

# NCCAP NEWS



THE OFFICIAL NEWSLETTER OF THE NATIONAL CERTIFICATION COUNCIL FOR ACTIVITY PROFESSIONALS

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## NCCAP Introduces New Site and Expands into Social Media

By Debbie Hommel, ACC/MC/EDU, CTRS

You are cordially invited to visit the re-designed NCCAP web site <http://nccap.org> which was unveiled on March 3rd. It offers some of the same information of our previous web site but it is more easily accessible. When you first visit the site, you will notice a row of boxes at the top. When you click on each box, a list of information can be found. There is a box for certification which defines the certification levels and process; and a box for resources where you can find all the applications, lists of MEPAP instructors and more. If you are interested in the history of NCCAP, you'll find an added summary under the About Us box. A new feature to the site is a "blog" which has links to the NCCAP newsletter, announcements and postings by members and the NCCAP Board. You now have the opportunity to leave comments on the announcement and blog posts. You will also want to visit the improved chat room which is much easier to use than our old chat room. NCCAP offers weekly chats on Wednesday evenings at 8 PM, EST. We welcome your feedback regarding the site and you can find all the board members contact information under the Contact box. Kathy Hughes, past NCCAP Board Member and MEPAP Instructor, played an instrumental role in coordinating information for the revised site. Many thanks are extended to Kathy for her efforts in guiding the development of the site.



On every page of the new NCCAP web site, you will see social media buttons. We are moving forward in meeting our strategic goals by developing our presence in the social media world. We are working with a social media company who is guiding us through the process in a methodical, meaningful way. Now that the web site is done, we will be moving forward with our blog, Pinterest, Twitter and other social media sites.



- <http://nccap.org>
- <https://www.pinterest.com/nccap>
- <https://twitter.com/nccaporg>
- <https://www.facebook.com/groups/officialnccap>

## NCCAP Board of Directors



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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.



Pinterest is a useful site for activity professionals. It is an idea saving site where any idea or resource on just about any subject or topic can be found with a click of a search button. NCCAP has created an NCCAP Pinterest page with twenty seven boards designed for the activity professional. The NCCAP Pinterest page has boards for every month of the year with crafts, cooking, gardening, games and more focusing on the themes of each month. There are boards for adaptive equipment, dementia, documentation and the MEPAP classes. Many, many thanks go to Kathy Hughes again - for creating the board and pinning to them daily. Kathy is a master pinner and has found the most amazing, informative and creative resources for our profession. <https://www.pinterest.com/nccap/>



NCCAP is now on Twitter and we are venturing into tweeting as a form of communication. If you are on Twitter – please follow NCCAP <https://twitter.com/nccaporg>



The NCCAP Facebook page is a very active page for the activity professional. It has been our first line of communication with membership, announcing chat information and other news from NCCAP. Members freely utilize the board as well, asking questions or seeking resources as well as sharing good news about the positive outcomes of the activities we offer. <https://www.facebook.com/groups/officialnccap/>

Our mission in expanding our presence into the social media world is twofold. The NCCAP board has acknowledged the impact and strength of the many social media platforms and we want to be part of this method of communication. We not only want to communicate with our members and offer them a vehicle to communicate with each other but we also want to communicate to others about the importance of certification and value of therapeutic activities. As we expand our social media presence into Twitter, Linked in and Google +, our goals continue to focus on education and strengthening the role of the NCCAP certified professional in our care communities.

**2015 NCCAP Symposium**  
*Save the Dates*  
**June 4 - 6, 2015**

**Embassy Suites**  
Raleigh-Durham/Research Triangle East  
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Cary, NC 27513  
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Fax: 919-677-1841

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Send NCCAP your activity photos with captions and details to [info@nccap.org](mailto:info@nccap.org).  
Photos must be for public release.



