

NCCAP



NEWS

THE OFFICIAL NEWSLETTER OF THE NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

The Bucket List

Last winter we showed the movie “The Bucket List” starring Jack Nicholson and Morgan Freeman. A “bucket list” is a “wish list” of things to do before one “kick’s the bucket”. It’s a great movie your elders will enjoy and a terrific “spark” to deep soul-searching on whether or not a person has completed everything they set out to accomplish on their life’s journey.

As Activity Professionals we frequently hear our elders talk about their “bucket list” or we reminisce with them about the things they “always wanted to do but haven’t” or “would like to do “that” just one more time.” Do you help them to check one more thing off their list?

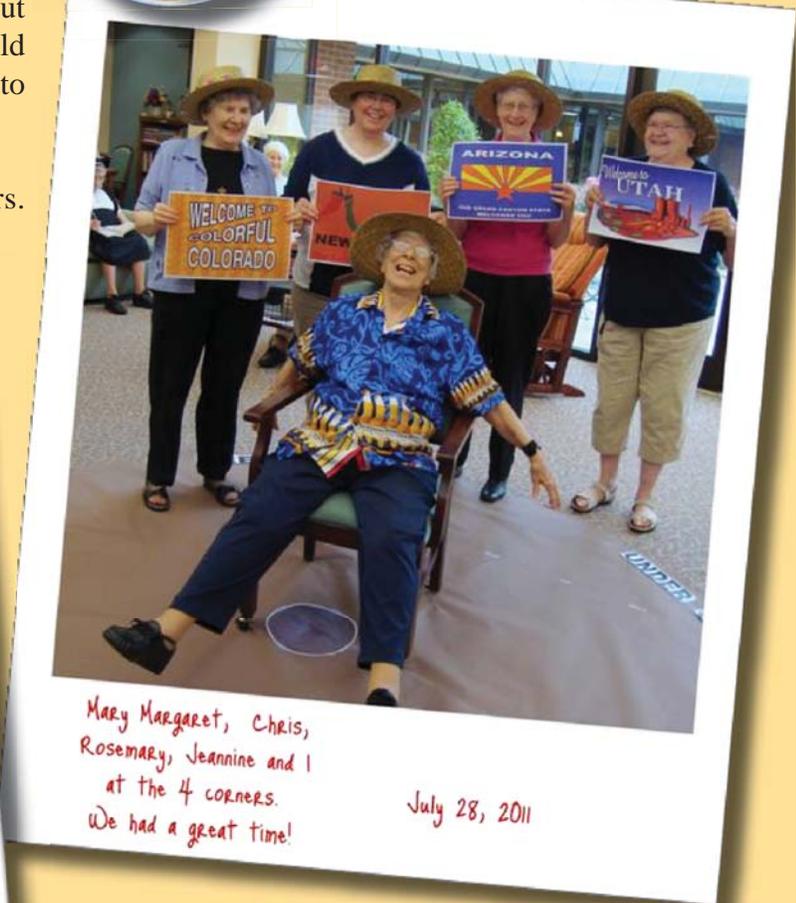
I recently had that opportunity with one of my elders. Here’s our story:

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I made it! 4 corners, USA!
7/28/11



Mary Margaret, Chris,
Rosemary, Jeannine and I
at the 4 corners.
We had a great time!

July 28, 2011

The last thing on her "bucket list" was to go to the 4 corners - where New Mexico, Arizona, Colorado, and Utah meet. Her physical condition is such that it's no longer possible...so with the help of her former suite-mates, we re-created it here at Dooley Center. The look on her face says it all! I LOVE WHAT I DO!!!
Laurie Kloepper

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During the MDS process, our RNAC was visiting with Sr. Bernadette and stumbled upon her “bucket list”. Sr. Bernadette had always wanted to go to the Four Corners. If you aren’t familiar with Four Corners, it’s where Arizona, Utah, Colorado and New Mexico meet and you can actually put each hand and foot in a state and you are physically in four states at once. She had planned to go there the next time she went to see her sister in New Mexico. Her health, however, had other plans.

The RNAC shared Srs. desire with me and my wheels immediately went into motion. I believe as activity professionals we are masters at adaption and since I knew there was no way for her to go to Four Corners I began devising a plan to bring the Four Corners to her.

I looked up Four Corners on the internet. I contacted another activity professional from Arizona, who I knew had been there. She was able to describe the sights, sounds and smells. I looked up each state’s “WELCOME TO...” sign. I contacted her former suite mates and explained to them what I was doing and invited them to be a state holder and of course they were excited to be a part of the project. My assistant went to the local thrift store and found a “touristy” shirt. I brought a “touristy” hat and camera from home. I contacted the local high school and was able to get a donation of brown and black roll paper. I printed off a photo of Four Corners and went to work.

