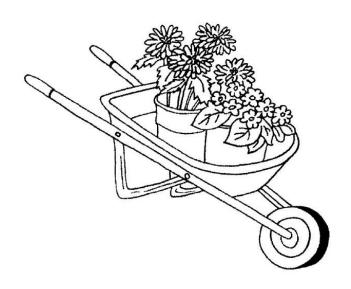
The South Carolina Activity Professionals Association Presents:

The SCAPA 34th Annual Conference March 6 - 8, 2024



A Garden Party....Where Activities Grow & Flourish The Crown Reef Resort Myrtle Beach, SC

14 CE credits – preapproval requested from APNCC, NCCAP and LTHCA (for SC Administrators)

4 meals included in the low registration fee

Conference Schedule Let your Garden of Knowledge Grow!

Tuesday, March 5, 2024

5:00pm – Board meeting and conference prep

6:00pm – Conference Committee prep

Wednesday, March 6, 2024

10:00 – 11:25 - Registration, vendor tables (Tradewinds)

10:45 – 11:25 - Grab 'N Go lunch (take to meeting room)

11:30 – Conference Opening

11:45 – 1:15 - Vendor spotlight (1.5 CE)

1:30 – 3:00 - Mood, Movement and Mental Health, Dr. Joni Boyd (1.5 CE)

3:15 – 5:15 - Serious Play for Caregivers, Loretta Veney (2.0 CE)

Dinner On Your Own

Some of the Board and attendees will be going across the street to Damons for dinner, if anyone would like to join us at 6:00





Thursday, March 7, 2024

8:00 -8:20 - Registration open

Education to Help You Grow and Flourish 1.5 CE credit per session, choose one from each time slot

- 8:30 10:00 A. Build Joyful Caregiver Experiences using Humility, Hope and Humor, Loretta Veney (Harbor/Barnacle)
 - B. Crafts with a Gardening Twist, Debbie Bouknight (Surf, 50 max)
 - C. Independent Living, Keep Them Happy!, Amy McCormack (Mariner 50 max)
- 10:00 10:15 Break on Your Own
- 10:15 11:45 A. Mental Health for Caregivers, Loretta Veney (Harbor/Barnacle)
 - B. Dementia 101 and Activity Ideas, Lorre Baird (Surf, 50 max)
 - C. Human Resources 101 for Supervisors, Michele Herrera (Mariner, 50 max)
- 11:45 12:55 Grab 'N Go Lunch, Tradewinds (Can take to any meeting room to eat.)
- 1:00 2:30 A. Ten Things That Require Zero Talent, Tony Fountain (Harbor/Barnacle)
 - B. Documentation Basics for Skilled Care, Sherry Fleming (Surf, 50 max)
 - C. Engaging Activities for Every Stage of Alzheimer's, Loretta Veney (Mariner, 50 max)
- 2:45 4:15 A. Rotating Hats: Leader, Trainer, Mentor, Counselor...Oh My, Tony Fountain
 - B. Let Your Garden Grow, Debbie Bouknight, Amy Jackson (Surf, 50 max)
 - C. The Importance of Teamwork, Especially in Activities, Renee Bledsoe (Mariner, 50 max)

4:15 - Board and Conference Committee assists with set for Banquet

7:00 – 10:00pm - Garden Party Buffet & Awards Banquet, Tradewinds
Optional dress; your choice; gardening attire, garden party attire,
Let Your Imagination Flourish!

Winner Drawings for Auction Items (you DO NOT have to be present to win)

****CASH Bar***

DJ Larry will provide music for your dancing pleasure!



Friday, March 8, 2024

We recommend checking out of the hotel before breakfast

- 8:00 9:00 Buffet Breakfast, Business Meeting, Door Prizes
 (Please allow Board members & Speakers to jump ahead in the buffet line so they can conduct the meeting & be prepared to speak)
- 9:00 -10:30 "On track" An Innovative New Model for Interactive Engagement.
 Anna Wellman (1.5 CE)
- 10:45 12:15 Are You Mentally Prepared to Deal with Difficult People? Tony Fountain, (1.5 CE)
- 12:15 Adjourn

Please take back what you have learned and put it to use, thank your Administrator or Supervisor for allowing you to attend this conference to "Grow and Flourish", and drive safely!

