

Illinois Activity Professionals Association 46th Annual Conference “Passport to Fun and Education”



October 1 – 3, 2025

Lodging at:

Parke Regency Hotel and Conference Center
Bloomington, Illinois

WELCOME

IAPA presents its 46th 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.

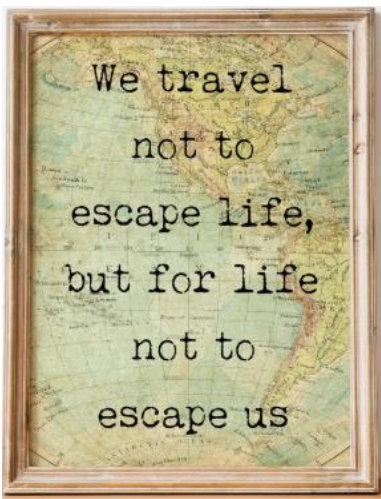
CONFERENCE OBJECTIVES

- 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 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.



REGISTRATION & PAYMENTS

You must pre-register by Friday, September 15, 2025, 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.



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 or money order to pay for your conference registration and membership fees. If you pay by check or money order, please print the form from website and return with your payment to **IAPA, 2800 Via Rosso, #141, Springfield, IL 62703.** Questions? Call Deb Greiner, Past President at (773) 744-8138

Refund Policy: Cancellations received on or before 9/8/2025, will receive a full refund. Cancellations received after 09/8/2025 will **NOT** be refunded. If you cannot attend after paying, another person from your facility may attend in your place.

- If you are already a member, don't forget to add your Annual Renewal Membership Fee, which is due September 1st for everyone.
- No acknowledgement of registration will be sent unless you request an e-mail confirmation.
- Register early to assure you get the sessions you want, as participation is limited in some of the 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.
- 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 \$106.00 plus tax and fees for a standard room (2 Queen or 1 King available) (sleeps 2 or 4);
 - ❖ \$169.00 plus tax and fees for a King Whirlpool suite (includes sleeper sofa), (sleeps 4), and
 - ❖ \$179.00 plus tax and fees for a 2-BR Master King 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 September 8, 2025, or be charged the full room rate.** Please make your reservations early.

WAYS TO WIN A FREE 2026 CONFERENCE

1. **Bring a theme-based centerpiece to this year's conference. This year's theme is "Passport to Fun and Education!" The Board will choose a winner for a free 2026 Conference (Thursday and Friday only)!**



2. **Submit an entry for the next year's Conference theme. The Board will choose a winner for a free 2026 Conference (Thursday and Friday only)!**
3. **Submission forms will be available at this year's Conference.**

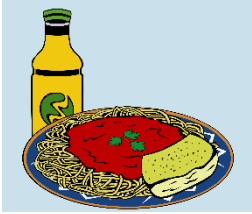
DON'T MISS THESE DEALS!

- *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 11.5 hours of their required CEU's by attending the conference on both Thursday and Friday, at Administrator's rate of \$150 (non-member, \$200) and, of course, they are welcome to join us on Wednesday and earn an additional 6 CEU hours. Administrators that attend the conference with one of their staff pay \$100 (non-member, \$150) to attend on Wednesday.*
- *Retired IAPA Member! Keep up with your CEU's and pay \$250 (non-member, \$350) for all three days.*
- *Please direct questions to: Deb Greiner, IAPA Past 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 indicate on the registration form the meals you will be attending, as well as any dietary restrictions, or if you would prefer the vegetarian option.

Wednesday Lunch: Mediterranean Buffet: Assorted wraps, chips and dessert.



Wednesday Vendor Social: Variety of American Snacks

Thursday Awards Lunch: Italian Fare: Grilled chicken breast over fettucine Alfredo, vegetable medley, salad, rolls and dessert.

Thursday Evening Social: Around the World: A food truck will be available if you want to purchase dinner. Complimentary beverages will be available courtesy of IAPA.

Friday Lunch: Oktoberfest Celebration: Hamburgers and frankfurters, German potato salad, spaetzle.

(All Lunches include beverages.)

NEW THIS YEAR. WAYS AND MEANS FUNDRAISER - IAPA COOKBOOK! Over 300 recipes from members make up this cookbook! Order early for weddings, grads out on their own, birthdays, Christmas gifts, etc. Each cookbook costs \$20, and can be ordered on the Conference Registration form and can be picked up at Conference.



