

Illinois Activity Professionals Association 45th Annual Conference

Make Time To...



October 2 – 4, 2024

Lodging at:

Parke Regency Hotel and Conference Center
Bloomington, Illinois

WELCOME

IAPA presents its 45th Annual Conference designed to interest and educate Activity Professionals, Certified Therapeutic Recreation Specialists, Administrators, Social Workers, Consultants, Nurses, CNAs, and other professionals working various venues, including: nursing homes, retirement communities, assisted living facilities, supportive living facilities, adult day centers, senior centers, hospitals, mental health settings, group homes, developmental disabled setting, homes for the blind and deaf, rehab, and other specialized care throughout Illinois.

CONFERENCE OBJECTIVES

- To provide a quality conference that educates, motivates and revitalizes the attendees.
- To offer education sessions that focus on the varied professional and personal needs of the attendees.
- To support the exchange of ideas and sharing of knowledge and experience with other professionals.
- To provide education and sample techniques needed by attendees in order to enhance their expertise, skills, ideas and creativity.
- To provide attendees the opportunity to grow in leadership, professionalism and knowledge.
- To provide all members of the Interdisciplinary Team with information and insight related to the value of activities in enhancing resident's quality of life.
- To provide all attendees insight related to of the value of caring for yourself and the people you care for by taking time to rest, and give yourself a break, reflect why you chose this profession, and recharge yourself through information, education and networking.



PLAN AHEAD

- **You must pre-register by Friday, September 13, 2024**, for this conference. On-site registration is not accepted. Also take advantage of IAPA Membership!!! If you are not currently a member of IAPA, now is the time to join and take advantage of lower conference rates for members. Individuals can become a member for \$35 and save up to \$100 of the conference fee. A facility may become a member facility for \$50. Facility membership entitles you and all staff in your facility to attend this conference at a savings of up to \$100 per person. Complete the membership application (which is included with the Registration Form). Click on this link: <https://activities4illinois.org/annual-conference/>, and select the IAPA proper member rate category.
- No acknowledgement of registration will be sent unless you request an e-mail confirmation.
- Register early because space is limited in some sessions.
- Education Sessions: Make sure to mark your first and second choice of sessions (information included in Sessions section below) on the registration form.
- CEU's are provided as part of the registration fee. There is no additional charge. All CEU's will be approved by the CONTINUING EDUCATION INSTITUTE of ILLINOIS, a nationally-recognized CEU organization. (Your conference registration packet will contain instructions.)
- IAPA, in co-sponsorship with the Continuing Education Institute of Illinois, is providing these continuing education credits to Activity Professionals, Certified Therapeutic Recreation Specialists, Administrators,

Social Workers, Consultants, Nurses, CNAs, and other professionals. You can earn up to 16 continuing education clock hours by attending this year's conference. We accept checks, money orders, and credit cards.

- Lodging Information: Parke Regency Hotel and Conference Center is located at 1413 Leslie Drive, Bloomington, IL, 61704. Make your room reservations by calling (309) 662-4300. Identify yourself as part of the Illinois Activity Professionals Association (IAPA) to take advantages of the following group rates:

- ❖ Group rate of \$107.00 plus tax and fees for a standard room (sleeps 2 or 4);
- ❖ \$139.00 plus tax and fees for a King suite (includes sleeper sofa), (sleeps 4), and
- ❖ \$169.00 for a 2-BR executive suite (sleeps 4).
- ❖ A continental breakfast is included in the price of the room.
- ❖ There is a 24 hours cancelation policy. **You must reserve your room prior to 9/18/2024, or be charged the full room rate.** Please make your reservations early.



WAYS TO WIN A FREE 2025 CONFERENCE

1. **Bring a centerpiece to this year's conference. The Board will choose a winner for a free 2025 Conference (Thursday and Friday only)!**
2. **Submit an entry for the 2025 Conference theme. The Board will choose a winner for a free 2025 Conference (Thursday and Friday only)!**



DON'T MISS THESE DEALS!

