



NCCAP

NEWS

THE OFFICIAL NEWSLETTER OF THE NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

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Nominations

By Bryan Rife, ADC/EDU, Nomination Chair/State Rep Chair



One of my favorite retro songs is "We Are Family" by Sister Sledge. Every time I hear this song I think about this profession and all of the many relationships I have made throughout my career. Even though I am the only male currently on the NCCAP board I feel blessed and honored to be part of it and I truly do feel that we are family.

It is once again time to open our arms up and accept some new "family" onto the NCCAP board for 2014. I encourage those that are interested to run for a position on the board and those that ran in the past, but didn't get elected to run again. The official deadline for accepting your application is January 13, 2014.

Before you fill out the application you have to meet the following requirements:

- NCCAP Certified as an AAC, ADC, or ACC
- Minimum of two (2) years activity experience with the elderly population
- Able to attend one (1) – two (2) Board meeting(s) a year
- Active in your State and/or National association

If you meet these qualifications, or if you know of someone else, please download and complete the nomination application found on the NCCAP's web site at www.nccap.org. Once you get on the home page click on "Download Forms Request" at the top of the web page and then click on "NCCAP Candidate Board Profile". You can then print out a hard copy of the application.

I have been part of this amazing "family" for several years now and want to let you know it's been a wonderful experience plus it's given me the opportunity to give back to NCCAP for all they have done for this outstanding profession and I know that there are other professionals that would like to have the same opportunity. If I can be of any assistance to you, please contact me!

Mail your application to:
 Bryan Rife, ADC/EDU
 NCCAP Nominations Chair/State Rep Chair
 14 N Central Ave
 Belmont, NC 28012
 Office phone number 704-350-9204
 Fax number 704-372-6906
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The statements/articles made herein are those of the respective authors and not necessarily an expression of the views of NCCAP.



Leaving your home, most all your belongings, your family and friends and moving into a care facility are losses none of us ever wish to encounter. However, for many elders it becomes a necessity when they need care the family is not able to or can no longer provide.

When you and I move into a new home we have a Housewarming Party so at Dooley Center we have taken the same approach to someone moving in. Dooley Center, the long term care facility for Mount St. Scholastica, offers each elder the option to host an OPEN HOUSE once they have their room just the way they want it. We began doing these five years ago. It is a wonderful opportunity to meet new friends, reacquaint with old ones and show off their new home.

With the assistance of the activity department the elder picks the day, time, theme and the menu, to which the dietary department may assist with. We create and send out invitations to family and friends. The invitations are posted on the bulletin boards for all those residing in Dooley Center, as well as the monastery. The invitations are personalized as much as we can to the elder.

The elder can have as much or as

little participation in getting things ready as they would like. One elder chose a chocolate fountain with fruit, marshmallows and pretzels. She helped to clean all the fruit and arrange everything on the refreshment table. Another resident's sister helped set everything up and together she and her sister made photo boards of their life and family as well as provided some of the refreshments.

The benefits of this activity are far and wide. The elders get to welcome other elders, friends and family, community members and staff to their new home. They get the opportunity to be hostesses, be involved with the planning, implementation and clean up. They have the ability to share who they are and where they've been. The staff as well as others residing in Dooley Center learns about the elder in a way that is non-intrusive or threatening. Those from the community get to see what really goes on inside the facility. They see how the elder is able to personalize her room and make it home.

Staff members state "this activity plays an important part of the process allowing the elder to feel more at ease and welcome in her new home. It also helps ease the transition of the move"; "the open house gives the elder a sense of purpose – something very exciting to plan and look forward to. The elder's socialization increases as they are out inviting everyone to come and it helps them adapt to their new living arrangements"; "there is so much interaction – not just with the new elder and the guests but with all the others living there as well. It was just so much fun!"

The experience was a wonderful way to embrace a new chapter of her life.

Call to Action (2) Update

By Debbie Hommel, ACC/MC/EDU, CTRS

It has been several months since the Call to Action (2) meeting in Virginia Beach. Approximately 100 participants discussed numerous topics of importance to the future of the activity profession. This meeting was a follow up to the first Call to Action, two years prior in North Carolina. It was determined many of the tasks defined in the first Call to Action meeting had been accomplished and this meeting focused on new goals and tasks for our profession. Four Committees and their Chairpersons have spent the last eight months working on their assigned tasks and goals. Volunteers are always welcome to join the committees as they continue to work on various projects. Committee work is accomplished via e-mail and chat discussions when necessary.