MEET YOUR TOUR GUIDES:

WEDNESDAY, OCT 1, 2025

Deb Greiner

Pam Goff

THURSDAY, OCT. 2, 2025:

Keynote: John Pingo

Patricia Iannone
Trudy Whittington
Leanne Mull

Chris Thompson
Deb Moreland
Janet Sand

Lisa Olson

FRIDAY, OCT. 3, 2025:

Closing Keynote: Lisa Olson

Karla Marshall
Trudy Whittington

Samantha Handley
Lisa Moran

Kellie Franks



YOUR TRAVEL SCHEDULE

WEDNESDAY, OCT. 1, 2025

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

9:00 A.M. – 4:30 P.M. – Intensive – Deb Greiner and Pam Goff - “Our World & Its Cultures Through Artistic Creations” - Join us for a journey into the world of handmade wonders. Create fun and adaptable projects for all levels of ability - from independent to people who need total and hand-over-hand assistance.

This full day intensive will bring you all the information you need to celebrate some of our world’s cultures and history through arts and crafts.

We will virtually travel to the countries of origin and learn how many of the modern-day things we use and appreciate began in those countries, including Germany, Norway, Japan, Greece/Italy India and France. We will learn more about our world through our artistic creations. You will learn how the items are used or what the craft itself represents, where things began, and how the items continue to be a part of world culture. Not only will you leave with multiple options for craft programs, but you will be able to include opportunities for travel, history and culture discussion groups.

This intensive is **LIMITED TO 60** people so please register early to ensure your participation!

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 welcome a larger variety of vendors, meet new friends and rekindle old friendships. Refreshments will be served. 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. 2, 2025

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

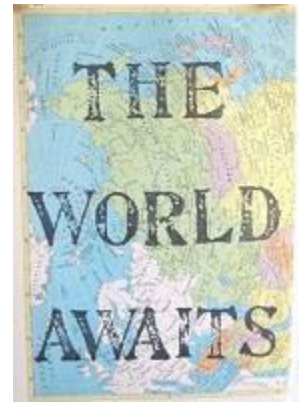
8:00 A.M. - 6:00 P.M. - Vendor Exhibit Area Open

9:00 A.M. - 10:30 A.M. - Opening Keynote – John Pingo – “The Multiverse of Mindfulness: How your Brain is your Arch Nemesis and How to Overcome its Villainous Plans!” - Those who choose to spend their lives serving others are the superheroes of our society. Like all great superheroes, they are faced with multiple supervillains trying to thwart their efforts in helping the people they serve. One of the most diabolical of these villains, is ...The Evil Brain! Yes, our own brain is our arch nemesis!



Stress, burnout, and compassion fatigue are just a few of The Evil Brain’s henchmen. How can our daring heroes hope to escape these dastardly traps?! Bam! Biff! Pow! The good news is that our brain is also the source of our greatest superpowers...Mindfulness Techniques! These simple of powerful techniques can’t vanquish every villain, but they can help us throw on some Mark V style mental Iron Man armor and better fly through the turbulent skies of emotional stress.

10:30 A.M. – 10:45 A.M. – Break



BREAKOUT SESSIONS:



10:45 A.M. – 12:15 P.M.:

A. Trudy Whittington – “It’s Been an Adventure – From Activity Director to Administrator to Being a Resident and Back to Administrator” – Through sharing her personal experiences as an Activity Director, Administrator, then resident, and now Administrator again, reignite your passion for what you do every day and gain insights about the importance of what activities have to offer from a resident’s perspective.

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

B: Chris Thompson – “Global Folklore: A Storytelling Journey with Sensory Experiences! – Part 1” – Join me for a storytelling adventure through ten different countries, featuring folklore from *Anansi the Spider* in Africa to *Baba Yaga* in Russia, and many more in between. But this isn’t just about listening – each tale comes alive with sensory activities that engage, touch, sound, taste, and smell. Feel the textures of different cultures; hear the rhythms of traditional sounds, and even experience flavors and scents that bring these stories to life. Whether you’re looking to enhance your activity programs with interactive storytelling, or simply love a great adventure, this session will be an unforgettable experience. Pack your imagination and join me on this cultural journey filled with history, wonder, and fun! **SESSION LIMITED TO 40 PARTICIPANTS.**

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

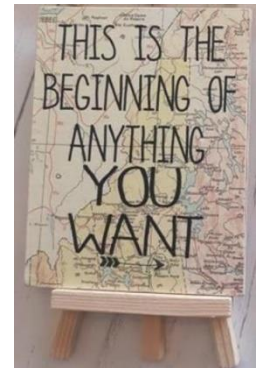
C: Patricia Iannone – “Emotion Code Workshop” – The Emotion Code can help rid your mind, body, and soul of energies that could get in the way of physical and emotional healing. In a few simple steps, you could remove those energies for good. Using muscle testing to access your subconscious mind, you can begin identifying trapped emotional energies that could result from turmoil or bad experiences and work to release them. The Emotion Code may restore balance and create energetic harmony in your physical, mental, emotional, and spiritual well-being. This modality is more for the self-care of Activity Professionals rather than the clients they serve. However, everyone can benefit from the modalities that I use. **SESSION LIMITED TO 25 PARTICIPANTS.**

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: Janet Sand – “Journey Through the Generations” – Who would have thought that celebrating the decades was more than just different music, but the people we provide services to. We continue to encounter a larger span of generations to entertain simultaneously. Get your passports ready to explore ways to provide fun and education to everyone!