- Individual Member savings! Save up to \$100 on your conference registration by joining IAPA at a membership rate of \$35.00 Visit our website membership information page for a list of benefits.
- Facility Membership! Save up to \$100 per person on every staff member's conference registration by becoming an IAPA facility member at the rate of \$50.00 per facility. Visit our website membership information page for a list of benefits.
- Mix and Match! Mix and match conference days and staff. Take advantage of the discounted rates and send different staff each day.
- Bring Your Administrators! Share the conference information with your administrator and let them know they can earn 10 hours of their required CE's by attending the conference on both Thursday and Friday, and, of course, they are welcome to join us on Wednesday. Administrators that attend the conference *with one of their staff* pay \$100 (non-member, \$150) to attend on Wednesday, and earn 6 CE's. There is a special Administrator's rate of \$150 (non-member, \$200) for Thursday and Friday sessions, which will earn a total of 10 CE's!
- Retired IAPA Board Member! Keep up with your CE's and pay \$150 (non-member, \$200) for Thursday & Friday
- *Please direct questions to:* Deb Greiner, IAPA President, Education Chairperson, Conference Chairperson
(773) 744-8138

FOOD FOR THOUGHT

Please read the menu planned for the conference. The meals are one of the most expensive costs of the conference. Please circle the meals you will be attending on the registration form. Also, PLEASE list any dietary restrictions, or note if you would prefer the vegetarian option on the registration forms. NOTE: Please indicate any guests' meals on the Registration Form.

Menu

Wednesday Lunch: Sandwich Buffet: Deli meats, chicken salad, veggie wraps, house salad, chips, cookies

Wednesday Vendor Social: Baked Potato Bar with butter, sour cream, shredded cheese, bacon & churros

Thursday Awards Lunch: Two-Piece Fried Bon Chon Chicken w/mild sauce, macaroni & cheese, Kimchi coleslaw, dinner rolls, brownies

Friday Lunch: Taco Bar: Pork Carnitas, Chicken, Carne Asada, refried beans, tortilla chips, shredded cheese, lettuce, diced tomatoes, sour cream, jalapenos, diced onion, diced peppers, salsa, Rice Krispie treats

(All Lunches include drinks.)

REGISTRATION & PAYMENTS

You may pay by **Credit Card or Checks!** You may use your credit card by visiting our website, <https://activities4illinois.org/annual-conference/>, completing the Registration Form (and Membership Application, if joining or renewing).

Or you may complete the form(s) online, print and use a check to pay for your conference registration and membership fees. If you pay by check, please print the form from website and return with your check to Misty Duncan, IAPA, 2960 Stanton St., Springfield, IL 62703. Questions? Call Carol Edwards at (217) 494-9659.



Refund Policy: Cancellations received on or before 9/15/2024, will receive a full refund. Cancellations received between 09/16/24 - 9/21/24 will receive a refund less a \$50 processing fee. Cancellations received on or after 09/22/2024 will **NOT** be refunded. If you cannot attend after paying, another person from your facility may attend in your place.

MEET YOUR MENTORS:

WEDNESDAY, OCT 2, 2024

Craig Sjogerman

Lisa Olson

THURSDAY, OCT. 3, 2024:

Keynote: Lisa Olson

Joe Agnello
Kathy Clark
Pam Goff
Deb Moreland
Denise Spihlman
Chris Thompson



Jody Baalman
Misty Duncan
Deb Greiner
Amy Pannier
Janet Sand

FRIDAY, OCT.4, 2024:

Closing Keynote: Steven Cain

Steven Cain

Christina Jones

Lisa Olson

Kellie Franks
Tarshinda Kaur
Jim Vanden Bosch

YOUR SCHEDULE FOR RECHARGE

WEDNESDAY, OCT. 2, 2024

7:00 A.M. – 5:00 P.M. - Conference Registration Open

9:00 A.M. – 4:30 P.M. – Intensive – Lisa Olson and Craig Sjogerman – “It is Fun to Have Fun, But You Have to Know How” - Craig Sjogerman and Lisa Olson will bring their unique points of view to a VERY active workshop that will help activity staff (and all other disciplines) learn new skills to change the culture of their facilities and free up their inhibitions to enable them to have the confidence and skill set to add music and laughter to their ways of interacting with seniors. The workshop will include physical warm-ups, improvisational games, music for non-musicians, tricks of the physical comedy trade, storytelling, how to “read the room,” and putting it all together. Join us to have fun creating and sharing while learning new skill sets. It is fun to have fun.



