



2024 North Carolina Activity Professionals Fall Conference



“Bridging the Gap”

October 15-17, 2024

Catholic Conference Center
1551 Trinity Lane - Hickory, NC

Offering 12.0 Continuing Education (CE) Contact Hours
Pre-approval pending from NCTRC and NCCAP

Registration Form

To register: Fill out the information below. Checks made payable to NCAPA must accompany registration form.

Mail to:

Julie Moser Cooley, 26 East Chestnut Street, Asheville, NC 28801

Please Print:

Name: _____ Phone: _____

Email: _____

Mailing Address: _____

(Street or PO Box #)

(City)

(State)

(Zip code)

To pay by credit card, email this form or contact Julie Cooley at

jcooley@deerfieldwnc.org or 828-553-1116

Please circle below if you have any special dietary needs:

Vegetarian Vegan Gluten-free Dairy-free

***Would you be ok with having a 2nd floor room? (No Elevator)_____**

Deadline to Register: Monday, September 30th, 2024

Note Amount paying ↓	Package Options	NCAPA Members	Non- Members	Includes
Double Occupancy (Sharing a room) (2 Double Beds)				
My roommate will be: (Add name) _____		Please help find me a roommate: _____		
	Conference, Room & Meals	\$470	\$590	12.0 CEs + 2 nights lodging + 5 meals
Single Occupancy (Private room)				
	Conference, Room & Meals	\$570	\$690	12.0 CEs + 2 nights lodging + 5 meals
Day Package only				
	Tuesday, Wednesday and Thursday sessions	\$310	\$400	12.0 CEs + lunch on Wednesday
Note: No TVs in Room; free Wi-fi; complimentary coffee in Guest Lounge. Check in at 4pm, check out at 10am.				

For general questions about the NCAPA Conference, please contact Kaleena Betts

828-777-0830 or kbetts@deerfieldwnc.org

NCAPA Fall Conference Schedule

Tuesday, October 15th:

- 1:00 Registration opens
- 2:00 Engaging Activities - Success through Adaptations ~Colleen Knudson (1.5 CEs)
- 3:45 Assisted Living Activity Trends ~Colleen Knudson (1.5 CEs)
- 6:00 Dinner
- 7:00 NCAPA Membership Meeting

Wednesday, October 16th:

- 8:00 Breakfast
- 9:00 Staying Positive in a Negative World ~ Colleen Knudson (1.5 CEs)
- 10:45 Ideas for Independent Living Programming ~ Colleen Knudson (1.0 CE)
- 12:00 Lunch
- 1:30 Activity Programming to Enhance 1:1 Visits ~ Colleen Knudson (1.5 CEs)
- 3:15 Making the Most of Music ~ Randi Lee (2.0 CEs)
- 6:00 Dinner
- 7:30 Campfire & S'mores

Thursday, October 17th:

- 8:00 Breakfast
- 9:00 Innovative Activity Ideas ~ Colleen Knudson (1.5 CEs)
- 10:45 Mindful Mixed Media ~ Lia Miller (1.5 CEs)
- 12:00 Closing Remarks
- 12:30 Departure

Miscellaneous Information

The Catholic Conference Center offers beautiful facilities and pastoral settings providing a unique place to get away. Minutes from Hickory and on the rim of Baker Mountain State Park you can relax, network, and re-energize your spirit. Peaceful trails are on campus. Meeting rooms, lodging rooms, and the dining area are all under one roof.

We will be doing a Silent Auction & Raffles. Bring a door prize or silent auction item to share! (optional) NCAPA T-Shirts & Cups will also be available for purchase!

Be sure to bring cash!

- * Room Check-in starts at 4:00pm; Check out of your room by 10:00am.
- * Bed linens and towels available in rooms.
- * Smoking permitted outdoors only.
- * No TV in the rooms.
- * Wi-Fi Available.
- * Alcohol permitted, on site, not during the sessions of course. Bring your own!
- * Snacks, along with complimentary coffee, will be available in the Guest Lounge.



Session Descriptions

Engaging Activities - Success through Adaptations

Activity Professionals embrace the challenge of assisting those in our care to remain active and engaged throughout their life. It is recognized that sustaining lifelong interests, exploring novel concepts, and engaging in meaningful daily social interactions are essential for enhancing quality of life. How does one ensure the provision of successful and meaningful life experiences for individuals with diverse strengths and abilities? Attendees will gain insight into adapting activities in a way that fosters feelings of success, worthiness, and engagement among participants.