Summary of Committee Work and Accomplishments

Professional Development:

Nancy Richards from Pennsylvania
One of the tasks of this committee was to define the different types of learning (technology, non-traditional, etc.) and research and provide information for MEPAP Instructors on teaching techniques for future generations. Another task was to develop a Speakers Contact list for NCCAP and State Activities Associations concerning more “cutting edge” topics (i.e. clinical diagnosis, psychotropic drug use, holistic healthcare, etc.); provide a downloadable list of contacts and information for obtaining speakers on these subjects. **Committee Progress: They have created a local and state Activity Association listing which includes when educational events are offered and social media platforms.** Another task the Professional Development Committee has been working on is to educate all from “top” to bottom, “top” being Administrators,

CEOs, etc. They are to develop an In-service for teaching staff, families, volunteer groups and others on the Activities Profession and the need for Quality of Life. **Committee Progress/Recommendations: A Quality of Life Training PowerPoint has been created and is being finalized. There should be ongoing educational programs for both Resident Council and Family Council. At Career Fairs and Volunteer Fairs, activities professionals should offer to be a speaker, offer to have tours of the department; offer to have a career day for high school students and college interns so that they can be more aware of what the position of being a Recreation/Activities Professional really entails.** Future committee projects includes establishing a network of possible “training” peers to assist with training or who to call to come and speak at Department head meetings, board meetings and Resident Councils. Also establish “neighborhood”

communities of activities professionals that register on a National Level with the NCCAP so networking will be easier and more functional. A long term goal is to establish a strong legal presence through partnerships, to assist with lobbying efforts for Recreation/Activities Professionals.

*To be more involved in this committee, contact Nancy at nancy.richards@activitypathways.com

Vision Committee:

Kathy Hughes from New York

A portion of the Call to Action Committee (2) group work was to create suggested NCCAP Vision statements. The committee and NCCAP Board are in the process of finalizing a Vision Statement which will be shared with membership soon. In addition to the Vision Statement, some of the committee tasks included reviewing and revising promotional materials related to NCCAP, to share the purpose and intent of NCCAP. **Committee Report: Existing brochures and training PowerPoints are being reviewed and are available on the NCCAP web site. Promotional materials have been sent to every Department of Health Department in the US.** Some continuing tasks the committee is currently working on include researching and developing lists of contacts that NCCAP can interact with on a professional level and provide information concerning the need to hire NCCAP certified individuals. This listing would include, but not be limited to, specific contacts, names, e-mails, twitter accounts, Facebook and other social networking.

*To be more involved in this committee, contact Kathy at kathy@activitiesassist.com



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Regulatory:

Bonnie Ruggles-Ruchel from Arizona
Some of the tasks of this committee is to collect data about regulations and encourage advocacy for consistent activity standards. **Committee Report:** *The committee has amassed listings of state regulations and contacts for state Department of Health. We are working on organizing the many data bases and making that information available to membership.* Some on-going projects of the committee include developing more ways to highlight activity professionals who make a difference and have had their articles published; encourage the submitting of articles concerning the activities profession in publications other than activities and to research publications, article deadlines and other pertinent information for people to publish in these publications (online or hard copy).

* To be more involved in this committee, contact Bonnie at bbruechel@q.com

Universal Worker:

Becki Sims from Virginia

This committee is in a monitoring and data collection phase. The committee has issued several surveys and call for comments through e-mail and the NCCAP Facebook page. **Committee Report:** *The committee is keeping track of responses and trends across the nation regarding the hiring, training and implication of the Universal Worker.*

*Share your experiences with the Universal Worker in your facility or get involved in this committee, contact Becki at beme24u@aol.com

A common theme shared at the Call to Action (2) meeting was our desire to drive our own future. The health care world is ever evolving and without a

clear focus, our profession could end up where someone else thinks we belong. NCCAP remains goal driven and with help from the Call to Action Committees and many volunteers working on committee tasks, we will

remain in charge of our own path and true to our mission. **NN**

Looking for more information about the Call to Action (2) meeting contact debbiehommel@comcast.net

Call for Presentations

By Kathy Hughes, ADC

NCCAP is currently seeking presenters for the 2014 Symposium to be held June 6 & 7 at the Crown Plaza in Minneapolis, MN. Your registration for the NCCAP Symposium is FREE if chosen as a presenter and if more than two topics are picked, you will receive a stipend of \$100.00 for each topic after two. The registration includes the full conference registration, which includes meals during the Symposium. The Crown Plaza also accepts your Holiday Inn Priority Card so you can earn points for your stay or use points from your previous stays.

Most of the NCCAP Symposium presentations are 1.5 hours in duration and are for seasoned activity professionals, consultants in activities and MEPAP Instructors. You have lots to share, years of experience to present as well as information that should be shared with others. You can send in your "call for papers" via e-mail to info@nccap.org. The deadline is Nov. 1, 2013 and we are looking forward to hearing from you.

The topics requested for this coming year includes:

- "Assertive vs Aggressive"
- How to teach planning
- Practicum vs Assignment
- Curriculum Development
- What are Learning Objectives?