12:15 P.M. - 1:15 P.M. - Lunch

4:30 P.M. - 7:30 P.M. - WELCOME RECEPTION and VENDOR SOCIAL (exhibit area open)

Join us as we meet new friends and rekindle old friendships. Refreshments will be served. Enjoy musical entertainment while you shop! At the end of the evening, each vendor will be giving away a special prize. Winners (one gift per winner) must be present to win.

THURSDAY, OCT. 3, 2024

7:00 A.M. - 5:00 P.M. - Conference Registration Open

8:00 A.M. - 6:00 P.M. - Vendor Exhibit Area Open

9:00 A.M. - 10:30 A.M. - Opening Keynote – Lisa Olson – “GO TEAM!” Team activities are not just for the physically agile or cognitively superior. Upon completion of this session, participants will be able to identify different types of teams both in their professional and personal lives (including the teams amongst the individuals we serve). Participants will learn and embrace select team building skills/games to bring back to and enhance the lives of the people in their facilities. Participants will engage in a hands-on experience playing a team sport which promotes participation for people of all abilities.



10:30 A.M. – 10:45 A.M. – Break

BREAKOUT SESSIONS:

10:45 A.M – 12:15 P.M.:

A. Chris Thompson – “Let’s Pop Some Bubbles and Burst Into Laughter” – Attention all activity professionals and healthcare heroes! Get ready to pop some bubbles and burst into laughter with this hilariously heartwarming program! Prepare to be tickled pink (and maybe even purple) as we dive into the science behind laughter, and discover its side-splitting benefits for mental and physical health. Led by a certified laughter leader (and expert in giggles, we’ll embark on a guided laughter therapy session that’s sure to leave you in stitches. From belly laughs to chuckle-worthy skits and side-splitting crafts, we’ve got laughter activities that’ll have you rolling on the floor (in a good way, of course)! But wait, there’s more! Ever dreamt of starting your own laughter club? Well, now’s your chance to learn how. We’ll wrap up our bubbly adventure with a tranquil bubble meditation, complete with bubble wands for all. So grab your giggles and join us for a bubblicious journey into the wonderful world of laughter!



10:45 A.M. - 12:15 P.M.

B: Misty Duncan and Jody Baalman – “Making Something Out of Nothing” – Making something out of nothing is a low-cost activity for your programming. If you need a quick project to fill an unexpected cancellation on your calendar, this is the class for you! And, most likely, you will have the materials on hand! Join us for a fun, hands-on training session!

10:45 A.M. - 12:15 P.M.

C: Kathy Clark – “I’ve Never Been This Old Before – The Myth and the Magic of Sex After 60” – This session is unique in that it will help to explore and express feelings about aging and sexuality. Participants will learn about the joys, changes, and challenges that are often faced in later life. Also, about the losses and difficulties which are a direct result of living a long time. Truly, there is much more to aging than just years – the physical changes of aging, fear of the unknown, the wonders of modern medicine, excitement for the future, enjoying life to the fullest, and so much more. There will be opportunities to explore personal feelings of aging. Also, discussion of how our attitude about aging affects the decisions we make and the choices we believe are available to each of us as we grow older. The session will truly explore the meaning of “I’ve Never Been This Old Before!”



12:15 P.M. – 1:45 P.M.

Lunch, General Business Meeting, Installation of Officers, and Awards

1:45 P.M. – 3:15 P.M.

D: Amy Pannier – “Regulatory Recharge: State & Federal Activity Regulation Overview” – Help “recharge” your department by taking the time to renew your knowledge of the Activity State and Federal Regulations. Activity programming is a vital part of facility life and isn’t always just “fun and games.” There is meaning and purpose behind what we do. Are you meeting all the regulations? Are you survey ready? This session will highlight current Activity regulations across various settings, helping prepare your department to meet the current guidelines and be prepared for your next survey!



1:45 P.M. – 3:15 P.M.

E: Deb Moreland – “Roots & Reflections: Revive Your Spirit Through Gardening” - Join us for a transformative 90-minute program tailored to healthcare professionals, with a focus on activity professionals, delving into the therapeutic wonders of gardening. In this comprehensive session, we’ll explore the profound



benefits of gardening for physical, mental and emotional well-being, highlighting the restorative power it holds for both individuals and communities. Discover the world of hardy and easy-to-grow plants, learning how to cultivate resilient varieties suitable for diverse environments and skill levels. Gain invaluable insights into devising gardening techniques that suit your specific needs and circumstances, whether it’s outdoor, indoor, soil-based, hydroponic, or container gardening.

