

June 2012 – June 2013 Annual Reports

President's 2012-2013 Report

I am so proud to have served on the NCCAP Board of Directors the last six years! So much has been achieved!

The establishment of this symposium marked a major step for NCCAP. The Board and Executive Director knew that this move would not be understood or accepted by the national professional organization, but we also knew that it had to be done. NCCAP had to answer the call that the educators had been putting before us for years. This is not a conference or convention. It was quite deliberate that we named it "symposium" as it is very focused and targets a specific group of people. It was never our intent to compete with existing programs, but to fulfill a consistently unmet need. And we have stayed consistently true to that goal and our mission.

NCCAP has gone beyond the borders of the USA and is helping other nations to recognize the Activity Profession and the importance of quality of life through Activities. The NCCAP Executive Director has been instrumental in making the connections and developing them, directed by and fully supported by the Board.

Of course, life is not perfect for Activity Professionals in our own country! We still have a lot of work to do. The NCCAP Executive Director has worked diligently to build visibility and respect for NCCAP and the profession. NCCAP advocates for recognition in state regulations and by state and national health organizations. The "Call to Action" meetings have identified need areas and developed strategies to advance the Activity Profession, and the work continues forward.

I feel very privileged to have been a part of the dynamic team that has been responsible for the changes and advances that have been made over the last six years. It has been my honor to have served you, the activity profession, and, by extension, the many people who live better lives because of the work we do.

As I leave the board, I will, of course, take on the role of Immediate Past President and continue to help as an advisor. In addition, I will be working on the Dr. Charles & Arline Peckham Foundation. This foundation will take over the scholarship functions that NCCAP has been administering. With the establishment of this 501c3 and the tax advantage it will offer to donors, we hope to develop a far more robust scholarship program. I am so very pleased that we were able to share with Dr. Peckham the news that we were forming the foundation in his and Arlene's honor before he passed away. He was so appreciative and showed that appreciation by making the first donation to the foundation!

Thank you, everyone, for allowing me to serve on the NCCAP Board of Directors, and to the Board Members for asking me to be the president of the board those six years. It has been an honor!

Michael A. Bower, BA, ACC

Vice President's 2013 Annual Report

Submitted by Debbie Hommel, ACC/MC/EDU, CTRS

My first year as Vice President of NCCAP has been a rewarding and interesting one. It has been an honor serving the more than 7000 NCCAP certified members throughout the US, China, Israel, Germany, Australia, Canada, Singapore, Japan, Puerto Rico, England, and Bermuda. I have had the pleasure of working with Cindy Bradshaw, Executive Director; the NCCAP office staff; and the current Executive Board on the following projects designed to meet our strategic goals:

- The NCCAP Newsbits is a monthly e-mail that is sent to all certified individuals. It provides up to date information on NCCAP happenings, including available chats, symposium information, member news, Executive Director travels and more. This e-mail newsletter supplements the quarterly NCCAP News and keeps our members informed.

- Sends out periodical emails developed by other board members, using the YMLP program. Information for the NCCAP State Representatives is developed by Bryan Rife and Linda Redhead develops the newsletter for the MEPAP instructors, which I send from the e-mail program.

- Assists Cindy Bradshaw with coordination of the test questions for the National Exam. Eight tests are currently in practice. Test writing sessions are offered at the Annual NCCAP Symposium, which involves MEPAP instructors in developing additional test questions to add to the test question data base.

- Assists the NCCAP office staff by answering the NCCAP e-mails when they are unable to answer them.

- Creates a working monthly "to do" list for the Executive Board. This "to do" list keeps the Board focused on various projects, maintains effective communication and increases our efficiency in meeting the goals of the organization.

Promoting the NCCAP certification and assisting activity professionals to complete the certification process has been a career long commitment. As NCCAP Vice President, I have been able to expand my influence through my efforts and involvement in NCCAP projects.

NCCAP Executive Director Report
2012-2013
Cindy L. Bradshaw MS, ACC

Welcome to the 5th annual NCCAP Educational Symposium.

