

Massachusetts Council of Activity Professionals - MassCAP

800 South Street, Suite 280
Waltham, MA 02453
Tel 617-558-0202 Fax 617-558-3546

www.theMassCAP.org

MassCAP 2019 Conference

October 3 - 4, 2019

**The Radisson Hotel & Suites Chelmsford-Lowell
Chelmsford, MA**

*"Activity Professionals...Embracing
Challenges"*



MassCAP - Celebrating 44 years as your State Organization!



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MassCAP 2019 Conference Schedule
“Activity Professionals...Embracing Challenges”

Thursday, October 3rd – (7.5 Contact Hours available)

7:30 – 8:00am Registration (Lobby) / Vendor Viewing (Salon A, B & C)

8:00 - 8:30am Opening Ceremony / Business Meeting (Merrimack Room - 2nd floor)

8:30 -10:00am Keynote Address – Ed Webster, BS, Author (Merrimack Room - 2nd floor)
“Validating Everyone’s Mt. Everest”

In his lecture "Validating Everyone's Mt. Everest", Ed Webster will interweave the stories of his love of climbing, climbing history and interviewing, illustrated by archival original photos of the women and men whose stories he helped preserve. With a team of just 4 climbers and without bottled oxygen, Ed will tell the story, visualized by astounding photographs, of how he became the only New Englander to scale a new route up Mt. Everest. By listening and responding to his story and imagines, you will validate your own "Mt. Everest".

10:00am -10:30am Break and Vendor Viewing (Salon A, B & C)

10:30am -12:00pm Breakout Session - A (Merrimack Room - 2nd floor)

“The Purpose Project” – Gloria Hoffner, BA, ADC, AC-BC, CDP

This session will offer ways every resident can be of help to others in a meaningful way. No one should ever feel less than or left out due to a disability. The speaker will demonstrate how to make all members work together for one result. For example, in recycling plastic bags independent residents can cut, assisted living residents can weave, memory care residents can roll - and everyone is reminded every step is vital to the end goal!

10:30am - 12:00pm Breakout Session – B (Hawthorne Room - 2nd floor)

“The New Behavior Management Tag - What Impact Does It Have on Your Activity Department & Programming” – Anne Cabral, LNHA, LSW, ABA, AC-BC, CDP, CADDCT

Phase 3 of the CMS rollout involved many changes, one of which is the regulation for a behavior management program. While many Activity Professionals may think that there is little or minimal impact on the Activity Department, with staffing & programming, this session will explore the regulation & how pertinent it is to person centered care & activity programming. This session will provide opportunity for examination of connections between the behavior management regulation & person-centered programming in your activity department.

12:00pm -1:30pm Lunch Buffet & Vendor Viewing (Salon A, B & C)

12:00pm – 1:30pm Satellite President’s Luncheon (2nd floor Foyer)

1:30pm-3:00pm Breakout Session - A (Merrimack Room - 2nd floor)

“Brain Boosting Games” – Gloria Hoffner, BA, ADC, AC-BC, CDP

Brain Boosting Games is based on medical research from Japan on how math games improve residents' ADLs. The games presented come from the presenter's modified games from around the world to work with residents of various cognitive levels. The presenter will also include physical games and ideas for one to one visits.

1:30pm-3:00pm Breakout Session - B (Hawthorne Room - 2nd floor)

“Programming 101, What am I Doing?” – Julie Wade, BS, ACC, CDP

With many new communities popping up all over the State, many Program Directors are hired with little experience and are often times expected to do more than they expected in their role. This presentation will review how to understand job descriptions, what being successful in the role can look like, group process/dynamics, calendar planning, individual programming and fun! How to do it all, bring it all and still keep smiling.

3:00pm-3:30pm Break and Vendor Viewing (Salon A, B & C)

3:30pm-5:00pm Breakout Session - A (Merrimack Room - 2nd floor)

“Sensory Program for People with Dementia” – Gloria Hoffner, BA, ADC, AC-BC, CDP

This session is designed to help Activity Professionals working in memory care find new ways to help residents engage in life. The presenter will demonstrate how to use baking, art, music and nature scenes to engage residents and some techniques with research proven ways to reduce sundowning symptoms.

3:30pm – 5:00pm Breakout Session – B (Hawthorne Room - 2nd floor)

“Independent Living Activities: Bridging the Generations”–Amy Laughlin, BA, CRCFA, AP-BC, ADC

Activity Professionals in Independent Living communities often have the most difficult job: providing programming for a much greater number of individuals than in other levels of care and for a population who vary in functioning level from those who are truly independent to those who require 24 hour care. This session discusses the reasons why these two generations now live side-by-side in IL; highlight the challenges these demographic trends create for Activity Professionals and other departments & offers creative suggestions for developing targeted programming to meet the needs and desires and "bridge" the generations.

