

*There's An ACT  
In Every  
ACTivity Professional!  
"ACTing The Part"*

**33rd Annual  
VAAP Conference  
March 21 - 23, 2012**

**Wyndham Virginia  
Crossings  
Hotel & Conference  
Center**

**For more info contact  
Conference Co-Chairs  
Lisa Mullen - 804-965-2155  
Chris Bryan - 804-521-7542**



1000 Virginia Center Parkway  
Glen Allen (Richmond), Virginia 23059  
Phone: 804.727.1400

Welcome to the Wyndham Virginia Crossings Hotel & Conference Center. We are delighted to have you as our guests.



Wyndham Virginia Crossings Hotel & Conference Center combines exclusive style with amenities of a first-class hotel. Nestled among 20 beautifully landscaped acres, our gated facility offers privacy and serenity in a very convenient location. Our attention to detail coupled with outstanding service, extraordinary elegance and state-of-the-art facilities promises to make us Virginia's foremost destination for training meetings, executive conferences and memorable special events.

We are pleased to offer a group rate of **\$99 per room for up to four persons**. Reservation requests must be received by **Tuesday, March 5, 2012** in order to qualify for this special rate. Reservation requests received after this time are subject to availability. Please contact the Wyndham hotels toll free number at **888-444-6553**, don't forget to mention you are attending the VAAP 2012 Conference to ensure our discounted rate.

#### **DRIVING DIRECTIONS TO WYNDHAM VIRGINIA CROSSINGS**

##### **From Washington, DC**

From Washington, DC Take I-95 South to Exit 84B.

Stay in the right hand lane and exit onto Route 1 North. Turn Right at 1<sup>st</sup> stoplight onto Virginia Center Parkway. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

##### **From Charlottesville, Virginia**

Take I-64 East to I-295 South. Follow I-295 for 8 miles. Stay in right lane and merge "To Exits 43 D-C-B-A, US 1". Take Exit 43C US 1 North to Ashland. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 for 3/10 of a mile to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

##### **From Virginia Beach / Norfolk, Virginia**

Take I-64 West to I-295 North. Follow I-295 north for 15 miles. Stay in right lane and merge "To Exit 43 B-C-D toward Richmond/Ashland /US 1". Take Exit 43C to Ashland and US 1 North. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

##### **From Richmond, Virginia & North Carolina**

Take I-95 North to Exit 84 B. Exit ramp will merge on to I-295 North. Remain in right lane. Take Exit 43C to Ashland and US 1. Exit ramp will merge onto US 1 North (Brook Road). Follow US 1 to first stop light at Virginia Center Parkway, turn right. Follow Virginia Center Parkway for 9/10 of a mile and turn left into the Hotel entrance.

Thank you for choosing the Wyndham Virginia Crossings Hotel & Conference Center and we look forward to creating a successful and memorable experience for your group.

# Welcome to Richmond Virginia

The Richmond Area Association of Activity Professionals cordially invites you to the 33<sup>rd</sup> Annual Virginia Association of Activity Professionals' Conference March 21-23, 2012 at the beautiful Wyndham Virginia Center Crossings Hotel and Conference Center in Richmond, Virginia.

We have planned three days of educational sessions for Activity Professionals working in all aspects of Long Term Care: Nursing Homes/Rehabilitation Centers, Assisted Living and Retirement Communities, Adult Day Services Programs, and Senior Centers. Even though this conference is geared towards the Activity Professional, we welcome Social Workers, Nursing personnel, Administrators, and others working in a related field. Feel free to share this brochure with the employees at your facility.

You may receive up to 17 hours of continuing education to enhance your professional and personal growth. We are applying to both The National Certification Council for Activity Professionals and The National Association of Activity Professionals Credentialing Center for contact hour approval, as well as continuing education units (CEU's) approval for our CTRS attendees.

The Conference Fee includes your educational sessions on Wednesday, Thursday, and Friday, continuous refreshment breaks all three days, and lunch all three days. Vendor Booths will be on display on Wednesday and Thursday. You may choose to participate in our themed social on Wednesday night wearing props from your swag bag. We are also offering an optional social with a live entertainment on Thursday evening. The Silent Auction, which benefit's the Sue Smith Education Scholarship Fund, will conclude at our Thursday evening social.

