SCAPA

South Carolina Activity Professionals Association

South Carolina Activity Professionals Association Presents:
The Annual One Day Workshop

6 CE credit hours

Pre-approval requested from APNCC, NCCAP, LTHCA

Wingate by Wyndham
108 Saluda Pointe Court
Lexington, SC 29072

Friday, August 25 2023

*****Space is limited, register early!*****

<u>One Day Workshop—Friday, August 25, 2023</u>

8:00 - 8:25

Registration

(Continental Breakfast)

8:30 - 10:00

<u>Cultural Programming</u>

10:00 - 10:15

Break

10:15 - 12:00

<u>Weather Wonders</u>

12:00 - 12:45

Lunch

(Gluten Free or Vegetarian meals available upon request)

12:45 - 1:00

<u>All About Bingocize</u>

1:00 - 2:30

<u>Making Exercise Interesting</u>

2:30—2:45

Break

2:45- 4:00

<u>Good News</u>

4:00 -Adjourn

****SCAPA has some rooms blocked for Thursday night at The Wingate for $109.00 plus tax through <u>August 7th.</u> Please mention SCAPA when making reservations.****

If you think you are registered and DO NOT receive email confirmation, please call Sarah to confirm. YOU WILL receive email confirmation when registration and payment are received.

Session Descriptions

Cultural Programming – Cultural competency means that we are not only aware of and sensitive to the differences in language, customs, beliefs, and ways we communicate with people whose racial, ethnic, religious, gender identity, or social groups are not the same as ours, but that we value those differences, and go about our work in a way that respects and incorporates those differences. In terms of activity programming, it's possible to include a lot of fun in learning about the diversity among residents and staff in our communities, such as dress-up days, dancing, special meals, simple language lessons, and crafts. It's also possible to make these efforts intergenerational. From fun comes familiarity and greater comfort with one another.

Weather Wonders – When strangers strike up a conversation, it is often about the weather: "Lovely day today, isn't it?" It is an easy icebreaker (pun intended) and it is also much more. There are endless possible trivia quizzes, word games, and discussion/reminiscence exercises related to heat/hot, (waves, deserts, volcanos, spicy foods) and cold (spells, storms, frozen continents and frozen foods) that can lead to lively interactions.

Making Exercise Interesting – Keeping our bodies moving is the #1 thing we can do for brain and body health. We may not turn residents into gym rats, but we can provide lots of traditional and innovative ways to keep them moving, indoors and out. This session will also discuss collaborations with PT and restorative nursing.

Good News – Many directors have a "current affairs" discussion each morning, but struggle with highly political and often violent news reports. In this session we will focus on places to find positive news stories and also how to use print and online media to center activities and discussions on topics like weather, sports, advertising, human interest stories, surveys, giving advice, and predicting the future (horoscopes anyone?)

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.

About the Speaker

Kathy Laurenhue, MS, CHP:

Kathy is Certified in California as an activity professional; and through the University of California/San Diego as a Geriatric Activity Program Specialist. She is also a Certified Humor Professional (CHP) through a 3-year course provided by the Association of Applied and Therapeutic Humor.

Kathy Laurenhue's company, Wiser Now, Inc., is a multi-media publishing and staff development company focused on wellbeing in aging that aims to be practical and lighthearted in everything it produces. Wiser Now provides dozens of online courses, webinars, and other consulting services to a variety of clients in the U.S. Her brain-stimulating writing includes more than a thousand downloadable, printable trivia quizzes, word games, discussion topics, and imaginative/ reminiscence exercises that can be and have been adapted into multiple formats including slide shows. She is also creator and author of the subscription-based weekly e-newsletter Wait Lifters – Uplifting Content for Every Kind of Downtime, and the author of five books, including, Creating Delight Connecting Gratitude, Humor, and Play, which essentially sums up her life and work goals.

SCAPA 2023 One-day Workshop Registration Form & Fees

****One Separate Form Per Person Please ****

PLEASE PRINT

Name: _____**Certifications:** _____

Complete Mailing Address: _____

_____

Zip: _____ **Phone:** ( ) _____

Email Address: _____

Name of Facility: _____

SCAPA Member (Circle One) Yes No

******You may join SCAPA at this time and pay the member fee. The form is on the website at www.scapasc.org ******

REGISTRATION FEE

SCAPA Member
$130.00 _____

Non-Member
$170.00 _____

(Fee includes continental breakfast, lunch, break, handouts, & 6.0 hours of CE instruction)

**** "Registrations postmarked after 8/5/23 MUST include the late fee or the registration will not be processed.**

SCAPA member after 8/5/23
$145.00 _____

Non-member after 8/5/23
$185.00 _____

**** NO Registrations after 8-20-23****

Lunch boxes will be provided by Panera Bread. If you have a special dietary request, please check here ___ Vegetarian ___Gluten Free ____ Other _____

SCAPA W9 Tax ID number: 58-2282268

****This form serves as your invoice****

(Register Soon, ***Space is Limited***)

***** Please Send Payment & Registration Form to:**
(Make all checks, money orders payable to SCAPA,

or pay on SCAPA Website– We currently only accept PayPal;

IF YOU PAY ON WEBSITE, YOU STILL NEED TO SEND IN REGISTRATION FORM or Fill Out Form on Website!!

Sarah Wilder
100 Jamie Ct.
West Columbia, SC 29169

Contact Sarah Sovcik Wider at 803-603-6894 or Sarah.Sovcik@well-more.com

*****You WILL receive email confirmation of registration, IF you DO NOT, please contact Sarah*****

South Carolina Activity Professionals Association

Sarah Sovcik Wilder

100 Jamie Ct.

West Columbia, SC 29169

Sarah.sovcik@well-more.com

803-603-6894

If you DO NOT receive email confirmation, You MAY NOT be registered, All registrants will be emailed a confirmation letter. Contact Sarah if you think you are registered and did not receive confirmation

This workshop is for anyone who works in a geriatric setting, especially:

Activity Professionals, Life Enrichment Staff, Social Workers, and more.

Pre-approval requested

from AAPNC, NCCAP & LTHCA

6 hours of CE credit for one low price!