5:00pm – 6:30pm Breakout Session – A (Merrimack Room - 2nd floor)

"Everyone's Older, How Do I Fit In?" - Julie Wade, BS, ACC, CDP

(by request, this is a repeat of the summer evening session)

This session will focus on how to support the younger resident living in a senior community. What are their unique needs? How can we work with the younger resident to live a full life and have a successful experience?

5:00pm -6:30pm Breakout Session - B (Hawthorne Room - 2nd floor)

“NCCAP Certification” – Rosey Beckford, Med, ADC, CDP, MassCAP Education and Certification Chair

Are you working towards your national certification? Are you prepared for the National Exam? During this session the MassCAP Education/Certification Chair will be available to answer questions and assist anyone requiring guidance on the way to certification. Also, Dawn Worsley, the President of NCCAP will be video conferencing in to assist with the presentation and to answer questions.

6:30 pm Dinner on your own

PLEASE NOTE:

Dinner on Thursday is not being provided.

There are many restaurants and shopping venues nearby.

Please note: Session rooms are often air conditioned. Please remember to bring a sweater.



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“Activity Professionals...Embracing Challenges”

Friday, October 4th – (6.0 Contact Hours – available)

7:30am - 8:00am - **Registration** (for Friday only attendees – those attending both days do not need to register on the second day) (Lobby)

7:30am - 8:00am - Vendor Viewing (Salon A & B - 1st floor)

8:00am - 9:30am **General Session & Breakfast (Merrimack Room - 2nd floor)**

“Vendor Spotlight” – Sandy Sarza, ACC, AC-BC and the Vendors

In this contact hour presentation, the vendors will be given a brief time to highlight their services and/or products. Participants will learn about any new and innovative ideas or products offered by the vendors.

9:30am -10:00am **Break and Vendor Viewing** (Salon A & B)

10:00am -11:30am Breakout Session – A (Salon C - 1st floor)

“Goal Setting for Success” – Amy Laughlin, BA, CRCFA, AP-BC, ADC

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." said Bill Copeland. Do you ever feel like this quote? There are so many group activities that need to be done, care plans to be written, assessments to be completed, birthdays to celebrate, volunteers to train, thank you cards to write, supplies to purchase, crafts to prepare...not to mention the individual desires of the residents that need to be met throughout the day. Do you ever get to the end of the day and realize that you have been incredibly busy all day, but not accomplished very much? This session is for those Activity Professionals who want to take a step back and examine the "bigger picture": what do you really want to do in your life/position/job? Participants will leave the session equipped with the knowledge, tools and energy to set SMART goals that can enable them to reach heights they never thought were possible!

10:00am -11:30am Breakout Session - B (Hawthorne Room - 2nd floor)

“Religious Diversity in the Activity Program” – Tim Anderson, ACC, CPC, BM

This session will help activities professionals provide a program which is diverse and meets the needs of residents of different religious and spiritual backgrounds. Participants will be able to define the terms religious diversity, interfaith and multifait; describe the importance of religious diversity in long term care and discuss some of the ways to accommodate "non-traditional" religions in their program. Participants will practice writing spiritually-based care plan goals and interventions for residents in LTC.

11:30am -12:00pm **Break and Vendor Viewing** (Salon A&B)

12:00pm -1:30pm **Banquet Lunch and Awards Presentation** (Merrimack Room - 2nd floor)

1:30pm-3:00pm Breakout Session – A (Salon C - 1st floor)

“Let's Rock!, The Non-Musician’s Guide to Facilitating Exciting & Unique Music Groups”

- Michael Leo, BS, LSW

In this session, the presenter will demonstrate the difference between teaching and facilitating musical programs. Mike's approach consists of teach, show, and coach with actual activity facilitation. Music is for everyone to make and enjoy...not just the "professionals." We all have something to contribute. We can all share "our voice." Let's rock! Let's create something amazing together!

1:30pm-3:00pm Breakout Session - B (Hawthorne Room - 2nd floor)

“Coaching Skills for Staff and Resident Success” – Tim Anderson, ACC, CPC, BM

This session will provide a space for learning and practicing skills used in coaching staff for performance. Participants will be able to identify our own energy blocks that make coaching staff feel unfamiliar, awkward and nerve-racking; describe instances where coaching becomes an essential tool to foster greater employee engagement; define and practice coaching-based communication skills; observe and practice coaching scenarios.

3:00pm - 3:15pm- Break

3:15pm - 4:45pm Closing Keynote General Session - Carrie Grace, BS (Merrimack Room - 2nd Floor)

“Filling Your Well”

They say that nice people finish last but it turns out that they were wrong. Research shows that kindness and generosity lead to more long-term success. Not to mention people who do acts of kindness show higher rates of happiness; it's the gift that keeps on giving. This interactive keynote goes through practical ways to add more kindness into your life and workplace. Carrie will share stories, insights and takeaways about how to fill your well. The audience will walk away with new ideas and more energy to go impact others.