1:45 P.M. – 3:15 P.M.

E: Deb Moreland – “Global Folklore Through No-Bake Recipes: A Culinary Adventure! – Part 2” – Take your journey through global folklore to the next level with this hands-on session. In this interactive class, we will explore folklore from ten different countries and connect each tale to an easy, no-bake recipe that reflects its cultural and symbolic elements. For example, with *Anansi the Spider* from African folklore, we’ll create Coconut and Honey No-Bake Energy Bites, tying flavors to the essence of the story. Each recipe enhances the storytelling experience through taste, touch, and smell, bringing the folklore to life in a delicious way. This session is a unique opportunity to blend culture, history, and hands-on fun. Don’t miss this exciting and tasty adventure! **SESSION LIMITED TO 40 PARTICIPANTS.**

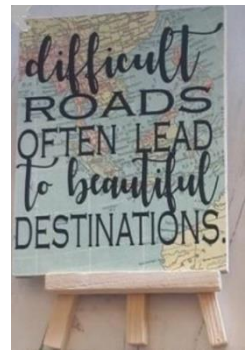
1:45 P.M. – 3:15 P.M.

F: Leanne Mull – “Adventures in Advocacy! Supporting Staff to Support Self Advocacy” - When we talk about self-advocacy often the first thing that comes to mind is people with disabilities talking to legislators or speaking to groups. In fact, self-advocacy begins with people receiving services learning how to tell others what they want in their lives. For people with intellectual and developmental disabilities, particularly those who receive full life services, this can be as simple as being empowered to decide what to wear or what to order on a pizza. As professionals who work with people with disabilities support for these decisions should be ongoing and should be reinforced frequently. Easy to say but how can we do it and how can we support the staff who work with people directly and daily. Self-advocacy benefits direct support professionals as much as the people they work with. In this session we will talk about ways to teach and support self-advocacy for the people with work with and how to help staff understand the importance and how in the end it will benefit them.

3:15 P.M. – 3:30 P.M. Break

3:30 P.M. – 5:00 P.M.

G: Lisa Olson – “Say What? Supporting Individuals with Non-Traditional Methods of Communication” - We are all individuals with unique personalities and styles. Sometimes people need to communicate in non-traditional ways, and we as professionals should help them maintain their personalities while finding appropriate ways to communicate their wants, needs, and desires, as well as gain the ability to just interact and joke around with people as desired. In this session we will explore alternative methods of communication and learn ways to evaluate individual needs. We will discuss the development of appropriate communication programs that avoid a “one size fits all” mentality.



3:30 P.M. – 5:00 P.M.

H: John Pingo – “Leader’s Quest! How to use Gamification to Teach Leadership Skills (and anything else)!” - Hail and well met Learning Adventurers! Learning doesn’t need to be an endless deck of bullet pointed slides, read to you like the world’s lamest bedtime story. Learning can and should be fun! Join John Pingo, the wacky wizard of nerdiness, on Leader’s Quest! An educational adventure on the topic of leadership that teaches basic educational gamification techniques by using them.

3:30 P.M. – 5:00 P.M.

I: Leanne Mull – “Supporting the Dreams of the People We Serve” - What is your dream for your life? What brings you joy? If you could do anything in the world what would you do? With this in mind and understanding the power of a vision whether it is a vision for a day, for a year or for a lifetime we can transform our work with the people we support.

This session demonstrates the transformative power of a joyful dream centered life.

- 1.) Participants will learn how to help people uncover their dreams and bring them into reality
- 2.) Participants will learn how to identify and break down the barriers between people and their dreams.
- 3.) Participants will leave with tools and strategies for building meaningful lives based on dreams
- 4.) Participants will leave with an understanding of the barriers to dreams and how to work through them or get around them.

6:00 P.M. – 7:30 P.M.

J. Patricia Iannone – “An Adventure in Essential Oils for Emotional Release” - Upon completion of the Emotional Release class, you will be able to correlate physical maladies with repressed emotions, use essential oils to locate emotional issues stored in the cells of the body, and know how to release them for yourself and others. The Emotional Release Class offers tangible resources and spiritual and emotional development knowledge. **SESSION LIMITED TO 12 PARTICIPANTS.**

6:00 P.M. – 8:00 P.M.