Please read all the instructions on the Conference Registration Form carefully. You may register on-line at [www.vaaponline.org](http://www.vaaponline.org). We suggest you make a copy of your registration for your records.

Remember that you must make your reservation with the Hotel separately from the Conference Registration. Reserve your VAAP Conference room rate of \$99/per night by contacting the Hotel before March 5, 2012. Don't miss out on a room or the good rate by delaying your reservation!

We look forward to seeing you at the 33<sup>rd</sup> Annual VAAP Conference **“There's an ACT in every ACTivity Professional: ACTing the Part.”** If you have any questions, contact us at the numbers or emails below.

Lisa Mullen, ADC  
Conference Co-Chair  
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The Virginia Association of Activity Professionals is a statewide non-profit organization of persons who are interested in promoting the quality of life in all geriatric settings. VAAP serves as a catalyst for both professional and personal growth and provides a state voice on aging and long-term care issues.

VAAP Membership is open to persons currently employed or maintaining a certification as an Activity Professional or Recreation Therapist in the Senior Care Continuum or those serving as a consultant/educator to Activity Professionals. Membership is also open to students, volunteers or persons interested in the activity field.

Membership dues are \$50 annually ending December 31st and are non-transferable.

## VAAP's MISSION

- Promote Professional Development
- Sponsor an Annual Conference and other Educational Workshops
- Provide Discounted Registration for Members
- Unify District Activity Professionals Associations
- Aid in Statewide Communications
- Serve as a Legislative Advocate for Activity Professionals at the State Level
- Problem Solve on an Individual or Collective Basis
- Share Information at [www.vaaponline.org](http://www.vaaponline.org)

Membership in VAAP offers an opportunity to have a voice in establishing standards of practice for the activity professional in geriatrics. An independent organization, VAAP serves as a link between the individual and other professional organizations. Innovative activity programs are shared through the VAAP website [www.vaaponline.org](http://www.vaaponline.org) as well as at the Annual State Conference and workshops.

Please type or print the VAAP Membership Application below and send it with a check or money order for \$50.00 made payable to "VAAP" to: Jo Tice, CTRS, 8041 Fallbrooke Drive, Richmond, VA 23235. In order to be eligible to vote during an election year, dues must be postmarked by January 15. May VAAP include your name and address on lists that are made available to organizations or companies that may be of interest to you as an Activity Professional? Yes \_\_\_\_\_ No \_\_\_\_\_

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Previous Name Used: \_\_\_\_\_ Position: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Facility: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_ District: \_\_\_\_\_ Tax#: 54-1381140

Do You Want Your Mail Sent To Your Home or Facility? \_\_\_\_\_

*Membership is granted to individuals.  
Dues are non-transferable.*

We accept VISA, DISCOVER, MASTERCARD: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Last 3 Numbers of Back of Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Amount: \_\_\_\_\_ Signature: \_\_\_\_\_

# Programs and Sessions

## Tuesday, March 20, 2012

4:00pm - 9:00pm Registration - Jefferson Hall Lobby

7:00pm - 10:00pm VAAP Board Meeting - Richmond Boardroom

## Wednesday, March 21, 2012

7:00am - 10:00am Registration - Madison Building

7:00am - 5:00pm Refreshment Break Areas Open

8:00am - 5:00pm Vendor Trade Show - Henrico Ballroom Prefunction Area

### Act I

8:00am - 9:30am **A1. My Program Didn't Go – Fix It or Forget It?**

*Cathy Clark, MS, CTRS – Chestnut Grove Assisted Living Community*

Your program fails and you never try it again. How we structure or organize our programs can impact whether they succeed or fail. Using a program matrix, learn how to revitalize failed programs and repeat the successful ones. From classes and drop-in, to special events and interest groups, participants will learn how to enhance their current activity program. Objectives: 1) Define and understand the program format concept. 2) Understand the relationship between program format and Resident/Client satisfaction. 3) Using DSS Domains of Wellness, establish LTC/AL Program areas. 4) Create a grid of sample programs with a variety of program areas and program formats.

**A2. Lighten Up**

*Garet Chester – Joy, Inc.*

Speaking about and showing the Power of Humor and Joy in senior therapy. This session will include comedy and singing demonstrations. Objectives: 1) Use simple methods to make your folks smile. 2) Teach seniors to cheer each other up. 3) Use Joy to make your job...and your life easier.