Please note: Session rooms are often air conditioned. Please remember to bring a sweater

Keynote Speakers



**Ed Webster, Author,
Photojournalist, Motivational
Speaker**

Ed Webster, born March 21, 1956 in Boston, grew up in Lexington, Massachusetts and received a bachelor's degree in anthropology from Colorado College in 1978. Married, he now lives in Harpswell, Maine. A veteran of seven Himalayan expeditions and pioneer of many new rock climbs of extreme difficulty in New England, Colorado and Utah, Ed Webster is one of America's best-known rock climbers and Himalayan mountaineers. The hardest of all his climbs is the subject of Ed's presentation to us: his fabled first ascent of a brand new route up Mt. Everest. Up the peak's remote and dangerous Kangshung East Face in Tibet as part of an international 4-man team in 1988, without the norms of oxygen bottles and radios, or even any Sherpa assistance.

A highly-accomplished lecturer, author, and photojournalist, Webster has been published worldwide, written over fifty magazine articles and five books. These include 3 editions of his classic guidebook, *Rock Climbs in the White Mountains of New Hampshire* plus *Climbing in the Magic Islands to the Lofoten Islands of Arctic Norway*; and his best-selling "Everest years" autobiography, *Snow in the Kingdom, My Storm Years on Everest*. He is the recipient of several awards, including a commendation for saving the life of a fellow climber. Webster is also one of just three mountaineers cited in the board game, *Trivial Pursuit*. Webster's 1988 Mt. Everest New Route has been hailed as "The Last of the Great Everest Expeditions" and among the most audacious mountaineering feats of all time.



**Carrie Grace – Encourager,
Motivational Speaker,
Believer in Kindness**

Carrie Grace McQuaid is a former teacher turned motivational speaker. She travels all over the U.S. spreading joy and kindness to companies, colleges, sororities, schools and many more! Carrie is on a mission to help others leave the world better than they found it. She has been known to love BIG (big as in throwing a party on an airplane big!) and starting an annual be kind day where she passed out free ice cream and balloons in a park. At the end of the day, Carrie just loves to encourage anyone who crosses her path!



Hotel Information:

**The Radisson Hotel & Suites Chelmsford-Lowell
10 Independence Drive
Chelmsford, MA**

Telephone: 1-978-256-0800

Please note – You MUST make your hotel reservations directly with the hotel by calling the number above. Hotel rooms are \$119.00 plus tax.

Hotel Reservations MUST be made by September 2, 2019. After that date, rooms may not be available.



“Activity Professionals...Embracing Challenges!”
 MassCAP 2019 Conference Registration Form
PLEASE Print Clearly! – You Must Pre-Register – No Walk-Ins Accepted!

Name _____ MassCAP Membership Number _____
 Facility _____
 Address _____ City _____ State _____ Zip _____
 Home Phone _____ Cell Phone _____
 Email _____

Thursday, October 3, 2019 Please check off the breakout sessions you plan to attend:

- 10:30-12:00 Breakout - A: The Purpose Project
 10:30-12:00 Breakout - B: The New Behavior Management Tag – What Impact Does It Have on Your Activity Department & Programming

 1:30-3:00 Breakout - A: Brain Boosting Games
 1:30-3:00 Breakout - B: Programming 101, What Am I Doing?

 3:30-5:00 Breakout - A: Sensory Programming for People with Dementia
 3:30-5:00 Breakout - B: Independent Living Activities: Bridging the Generations

 5:00-6:30 Breakout - A: Everyone’s Older, How Do I Fit In?
 5:00-6:30 Breakout - B: NCCAP Certification

Friday, October 4, 2019 Please check off the breakout sessions you plan to attend:

- 10:00-11:30 Breakout - A: Goal Setting for Success
 10:00-11:30 Breakout - B: Religious Diversity in the Activity Program

 1:30-3:00 Breakout - A: Let’s Rock! The Non-Musician’s Guide to Facilitating Exciting & Engaging Music Groups
 1:30-3:00 Breakout - B: Coaching Skills for Staff and Resident Success

Please make selections for the breakout sessions A or B carefully. Space limitations may not allow for changes at the Conference. You must pre-register for the conference – No Walk-Ins!

Member: Both Days \$275 _____ Thursday Only \$200 _____ Friday Only \$150 _____

Non-Member: Both Days \$335 _____ Thursday Only \$260 _____ Friday Only \$210 _____

Payment Type: Check _____ Credit Card: Visa _____ MasterCard _____ AMEX _____

Credit Card # _____ Expiration _____ CID Code _____

Signature _____

***If you have any special needs or requests, please indicate it here:**

Vegetarian meal (for Friday only): _____ (no requests will be accepted at the convention)

Are you a member of a Satellite group? If yes which one? _____

Is this your first MassCAP Conference? Yes _____ No _____

Return your completed form & payment to:
MassCAP/Mass Senior Care Association
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Tel: 617-558-0202 Fax: 617-558-3546