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## Medical Update

REFRESH YOUR EDUCATION

### NCCAP Approved Home Study Courses for Activity Professionals

#### BOOK COURSES

Short Lessons on Leadership. <i>Managing Volunteers.</i> (14 HRS).....	\$140
Permanent Whitewater. <i>Surviving Change.</i> (12 HRS).....	\$120
Good, Better, Best. <i>The Successful Activity Professional.</i> (6 HRS) ....	\$60
Overcome Procrastination. <i>Do it now.</i> (6 HRS) .....	\$60
Keep the Peace. <i>Get along with anyone.</i> (5 HRS) .....	\$50

(Course Material includes a book and a test. Delivered by Priority Mail)

#### INTERNET COURSES

Abuse (2 HRS) .....	\$20
Pain (3 HRS) .....	\$30
Falls Update (10 HRS) .....	\$100

(Written Article and Exams are available on our website at [www.medicalupdate.com](http://www.medicalupdate.com))

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## Getting to Know Jane Anderson, BS., ACC/MC/AD/ALF/EDU

By Bryan Rife, ADC

Jane Anderson has gladly accepted the position on the NCCAP Board to fill an unexpired term. She began in this profession in the 1980's. During that time she was teaching in the school system part-time. Jane applied at a nursing home that was right across the street from the school and was hired immediately as an Activity Assistant. It only took her three months to move up to the Activity Director role.

During her career, she has continued to grow as a professional and has become a consultant, educator and also a pre-approved MEPAP instructor.

She has a passion for education concerning the profession. Through education, she was able to develop and taught her first face-to-face course in Montana. Jane taught the first state approved course in North Dakota which had students that traveled over five hundred miles just to take the course.

Currently, Jane is an NCCAP State Rep and also a pre-approved instructor for the MEPAP 1 & 2. She has also held many different positions in other state and local organizations.

Even though Jane is very "busy" in this profession she still makes time for herself. She enjoys the outdoors and loves technology, arts and crafts.

*On behalf of the NCCAP board, we would like to welcome Jane Anderson and look forward to her contributing her expertise and wisdom!*



# NCCAP Chat

By Linda Redhead, ACC

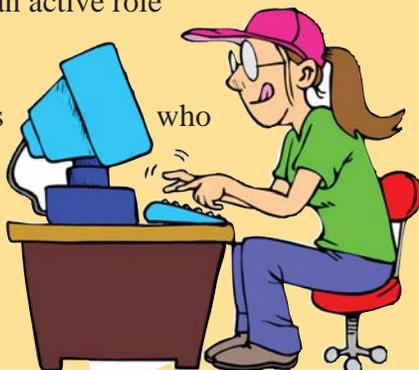
Many thanks to the following moderators on the NCCAP Chat Team who went out of their way to volunteer their time in order to make the chats possible: Sherry Barzak, Cindy Bradshaw, Nikkie Carrion, Casey Caterino, Murvell Delpino, Debbie Hommel, Margery Lindh, Ruth Roach Martanis, Michelle Olson, Carolyn Perito, Linda Redhead, Nancy Richards, Bonnie Ruggle-Ruechel, Sue Orce, and Sulekha Zaug.



We've had an extremely successful turnout in January 2015 for National Activity Professional's Week which yielded each night an average of 100-125 attendees who took advantage of the NCCAP free chats sponsored by (Activity Director Network) ActivityDirector.org.

Weekly chats are continuing each Wednesday night for the remainder of the spring schedule with a variety of topics. To earn a continuing education clock hour, submit the education form along with a \$10 fee along with a summary of the chat, although everyone is welcome to join the conversation for free even if they do not need the credit.

We are now starting to fill open slots for moderators on the 2015 fall schedule. Please contact Linda Redhead at ActivityAdvisor@optonline.net to submit a proposed topic, outline, and at least three objectives for the chat. First time presented topics will earn the moderator two education clock hours toward their certification. It is the perfect way to play an active role in making a valuable contribution to other Activity Professionals who will benefit from the knowledge you share.