**A3. Color My World: Art and Dementia**

*Mary Ann Johnson- Alzheimer's Association, Greater Richmond Chapter*

In this session, we will be discussing the importance of using art as a medium of expression for the person with dementia. The participants will gain insight in ways to provide this experience. Objectives: 1) Be able to state the effect of changes in the brain for communication with the person with dementia. 2) Demonstrate different ways to connect with the person when providing art as a medium of expression. 3) List different types of art experiences that you can offer. 4) State safety issues that are involved when providing hands on art experiences.

**A4. A Caring Response: Learning to Give Care to the LGBT Older Adult**

*Jay White – Director of Professional and Community Development,  
VCU Department of Gerontology*

Training dedicated to educating healthcare professionals and aging services providers about the fears older Lesbian, Gay, Bisexual or Transgender (LGBT) Adults have about aging and the foundations of these fears as well as issues of cultural competence and humility. Objectives: 1) An overall increase in awareness, cultural competence, and sensitivity toward the aging LGBT population from an array of healthcare service providers. 2) Ability to recognize and define symbols and terms unique to LGBT culture. 3) Increase ability to interact comfortably with members of the aging LGBT community. 4) Better defined awareness of political, social, and economic issues that are unique to the LGBT community which impact psychosocial aspects of aging and healthcare receptivity. 5) Increase recognition of issues specific to the LGBT community and end-of-life care.

**A5. Getting Your Program “Out of the Box”**

*Robin Kelley Cooper, BA/ADC, Recreation Specialist  
Madison ADHC, Arlington, VA*

Participants in this session will “think out of the box” to liven up their activity program so that it ROCKS. Working in groups, participants will be given various categories to come up with and develop new and creative activities to use in their facilities. Objectives: 1) Understand the importance of trying new/improved activities. 2) Brainstorm new and different activities. 3) Develop and plan new activities.

## Act II

9:45am - 11:15am

**B1. My Program Didn't Go – Fix It or Forget It?** (repeat of A1)

*Cathy Clark, MS, CTRS – Chestnut Grove Assisted Living Community*

**B2. Lighten Up** (repeat of A2)

*Garet Chester – Joy, Inc.*

**B3. Zumba Fitness: The Fun Workout for all Levels**

*Debra Fleisher – Certified Zumba Instructor*

This session will provide information about the history and basic components of Zumba Fitness and have participants actively involved in an exercise class.

Participants will work at their own fitness and learn how to make modifications.

Objectives: 1) Use materials provided to discuss the history and basic steps of Zumba Fitness. 2) Participate in a class session demonstrating the basic steps of Zumba Fitness. 3) Modify and perform steps to create a 2-3 minute routine appropriate for their clients.

**B4. A Caring Response: Learning to Give Care to the LGBT Older Adult**

(repeat of A4) *Jay White – Dir. of Professional and Community Development, VCU Department of Gerontology*

**B5. Getting Your Program “Out of the Box”** (repeat of A5)

*Robin Kelley Cooper, BA/ADC, Recreation Specialist  
Madison ADHC, Arlington, VA*

11:30am - 12:30pm **Lunch - The Glen Restaurant**

### Act III

12:45pm - 2:00pm

**C1. Opening Keynote - Ethical Issues for Activities Professionals**

*Dr. Michael Gillette - Bioethical Services of Virginia, Inc.*

We will review a practical model of moral reasoning that is designed to provide a pragmatic approach to identifying, analyzing and resolving ethical issues. We will then use examples of ethical challenges that arise for activities professionals to demonstrate the process of moral reasoning. Objectives: 1) Describe the difference between theoretical and casuistic reasoning. 2) Follow a step-by-step process of ethical decision making. 3) Apply that process to practical cases.

### Act IV

2:15m - 3:45pm

**D1. Ikebana Flower Arranging**

*Shirley Woodle - Schiyo-Ikebana*

Demonstration of flower arranging using the Ikebana method. Objectives: 1) Learn the Japanese method of flower arranging. 2) Learn how minimum flowers make beautiful arrangements. 3) Learn how nature can influence arrangements.

**Seating is limited to the first 25 people who register for this class. Attendance will be confirmed at Registration.**

**D2. Ethical Issues For Activity Professionals**

*Dr. Michael Gillette - Bioethical Services of Virginia, Inc.*

Continuing with the model presented during the keynote, we will take time to discuss specific case studies in a highly interactive way. Topics in this session will include autonomy and patient choice and professional boundaries and conflicts between personal values and professional responsibilities.