SCAPA Policies

Please go to www.scapasc.org to the conference page to view policies on late fees, session attendance and refunds. SCAPA will be following these policies as stated on the website.

Special Notices

All rooms have coffee makers, microwaves and refrigerators. If the included meal options are not to your liking, please feel free to leave the hotel for meals, but arrive back on time for the start of the sessions, in order to receive full credit.

Sodas and coffee are not provided between the provided meal options due to the extra costs. Please **BRING THOSE ITEMS** with you if needed. Water bottles can be filled at fountains in the back of the meeting space room.

SCAPA will host an abbreviated Silent Auction this year due to decreased space. We will sell tickets (cash or check) and you place the tickets in the box in front of the items you hope to win. Receipts can be provided upon request. Silent auction drawings will occur at the banquet. Items will be held until noon on Friday if not present at the banquet.

SCAPA T-shirts will be on sale for \$20.00

A few Vendors will be set up in Tradewinds on Wednesday ONLY. Please check them out!

Meeting spaces are limited this year. Some sessions on Thursday will hold a maximum of 50 people (noted on the schedule). Sessions will be filled on a first come basis. We recommend that attendees from the same facility split up and share information from various sessions with each other. We also request no saving seats from session to session. Please take your belongings with you as you leave a session.

The Speakers and Their Sessions

Dr. Joni Boyd, PhD, MS-N, Med, CSCS*D, C-EP, CPT, CES, AFAA-GFI

Dr. Boyd is professor of Exercise Science & Coaching in the Department of Physical Education, Sport, & Human Performance at Winthrop University. She is the National Strength & Conditioning Association State Director for SC and Master Instructor for Athletics & Fitness Association of America. Dr. Boyd holds over 20 certifications and credentials within the exercise science and nutrition fields. She is the Project Director for Bingocize-SC for skilled care communities.



Mood, Movement and Mental Health: This session will provide evidence linking the connection with movement, mood and mental health. We will discuss influence of physical activity behaviors and specific movement patterns to current mood status (and vice versa), focusing specifically on the impact to mental and emotional health. Specific strategies will be discussed on how to use activity and movement to promote healthy feelings of mood and mental well-being across generations and abilities. Learn to engage the brain and resist the negative of an emotional response for a positive and healthy mood state.

Loretta Veney

Through her experiences with her mom, Doris, diagnosed with dementia in 2006, Loretta learned everything she could about the disease so she could be more prepared for this devastating diagnosis and hoped to share that information to others. In 2013 her first book was published *Being My Mom's Mom*. She began presentations on her caregiving experiences that same year. She has delivered more than 300 presentations and keynote addresses. Her second book, *Refreshment for the Caregivers Spirit* came out after her husband Tim's brief illness and death in 2016. She has been recognized at the national level for her unique approach using LEGOs and brings her experiences to us.

Serious Play for Caregivers: This session is tailored specifically for professional caregivers and activity professionals. It is the perfect way to spend two hours using LEGO bricks to build new strategies for delivering the best possible caregiver experiences for the individuals you care for.

Build Joyful Caregiver Experiences Through Humility, Hope and Humor: We build a variety of things throughout our lives and careers, but few of us actually think about "Building Joyful Caregiver Experiences" for those we care for. Using the concepts of humility, hope and humor, Loretta will help participants focus on their values and joyful practices to build outstanding caregiver experiences for their residents.

Mental Health for Caregivers: In this session, participants will learn the ways in which caregiving, especially long-term caregiving, can impact mental health and strategies that can be used for resilience. Also covered are Apps, websites and other resources to assist with mental health and preventing burnout, as well as the warning signs that professional help is needed.

Engaging Activities For Every Stage of Alzheimer's: Activities can be enjoyed through out all stages of Alzheimer's disease and dementia. Loretta shows a variety of activities that are easy to purchase or make, that won't break the budget. Demonstrations of various activities are offered. Maximum 50 in class.

