information, your reasons why we should select your application and a picture is always welcome but not mandatory. The deadline for submitting the applications is 30 days before the conference date.

The person who is submitting the application must be a NJAPA member.

Please send completed applications to:

Patricia Yannotta
FellowshipLIFE , Inc.
8000 Fellowship Road, Basking Ridge, NJ 07920
pyannotta@fellowshiplifeinc.org

We look forward to receiving your nomination form.

Awards Nomination Form

Please Print--Please make as many copies as you need for each category.

Date Submitted: _____

Must be received by one month before the conference date: April 19, 2024.

Nominator Name /Organization: _____

Address: _____

Phone Number: () - _____

Business Name & Address: _____

Business Phone: () - _____

Email address: _____

Are you a current NJAPA member? Yes _____ No _____

If you are not a current member, you must send in membership with this form or submit membership to the membership chair prior to filling out these forms.

Nominee: Volunteer, Activity Professional of the Year Categories

Name of Award Category: _____

Name: _____

Home Address: _____

Phone () _____

Business Name & Address: _____

Business Phone () - _____

Email address (if known) _____

References:

Please list "TWO" references who may be contacted in reference to "nominees" outstanding service.

Name: _____

Address: _____

Phone: () - _____

Email address: _____

Name: _____

Address: _____

Phone: () - _____

Email address: _____

Please sign and date: _____ Date: _____

ATTACH COMPELLED LETTER WITH THIS FORM. DEADLINE IS ONE MONTH BEFORE CONFERENCE DATE.



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 _____

Cell Phone _____

Facility Name _____

Job Title _____

Address _____

City _____ State _____ Zip _____ County _____

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

Type of Facility: (Please check appropriate ones)

___ Long Term Care	___ Adult 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 _____ <input type="checkbox"/> Posted <input type="checkbox"/> 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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Guylaine Mazure

13 Aspen Court

Paramus, NJ 07652