Assisted Living Activity Trends

Stay ahead of the curve with the latest trends in assisted living activity programming. In this session, you'll explore current activity trends and discover how they can be leveraged to effectively engage residents. We'll dive into various programming possibilities for each trend, offering practical examples and strategies. Additionally, you'll assess what resources and steps are needed to successfully implement these programs in your community. Join us to gain valuable insights and enhance your activity offerings with the most up-to-date and impactful trends.

Staying Positive in a Negative World

If you need a boost of positivity in your work environment and life there are basic components to enhance your positive success. Purpose driven, people centered, and life changing. This session will dig into these core areas and how to apply them to self and your Activity Department. Light can always be found, even in the darkest corners.

Ideas for Independent Living Programming

In today's senior independent living environments, crafting engaging activity programs is essential for meeting seniors' diverse needs. This session offers innovative strategies to create programs that emphasize choice, connection, community, purpose, and variety. Explore practical approaches to empower seniors with diverse options, foster meaningful social interactions, and introduce new experiences that inspire and challenge. Using resident feedback and interactive discussions, you'll gain valuable insights to enhance your activity programming and enrich the lives of seniors. Join us to discover how to build dynamic and fulfilling programs that resonate with today's seniors.

Activity Programming to Enhance 1:1 Visits

Effective 1:1 programming is vital for enriching the lives of residents in long-term care settings, providing personalized engagement and meaningful interaction. This session focuses on optimizing your 1:1 visits to maximize their impact and enhance resident satisfaction. 1:1 programming can be used to foster individual connections, support emotional wellbeing, and address unique resident needs. These visits can be adapted to accommodate different skill levels and preferences, ensuring that resident can benefit from tailored and inclusive engagement. By the end of this session, you'll be equipped with valuable insights and practical tools to enhance your 1:1 programming, making your visits more impactful and rewarding for both residents and staff.

Making the Most of Music

Identify the difference between Music Therapy and music activities to meet recreational needs. Identify the physical, cognitive, social/emotional and communicative benefits of incorporating Music Therapy into your programming. Experience a hands-on demonstration of select music activities that you can implement into your program.

Innovative Activity Ideas

Meaningful and engaging activities are crucial for the wellbeing of those in your care, but finding the time, resources, and creativity to implement them can be a significant challenge. This session is designed to address these hurdles by presenting innovative and cost-effective activity ideas that are both easy to prepare and impactful. Join us to explore a range of creative activities that not only fit within tight budgets and schedules but also enrich the lives of participants. Discover new and inspiring ideas that you can integrate into your existing programs to promote a greater sense of purpose and connection.

Mindful Mixed Media

Fun and relaxing session designed to spark your inner creativity and inspire meaningful interactions. After a short overview about the field and benefits of creative aging, Lia will provide a variety of materials to explore. She will demonstrate the use of the tools and techniques while guiding you through the process of creative self-expression.

Speakers

Colleen Knudson CDP, CADDCT, and NAAP International Development Director

Colleen's interest and intrigue with various cultures and countries in our world makes her the perfect fit as she discovers new ideas and resources. A passion for providing the best for her clients drives the opportunity to collaborate and explore international relationships. NAAP Members get to benefit from these relationships between countries and cultures. Colleen has served as President of the Wisconsin Representatives of Activity Professionals and brings that experience and expertise to the NAAP Board.

Randi Lee MT-BC, NMT

Randi is a Board-Certified Music Therapist and licensed Drums Alive instructor. She has been practicing Music Therapy for 7 years and established her own Private Practice in 2018, Magnolia Melodies Music Therapy, LLC. She graduated from East Carolina University in 2015, with a degree in Music Therapy, concentration in Vocal Performance. In 2019 she received her license in Drums Alive, a nationally recognized exercise program. Randi works with individuals diagnosed with Alzheimer's/Dementia, Adults with ID/DD, children with a wide variety of intellectual and physical disabilities, children and teens in crisis situations and individuals going through Drug and Alcohol Rehabilitation. Randi and her team of 2 other Music Therapists visit over 60 communities, stretching from the Raleigh/Durham area to Winston-Salem, providing music therapy, drums alive, sing a longs, presentations and in-services.

Lia Miller

Lia received a Bachelor of Fine Arts from Savannah College of Art & Design in 1990. She began working with older adults in 1997 and founded Creative Aging Network-NC in 2008. In addition to developing and teaching visual art classes, she works to advance the field of creative aging for healthcare staff, artists, older adults, and those closest to them through programming, training, conference presentations, and consultations.