Debbie Bouknight, BS, AC-BC:

Debbie recently retired after 37 years working in a 388 bed skilled care community in Lexington, SC and also has 10 years of experience working in Activity Therapy with mentally disabled adults. She has spoken at the local, State and National levels on various topics including crafts, documentation, regulations, themes, gardening, food related programming and more. She currently serves as the SCAPA President and serves as a Director on the Activity Professional National Credentialing Center Board. She has served SCAPA and on various other committees nationally, as well as in SC over the past 35 years.

Crafts With a Gardening Twist: This will be a hands-on session and attendees will complete crafts that can be replicated in any setting (skilled, memory care, ALF and IL) and will have a meaningful purpose. The benefits of crafts include self-expression, eye-hand coordination, fine motor skills, socialization, improved self-esteem, and improved mood. Maximum 50 in class.

Amy Jackson, BA, AAP-BC:

Amy has worked with seniors for over 20 years in various venues including; skilled care, assisted living, independent living and with senior adults at a church. She has served SCAPA in several roles over the past 20 years. Amy has spoken on various topics at the local, state and national levels. She has a passion for seniors as well as Activity Professionals and is a huge advocate for the profession.



Let Your Garden Grow: In this session, we will explore how gardening can be incorporated into all your programming, no matter what level of participants you work with and no matter what your gardening abilities, or lack of, are! We will cover sensory gardening, whimsical gardening, crafts through gardening, out of the box gardening ideas and garden to table programs you can implement. We will show you how gardening can be fun as well as beneficial and productive for those you serve! This session will be led by Debbie and Amy. Maximum 50 in class.

Amy McCormack, CRCFA, ADC:

Amy has been working as an Activity Professional for over 23 years and has been on the SCAPA Board for many years currently serving as Vice-President. She has worked with all levels of care from Skilled Nursing to Independent Living. She believes that a community should not strive to be "homelike", but to be a "home". She believes Activity Professionals are more than just "party people" and "babysitters" and play a major role in promoting quality of life for seniors inside communities. In 2019 Amy obtained her Administrator's license for Assisted Living but has chosen to continue to live her passion in the Activity Professionals world!



Independent Living, Keep Them Happy! What makes you feel valued, creates purpose and makes you happy? Whatever those things are, they are different for every individual and that does not change for our residents. One of the biggest challenges we face as Activity Professionals is creating a program that satisfies the needs of our independent living residents. With this population, a little bit of extra effort and listening to what they desire goes a long way! The idea of creating a home, neighborhood, community feel and an all-inclusive culture "they've" been preaching for years, goes beyond the dementia and skilled nursing levels of care. Yes, independent residents want to be entertained and catered to at the occasional upscale events, but they also want to feel useful, to help others, have a voice, and live with purpose. With these elements implemented into your program, your world will be a better place, or at least less stressful! Maximum 50 in class.

Lorre Baird, BS, AAP-BC, ADC, CDP:

Lorre currently serves as the Vice-President of Resident Services at a CCRC in Florence, SC where she has worked for over 24 years. In her current position, she also serves as the Activity Coordinator for Independent living and oversees the Activity Coordinators for assisted living, memory care and skilled care. She is a certified instructor for Dementia training. Prior to her current position, she



worked as a secondary Social Studies teacher. She has served on the SCAPA Board in many capacities and currently serves as the 2024 Conference Chair. She also serves as a Director on the National Board for the Activity Professionals National Credentialing Center.

Activities and Dementia 101: During this session, we will go over many basics you may not know or may have forgotten; including the types of dementia, challenges, communication tips, practical tips and more! We will also discuss activities that will work with those who have dementia. There will be time for questions and sharing of ideas. Maximum 50 in class.

Michelle Herrera, SHRM-CP:

Michelle is a Human Resources Professional, results-focused on improving employee engagement, a liaison between employee and company leadership, and manages day to day operations assisting with strategic matters. She is competent in compensation and benefits, new hire orientation, performance management, maintaining high levels of confidentiality, organizational development, HR policies and procedures, problem resolution, terminations/exit interviews, employee relations, staff retention, recruiting and talent acquisition. She currently serves as the Public Member on the APNCC Board of Directors.