Seems every year I share how busy NCCAP has been, working on behalf of its certified individuals and the industry as a whole, yet this past year has seemed the busiest yet.

I have spoken in numerous states and varied venues on healthcare issues and in turn have represented NCCAP well; New Jersey Activity Professionals Association (NJAPA), Ft Lauderdale for the AHCA Quality Examiner Reviews, Virginia Healthcare Association – MEPAP Course(s) Burton, TX – for the TR Activity Conference, a MEPAP Instructor Training, Baltimore, MD, NADSA conference, Pittsburgh, PA, KADA Activity Conference, NCOAP conference in MS and NV, PAPA Activity Conference in State College, PA, attending the Leading Age Conference in Denver, CO, AHCA Examiner training in Houston, TX, the COAP NC Conference, and finally speaking in New Hampshire.

In addition to the above travel, I also was fortunate to have traveled to Nicaragua with a mission group called “A Servants Heart”, but specifically to work with the seniors, and meet with leaders in the villages to determine the needs of the elderly in their country. The following is an excerpt of the “Journey to Nicaragua” postings that Melanie Evans, ADC and myself posted the 2 weeks we were there, for full comments/blog – please do visit the NCCAP FB page.

“ Having worked in the geriatric field for my entire 29 year career, I have seen the evolution of the activity profession, from a gaggle of activities, to dictated activities, to independent and individual activities to large groups, small groups and most recently, allowing for "culture change", resident choice etc...In Nicaragua there isn't all that turmoil as what to require or what's allowed, there is NOTHING. The people are fed, loved and cherished by the staff. They receive one good meal a day if that in most cases. They were so thrilled when Melanie rubbed lotion on their hands, yet she had to be so careful as their hands were cracked and dry and hadn't seen lotion in years if ever. They enjoyed the trivia questions where they could show that although poor, they were intelligent and did enjoy the rewards for their responses. They sang songs with me that I knew in Spanish and hugged us so hard every time we left, thanking us for caring enough to spend even a small amount of time with them each day.

Those that live on their own, have dirt floors that they sweep and keep clean, plastic chairs to invite anyone in that will share time with them, and have the most beautiful smiles that make my heart light up each time I think of them.

We are a spoiled people in this country and I'm so blessed to live here. While I didn't think I took much for granted, I found that even the ability to have running water, or a simply drink of water, is indeed something that others do not have, and may never...yet they have what so many do not, they have huge hearts, giving spirits, and generous hugs, the determination to keep going to spite all obstacles, and I am SO VERY blessed to have met them. Everyone has said it was "so nice" what we did for them, I believe that it was the people of Nicaragua that actually did for me..they reminded me that all the little petty things really are just that PETTY - and that living life to the fullest, loving selflessly and being the change that I wish to see in the world”(Ghandi)

NCCAP also held its 2nd Call to Action – which is something that when we first initiated was to gather all the dedicated, eager to assist in bringing our profession forward thinking individuals in one spot to brainstorm and identify the areas in which we collectively could address these issues on behalf of our profession and in turn the clients we serve. The success of that gathering, lent to 2 years worth of follow up and committee work, to address the areas and further assess the next steps in leading our industry forward. The 2nd Call to Action was a summary of the first with new goals and a clearer vision of where our profession needs to go in the future and how we need to get there through the use of again the talented, hard working, master minds in the profession and their collective efforts collaborating on behalf of all activity professionals. See the announcement postings for the details, or to volunteer to serve on a committee to address the current issues.

Personally, I completed my masters degree in Aging Service Management which enabled me to pursue grants for NCCAP, and to apply my knowledge base to further the mission of NCCAP with regard to marketing the purpose of our profession and the necessary requirements to maintain the quality standards to the various entities. NCCAP has now communicated with every state to the extent of sharing what we represent, what we require for our certification and garnering their support and/or acknowledgment of the MEPAP training for their Basic Course and the recognition of the NCCAP certification as being considered qualified in their state. This has proved to be very beneficial for educating and promoting activity certification.