**D3. Zumba Fitness: The Fun Workout for all Levels**

*Debra Fleisher – Certified Zumba Instructor*

**D4. Leave it at the Door**

*Liz Ernest - Moxy Video Productions*

Demonstration of what it takes, internally to be “ON” despite “life stuff”. Will help the audience understand components of an actor’s preparation through the lens of life’s challenges. How do we “leave it at the door” and create an energy and vitality that we, moments before, were miles away from feeling. Relaxation

and visualizations, how to manage emotions and separate so that you can engage your full being in your work as well as discover the benefits of using your work as respite from your “life stuff”. Objectives: 1) Participants will have tools to relax/prepare for their workday, in order to be their best self at work. 2) Participants will come away with an enhanced perspective on their energy levels and body language at work so they can “up” their game. 3) Participants will understand that it IS possible to recharge your spirit and demeanor at work and treat that energy as a retreat from the “life stuff” rather than projecting their life attitudes onto their work environment.

**D5. World Rhythms Delight!**

Connie Ralston - Sage Enterprises

Using a wide variety of drums and percussion instruments from around the world, participants will be encouraged to discover and express their own innate rhythms. Objectives: 1) Learn how to access that universal sense of rhythm first developed in the womb. 2) Adapt a session for the population you serve, to experience the healing power of creating music. 3) Exercise the body, boost energy, raise confidence and have fun!

**Act V**

4:00pm - 5:30pm

**E1. Ikebana Flower Arranging** (repeat of D1)

*Shirley Woodle - Schiyo-Ikebana*

**Seating is limited to the first 25 people who register for this class. Attendance will be confirmed at Registration.**

**E2. Ethical Issues For Activity Professionals** (repeat of D2)

Dr. Michael Gillette - Bioethical Services of Virginia, Inc.

- E3. The Gift of Time: Growing Older with Lifelong Disabilities**  
*Edward F. Ansello, Ph.D., Director, Virginia Center on Aging,  
Virginia Commonwealth University*

Growing old with lifelong disabilities is a recent and unprecedented reality. About one of every 100 older adults (ages 60 and above) in the U.S. has grown older with lifelong developmental disabilities (e.g., intellectual disability, Down syndrome, cerebral palsy, epilepsy, etc), most often relatively invisibly in a family context in the community; and the numbers are growing dramatically. There are about three times as many adults with lifelong disabilities who are ages 45-59. These realities present both opportunities for initiatives that can improve the lives of these adults and their families, and challenges in how to develop and maintain these initiatives. Objectives: 1) Gain understanding of the unprecedented aging of adults with lifelong, developmental disabilities and related implications human services, health care, long term care, and other organizations. 2) State key emerging issues facing family caregivers of persons with lifelong disabilities. 3) Discuss possible roles for themselves in addressing the abilities and needs of older adults with lifelong disabilities and their family caregivers. 4) Relate best practice examples of inter-system innovations occurring in metro Richmond.

- E4. Leave it at the Door** (repeat of D4)  
*Liz Ernest - Moxy Video Productions*
- E5. World Rhythms Delight!** (repeat of D5)  
Connie Ralston - Sage Enterprises

**Dinner on your own**

## **Act VI**

**7:00pm - 10:00pm VAAP Informal Gathering - Yellow Tavern**

## Thursday, March 22, 2012

- 7:00am - 5:00pm Refreshment Break Areas Open
- 7:30am - 10:00am Registration - Madison Building
- 8:00am - 5:00pm Vendor Trade Show- Henrico Ballroom Prefunction Area

### Act VII

- 8:00am - 9:30am **F1. Moving Forward with Cohort Effect and Backwards with Retrogenesis**  
*Vicky Surash, MS, MS, ACC/EDU/MC, DCS*

When we look forward through the decades we see the cultural and historic events and technological advances that have shaped life in the United States as well as the changes in music, radio, television and movies. In this study of cohort effect we can identify potential areas of interest for programming. On the flipside, we can look at the regression or backward replay of the script of one's life using the theory of Retrogenesis. We can also compare the theory of Retrogenesis to the Stages of Alzheimer's and the Global Deterioration Scale. Therefore, in this session we will discuss how the past becomes the future. Objectives 1) Explain cohort effect and how it applies to activities. 2) Identify three or more areas of interest for programming in each decade. 3) Define Retrogenesis. 4) Apply stages of Dementia to the theory of Retrogenesis.