My assistant and I re-created a giant ten foot circle out of the brown art paper and I printed off all the words that are on the real one and attached them to our re-created one. I made a “WELCOME TO...” sign for each of the four states,

attempting to make them as close to the real ones as I could.

We planned the “trip” for right after lunch, as Sr. would have to go through the living room to get back to her room. The first day we had it planned, she had been to the doctor that morning and was totally exhausted, so we aborted our mission until the next day.

The next day, while she was at lunch, we laid out the huge circle, which took up almost all the free space in the living room. Her suite-mates came back and donned “touristy” hats and their state sign. As Sr. began to get up from the table, I got in her path. As we began walking, I asked her where the one place was she still wanted to go. She stopped, looked up at me and without hesitation, answered “Four Corners”. I asked her if she would humor me for a few minutes and she agreed. I provided her with the shirt and hat to put on, which she did, giggling the whole time.

We continued our walk into the living room and she began to see her friends with their signs...and then she saw the circle. The expression on her face was priceless. She just giggled and giggled and giggled.

She wanted to sit on the floor but we settled for a chair and she immediately sprawled out, stretching to put each hand and foot in a different state and of course, posing for photos. She now boasts that she went to “Four Corners” and was back to her room in 20 minutes.

Never underestimate the joy a little adaptation and creativity can bring to the lives of our elders!



NCCAP 4th Annual Symposium
 2012 Holiday Inn
 Greater Cincinnati Airport | Cincinnati, Ohio
 A Symposium Designed for Activity Professionals, Administrators
 and Staff Development Coordinators, MEPAP Instructors, Activity
 Consultants, Activity Educators
 Phone: 757-552-0653 | E-mail: info@nccap.org

Walking Away A Winner (Kathy Mattea)

By Nancy E. Best, ACC, CTRS

My Dad was always very proud of the job I did as Activity Director. He knew I loved my residents and took every measure to make their lives enjoyable in the Nursing Home. (Riding a horse, riding a roller coaster, and flying in an airplane again). Upon his death, what better way to honor his memory, than a scholarship bearing his name? Hence, the Ralph O. Best Scholarship.

It is granted once a year, after the NCCAP Symposium. We review the applications, looking for an activity employee in the field who may need assistance becoming certified. You may send your requests to the NCCAP office. The staff will forward it to me. We grant the scholarship in July.

We are pleased to announce this year's recipient is Kim Erickson of Honesdale, Pennsylvania (my home Commonwealth.) Kim displays all of the criteria as an activity professional. Meeting the needs of her residents, their quality of life and going the extra mile, so to speak. She is enthusiastic and dedicated. All qualities we look for in awarding the scholarship.

Kim has a varied background. Her journey in our profession began in 1997 at Willow Crest Hospital as a Recreation Consultant. She organized many programs for all ages. She had the opportunity to go to England for a year to work at Oakview Hospital, where she once again implemented many activities, as well as, policies, procedures, and educated local authorities about activities in the facility. Building the program from the ground up. What a challenge!

Presently she is the Assistant Activities Director at Ellen Memorial Health Care Center. Her duties include coordinating volunteers, special events, outings, monthly calendars, etc. She is also very active in other activities in the community, organizing fund raising and serving on many committees and boards. We are proud to award this year's scholarship to Kim. Keep up the good work.

NCCAP HELPING YOU TO ACHIEVE AND SUCCEED!

One of NCCAP's primary goals is to help you obtain, maintain, and advance your career, should you desire to do so. We are extremely sensitive to the fact that education is not cheap which is why NCCAP offers many opportunities for scholarships. Scholarships are available to assist in completing the MEPAP and attend conferences.

NCCAP is proud to share with you the many scholarships that have been given out this past year; the BEST Scholarship assisted an individual in completing their MEPAP; we raffled a lotto ticket apron at our symposium and those proceeds were used for someone to attend the Florida Activity Conference; two scholarships were given out for attendance at the NCCAP Symposium; another one was given out for an individual to attend the PAPA conference; several individuals benefited from the Beverly Morris Scholarship (over \$1500) and in conjunction with NAAP, NCCAP donated funds for the Madge Schweinsberg scholarship, as we have for many, many years. This scholarship enabled two deserving NCCAP certified individuals that are also NAAP members to attend the NAAP conference.

Is there a way NCCAP can help you obtain, maintain or advance YOUR career? Check out the scholarship opportunities on the home page under Downloads, Forms and Requests link. www.nccap.org

NAPA Facing the Challenge

By Michael A. Bower, BA, ACC

Today we have 5.4 million people with Alzheimer's disease in the United States. In 2011 the first baby boomers are turning 65, the age when Alzheimer's becomes a probability. By 2050 it is estimated that there could be as many as 16 million people with Alzheimer's in the US. Who will be caring for these people? Currently the trend in nursing homes is to care for short term, rehabilitation patients. Custodial care for those with dementia has been moved into assisted living facilities. That is where the majority of secure wandering facilities can now be found.