NCCAP continues to be the respected, and internationally recognized entity for certification of activity professionals, and with the support and dedication of the NCCAP staff – in addition to myself who has been serving as your Executive Director since 1999, Audrey Stowers has worked for NCCAP since 1995, Kelly Bradshaw since 2006, and Dana Damico since 2011, we manage to respond to 50-100 phone calls a day and over 400 emails per week, in addition to processing the mail, new applications, renewals and numerous other individualized requests we receive each and every day from the certified individuals as well as the prospective individuals. I have a great team!

Loss is always difficult, yet when losing a mentor, seems to be experienced at a different level. Dr. Peckham was such a huge source of support to NCCAP. He made the investments that allowed NCCAP to grow and turn into the productive association that it is today. Dr. Peckham was in full support of NCCAP holding its annual Educational Symposium, always being the first person to register each year, with words of continued support and encouragement and thanks for helping make his dreams and visions for NCCAP come to fruition. Dr. Peckham was an inspiration to anyone who holds the profession and the needs of the profession before their own. Dr. Peckham used to say to me, that organizations fail when their leadership focused more on themselves rather than the profession, no truer words were spoken...he continually encouraged me to find strength in helping others succeed, and commended me for always taking the high road.

I have presented several times recently on a topic near and dear to me called “Appreciative Inquiry” (Cooperrider..) and basically it addresses the issue of the words we use and how they affect us and others both personally and professionally. The issue of heliotropism (people gravitate to those that are positive or bring energy). I choose to continue to be one of those people, for myself and for others. To continually strive for the best for the profession and each individual that wishes to pursue their personal or professional goals of achieving their national credential. There is a surplus of people willing to be negative and knock people down, or to simplify the process to make it “easier”, yet as your NCCAP leader, my goal has always been to show people how they CAN meet their goals versus lowering the standards. To show them the support they need to SUCCEED, versus, creating something less. You as individuals deserve this, and in my opinion, our profession should not settle for anything less than the best we can be for our clients.

Thank you for your continued support of me and of mission of NCCAP.

NCCAP Annual Treasurer’s Report 2012-2013

With the implementation of the NCCAP National Exam in 2012, it was expected that the number of activity professionals pursuing credentialing might slow down some, until after the initial “fear factor” and acceptance of the higher standard was received.. While that has been the case, to some extent in the first quarter of the year, NCCAP finances have remained stable. The year end totals for 2012

showed a tiny profit of \$5000. The office staff and board work extremely hard to stretch every dollar that comes in. This is especially important in today's economy as the cost of everything continues to rise.

Under the watchful eyes of Dr. Charles Peckham, monies were invested many years ago with Fidelity Investments. These investments have continued to grow over the years and are currently around \$555,000.00, which is held for insurance and liability as a not for profit association.

NCCAP believes in assisting people to achieve their goals of becoming a certified professional, maintaining and/or advancing their certification. We have given out 19 scholarships over the past year. While we would love to assist every applicant, we do give preference to those who have never received any type of financial assistance from NCCAP. We're trying to "share the wealth", so to speak. Please check the NCCAP website for the various downloadable applications. The board is extremely grateful to those instructors who "donate" free MEPAP classes. You are a gift to this profession.

NCCAP continues to spend a great portion of the budget on marketing as we believe getting face to face with the corporate owners, administrators, and departments of health is the most effective way to share *who* and *what* we are, *what we do* and *what we stand for*. We are purchasing a new display this year as the old one is extremely outdated, extremely expensive to mail to/from venues and is very, very heavy. The new display will be much more "user friendly".

As always, please feel free to contact me if you have any questions.

Kloeppe63@hotmail.com

Respectfully submitted,

Laurie Kloeppe, ADC
NCCAP Treasurer

***Linda Redhead, MS, ACC/EDU
NCCAP Board-Special Projects 2012-2013***

Below are the general guidelines and actual NCCAP schedule for the past year. I would like to thank everyone for participating on the NCCAP Chat Team and working so hard to provide continuing education clock hour opportunities to other Activity Professionals who need them. Without these Volunteers who have dedicated valuable time from their busy schedules, the NCCAP Weekly Chat would not be possible.