- F2. Give Yoga a try and discover what it can do for your Mind & Body**  
*Donna Culley - Yoga Instructor and Personal Trainer*

Top 10 reasons to practice Yoga including Balance, Flexibility and Breath Awareness - Connecting the Mind, Body & Spirit! Be the change you want to see! Objectives: 1) Learn about the benefits of yoga. 2) Learn adaptations of yoga that will work for your clients. 3) Learn the importance of the connections between mind, body & spirit.

**F3. Assistive Technologies and Seniors: Promoting Independence without Fear and Confusion** - *Cathy Rawls and Raymond Cazalet - Southside Virginia Training Center*

Discussion of equipment, access methods and ideas for using Assistive Technology in the everyday life of individuals with disabilities. Participants will have hands on experience with various AT devices. Objectives: 1) Participants will be able to understand how to use a switch with adaptive equipment. 2) Participants will learn ways to use adaptive equipment during recreation activities. 3) Participants will obtain ideas for using newer digital technology with seniors (i.e. iPad and Web Cam).

**F4. Positive Partnerships with Family Caregivers**  
*Kate Barrett, LCSW, PC - Consultations and Counseling*

This presentation will be an informal and interactive session in which participants will identify specific barriers to good communications/relationships with family caregivers, and based on the groups specific needs, didactic information will be presented and the speaker will facilitate role-playing to improve staff and family communication/relationships. Objectives: 1) Participants will articulate at least 3 specific difficulties they have encountered in communicating with family caregivers when they visit the facility. 2) Participants will understand some common barriers that impede positive relationships with caregiving families. 3) Participants will identify specific changes they can make in their patterns to improve their relationships with residents' families.

**F5. Activities and the MDS**  
*Priscilla Bulliard, RN, CPC - Virginia Department of Health/Office of Licensure and Certification/Training division*

An overview of correct MDS coding and CAA completion. Objectives: 1) Describe correct MDS coding for activities. 2) Describe correct CAA completion for Activities. 3) Discuss upcoming changes to the MDS effective 4/1/12.

## Act VIII

9:45am - 11:15am

**G1. Building Your Character through the Rainbow of Color - Part 1 of 2**

*Dr. Susan Lynch, CTRS - Longwood University*

We will look at various aspects of personality and behavior based on color categories of red, blue, white and yellow - these categories represent a useful guide to personality types. From these colors you will be able to see the motives behind your own and other people's behavior which will help establish and maintain professional and personal relationships with ease. Objectives: 1) Identify a new way of personality typing to use with clients for relationship building. 2) Identify the four colors and the motive behind each color to use with clients in relationship building. 3) Identify for self and clients ways to enhance good qualities of one's identified color.

**G2. Give Yoga a try and discover what it can do for your Mind & Body (repeat of F2)**

*Donna Culley - Yoga Instructor and Personal Trainer*

**G3. Assistive Technologies and Seniors: Promoting Independence without Fear and Confusion (repeat of F3)**

*Cathy Rawls and Raymond Cazalet - Southside Virginia Training Center*

**G4. Positive Partnerships with Family Caregivers (repeat of F4)**

*Kate Barrett, LCSW, PC - Consultations and Counseling*

**G5. CAAs & Care Plans (repeat of F5)**

*Priscilla Bulliard - Virginia Department of Health/Office of licensure and certification/Training division*

## Act IX

11:30am - 12:30pm

**Lunch - The Glen Restaurant**

## Act X

12:45pm - 1:45pm

**H1. VAAP General Membership Meeting and Awards Presentation**

## Act XI

2:15pm - 3:45pm

**11. Building Your Character through the Rainbow of Color - Part 2 of 2**

*Dr. Susan Lynch, CTRS - Longwood University*

This is the second part of the total session.  
Participants need to have attended Part 1.