## NCCAP President's Report 2014-2015

By Debbie Hommel, ACC/MC/EDU, CTRS

I am happy to report it has been another busy and productive year for the iNCCAP board and staff. We continue to work cooperatively on various projects and continue to move forward in meeting the iNCCAP vision statement and strategic goals.

The accomplishments achieved this past year include the following:

- We are expanding our presence in the social media realm and have contracted with a Social Media Consulting firm to guide us in this journey. This decision is based on the knowledge that social media is the current form of communication and iNCCAP strives to communicate not only with our members but those working in the long term care continuum about certification and professional standards.
- The web site was re-designed and updated. The new site was unveiled February, 2015. We have introduced a blog, which allows for reader feedback. We have received much positive feedback regarding the re-design.
- We have introduced an Official NCCAP Pinterest Board which offers an abundant array of resources for the activity professional. There are boards for each month of the year, the MEPAP class, adaptive materials and additional resources. Kathy Hughes, MEPAP Instructor, is credited with initiating the page and updating the boards daily.
- NCCAP is now on twitter (@officialnccap) which will introduce another means to communicate current information quickly and daily.
- Additional social media plans include a LinkedIn and Google + page. Kathy Hughes has been contracted as our liaison with the social media company, guiding the development of the pages and gathering relevant information.

- A smaller table top display was purchased this year to compliment the larger display purchased last year. This table top display is a smaller version of the larger one and can be easily brought onto a plane as a carry on item.

- We continue to monitor the results of the national exam and the test scores remain consistent. We have introduced two new exams into the rotation this year as well.

- We have introduced plans to balance regional representation on the NCCAP Board as we lacked representation from the central and western part of the country. During this recent nomination period, we were unable to secure eligible nominees from these regions and have decided to delay the 2015 election until such nominees have been secured. Our plan is to recruit nominees from the western regions to balance out the east coast representation on the board and have an election at that time. We have introduced updated procedures which define methods to ensure balanced representation is maintained.

- Many of the projects discussed in last year's report continue through this year such as the weekly chats for continuing education and the National Activity Professional Week Chat program. This year's NAPW complimentary chat hours issued increased to almost 1000 continuing education hours. Thank you to Linda Redhead for coordinating the chat program and also to the NCCAP office staff for processing the certificates.

There has been a change to the NCCAP Board as Melanie Evans, North Carolina, resigned her position in March. We have appointed Jane Anderson, North Dakota, to fill the two years remaining in this term.

I continue to be appreciative of the combined efforts of the Board and iNCCAP staff. The iNCCAP board could not accomplish all that we do without the continued support of the iNCCAP staff as they manage the day to day operations of iNCCAP. I am honored to be your President and will continue my efforts to serve all activity professionals as we work to meet the needs of elders in our care.

# 2014-2015 NCCAP Executive Director Report

*NCCAP will celebrate its 30th anniversary next year*

**A**s an association we have come a long way! We have over 7000 internationally certified individuals, established a scholarship program to assist individuals in achieving their professional goals, and developed a pre-approval process to ensure that the educational offerings that you attend meet the established standards of professional practice. I guess one of the biggest compliments that an association can receive is knowing that the systems in place are now being fashioned after in other organizations as well, as a result of their positive track record for activity professionals.

NCCAP continues to offer free online continuing education every 4th week in January, to thank you and honor you for all you do for the clients at your facilities! Having distributed over 800 free chat certificates thus far for that week – we know that many have benefitted from this and much of the thanks go to those who so willingly volunteer their time to present the various pre-approved topics. Special appreciation goes out to Activity Director Network for sponsoring the free chat week 2015.

NCCAP continues to be a part of many of the state activity association conferences, either through direct contact in presenting sessions on NCCAP certification and the benefits of being certified, or indirectly through the vending areas, or state representatives, or MEPAP instructors in the different states. NCCAP appreciates those states that offer an actual session at their conferences each year to assist their members by having a hands on opportunity to apply with an NCCAP representative in person.