NCCAP Chat Guidelines

*These are general chat guidelines for the nccap chats on www.nccap.org
For those of you whom have never moderated a chat, this link
<http://www.youtube.com/watch?v=AMY12Onijto>*

features Bryan Rife showing step by step on how to actually get into the chat. May I suggest that the 'user name' you use during the chat be your whole name (first & last) so others know that you are the moderator.

Here are some tips to keep in mind-

- 1) You facilitate the chat- You have chosen a simple topic with your objectives-it helps to have a short simple outline to follow so you can keep the conversation on track
- 2) The outline & 3 objectives-this you submit afterwards to me with the attendance so you can get the 2 hours of credit-you only do one hour, but for first time topics you present, you get double.
- 3) Please make sure you take attendance and give credit to those who stay during the whole chat.

Usually you are lucky to get a few folks-not like January when we do free chats where it is so crowded & fast paced (the nccap chat room maxes out at 25 participants) This year will be the first time that we will use www.freescreensharing.com for National Activity Professionals Week. I will send a separate email with separate instructions for those volunteers who will be doing this special week since the process is a little different from the regular nccap chats which are done thru the nccap website.

A great tip that Bryan gave me when I first started-It helps to set ground rules at the start of the chat-

-no multiple conversations or private messages to you during the chat (very distracting),

-provide contact info (for after the chat if they want more info),

-briefly describe how to download the application and send in with the \$10 check to nccap for credit,

-it helps to find out who your audience is-have them introduce themselves, where they are from and what kind of work they do

- start & end chat on time

The time flies by if the participants actually participate-that is the key.

Chat Schedule Fall 2012-Spring 2013

September

9/5.....Jane Anderson, ACC-Track 3 ACC & Consulting

9/12.....Joan Ryan, ADPC- *Assisted Living Special Events and Fundraising to Supplement the Activities Budget*"

9/19....Michael Bower-*'Alzheimer's Behaviors'-8pm Pacific Time*

9/26....Sue Orce, ADC-*Pet Therapy*

October

10/3.....Donna M. Tennant, ACC - *End of Life Care*

10/10....Sulekha Zaug, ADC- *"Activity vs. Engagement"- setting the standards higher, can we engage residents rather than fill their time with activities*

10/17.....Michelle Olson, ADC-*Stress Management*

10/24...Debbie Hommel, ACC-*'Therapeutic Approaches for the Short Term Resident'*

10/31(Halloween-no chat)

November

11/7.... Leara Broderson, ADPC-*Music Therapy for Memory Care*

11/14.....Sue Orce, ADC-*'Community Outreach'*

11/21(Thanksgiving Eve-no chat)

11/28....Michael Bower, ACC-*Hearing Loss-8pm Pacific Time*

December

12/5...Dawn Appler, ACC- *using MDS 3.0 & beyond section F*

12/12....Nancy Richards, ACC-*Thrive: Practitioner Self Care*

12/19.....~~Donna Tennant, ACC-TBA~~ ~~NO SHOW~~-Michelle Olson did it

12/26 (Christmas/Boxing Day-no chat)

January

National Activity Professionals Week

1/20...Kathy Hughes, ADC: 1:1 Activities

1/21...Cindy Bradshaw, ACC-Preparing for the National Exam

*1/22...Debbie Hommel, ACC-
Culture Transformation Concepts: New Models of Care*

1/23...Nancy Richards, ADC-Opening Doors: Mental Health in Elder Care Settings

1/24...Donna Tennant, ACC-Marketing Your Program to Increase Community Awareness

1/25... Celeste Chase, ADC-Alzheimer's 101

1/26...Celeste Chase, ADC-Adult Day Programs

1/27...Kathy Hughes, ADC-Sensory programs

1/30... Gloria Hoffner, ADC-'Science for Seniors'

February

2/6...Sulehka Zaug, ADC Topic: 'Bullying in Senior Living-Do we ever grow out of high school?'