As we all know, regulations for assisted living facilities are at the state level – not federal. Therefore, what is meant by activities, activity directors, and quality of life is addressed differently in each state. Some states, such as New York, have very demanding standards. Others, like Washington, have almost no standards in regards to activities and who does them.

This brings us to NAPA – the National Alzheimer's Project Act. In December 2010 NAPA was signed into law. It mandates the formation of a federal interagency commission, peopled by all of the federal agencies that have any

aspect of responsibility for elders. That commission is charged with developing a strategic plan for the treatment, cure, and prevention of Alzheimer's disease. The commission falls under the Department of Health. In addition to the commission, an advisory board of not less than 22 people from the private sector is required. It has a term of two years, and then a new advisory board will be selected.

All of this has moved very quickly, and the advisory committee has been selected. It is very important that we all take responsibility for increasing the visibility of the activity profession at the open comment meetings being held across the nation. Cindy Bradshaw attended one such meeting on 1 September and it was extremely valuable. This was the first time that anyone involved with the commission had even heard of the activity profession or NCCAP! As the NCCAP Executive Director, Cindy was able to give accurate and enlightening information to the commission members who were at the meeting and has established some valuable contacts.

Meetings are continuing across the nation. It is vital that activity professionals in every state play a role. We have to make sure that today's Alzheimer's victims are not forgotten in the quest for prevention and cures. Quality of life must be a priority in the current and future treatment of these vulnerable adults, and who is a better advocate for quality of life than our profession? To find the dates and locations of NAPA open meetings in your area, go to the calendar of your local chapter of the

Alzheimer's Association. You can get there by going to www.alz.org finding your state association and going to their calendar. You can also find national open meetings by going to www.alz.org and clicking on "NAPA" on the right hand side of the home page of the site. If you can't attend the meetings, or even if you can, there is also a "like" for giving your input electronically. Please do it. Let them know how important it is that quality programming is offered by experienced, credentialed professionals now.

NAPA is strongly recommending that each state review their state regulations in regards to dementia care. What an opportunity for us, as activity professionals, to make positive changes for quality of life and our profession in the language of the regulations! Get active. Contact your state regulatory body responsible for elder care and be an advocate. Be a part of the process.

No one else is going to represent us; no one else can do it!

**Don't let others
decide who can
do your job and
how they can
do it – step up
now and see
that it is done
right!**



Send NCCAP your activity photos with captions and details. Photos must be for public release. Send your pics to info@nccap.org



NCCAP State Representative News

Your NCCAP State representatives have been busy representing you at the state level. Communication amongst the State Reps continues through e-mails and postings on the Official NCCAP Facebook group. Several reps have been working on NCCAP displays for their State and local association meetings. Linda Redhead, New York State Rep, had a nice display at a recent meeting of the Hudson Valley Activity Professionals Association. Erica Kelly, New Hampshire State Rep is busy creating a display for her state association convention this Fall. The State Reps continue to work hard to communicate certification information to activity professionals in their respective states, creating information tables for association meetings, presenting sessions on certification and assisting interested parties to become certified.

There are only four states without an NCCAP State Representative. If you are from Alaska, Arkansas, South Carolina or Utah and would like to volunteer as a State Representative, e-mail debbiehommel@comcast.net or call 609-290-4549 for more information.

A complete listing of State Reps can be found on the NCCAP site at
<http://www.nccap.org/about/state-reps/index.shtml>



NCCAP Symposium 2011

Nominations

By John Rowlett, ACC, Nominations Chair

Thank goodness the NFL strike is over because I love football and of course the 2012 Super Bowl will be held in Indianapolis, Indiana (Go Colts). Although the National Certification Council for Activity Professionals is not a professional sport, we are truly professionals, and want you to join our team by serving on the NCCAP Board. The first step to join is by filling out an application and submitting it by January 7, 2012.

Before you fill out the application you have to pass some preliminary qualifications which are:

1. NCCAP Certified as an AAC, ADC, or ACC
2. Minimum of two (2) years activity experience with the elderly population
3. Able to attend one (1) – two (2) Board meetings a year
4. 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've personally been on this team for over two years 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. I really encourage you to put on our team uniform and use your leadership, time and talents, to serve this outreach profession called Activities.

I'm asking you to not pass the ball but to pick it up and run and help NCCAP gain yards to pursue the goal line of taking this profession to a true National Championship.

