

NCCAP



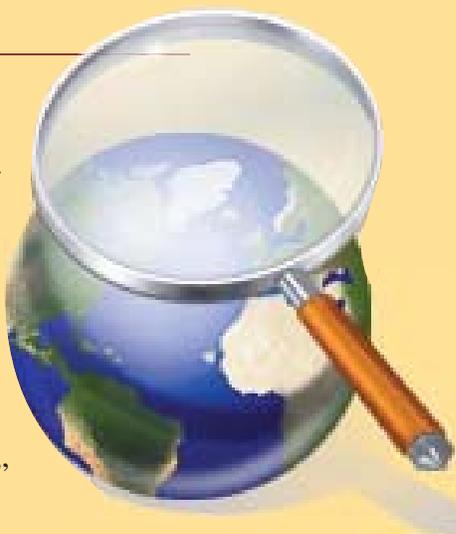
NEWS

THE OFFICIAL NEWSLETTER OF THE NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

I Am Still Looking

By Kathy Hughes, ADC

Recently I decided to ask questions of some MEPAP students and took a brief survey of nursing home professionals at a conference I attended about their facilities and if they could meet my Quality of Life needs and interests. Interestingly the responses show that we are moving slowly toward having facilities meet the needs of Baby Boomers. We spend a lot of time discussing how the current industry is embracing “Culture Change” but in reality we have a long way to go.



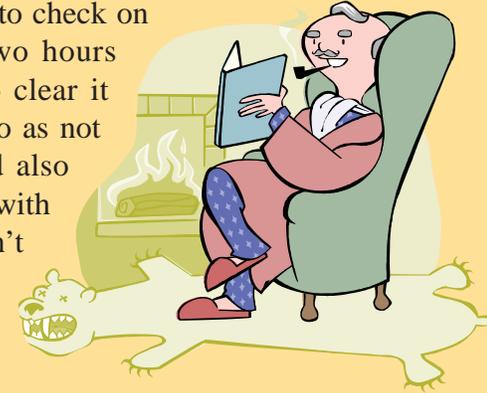
My first question was - could open uncensored Internet access be provided to include social networking sites? In a few facilities I would need to use dial up if I paid for it. There were plenty that had WiFi available, but I would have to either use the facility computer at given times or I could not access social networking sites as the facility has blocked access so staff does not access it during their working schedule. The facilities have opted for limited access as they do not want residents downloading viruses or to have access that would be questionable. The offered computers were also locked at night as staff might misuse them.



My next inquiry was if I could get a glass or two (okay maybe three) of wine each day? All of the facilities responded that I would need a doctors order and that they had “Happy Hour”, but only once or twice a week. I would, however, need the doctor to order any alcohol that I was interested in. So even if I signed a release I would be limited to whatever the doctor said was okay. I

was a resounding “no.” One group stated that the state would write them up if I chose to stay in my PJ’s. The state frowns upon staff allowing residents to stay in PJ’s was what one group of nursing home nurses explained to me. I thought that was interesting as I watched a mother at the buffet in pajama bottoms serve her child the soft serve ice cream. I was also informed that I would have to “dress for lunch and dinner”. I asked if I could go bare footed? The response was thunderous. Nope! the state wants all residents to have on footwear; no matter what.

What about being up late at night and then sleeping in until lunchtime? That seems to be okay, but the staff would have to check on me at least every two hours and I would have to clear it with my roommate so as not to disturb. I would also have to sign a release with dietary because I wasn’t eating breakfast. There were a couple



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did find one activity professional that would help me find the wine when I wanted it.

I moved on to another question, would I be able to stay in my PJ’s all day if I wanted to? Well the common answer

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facilities that would let me sleep in and I could skip breakfast with no problem. I also wanted to know if I could have more than 1 cup of coffee? I can do that, without a doctors order and there were many facilities that stated that coffee was available whenever I would like it.

Then I addressed my hobbies of scrapbooking and card making.



Could I do that when I wanted to? Many activity professionals offered me an area as well as offered to get my supplies. (That's not needed believe me) One facility offered me a die cut machine (That got my attention!) and would encourage me to teach others. I was offered scheduled craft class and some facilities stated that as long as I had room in my room I could do my crafting there.