**12. Clay Play - Jewelry Made Easy**

*Cathy Clark, MS, CTRS – Chestnut Grove Assisted Living Community*

Polymer Clay is not your mother's "Play-Doh<sup>®</sup>". Participants will be introduced to this easy to manipulate clay that can be layered, twisted, rolled and baked to create beautiful results. Adaptive techniques will be used that are appropriate for senior adults with limited dexterity or visual impairment. Objectives: 1) Understand the properties of polymer clay. 2) Learn about different types of polymer clay projects. 3) Identify five or more household objects that can be used to create polymer clay projects. 4) Learn about 3 beading techniques adapted for senior use. 5) Create beads using one of the techniques. **Seating is limited to the first 24 people who register for this class. Attendance will be confirmed at Registration.**

**13. Assistive Technologies and Seniors: Promoting Independence without Fear and Confusion (repeat of F3)**

*Cathy Rawls and Raymond Cazalet - Southside Virginia Training Center*

**14. "Art on a Cart" & Integrating Art Into Other Activities**

*Michelle Hoffmann - The Healing Heart Art*

Class will include a description of how to set up an art area- to include basic art supplies that will allow you to have to get the greatest amount of use. Demonstration of an art project that can be incorporated into other activities such as exercise. Objectives: 1) Learn how to set up a "cost and space" saving art area. 2) Learn how to make an art project. 3) Learn how to incorporate art projects into other activities. **Seating is limited to the first 25 people who register for this class. Attendance will be confirmed at Registration.**

**I5. Active Games Ideas & Adaptations**

*Laurie Hawkins, ADC - Lee Nursing & Rehab Center*

Join in for a hands on, fun filled, interactive program highlighting active games for your residents & clients. We'll discuss adaptations and modifications for all levels. This is a full participation program, so come ready to play, share and learn. Objectives: 1) Identify potential game adaptations. 2) Modify new and existing game programs for success. 3) Network and share program ideas.

**Act XII**

4:00pm - 5:30pm

**J1. Moving Forward with Cohort Effect and Backwards with Retrogenesis**

(repeat of F1) - *Vicky Surash, MS, MS, ACC/EDU/MC, DCS*

**J2. Clay Play - Jewelry Made Easy (repeat of I2)**

*Cathy Clark, MS, CTRS – Chestnut Grove Assisted Living Community*

**Seating is limited to the first 24 people who register for this class.  
Attendance will be confirmed at Registration.**

**J3. Assistive Technologies and Seniors: Promoting Independence without Fear and Confusion (repeat of F3)**

*Cathy Rawls and Raymond Cazalet - Southside Virginia Training Center*

**J4. "Art on a Cart" & Integrating Art Into Other Activities (repeat of I4)**

*Michelle Hoffmann - The Healing Heart Art*

**Seating is limited to the first 25 people who register for this class.  
Attendance will be confirmed at Registration.**

**J5. Active Games Ideas & Adaptations**

*Laurie Hawkins, ADC - Lee Nursing & Rehab Center*

**Dinner on your own**

**Act XIII**

7:00pm - 10:00pm

**VAAP Social on the Patio with live entertainment!**

# Friday, March 23, 2012

7:00am - 2:00pm Refreshment Break Areas Open

7:30am - 8:00am Registration


## Act XIV

8:00am - 9:30am **K1. Hiring the Right Person**  
*Vicky Surash, MS, MS, ACC/EDU/MC, DCS*

This presentation's objectives are designed to address several elements: how to hire the right person, ways to score a job offer and how to keep your job with the current recession and rising unemployment. Objectives: 1) Participants will learn the importance of a comprehensive job description. 2) Learn how to customize their résumé. 3) Learn how to answer interview questions and discover ways to keep their existing job and making themselves more marketable.

**K2. The importance of Addressing Spiritual Needs**  
*Reverend Boris Kizzie - Spiritual Care Coordinator Heartland Hospice Services*

Presentation will focus on the importance of addressing the spiritual needs of resident and the ways that this can enhance the resident's well-being, value, peace and sense of meaning. Objectives: 1) Distinguish the difference between religion and spirituality. 2) Learn ways to tap into the spirituality of your clients. 3) Learn a variety of "tools" to assist with nourishing your client's spirituality.