## The A-Z Guide for “Things to do in the Triangle

Raleigh – Durham –  
Chapel Hill (NC)

Created by Dawn Worsley and Kathy Wright Moore

It's known as the TRIANGLE, but it has many sides ... Raleigh, Durham, Chapel Hill and the Cary Area. We're talking Wake, Durham and Orange Counties. The Triangle isn't really a place to live, it's a way of identifying a region that is full of individual cities and towns each with their own character and sense of community. This 3 county area has a population of 1.5 million. Basically, if we don't have it here, then you really don't need it. Research Triangle Park has the highest per capita # of people with PhD's in the country. We are known as the Silicon Valley of the East Coast.

So what is there to do while you are in the area for the symposium? See the A thru Z of places to go and things to see and do.

**A - American Tobacco** The former home of the Lucky Strike cigarette factory has been transformed into a one-million-sq.-ft. entertainment district, with restaurants, a documentary theater, barber shop, basketball court, open green space, and more. American Tobacco also puts on many events, including art shows, pop-up shops, and free concerts in the summer.

**B - Brightleaf District** The Brightleaf Square District is anchored by two tobacco warehouses renovated to house shops, restaurants, and nightlife. Located in the west end of Downtown Durham

**C - Carolina Theatre** Situated in the heart of Downtown Durham, this Beaux Arts-style building includes Fletcher Hall, restored to its original 1926 décor, which houses live performances by musicians, comics and speakers

**D - Duke University Campus/Duke University Chapel** Duke University is one of the most prestigious universities in the country. Its campus centers on the Duke University Chapel. With richly detailed stonework, the neo-Gothic chapel tower soars 210 feet tall and houses the Flentrop Organ (5,200 pipes) and 50-bell carillon, and is adorned with stained-glass windows

**E - Eno River State Park** The Eno River State Park is only 10 miles from Downtown Durham and offers terrific access to nature. The river winds through hills and bluffs and is ready to be hiked and enjoyed from one of five access points. Take a

photo from the suspension bridge and pack a lunch to enjoy at one of many picnic areas, or enjoy the water by canoeing or fishing. For a modest fee, you can extend your stay by taking advantage of the campgrounds.

**F - Fullsteam Brewery** Craft beer brewery devoted to a “plow to pint” philosophy of using local produce to make their beers. The facility is also home to a tavern open nightly

**G - Golden Belt** Once a textile mill, Golden Belt has been transformed into a LEED-certified complex of apartments, galleries, studios, and event spaces. Tour the galleries and artist studios, interact with local artists, and explore this creative hub, which also houses a tattoo shop, salon, and yoga studio.

**H - Honeygirl Meadery** Honeygirl Meadery celebrates nature and the work of honeybees by making meads (honey wines) with seasonal fruits, flowers, herbs, and honey. Made in Durham, NC, Honeygirl meads are hand-crafted

**I - Ice Cream Lovers** you've got to go to Maple View Farm, located in Hillsborough, NC, just outside

of Chapel Hill, NC. This farm is 400 acres and is a real working farm. Nothing beats sitting on Maple View's front porch with delicious ice cream and watching the sunset over the farm. It's been described as Magical!

**J - James Joyce Irish Pub** Irish pub experience with food and drink from both sides of the Atlantic. Located in the Brightleaf District in Durham, NC

### **K - Kidzu Children's Museum**

Young visitors love the interactive exhibits at this fun museum. Rotating exhibits often feature familiar story-book characters such as Arthur, Frog and Toad, and Goldilocks and the Three Bears. Weekly activities cater to toddlers and preschoolers. Arts and crafts Tuesday-Friday; story time Tuesday and Friday at 10:30am.

### **L - Little River Regional Park & Natural Area**

With 391 acres of park and natural area developed from tobacco farmland, the park and natural area has seven miles of hiking and mountain biking trails, and a birding trail. There is also a group campground, as well as picnic shelters, an open-play meadow, and a playground.

**Lemur Center-** Lemurs are native only to Madagascar, where they evolved in isolation from other primates. But luckily for Durham locals and visitors, you don't have to travel to the Indian Ocean to find one.