Could I order delivery of food from area restaurants? This was interesting; as I could, but the facility offers special take-out luncheons and other facilities stated that my family could bring in food. If I was to order take out in some facilities I would have to check with dietary because I could be deviating from a special diet. Other facilities stated that as long as I had the money I could order whatever I would like and the activities department would be happy to get the food if the restaurant didn't deliver. I couldn't order at one facility because the staff had no take out restaurants around them.

So are we ready for the Baby Boomers? Do facilities see that their potential consumers are now computer savvy

and looking for unique opportunities for their *Quality of Life*? Are we considering that the children of Baby Boomers are looking for facilities that will let them communicate daily through the computer, cell phones, iPads and other means of communication that they are not currently prepared to offer. Little did we know 15 years ago that we would have to announce at activities that the residents place their cell phones on vibrate.

Are we ready for independent thinking residents who enjoy Yoga or who think that a meditation program is beneficial instead of traditional church services? Where being a citizen of the world and having explored, hiked, and bungee jumped all around the world would offer the facility a challenge of re-designing activities and facility structure to meet their international needs? The traditional gender activities will be totally different and sorting silverware will be seen as a job that one had to do and would rather have someone else do that than to have to find joy in cleaning and doing menial tasks. When we do a job we are trying to continue to change the world.



Administrators and staff should be ready for sit-ins and protests if the residents want to have a choice in their food or activities. We will be advocates for all our neighbors and will not be happy with standardized care. Our Quality of Life means something unique to each individual. We have been there, we have seen that and want to explore and learn more. We want to have the ability to continue with our lifestyles and that will cause a significant change in the long-term care environment. We are changing it

now but have miles to go before we sleep (that would be around 2:00AM.)

So I will continue to look for that facility that will encourage me to be my own person and open the new me I could be.

NN

NCCAP 3rd Annual Symposium

June 2-4, 2011 Holiday Inn

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A Symposium Designed for Activity Professionals, Administrators and Staff Development Coordinators, MEPAP Instructors, Activity Consultants, Activity Educators

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NCCAP State Representative NEWS

An informative PowerPoint has been created, explaining the NCCAP certification process. This PowerPoint has been made available to the NCCAP State Representatives for use at state association meetings and conferences. A colorful NCCAP brochure and suggested listings of "Ten Ways to Promote NCCAP Certification" have also been shared with the State representatives.

The NCCAP State representatives have been invited to participate in several promotional contests to celebrate NCCAP's 25th year anniversary. Be sure to ask your State rep about these fun events. To find your state representative or state association, visit the NCCAP web site at <http://www.nccap.org/about/state-reps/index.shtml>

There remain only four states without NCCAP state representation, including Alaska, Arkansas, South Carolina, and Utah. If you live in any of these states and would like volunteer to be the state contact for your state, contact debbiehommel@comcast.net or the NCCAP office. As the NCCAP state representative, you would agree to share information about NCCAP certification with activity professionals in your state, assist those needing assistance in completing the application and promote NCCAP certification within your state. **NN**

2010-2011 Special Interest Report

By Nancy E. Best ACC, CTRS

This was an interesting year for the activities professionals, NCCAP, and me. Beginning with the Annual NCCAP Symposium in June 2010 to the Call to Action in November 2010 and the issues facing activities in Long Term Care.

I did the annual treats for the Staff for holidays, birthdays, and National Administrative Week. I attended the Annual Pennsylvania Activity Professional Association (PAPA) Conference in October in State College, professional association representing NCCAP and the Board of Directors. I attended the Call to Action in North Carolina in November. It was a positive meeting of the minds, so to speak. Professionals from around the country, met to discuss various issues and exchange ideas in the field. What a positive experience! In February 2011 I was asked to speak at the Winter Crawford County Seminar. (I took the plunge) While at the Seminar, I promoted the 2011 Symposium in June. As a door prize, we raffled a \$25.00 discount coupon which benefited both organizations. I am working with a PAPA board member, local state representatives and a senator to recognize NCCAP as the certifying body in activities, and also to specifically insert it in the state regulations. Presently, they are vague and should be more specific. I am serving on the committee for the celebration of 25 years of NCCAP. This should be a great symposium and celebration, hopefully, a great turn out. Lastly, God works in strange ways. On my return flight from Phoenix in March 2011, I started conversing with the flight attendant. He was telling me of his Grandma, who was in a nursing home in Florida. He shared her discontent, due to some lack of quality of life and resident rights, no offering of card parties (which she loves) and some other areas. I informed him of her rights and suggested talking to the Activity Director and/or Administrator. We have kept in contact via email. Things are improving and Grandma is happier. Little things like that, makes all the long hours and hard work worth it. **NN**