- Adult Learning Styles
- Teaching Analysis
- How to write for Publication
- Staff Management
- Middle Management Techniques
- Behavior Challenges with Residents
- Activities Orientation for Activities Staff and Volunteers
- Volunteer Recruitment and Retention
- Apps for Activities
- Pinterest and other Social Media Internet tools
- Marketing your consulting business through Social Media
- Using Power Point for Individual Activities
- Using Power Point for Activities In-services
- Keeping Family involved through Technology
- Live streaming for your state association conferences
- Skype your speaker and save money for your state association
- Community Online Games for your Residents
- How to post your activities on YouTube
- How to use Search Engines for Activities

NCCAP is currently accepting all topics for consideration. Your presentation will be reviewed and you will be notified before the end of the year. If you are considering presenting at the NCCAP Symposium you can use the NCCAP Body of Knowledge as a reference for your presentation. Also

we are looking for keynote speakers from the Minnesota area. Please contact us with suggestions at kateh201@yahoo.com so that we can also work on finding a memorable opening for the NCCAP Symposium.

NCCAP Call for Papers: <http://www.nccap.org/symposium/2013/NCCAP-CallForPapersNAB.pdf>



Antique car show.
From Jackie Kott, ADC - Director of Recreation, The Martin and Edith Stein Assisted Living Residence

NCCAP 2014 Educational Symposium

Thursday, June 5 thru
Saturday, June 7, 2014

Crowne Plaza Hotel
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Near MALL of AMERICA - so PLAN now to attend and BRING the family along 21 CE's, 5 meals, and the networking, and resources of your peers, nationally recognized speakers and vendors

Best Practices

By Kathy Hughes, ADC

NCCAP is looking for individuals who have developed programs that meet the needs and interests of residents/participants in geriatric settings. Innovative programs that have been successful in your current settings that have been successful in the delivery of activities services can apply for a "Best Practices" presentation at the annual NCCAP Symposium. Those NCCAP certified professionals who would like to apply would present their program at the NCCAP Symposium, June 6 & 7, 2013 to be held in Minneapolis, Minnesota. Includes Skilled Nursing, Assisted Living, Adult Day Care, Memory Care, Independent Living, Senior Centers, Retirement Center and Person Centered Services. The winners will receive one night lodging at the NCCAP Symposium. If there is more than one presenter, the team will receive a group registration discount, but one night lodging will be given to the principle presenter only.

What activity are you most proud of so far this year? Which activity made the most impact with your residents?

All of us provide programs that meet the needs and interests of our residents and rarely get recognized for doing them. We rarely tell the world about the amazing things that we do, the programs that we plan and the activities that are special. Marketing your activities also includes taking credit for a great and amazing job that we do. Sharing our ideas in the activities community is important to inspire others and to show

how we impact the needs and interests of our residents.

Community events, special events, Intergenerational programs, Individualized programs, using technology to meet needs and interests of our residents, games, themed events, daily programs and individual 1-1 programs can all be given credit and recognition through the NCCAP Best Practices Awards. It

is not limited as we want to highlight all the great things that we do. The entire continuum of care is represented at the NCCAP Symposium and this year we will be live streaming the awards to everyone across the world. Now is your time to show off your activities.

Applications for NCCAP Best Practices is available at: <http://www.nccap.org/symposium/2013/BestPracticesNCCAP.pdf> the deadline is February 13, 2014. The application stays the same and will be changed later, but today is the day that you should start taking credit for all the amazing programs that you have. And all of your programs are amazing to someone.

This past spring a conversation ensued on a Marketing site on LinkedIn. The Marketing guru stated that he was appalled that nursing homes were not involved in "March Madness" or other national sporting events. How wrong he was! We told him of all the activities that are planned for **Super Bowl Sunday, World Series, Olympics, NASCAR, NBA, Stanley Cup and indeed March Madness.** He wanted to know why people (the general public) didn't know that and why the facility marketing person did not promote them. We replied that most communities did not have a marketing

person and that the activity professional rarely notifies the press about events that seem to be regular programs.

So let's make a plan to take credit for what we do this year! Let's get out there and tell the world what we do and take credit for it. Let's promise ourselves to apply for NCCAP Best Practices for at least one program that we do. Let's send our activities calendar to the TV stations in our towns every month for twelve months. You can do it! We can all do it!

Looking forward to receiving your application!