Human Resources 101 for Supervisors: Michelle will bring her wealth of human resources knowledge to help those of us in supervisory positions have a better understanding of the myriad of policies and procedures that must be followed. She will offer tips for interviewing and hiring, tips for disciplinary action and the steps needed to follow prior to a termination. She will give us ideas for retention and how to keep good talent. She will help those of us serving as supervisors to lead our team. Maximum 50 in class.

Tony Fountain, BA:

Tony is a graduate of Charleston Southern University and is certified in Advanced Leadership from Duke University. Tony has worked in the not-for-profit senior living areas in various management and leadership positions for more than 35 years. He has served as an international Accreditation Surveyor with the Continuing Commission in Washington DC, as well as an instructor with Duke University's Non-Profit Management program. Tony has served on numerous Boards throughout his career. He currently serves as a member of the Board of Visitors for Charleston Southern



University. Tony is a frequent speaker in various venues and has spoken for SCAPA and NAAP in the past. He has received numerous awards and accolades including Administrator of the Year and recognition in 2015 by the SC Senate for his many years of service and dedication to the senior living industry. He also holds the honor of being a charter/founding member of SCAPA in 1989, something we are very appreciative of!

Ten Things That Require Zero Talent: Most employees want to succeed in their role. However, some spend more time highlighting what they can't do with excuses about not being "talented enough", rather than implementing the common traits that make a tremendous difference in their impact with others and their responsibilities. Learn ten significant traits that will make a major impact for an employee's job success that requires zero talent!

Rotating Hats: Leader, Trainer; Mentor, Counselor...Oh My! In our roles, we wear a multitude of hats on a daily basis. The successful influencer recognizes when to change them for the best outcome in the situation. In this session, we add one more crucial hat to the list to benefit those who depend on us. After recognizing the importance of this necessity, we review strategies to best implement for positive outcomes for the provider and recipient.

Are You Mentally Prepared to Deal with Difficult People? As long as you live, you'll encounter demanding people! Just as you're seeking balance in your life, "that person" arrives from around the corner! Those "prickly personalities" that can cause you to lose your cool, strike out in anger, or crack the character you've spent years building. The session provides truths to keep you grounded in approaches that work toward appropriate responses to difficult encounters. Be ready....don't let the next clash steal your joy!

Sherry Fleming, AC-BC, ACC:

Sherry has worked for Richard Campbell Veteran's Home as the Director of Activities for many years. She is also a consultant within the organization and teaches a basic activity course, which she developed herself, to Activity Professionals within the HMR Veteran's system. Her course qualifies them to serve as Activity Directors under F Tag 680 and also can be used toward their national APNCC certification.

Documentation 101 for Skilled Care: During this session, we will go over the necessary documentation required for those working in Medicare/Medicaid skilled care. We will discuss the basics required for activity assessments, MDS, care plans, progress notes and participation records. If you currently work in skilled care or may in the future, this session is for you! Maximum 50 in class.

Renee Bledsoe, BS, AC-BC, CCCI:

Renee graduated from Erskine College with a degree in Education and taught Physical Education for 9 1/2 years. Her heart changed to geriatrics when her grandmother was diagnosed with Alzheimer's. She has worked in skilled nursing care for over 15 years. Her two sons are the loves of her life. She has spoken for SCAPA and other organizations and often brings in her "alter egos", Sally Slapcabbage, Shaneenee, Henry No Nothing, and more!



The Importance of Teamwork, Especially in Activities: This session will focus on the Activity Department working together with all other staff to make your activity programs the very best they can be! There will be time for questions and sharing of challenges and how to overcome them. Maximum 50 in class.

Anna Wellman, AC-BC, CDP, CMDCP, BAPSY:

Anna is a Board Certified Activity Consultant based out of Middle Tennessee. And brings a wealth of 17 years of experience in the healthcare industry with a profound commitment to teaching and mentoring. She specializes in guiding Activity Professionals, sharing insight honed through her extensive consulting journey. Anna finds immense joy in senior living centers in optimizing their wellness programming, striving for heightened engagement and an elevated quality of life for residents. She will be presenting a program she has developed and implemented within communities in Tennessee.