Old Activity Directors

By John R. Rowlett, ACC, NCCAP
Nominations Chair

I believe it was General MacArthur who said, "old soldiers never die, they just fade away." So what happens to old Activity Directors? I can't speak for every Activity Director who retires but I can speak for myself. After retiring from 42 years in the field of Long Term Health Care, which most of which was spent as an Activity Director, I sure don't have plans to die or to just fade away.

So one of the many things I'm involved with is Volunteering and

helping with the Activity Program in my wife's facility, where she has been working for 27 years. I've developed their Wii program (bowling) and have plans to join a Wii Bowling League in Fort Wayne with other health care facilities. I'm also going to start playing Wii Golf with one of the residents who use to teach golf in High School (and by the way, he plays golf with me and teaches me golf during golf season).

I'm also involved with planning community trips plus bus trips to places like "Turkeyville" in Michigan and to "Boggstown Cabaret" which is around Indianapolis. I love to help with special events and have even helped with decorations and with some fundraising. Old habits are hard to break.

I keep active by serving on the NCCAP board as Nominations Chair and, by



the way I cannot begin to tell you in this article what NCCAP has done for me as an Activity Professional. It has truly changed my life plus the lives of my family, but most important it has allowed me to reach out and touch the lives of my residents, staff, and family members and represent this profession we call Activities as a true and proud professional.

I also serve on two local boards in Fort Wayne. I serve as President of the Audiences Unlimited, Inc. board which provides entertainment (one to one music and small group programs) to health care facilities plus provides free tickets to community events. I also serve on the Retired Senior Volunteer Program (RSVP) where we provide volunteers for a wide variety of volunteer needs in the Fort Wayne area. My plans for RSVP this year is to develop a fundraising event and will be trying to get Coke as a sponsor.

So what do Old Activity Directors do? Well, the same thing all Activity Directors do - we volunteer! Why? I believe because the Good Lord has given us a caring spirit and a servant spirit. It's just something we do. **NN**

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NCCAP BOARD OF DIRECTORS PRESIDENT'S ANNUAL REPORT

By Michael A. Bower, BA, ACC

This has been another exciting year for NCCAP. Several national and state association conferences saw the familiar NCCAP Logo in their exhibit areas. By sending the closest available board members to the man the booths, NCCAP was able to cover more conferences and keep the costs reasonable. In addition to the Symposium as your Board President, I joined Board Member John Rowlett in Indiana for the Pioneer Network conference in August, flew to Kansas in September to present on NCCAP Certification at the Kansas Activity Professionals conference, and in October roomed with Board Member Kathy Hughes in Long Beach, CA at the American Health Care Association conference. At each, we represented NCCAP and informed fellow professionals about Certification and the MEPAP.

November found me in the air and headed east again. How incredible it was to join over 80 leaders of the Activity Profession from all over the nation in Raleigh-Durham, NC for the first "Call to Action" meeting. During an intense day-long brainstorming and planning meeting we identified challenges to our profession; problems that need to be addressed; and we developed action items. As people returned home, they were charged with forming committees to further develop the action items and ways to achieve the identified goals. Those committees have been working since November and several will be giving preliminary reports during the symposium. Once the goals are reached, Activity Professionals and their state organizations will have tangible

strategies and tools needed to promote and advance our profession at the state and national levels!