2/13...Jorie Morrison, ADPC- Developing a handbell program

2/20...Michelle Olson, ADC-Art and Creativity with Seniors

2/27...Susan Orce, ADC-Religious Holiday Celebrations

March

3/6...Debbie Hommel, ACC-Garden Programming: Ideas & Adaptations

3/13...Susan Orce, ADC-'Press Releases & Social Networking'

3/20...Michelle Olson, ADC-Behavioral Issues

3/27... Becki Sims, ADC-Community Activities

April

4/3 ~~Lorraine Lee, ADPC-"Games People Played" Parlor Games (Carolyn & I ended up moderating-Lorraine was a no show)~~

4/10... Carolyn Perito, ADC-'Building a Dementia Program in a Long Term Care Setting'

4/17... Sulekha Zaug, ADC-Senior Fears

*4/24...Lorraine Lee, ADPC-"Geography and Maps for the Mind" Games, Discussions, Trivia and More
Michelle Olson, ADC -'We all know Ads wear many hats-what is under yours today!'*

May

5/1...Lorraine Lee, ADPC-"Learning About Remotivation Therapy"

Carolyn Perito, ADC-'Interventions for the very low functioning individual with Dementia'

*5/8...Lorraine Lee, ADPC-Communication through Fiber Arts
Sulekha Zaug, ADC- "Dialectical Behavioral and Cognitive Therapy"*

5/15....Dawn Chourouk, ADC-Topic to be determined

5/22...Lorraine Lee, ADPC-"Horticultural Therapy-Past, Present and Future"

Sulekha Zaug, ADC-TBA

National Certification Council of Activity Professionals Nominations Report – 2012-2013 Bryan Rife ADC/EDU

What an honor and a privilege it is to be one of many Nationally Certified Activity Professionals and to be able to give back to NCCAP by serving on this board. If you would have asked me several years ago if I would be standing here today in this role I would have thought you would have lost your mind. It feels great knowing that we have so many unique and dedicated NCCAP professionals that are so willing to give their time and effort and willingness to run for the NCCAP Board.

Due to circumstances beyond our control, the mailing of the newsletters/ballots came out SLOW. They were mailed the 19th of March with an April 1, 2013 deadline initially however when we found they were delayed in being received NCCAP extended that deadline until April 15th. This information was communicated to the membership through the FaceBook page, the NCCAP announcement page, and also through an emailed NewsBlitz that went to each individual. What we have found is that when the ballot/newsletter WAS received that MANY saw the April 1, 2013 and then did not vote, (for some reason NOT reading/seeing the other communications) that extended that deadline until April 15, 2013. ***Although any/all ballots that were received after the deadline or through a different form (copied from the website and such) cannot be counted officially, we wish to share that the ballot result would NOT have changed. CONGRATULATIONS to those elected, and thank you to all who were willing to serve and ran for the board.

I'm also very proud of the eight individuals who were willing to take the time to run for the 2013 NCCAP elections. These wonderful individuals were: Kathleen Carver ACC/ MC/ ALF,/EDU Springfield, MO; Romaine Kaufman, ACC Boca Raton, FL; Renee J. Markle, ADC Schenectady, NY; Michelle Olson, ADC Fishkill, NY; Donna Tennant, ACC Fairview, WV; Stan Adams, JR, ADC Guyton, GA; Becki Sims, ADC/MC Newport News, VA; and Carolyn Perito, ADC/EDU

Bronx, NY.

The following are the results of the election: Donna Tennant, ACC and Becki Sims, ADC/MC.

I really encourage those who did not get elected to not get discouraged and to please run again for the 2014 Elections. Once again thank you for everyone who ran and for everyone who took the time to vote.

National Certification Council of Activity Professionals FACEBOOK report 2012-2013 By Bryan Rife ADC/EDU

Facebook continues to be one of the most powerful social media networks in the world. NCCAP professionals have been utilizing our Facebook page to obtain not only ideas for activity programming but insight into what others are experiencing in the field.

Professionals have posted surveys, polls and activity ideas and what I like to call “pick me up’s.” There are currently 1221 people that have subscribed to the NCCAP Facebook Page.

NCCAP also utilizes the page to post announcements and especially the NCCAP chat schedule. Please visit: <http://groups.to/nccapfb> to join our page.