"On Track": An Innovative New Model for Maximized Engagement: Anna has developed and implemented a successful program to help centers in TN quickly increase group participation and overall engagement. Everywhere the system has been applied, incredible results have ensued. Not only does increased engagement heighten the quality of life for those we serve, but Anna has seen falls decrease by over 50%, significant weight losses are down, undesired behaviors such as wandering and exit seeking are decreased and a 93% participation rate has been noted. Anna will share her proven program with us.

Not a Member of SCAPA and Need to Join?

Go to <u>www.scapasc.org</u> to join using PAYPAL or to download a membership form. **Or mail this form along with your payment (company check, etc.) to Linda Wright.** You may attend the conference at the SCAPA member rate as long as you are a member by the date of the conference, March 6, 2023. **Please make checks to SCAPA.**

| Name | Facility |
|---|--|
| Full Address | Personal number |
| Email (this is how most communications occur with SCAPA) | |
| CMS recognized Certification (not required, please circle) AC | C-BC AAP-BC AP-BC ACC ADC APC CTRS OTR COTA NHA CRCFA |

Linda Wright
SCAPA Membership Chair
PO Box 384
Gaffney, SC 29342

Room Reservation procedures for SCAPA 2024 Conference

Below are the Reservation Instructions you can forward to everyone in your group. Using this information, everyone can begin calling and booking their individual reservations as of today. Please be mindful of the cut-off date, **February 3, 2024**. <u>After this date rooms and rates are no longer guaranteed.</u>

**Everyone MUST Book Under the Block in Order to Get the DISCOUNTED Rates*

The first night's stay is due when making your reservation and the balance of the stay is due at check-in. (*Or it can be paid in full prior to check-in*)

Paying for Your Rooms:

You can pay room balance in full before your arrival or you can pay your remaining balance when you arrive. If you decide to pay your balance at arrival using a Debit Card there is **NO FEE.** By paying your remaining balance at arrival with a Credit Card, there <u>IS a 2.5% fee that will be charged</u>.

Resort Name: The Crown Reef Resort

Call to Make Reservations: 844-827-2434

Monday – Friday 9:00 AM – 9:00 PM Saturday – Sunday 9:00 AM – 5:00 PM

Group Name: SCAPA

Group Reference Number: 650676

Group Cut-off Date: February 3, 2024

(<u>Discounted group rates are no longer available after the cut-off date</u>, and guests will have to book at the Best Available Rate.)

Please encourage your group to book their reservation(s) as soon as possible. Thanks!



Crown Reef Resort Waterpark & Conference Center

www.CrownReef.com 2918 S Ocean Boulevard Myrtle Beach, SC 29577

Ocean Front Rooms / Efficiencies / Suites
Year-Round Water Park including 2 (four) story slides
Longest Lazy River in Myrtle Beach (575 feet) & Video Game Redemption Center
25 Water attractions including indoor/outdoor pools/hot tubs
Loco Gecko Beach Shak Restaurant / Grab~N~Go Grill and Coffee Bar

~RATES~

March 5, 2024 - March 8, 2024

(per day)

Waived the One Time Booking Fee waived Daily Parking Fee to ½ or \$5 Per Day Per Vehicle

Classic Oceanfront Standard Room - 2 Queen Beds, Compact Fridge, Coffee Maker and Microwave, Private Ocean Front Balcony. (Sleeps 4)

Discounted Weekday Rate: \$75 + Tax + Fees = \$105.09 per night Discounted Weekend Rate: \$85 + Tax + Fees = \$116.39 per night

Classic Oceanfront Queen Efficiency - 2 Queen Beds, Full Kitchen, Coffee Maker and Microwave, Private Ocean Front Balcony. (Sleeps 4)

Discounted Weekday Rate: \$79 + Tax + Fees = \$109.61 per night Discounted Weekend Rate: \$89 + Tax + Fees = \$120.91 per night

Classic Oceanfront King Efficiency - 1 King Bed, Sleeper Sofa, Full Kitchen, Coffee Maker and Microwave, Private
Ocean Front Balcony. (Sleeps 4)

Discounted Weekday Rate: \$85 + Tax + Fees = \$116.39 per night Discounted Weekend Rate: \$95 + Tax + Fees = \$127.69 per night