With all of the NCCAP Board of Directors and the Executive Director in attendance at the meeting, we decided to have our fall Board of Directors Meeting in Raleigh-Durham, thus saving the cost of a separate meeting or a conference call. One major topic was the plans for the celebration of our 25th year! Your Executive Director will be giving you information about the gains our organization has made this year, and some exciting hints about our plans for future growth. We are so glad that you have joined us for our "Silver" anniversary! Thank you to Kathy Hughes for chairing the Anniversary Planning Committee; we'll all be enjoying her vision of the NCCAP 25th Anniversary Cake!

While NCCAP is always moving forward and planning for the future, we never forget that our primary function is to provide Activity Professionals with credentials that they can be proud to have earned. Those credentials are granted when a person has worked very hard and met exacting standards. NCCAP certification is recognized and respected by state and national agencies. The NCCAP Executive Director and members of the Board of Directors are leaders in their states and active in national organizations, always promoting the activity profession and NCCAP certification. We continue to recruit state representatives, committee members and board members who can best represent you and NCCAP in the future. **NN**

**NCCAP
we're
celebrating
history,
facing today's
challenges,
and moving
forward!**



NCCAP 2011 Election Results

By John R. Rowlett, ACC

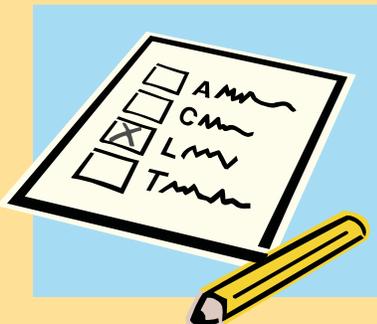
I am so proud of our profession that we have Certified Activity Professionals who understand it is important to step up to the plate and to give back their talents, time, and leadership to the Activity Professional organizations who have given us so much by taking the field of Activities from the three "Bs" (Birthdays, Bible, and Bingo) to what it is today. I know there are Certified Activity Professionals who are serving in their State Associations who are there for any council and direction that might be needed. I'm very proud of each and every one of you.

I'm also very proud of the nine individuals who were willing to take the time to run for the 2011 NCCAP's elections. Yes, I said it right; there were nine who were willing to give back to NCCAP a part of their time to serve us as Activity Professionals. These wonderful individuals were: Sherry Barzak, ACC; Michael A. Bower, ACC; Laurie Kloepper, ADC; Andrea Newbury, ADC; Jennifer Nichols, ADC; Tammy Lea Point, ACC; Bryan Rife, ADC; Miquel Sarasa, ADC; and Renee J. Wersted, ADC.

I wish we had a position for each of the individuals but there were only two positions open on the board for the 2011 elections. We had 717 ballots to come in, 713 that were eligible. Out of the 713 ballots the following are the results of the election: Michael A. Bower, ACC and Laurie Kloepper, ADC.

I really encourage those who did not get elected to not get discouraged and to please run again for the 2012 Elections. I had to run two times before I was given the privilege to serve.

Once again thank you for everyone who ran and for everyone who took the time to vote. You are very special people. **NN**



Aftyn's birthday weekend Grandma Genschke at the zoo



Bermuda MEPAP class May 2011



A day at the beach

Vice-President Report

By Kathy Hughes, ADC

NCCAP has come a long way as we celebrate our 25th Anniversary. I would like to thank Nancy Best and Laurie Klepper for their creativity with the celebration that we are having for our 25th Anniversary. They have been inspiring and a joy to work with. We have 12 organizations that sponsored our cake for our celebration and I would like to thank each and every one of you who joined our celebration.

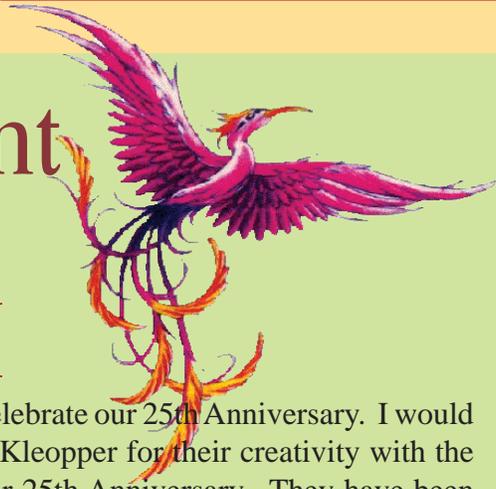
This past year we not only had a successful Symposium, but we also had a “Call for Action” meeting where activity professionals have been able to set a path for the future of the activities profession. I would like to thank all who volunteered to chair the committees, Bonnie Ruchel, Jeanne Parker and Nancy Stone. We are still looking for chairpersons to head the other two committees. Your volunteer experience with NCCAP will be the best work that you can do for the activity profession.