Uncover practical tips and tricks for gardening on a budget, including utilizing kitchen scraps and repurposing materials. Explore the wealth of community resources and support available; tapping into local organizations and garden clubs for guidance and camaraderie. Engage in hands-on creative garden crafts, from painting rocks to crafting twine hangers, adding personal touches to your green sanctuary. Delve into the world of herb gardens and kitchen scraps, discovering how to start and maintain your own herbal oasis using simple, yet sustainable methods. Learn the benefits of joining garden clubs, fostering connections, knowledge-sharing, and a sense of belonging within the gardening community. Finally, master the art of garden care and maintenance, ensuring your green haven flourishes year-round. Join us on this enriching journey as we cultivate wellness, creativity and community through the joys of gardening.

1:45 P.M. – 3:15 P.M.

F: Joe Agnello – “Intimate Partner Violence” - My purpose is to help residents who are former or current abusers to reconcile their abuse and create a healthy life instead. For a former abusive man, and most abusers are men, he needs to recognize the consequences of his behavior and decide to become the best version of himself. For an abused woman, and most victims of Intimate Partner Violence are women and their children, she needs to be safe and learn the best way to take care of herself. For both individuals, they need guidance. It took their whole life to get to this point. Now they are at a point to grow. They are not mentally ill! A significant number of people who enter long term care have been abused. They need time to rest, reflect, and recharge!



3:15 P.M. – 3:30 P.M. Break

3:30 P.M. – 5:00 P.M.

G: Denise Spihlman - “I Got a Peaceful, Easy Feeling” – “I got a peaceful, easy feeling, and I know you won’t let me down. This lyric could be about all of you – the most amazing group of activity professionals. You work so hard to be there for every one of your residents – but it is *not* easy! Everyone has an opinion of what you should be doing or not doing. No one will put activities in a corner again. We must keep fighting for our residents and our departments. I am one of your biggest cheerleaders, and want to give you praise, encouragement and gratitude for all you do. This session will also share with you the basics to make sure your activity department is in compliance with regulations (some of which are too vague) so that you can devote your time to being with your residents and know that peaceful easy feeling.



3:30 P.M. – 5:00 P.M.

H: Janet Sand – “Relax. You Can Recharge Your Program to Put the Behaviors to Rest” - This session will address the difference between the phases of dementia; review some of the challenges while providing activities with those with varying stages of dementia; how to address behaviors; and review ways to set up your activity program to enhance residents’ enjoyment.



3:30 P.M. – 5:00 P.M.

I: Deb Greiner & Pam Goff – Book a Time to Relax, ‘Spill the Tea,’ and Learn with Crafts -



Participants will have an opportunity to learn about book art projects and create a centerpiece or room decoration. You will leave this session having the knowledge to break down this project into adaptable participation for all levels of ability, affording your clients or residents successful individual creativity with a beautiful outcome. **Class is limited to 40 people, so sign up early!**

FRIDAY OCT. 4, 2024

7:00 A.M. - 9:00 A.M. - Conference Registration open

8:00 A.M. - 3:00 P.M. – Vendor Exhibit Area open

BREAKOUT SESSIONS:

9:00 A.M. - 10:30 A.M.

J: Kellie Franks – “Using Movement to Help Your Clients Rest, Reflect & Recharge” – Kellie will be presenting on and teaching a movement and effective manner. This class will focus on safe movement practices for all ability levels, including clients with MS, bursitis, osteoporosis, dementia and others. She will help you create a movement session that you and your clients will love!



9:00 A.M. - 10:30 A.M.

K: Lisa Olson – “You’re Killing Me, Smalls!” - Mental health and the aging population. Upon completion of this session participants will be able to identify personality markers for mental illnesses including Depression, Bi-Polar Disorder, Schizophrenia (psychosis), Borderline Personality Disorder, Obsessive Compulsive Disorder (OCD) and Post Traumatic Stress Disorder. (PTSD). You will be able to understand how these disorders progress with the aging process and gain tools to help support people with mental illness through the aging process.