**K3. Fun with Fabrics**  
*Michelle Hoffmann - The Healing He *

Hands on demonstration on how to use fabrics to create art projects for any season. Objectives: 1) Learn how to stretch your materials for all types of projects. 2) Easy lessons and directions to modify projects for your clients. 3) Learn a new way to look at fabrics. **Seating is limited to the first 25 people who register for this class. Attendance will be confirmed at Registration.**

**K4. Music Therapy: Stimulating Senses and Enhancing Memories**

*Kim Gilbert, MT-BC - Contract Music Therapist at Hiram Davis Medical Center*

This will be music to your ears! (and fingers, and heart, and mind, and...). Come discover and experience music therapy through hands on music activities. Learn about the different goals that are addressed during a music therapy session. Familiarize yourself with ways that music therapists adapt equipment to meet the individual needs of the client. Leave feeling rejuvenated and energized. Objectives: 1) Participants will gain an overall understanding of the profession of music therapy and the degree requirements needed to practice. 2) Participants will learn about various adaptive equipment that can be used to enhance music activities. 3) Participants will experience various music therapy interventions and activities.

**K5. Communication is Key – Be Professional!**

*Cindy Bradshaw, ACC - Executive Director NCCAP*

For years my mother would say, “Cindy it is not what you say it’s HOW you say it”. Being a mother myself, I now get that statement more so than ever. However the issue is the same with regard to communicating with our professional peers. With technology in fast forward, it is conceivable to actually conduct detailed “conversations” without ever speaking to another human face to face. The participants in this session will conduct communication exercises to bring home the fact that, what we say and how we say it are both invaluable to professional relationships! Objectives: 1) Participants will demonstrate an understanding of the communication model and who is responsible for the message to be fully understood. 2) Participants will review verbal communication and demonstrate an understanding of the proper manner in which to do so. 3) Participants will develop ways in which to properly communicate their needs to others as well as develop better listening skills through role play.

**Act XV**

9:45am - 11:15am

**L1. Hiring the Right Person (repeat of K1)**

*Vicky Surash, MS, MS, ACC/EDU/MC, DCS*

**L2. Spirituality and the End of Life (repeat of K2)**

*Reverend Boris Kizzie - Heartland Hospice*

- L3. Fun with Fabrics (Repeat of K3)**  
*Michelle Hoffmann - The Healing Heart Art*

**Seating is limited to the first 25 people who register for this class.  
Attendance will be confirmed at Registration**

- L4. Music Therapy: Stimulating Senses and Enhancing Memories (repeat of K4)**  
*Kim Gilbert, MT-BC - Contract Music Therapist at Hiram Davis Medical Center*
- L5. Communication is Key – Be Professional! (repeat of K5)**  
*Cindy Bradshaw, ACC - Executive Director NCCAP*

### **Act XVI**

11:30am - 12:30pm **Lunch - The Glen Restaurant**

### **Act XVII**

12:45pm - 2:00pm **M1. Closing Keynote - Placing a Value on Your Worth**  
*Cindy Bradshaw, ACC - Executive Director NCCAP*

# VAAP 2012 Conference Registration

**There's An ACT In Every ACTivity Professional! "ACTing The Part"**

March 21-23, 2012 in Richmond, Virginia

Name: \_\_\_\_\_ Title: \_\_\_\_\_ VAAP Member # \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Work Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Work #: ( ) \_\_\_\_\_ Work Email: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home #: ( ) \_\_\_\_\_ Cell phone # ( ) \_\_\_\_\_ Home Email: \_\_\_\_\_

Please make sure email addresses are provided and printed clearly. VAAP is moving towards more information sharing with members via email. Emails will only be used for official VAAP business.

**Join VAAP now and qualify for the membership discount for the Conference. Membership application can be found at [www.vaaponline.org](http://www.vaaponline.org)**

**Registration Fees: (check appropriate boxes)**

**Registration (postmarked by 3/01/12)**

Includes continental breakfasts, breaks and lunches.  
 Dinners on your own.

**Late Registration (postmarked after 3/01/12)**

Includes continental breakfasts, breaks and lunches.  
 Dinners on your own.

<input type="checkbox"/> 2012 VAAP Member	\$ 275.00	<input type="checkbox"/> 2012 VAAP Member	\$ 325.00
<input type="checkbox"/> Non-VAAP Member	\$ 375.00	<input type="checkbox"/> Non-VAAP Member	\$ 400.00
<input type="checkbox"/> CEU's (only needed if CTRS)	\$ 15.00	<input type="checkbox"/> CEU's (only needed if CTRS)	\$ 15.00

**Daily Registrations (includes continental breakfast, lunch and breaks)**

**Wednesday Only**

<input type="checkbox"/> 2012 VAAP Member	\$150.00
<input type="checkbox"/> Non-VAAP Member	\$200.00