Classic Oceanfront Queen Suite - 2 Queen Beds, Full Kitchen, Coffee Maker and Microwave, Separate Living Area w/

Sleeper Sofa + Murphy Bed, Private Ocean Front Balcony (Sleeps 8)

Discounted Weekday Rate: \$89 + Tax + Fees = \$120.91 per night

Discounted Weekend Rate: \$99 + Tax + Fees = \$132.21 per night

Classic Oceanfront King Jacuzzi Suite- 1 King Bed, Full Kitchen, Coffee Maker and Microwave, Separate Living Area w/ Sleeper Sofa + Murphy Bed, Garden Size Jacuzzi Tub, Private Ocean Front Balcony (Sleeps 6)

Discounted Weekday Rate: \$92 + Tax + Fees = \$124.30 per night Discounted Weekend Rate: \$102 + Tax + Fees = \$135.60 per night

Upon Calling in Our All You Can Eat Breakfast Buffet Can Be Purchased for \$14 Inclusive Per Person Per Morning Rooms Based on Single/Double Occupancy, Additional Fees May Apply

*** Please mail this Registration form along with payment ***

SCAPA Conference 2024 Registration Form/Invoice

One form PER PERSON, please read carefully and fill out all applicable sections.

PLEASE print clearly

| Name | | Date |
|--|-------------------|---|
| Full Address | | |
| Phone () | Email: | |
| CMS recognized certification (circle) COTA NHA CRCFA |): AC-BC AA | P-BC AP-BC ACC ADC APC CTRS OTR |
| Is this your first SCAPA conference: | ? Yes _ | No |
| | | |
| | | |
| racinty run Address | | |
| Conference registration fees on or befor | e February 15, 2 | 2024 (includes 4 meals, PLEASE check if attending |
| SCAPA member | \$225.00 | I will attend: The Banquet Friday Breakfast Friday Breakfast |
| Non-Member, activities dept | \$265.00 | I will attend: The Banquet Friday Breakfast |
| Administrator, or Out of State Attendee _ | \$225.00 | I will attend: The Banquet Friday Breakfast |
| Conference fee after postmark of Febru | ary 15, 2024 (inc | cludes 4 meals, PLEASE check if attending) |
| SCAPA Member | \$260.00 | I will attend: The Banquet Friday Breakfast Friday Breakfast Friday Breakfast |
| Non-Member, activities dept | \$300.00 | I will attend: The Banquet Friday Breakfast |
| Administrator or Out of State Attendee _ | \$260.00 | I will attend: The Banquet Friday Breakfast |
| Wednesday Only \$150.00 (include | s lunch, 5 CE cre | dits) |
| Thursday Only \$150.00 (include: | | |
| EXTRA meals: Thursday Banquet Guest name(s) | | Friday Breakfast (\$40.00)(PLEASE include payment or separate check) |
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You WILL receive email confirmation when this form is received* If you DO NOT, please contact Debbie Bouknight at debouknight64@gmail.com to assure you are registered.

You are not registered until full payment is received. The hotel expects payments in advance. SCAPA cannot cover for non-payment.

Make checks/Money orders payable to "SCAPA" and mail to:

Debbie Bouknight 209 Westport Dr. Columbia, SC 29223

<u>OR</u>

Use our PayPal option to pay at www.scapasc.org
(You WILL need to mail or email your registration form if PayPal is used)
SCAPA W9 Tax ID Number: 58-2282268

Debbie Bouknight 209 Westport Dr. Columbia, SC 29223 803-463-8629 debouknight64@gmail.com

****PLEASE NOTE: You WILL

receive an <u>email</u> confirmation when registration AND payment are received. ***If you do not receive confirmation, please call Debbie as you may not be registered***

14 pre-approved CE credits and 4 meals for one low price! You won't beat this anywhere!

Check us out on the web at www.scapasc.org



(14) APNCC, NCCAP & LTHCA Clock Hours have been requested for this conference. Topic areas should also meet NCTRC & NBCOT job analysis requirements for the CTRS & OTR/COTA. Certificates will also be accepted by NCCDP for CDP's.