Listen and Hear His Desire

By Angela Loy, ADC

Working in a long term and rehabilitation center has been one of the best career moves I could have ever made; and the role of Activities Director was something I had not prepared for as I look back on my own personal and professional path. Yet it is this journey that I find I am learning from the ones with wisdom beyond my years, and beyond any training I have ever received. This once again has proved true with a patient named Mr. George as I have come to know and respect him during our times together. I have met so many, have gotten to know those that are humorous, those that are alert and oriented to the world that most of us live and; and others who are demented, suffer Alzheimer's and are facing the end of their lives. All share great wisdom if we as professionals are open to hearing them, to meeting them where they are in the here and now of their lives. This is their life, their journey and experience, not ours to judge nor to change, but to work hard to enhance their quality, and to bear witness to their stories and as Activity Directors hopefully we can engage them in socialization while assisting with life reviews. There are wonderful times that we can find desires in those times, and can facilitate wishes and dreams

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Sr. Joachim's room and photo board with "a few" of the hundreds of music students she taught through the years. Sr. Joachim held her open house in April of this year.

Certification Renewals

****REMINDER****

To all renewing their certifications this year.

- Continuing education hours MUST be between the last renewal and the current renewal (that 2 year time frame)
- 20% can be Facility Inservices – such as fire safety, infection control etc.
- 20% can be Health related – such as CPR, CNA, CDL, nursing classes etc.
- 30% can be from the webinar type offerings that your facility is contracted with such as Care2Learn, Silver Chair and Upstairs Solutions
- Your renewals are mailed to you 90 days BEFORE your expiration
- they MUST be postmarked by the 1st to avoid the additional late fee. (NOT receiving your renewal in the mail, MAY be because you moved and didn't share your current address with your credentialing body, OR may mean it was simply lost in the mail – in any event there are renewal forms ONLINE for you to download, or you may contact the NCCAP office for a new form, either way your expiration date doesn't change, therefore renewing ON TIME is YOUR responsibility.
- IF renewing your specializations – remember to include the additional CE's and fees



Live streaming is both a virtual television studio and embeddable video player, offering users the opportunity to produce and broadcast Web video in the manner of a television network. Users can stream live video or broadcast pre-recorded video in their channels.

In the fall of 2012, NCCAP launched “live streaming” at the 2012 Call to Action meeting which was held in Virginia Beach, VA. This would be the first time those that couldn’t attend could...from the comfort of their own home. NCCAP was able to station 5 computers with moderators at different tables and engage the “live streamers” in a virtual conversation with the speakers as well as the participants at each table. Because this was very successful and great feedback was provided by several of the participants, NCCAP decided that this would become an option for the 2013 Educational Symposium.

Activity Professionals had more than 4 opportunities to virtually attend more than 4 different sessions at the 2013 Educational Symposium and receive CE credit by paying the \$15.00 fee. At each of these sessions, NCCAP board member, Bryan Rife, moderated the live stream and was the liaison between the virtual attendees and the speaker/attendees of the session. Live streamers engaged by listening to the speaker as well as the attendees discussions and also being able to ask questions and really feeling like they were at the symposium.

Live streaming has been nothing but a success and with the continuation of offering live streaming at workshops and symposiums, NCCAP hopes that this will be beneficial for those professionals that otherwise would have no other way to attend. Stay tuned for more live streaming sessions that will be offered at the 2014 Educational Symposium in Minneapolis! **NN**

NCP1310

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when if we listen well and then work as a detective at times with a genuine desire to make things better for our patients. At times it can be tiring, it can be sorrow filled or it can be exhilarating; when added to documentation, meetings, and the myriad of tasks, it can be complicated.

So it was with Mr. George and in one particular evening as I was leaving to go home; he chose that moment and time to let me know of his love of a daughter he had been estranged from for more than twenty years! As he spoke I made a mental note to follow up with that when I saw him the next day, with the hopes that I would learn more of this wonderful man, and he just grinned while wanting his hug for the day. As the next day arrived I found him frequenting my office between meetings; sitting close during bingo, arriving later and telling me stories of war and woman, along with better days. It was then that I asked him about his daughter and listened with all my senses sitting close to him as he told me his story. I was fascinated and sad at the same time, and yet I felt a great opportunity in front of me, if only I could find this woman... the daughter of Mr. George. He let me know of his great desire to see her "one more time before he died",

yet shook his head as he spoke saying he knew that would never happen as he had no idea where she was, if she was alive, or even if she was, he just had no idea if she would even want to see "this old man".

It took weeks, and after getting a release from Mr. George; I enlisted volunteers and social media. After putting in the time, we found her. I spoke with her introducing myself and then told of the reason of my call. She cried, I cried and then we set up a Skype call where she could see and be seen by Mr. George. It was a marvelous reunion. It was a day that will forever be remembered as a day of listening and leaning into a resident to really hear what was being said equaled desire and the want of an elder who was nearing the end of his life and had things he wanted along the journey. It was a day of amazing grace to be able to facilitate that in our facility through commitment and passion in the role that I now have as Activities Director and one that I was able to involve our staff in to assist in working for the greater good of a patient. Our facility is better for the work we all do as a team; all for the benefit of our residents and those who love them near and far, if we listen. **NN**