**Thursday Only**

<input type="checkbox"/> 2012 VAAP Member	\$150.00
<input type="checkbox"/> Non-VAAP Member	\$200.00

**Friday Only**

<input type="checkbox"/> 2012 VAAP Member	\$150.00
<input type="checkbox"/> Non-VAAP Member	\$200.00

**Guest Food (\$50 per day) (includes continental breakfast, lunch and breaks)**

# of Guest(s) \_\_\_\_\_ x # Days of days \_\_\_\_\_ x \$50 = \_\_\_\_\_

<b>Total Enclosed</b> \$ _____	<b>Credit Card Payment- Card # (VISA/MC/DISCOVER):</b> _____
<b>Please make checks payable to VAAP</b>	<b>Exp. Date.</b> ___ / ___ <b>Security Code:</b> _____
VAAP Tax ID #54-1381140	<b>Signature:</b> _____

**Registration and payment available on-line at : [www.vaaponline.org](http://www.vaaponline.org) or via mail to :**

**Jo Tice, VAAP Treasurer, 8041 Fallbrooke Drive Richmond, VA 23235**

No cancellation refunds given after March 1, 2012. Substitutions are welcome.

All cancellations are subject to a \$50 processing fee. Returned checks are subject to a \$50 service charge.

**COMPANY CHECK POLICY: Please make checks payable to VAAP, ensure that the attendee's name is included in the memo line of the check.**

If you are paying by company check and the check will not be ready by the registration deadline, written guarantee of payment by the appropriate financial officer from your facility or corporation must be faxed to the Conference Treasurer accompanied by a copy of your registration form.

Please contact Jo Tice at 804-524-7200 for faxing information.

**Special Considerations Needed: (must be submitted with registration)**

Dietary Needs (food allergies, vegetarian, etc.):	Accessibility Needs (be specific):
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**Please direct Conference Questions to:**

**Lisa Mullen, ADC - Conference Co-Chair**  
 804-965-2155- Work  
 Lisa@meadowglen.net  
 LWMullen@comcast.net

**Chris Bryan, ADC - Conference Co-Chair**  
 804-521-7542-Work  
 cbryan@lexingtoncourt.net  
 chrslvsangels@msn.com

**Please direct Hotel questions to Wyndham Virginia Crossings Conference Center at 804-727-1400.**

# 2012 VAAP Conference Registration

## Session Sign-up

Please assist the conference committee in preparing appropriate classroom spaces by indicating below your intended sessions and times. Please return with your conference registration.

### Wednesday, March 21

<i>Session A</i>	<i>Session B</i>	<i>Session C</i>	<i>Session D</i>	<i>Session E</i>
<u>8:00-9:30</u>	<u>9:45-11:15</u>	<u>12:45-2:00</u>	<u>2:15-3:45</u>	<u>4:00-5:30</u>
A1 _____	B1 _____	C1 _____	D1 _____ *	E1 _____ *
A2 _____	B2 _____		D2 _____	E2 _____
A3 _____	B3 _____		D3 _____	E3 _____
A4 _____	B4 _____		D4 _____	E4 _____
A5 _____	B5 _____		D5 _____	E5 _____

### Thursday, March 22

<i>Session F</i>	<i>Session G</i>	<i>Session H</i>	<i>Session I</i>	<i>Session J</i>
<u>8:00-9:30</u>	<u>9:45-11:15</u>	<u>12:45-2:00</u>	<u>2:15-3:45</u>	<u>4:00-5:30</u>
F1 _____	G1 _____	H1 _____	I1 _____	J1 _____
F2 _____	G2 _____		I2 _____ *	J2 _____ *
F3 _____	G3 _____		I3 _____	J3 _____
F4 _____	G4 _____		I4 _____ *	J4 _____ *
F5 _____	G5 _____		I5 _____	J5 _____

### Friday, March 23

<i>Session K</i>	<i>Session L</i>	<i>Session M</i>
<u>8:00-9:30</u>	<u>9:45-11:15</u>	<u>12:45-2:00</u>
K1 _____	L1 _____	M1 _____
K2 _____	L2 _____	
K3 _____ *	L3 _____ *	
K4 _____	L4 _____	
K5 _____	L5 _____	

**\* - Seating is limited for these sessions.  
Attendance will be confirmed at  
Registration.**