9:30 A.M. – 10:30 A.M.

L: Dr. Steven Cain – “Make Wellness Fun” - Would you like to make healthy living a fun and magical journey for your seniors? Dr. Stephen Cain, DC from Whole Brain Health Initiative, will share cutting edge science on how, even later in life, we can make meaningful improvements in our cognition and in how we feel with simple lifestyle improvements. And even more importantly, he will share new ways you can implement healthy programs that are fun and enjoyable.

10:30 A.M. - 10:45 A.M. -Break

10:45 A.M.– 12:15 P.M.

M: Tarshinda Kaur – “Cooking Without Fire” – Who doesn’t have a sweet tooth? This will be step-by- step, hands-on instructions to create interesting desserts from easy recipes that everyone will enjoy making. Handouts will be given so you can also take home the recipes as well.



10:45 A.M.– 12:15 P.M.

N: Jim Vanden Bosch & Lisa Olson – “Whose Activity Is It? My Say Can Make My Day” – This session will explore the dynamic of shared involvement between staff and residents. What can staff do to make a



resident feel like they “have a say” in how their day unfolds? Through the use of both film and role-play, we will look at some common scenarios of everyday living in various kinds of supportive living arrangements. Then, through some improvised role-playing, we will explore and discuss interactions that respect a resident’s decisions and choices.

10:45 A.M.– 12:15 P.M.

O: Christina Jones – “Let’s Get Our Foos On” – Finally! An activity that brings arts, crafts, and games into the men’s world! In this class you will receive blueprints and instructions to make a foosball table out of recycled materials, resulting in a prototype for you to take back to your facility. It lets the guys work with their hands and create something for fun to compete with each other or play with their grandkids.

12:15 P.M. - 1:30 P.M. - Lunch

1:30 P.M. – 2:30 P.M.

P: Dr. Steven Cain – “If Your Brain Were a Person, How Would You Treat It?” - If you want to preserve your brain, your mind, and your sense of compassion, then let Dr. Cain’s message of self-care sink in. He’ll discuss why the fate of your world depends on how well you manage your own brain health. You’ll also learn simple and effective strategies to keep yourself in a pleasant state of mind for years to come.



2:30P.M. - 3:30 P.M. – Raffle, Silent Auction, Closing, Hand in Evaluations

Thank you for coming. We look forward to seeing you in October!

Remember:



You must pre-register by Friday, September 13, 2024, for this conference. On-site registration is not accepted. Also take advantage of IAPA Membership!!! If you are not currently a member of IAPA, now is the time to join and take advantage of lower conference rates for members. Individuals can become a member for \$35 and save up to \$100 of the conference fee. A facility may become a member facility for \$50. Facility membership entitles you and all staff in your facility to attend this conference at a savings of up to \$100 per person. Complete the membership application (which is included with the Registration Form). Click on this link: <https://activities4illinois.org/annual-conference/>, and select the IAPA proper member rate category.

Administrators – check out our special rate if you attend with your activity professional. Your special Conference fee includes ten CEU’s for \$150.00 or sixteen CEU’s for \$250.00.

CEU’s are provided as part of the registration fee. There is no additional charge. All CEU’s will be approved by the CONTINUING EDUCATION INSTITUTE of ILLINOIS, a nationally-recognized CEU organization.

Register by mail by going to www.activities4illinois.org, click on Education tab, then to the “Conference” page to print the Registration Form, complete and mail with payment to:

Misty Duncan
Mary Bryant Home
2960 Stanton Street
Springfield, IL 62703

Lodging Information: Parke Regency Hotel and Conference Center is located at 1413 Leslie Drive, Bloomington, IL, 61704. Make your room reservations by calling (309) 662-4300. Identify yourself as part of the Illinois Activity Professionals Association (IAPA) to take advantages of the group rates.

Mary Bryant Home - IAPA
2960 Stanton Street
Springfield, IL 62703

Welcome Illinois, Iowa, and Wisconsin Administrators and Activity Professionals!

Illinois Activity Professionals Association is excited to extend an invitation to share an opportunity to join us this year as IAPA celebrates our 45th Anniversary Education Conference. This year's very special Conference offers top nationally- and locally-recognized speakers in the industry including doctors, consultants, and activity professionals specializing in health care and activities for all ages.