E-mail: jrbanjovol@aol.com

On-line In-service Education

Activity professionals can use traditional in-service education hours to fulfill part of their continuing education requirements. Up to 20% of your total hours can be completed through attending traditional in-services in your building, as long as the topics are noted within the NCCAP Body of Knowledge (pages 8-10 in NCCAP Standards booklet). Topics such as Resident Rights, Infection Control, Fire & Safety and other topics covered at the mandatory facility in-service(s). 20% of CE hours per level would be AAC = 4 hours; ADC = 6 hours; ADPC = 6 hours; ACC = 8 hours.

If your facility subscribes to an on-line in-service education company, an additional 30% of your hours can be fulfilled through completion of these programs. Some of the companies accepted by NCCAP are Silverchair, Healthcare Learning, Upstairs Solution, Care2Learn and DSW Fitness. Activity Professionals should check with their In-service

Coordinator or Director of Nursing to determine if their facility subscribes to one of these companies. Many of the topics offered by these companies fall within the NCCAP Body of Knowledge and can be used for your certification renewal. You log in to the site, take a pre-test, read the materials, take a post test and receive a certificate, upon satisfactory completion of the course. 30% of CE hours per level would be AAC = 6 hours; ADC = 9 hours; ADPC = 9 hours; ACC = 12 hours.

The certificate should include the following information: name of attendee, title of the in-service, date in-service completed; clock hours of the in-service, (must be 30 minutes in length), instructor's name and credentials (who wrote the in-service), sponsoring agency and signature of sponsor. Many of the programs allow you to print out a certificate upon completion of the in-service and most certificates have the required information noted. If required information is missing from the certificate, you should obtain validation from the In-service Coordinator in your facility to complete the process.

If your facility subscribes to a different company that we have not listed, you may submit the name of the company and supportive information to the NCCAP office for review and consideration. Once accepted, you can use those in-service hours toward your renewal or initial certification.

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CALL TO ACTION meeting November 2010

NCCAP National Exam in Final Stages of Implementation

A+

By Debbie Hommel, ACC/MC/EDU,
CTRS

Standardized tests play an important role in measuring knowledge and assessing the student's understanding of a pre-defined set of skills and information. The National Certification Council for Activity Professionals has been working on a national exam for a number of years. It will be part of the NCCAP certification process and the final step in achieving Activity Director Certified (ADC) or Activity Consultant Certified (ACC). Projected test implementation date is January 1, 2012, meaning any initial application for ADC or ACC after that date – will require passing the NCCAP national exam.

The content of the NCCAP National Exam will be driven by specific components defined in the curriculum for the Modular Education Program for Activity Professionals, commonly known as the MEPAP. The MEPAP curriculum consists of 20 Core Content areas and 163 Core Competencies. Each MEPAP instructor follows this content, guiding their students to meet consistent standards. The educational goal is to have consistent educational standards for all activity professionals across the country and now – internationally.

The NCCAP exam began with over 1800 questions submitted by MEPAP instructors from all over the country. These initial questions were screened by the NCCAP Education Committee for appropriateness and relevance. Vicki Surash, MEPAP Instructor and Consultant from Virginia, then

corresponded each question with a Core Content area. As you can imagine, going through 1800 questions and placing them within 20 Core Content areas was no easy task. The questions were reviewed again by members of the NCCAP Education Committee. The questions were associated specifically to one of 163 Core Competencies to ensure the questions are relevant to the MEPAP Curriculum. Finally, each question was validated with a specific evidenced based reference to ensure question content was valid and accurate.

NCCAP is currently working on the reliability of the exam through “pilot exams” being offered to current ADC and ACC applicants. Many MEPAP instructors have volunteered their students for the Pilot Exam project. These students are not only taking the exam but offering their insight as to the wording within the questions and ease in understanding what is being asked within the questions. The results have been invaluable to the NCCAP Education Committee; allowing revision of certain questions to ensure understanding and content is consistent and reliable.

Creating a valid and reliable standardized exam is a monumental task. To ensure the test measures knowledge consistently and fairly, each question must be considered from the perspective of reliability and validity. To have a valid test, the questions should be appropriate, meaningful and useful.

NCCAP is working toward that end by ensuring each question is related to a specific Core Competency defined in the MEPAP curriculum and is supported by evidenced based research. To have a reliable test, one must ensure that a prepared activity professional in NJ will view the test questions in the same way that a prepared activity professional from Ohio may view the test questions. Reliability is more difficult to ensure as each person views the test questions from their personal perspective.

By January 1, 2012, the National Certification Council for Activity Professionals will have developed a reliable and valid standardized test. The test will be administered by a third party testing company with a secure proctor. This test will assist in assessing the knowledge and competencies of new activity professionals and provide a new benchmark in professional achievement and recognition.

Anyone who is currently NCCAP certified, at any level, or becomes certified at any level prior to January 1, 2012 – will not have to take the new exam. If you are AAC or ADPC certified prior to January 1, 2012, you will not have to take the exam to complete the level change to ADC or ACC.





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