I was able to represent NCCAP at various national conferences and have had a great experience meeting activity professionals from all over and networking with vendors, administrators, owners, and other health professionals.

The NCCAP Chat team who moderates the Wednesday night chats is awesome. They are dedicated volunteers who made our National Activity Professionals Week awesome as well as being there every week to help NCCAP members earn clock hours for their certification. If you have not joined one of our chats, you don't know what you are missing. Sharing ideas with fellow activity professionals from all over the world is a great way to network. We also are looking for volunteers to facilitate conversations. The \$10.00 fee for your clock hour goes to the NCCAP Scholarship funds to assist other activity professionals. For contributing to the continuing education of your fellow activity professionals I would like to thank-you.

The entire NCCAP Board, the Executive Director of NCCAP, and the many people who have spent numerous hours providing quality expertise to the activity profession have made a difference in our lives and in my life.

We now have an Official Facebook Page, NCCAP can be seen on YouTube, and we have many ways to communicate with all of you. The e-mail updates, our online newsletter, and our NCCAP Bulletin Board are made possible with the countless hours of volunteers who contribute regularly. You are all awesome.



You Light Up My Life

By Nancy E. Best, ACC, CTRS

You give me hope to carry on with my life, but, where do I begin to tell the story, (Love Story) of my trials and tribulations, as an Activity Director, consultant, and now speaker?

Let's start at the very beginning, a very good place to start (Sound of Music). In 1976, I was employed in the Activities Department, in Greenville, Pennsylvania. (The heart of Steeler Country) Thought to myself, what are you going to do with this age group, as my background was with younger populations? After a few months, I realized whatever they wanted to do. Living in a long term care or continuing care facility, it does not change your interests, recreation pursuits, or you.

Over the course of the years, I dedicated my life to my residents, families, and co-workers. They became my extended family. Meeting their needs and interests was a constant challenge, but a job someone had to do. Fishing or pontoon boating, how do you get 12 to 14 people transferred on the boat? Volunteers to assist residents to ensure an enjoyable time. Trips to race tracks to wager on the horses and maybe a few one-armed bandits. Getting that resident, who piloted his own plane to “Old Buzzards Day” at the local airport. On the Blue Streak (the last wooden roller coaster) for those who wanted to ride on it. “Best” of both worlds, having fun and getting a pay check. More importantly, the smiles on their faces and families thanking you for caring for their loved ones. >



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More than 20+ years, upon returning from a seminar in Tennessee, our local Association was sponsoring a seminar for Activity Week. One speaker cancelled at the last minute, so they asked me to speak on the content from the Seminar. I enjoyed the experience, and many attendees complimented me on the presentation. Fast forward 30+ years. Have not spoken anywhere since.

God works in strange ways. Recently, I have been involved in Home Health Care and not with daily interaction in the Long Term Care Community. I was assisting Kathy Hughes with a MEPAP course in this area. Unfortunately (for the facility) one of the facilities had some Activity issues. I began consulting with their Activity Department. It made me realize how much I missed the daily challenges and resident contact, even Care Plans. I also realized I could still make a difference. Kathy Hughes challenged me to begin to speak for Activity Groups in an area I am passionate about.

Are you ready for *Some Football, March Madness*, and the *Triple Crown*? My topic for my session. Many times sports activities are one of the most overlooked interests. Spoke in February in the Snowbelt of PA, nervous, yes (remember, Moses was a basket case) could it have gone more smoothly?

Probably, but I was so enthused with my topic and creative ideas for Activities, generally it was well received.

I could have remained complacent and not taken the risk of speaking. As Robert Frost wrote, "Two roads diverged in a wood, and I took the one less traveled by" (The Road Not Taken). If you have a passion, take that road,

bet you can make a difference.

NN