PASSPORT TO FUN AND ENTERTAINMENT – Karaoke, Vocals, a Food Truck and Complimentary Photo Booth! – Join us for a fun evening featuring entertainment by Evolution, which includes karaoke fun! There will also be Toog's Food Truck for anyone who would like to purchase dinner this evening (another opportunity to taste the variety of foods our world offers). Complimentary sodas, ice tea, lemonade and water will be available. For extra fun, please dress in the colors - or even the traditional dress of your ancestral country! Take advantage of the photo booth to make memories with your friends – new and old.



FRIDAY OCT. 3, 2025

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.

K: Samantha Handley – “The Four Agreements in the Workplace - Part 1” - Clear communication, objectivity, clarified assumptions, and a commitment to excellence are cornerstones for success in any work environment. By learning and applying the Four Agreements, workshop participants will improve communication with their colleagues, reduce interpersonal conflict impacting the team, and foster a healthy work environment—all of which will lead to better team performance, higher staff satisfaction and a greater sense of ease during the workday.

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

L: Karla Marshall – “Dementia: Creating Moments of Joy Using Montessori Concepts” – Introducing basic Montessori concepts that can be utilized at all levels of dementia care to improve the quality of life and overall well-being of a person living with dementia. Providing strategies for developing a purposeful social and physical environment that supports independence, engagement, success, and individual freedom.

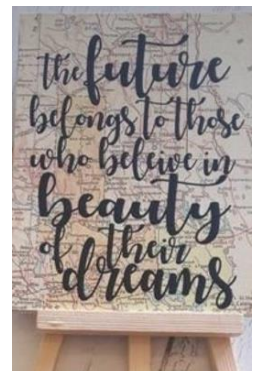
9:30 A.M. – 10:30 A.M.

M: Trudy Whittington – "Activities: A Facility's Passport to Successful Marketing!" – Activities should NOT be a facility's best-kept secret! They are a facility's greatest resource to attract potential residents and gain community support. Learn how to take everyday activities to the next level and creatively market your facility, creating TOMA (Top of Mind Awareness). This session will show you ways to enrich your current programming, grow your fundraising opportunities, build your social media presence, and be your facility's #1 marketing tool!!

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

10:45 A.M.– 12:15 P.M.

N: Samantha Handley – “The Four Agreements in the Workplace - Part 2” - Clear communication, objectivity, clarified assumptions, and a commitment to excellence are cornerstones for success in any work environment. By learning and applying the Four Agreements, workshop participants will improve communication with their colleagues, reduce interpersonal conflict impacting the team, and foster a healthy work environment—all of which will lead to better team performance, higher staff satisfaction and a greater sense of ease during the workday.

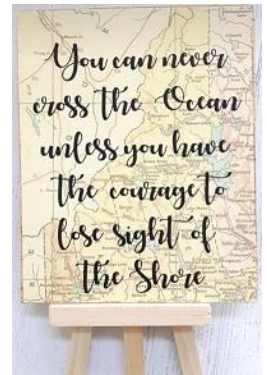


10:45 A.M.– 12:15 P.M.

O: Lisa Moran – “Engagement Expedition: Harnessing the Power of Positive Suggestion” - Where might the power of positive suggestion take you? The power of words is rooted in psychology, neuroscience, and linguistics, and language shapes thoughts, emotions, and behaviors. In this session, we will explore how positive suggestion can enhance a resident’s experience and improve interactions between care partners and those they serve. This engaging session will touch on the science behind the power of words, provide practical strategies to encourage participation, and demonstrate how simple communication shifts can lead to greater connection, confidence, and joy for both the resident and care partner. Join us on this journey to create more meaningful and fulfilling daily interactions and greater engagement for improved outcomes.

10:45 A.M.– 12:15 P.M.

P: Kellie Franks – “Effective Movement for Seniors to Give Them a Passport to Fun!” - Kellie will be presenting on and teaching a movement session to help you guide your clients in a safe 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.



12:15 P.M. - 1:30 P.M. – Lunch

1:30 P.M. – 2:30 P.M.

Q: Lisa Olson – Closing Keynote – “Come Fly With Me: The Art of Traveling From Your Own Easy Chair” - Everyone needs to get away from everyday life once in a while. Unfortunately, we are not all able to just take off and travel to exotic lands. In this session you will learn how to develop a Virtual Vacation program to enhance the lives of the people we serve as well as have some fun yourself!

2:30P.M. - 3:30 P.M. – Raffle, Silent Auction, Closing, Hand in Evaluations – You can help keep our Raffle and Silent Auction fun and exciting by bringing creative, crafty, seasonal, unusual and/or useful items to choose when their winning ticket is called.

Thank you for registering early. Some sessions have limited registration.
Be sure to reserve your hotel rooms early (309) 662-4300 as well to get the group rate.

We look forward to seeing you October 1st!



Mary Bryant Home
2960 Stanton Street
Springfield, IL 62703

Save the date:
IAPA 2025 Conference
October 1-3, 2025
Parke Regency Hotel
& Conference Center
Bloomington, IL