**M - Museums Galore.** Way too many to list. But you could start at the Art Museum, located a few exits away from the symposium hotel.

### **N - Ninth Street Shopping Districts**

The Ninth Street Shopping District is a slice of Durham with a college

feel. It features unique and independent stores selling books, clothes, memorabilia, records, and other items that are fun to peruse. If you do feel like spending a little pocket change, there's also plenty to eat and drink, with options ranging from college bars and coffee shops to nationally recognized restaurants.

**O - Once in a Blue Moon Bakery & Cafe** Relax and enjoy your lunch with us.

Try our delicious sandwiches, soups and salads

### **P - Patterson's Mill Country Store**

Patterson's Mill is an authentic country store that features memorabilia and artifacts from as far back as the 1870s displayed in the aisles and on the walls. With a permanent collection of historic pharmaceutical goods and tobacco advertisements, in addition to local crafts, antiques, and collectibles available for purchase, this country store is a blast from the past.

**Q - We call Bar-B-Que,** "Q" and there are a variety of styles, Eastern Carolina and Western Carolina and then there is Texas Style. NC "Q" is pork, while Texas style is beef. There are 3 famous locations, Bullock's and Q Shack, both in Durham, Allen and Son's in Chapel Hill and The Pit in the warehouse district of Raleigh.

**R - RDU Observation Park** Located near the Air Traffic Control Tower, the park provides sweeping views of RDU's 10,000-foot runway. Spend hours plane-watching and listening to pilot-tower communications via audio speakers

**S - St. Joseph's Historic Foundation/Hayti Heritage Center St.**

Joseph's Historic Foundation is dedicated to preserving Durham's African-American heritage and black history at the Hayti Heritage Center, a cultural and educational institution that houses community and artist space, and the Lyda Moore Merrick Gallery, the Rhythm & Blues Gallery, and the 450-seat St. Joseph's Performance Hall.

**Sarah P. Duke Gardens** The Sarah P. Duke Gardens is a stunning 55-acre public garden on the campus of Duke University and one of the premier university gardens in the country, with flowers, Asian bridges, greenery, ponds, and more. There is also a café, a gift shop, and a visitor center. Southern Season's located in Chapel Hill is a store to explore, deli, coffee, café and all. Lots of NC products are sold here.

### **T - The Streets at Southpoint**

Dubbed one of the nation's "ten great places to spend it all in one place" by USA Today, The Streets at Southpoint is one of the nation's top super-regional malls. Including over 100 different stores and eateries

**U - UNC Campus Tour** Opened in 1795, the University of North Carolina boasts a beautiful 729-acre campus with several notable historic buildings, including Old East, the oldest state university building in the US, and Playmakers Theater. The visitors center offers historic tours several times a week and self-guided audio tours Monday-Friday. The admissions office conducts separate tours for prospective students.

**V - Village Lanes** Conveniently located in East Durham near US Highway 70, Village Lanes is your smoke-free "family fun center,"

complete with a huge 40-lane bowling alley, full-service snack bar

**W - West End Billiards** Featuring six nine-foot pool tables, two indoor bocce ball courts, two shuffleboard tables, dart boards, and an indoor regulation basketball hoops

**X - Try Xylophone**, a musical instrument. The music scene in the area is a real mix. Jazz programs at NCCU and Duke are outstanding! Branford Marsalis, lives in Durham and teaches at NC Central University.

**Y - ylfrettuB**, this is butterfly spelled backwards. Take a trip to the Museum of Life and Science in Durham and spend some peaceful time in the butterfly house.

**Z - The State Zoo located in Asheboro, NC.** Just a few hours away from the Triangle.

<http://nccap.org/symposium>

# 2015 Treasurer's Report

By Dawn Appler-Worsley, ADC, NCCAP Treasurer

2014 proved to be a year of growth and development. As if we needed another example of NCCAP having their finger on the pulse of the industry needs, NCCAP began the year with the release of the new Home Care Certification (HCC).

To ensure the financial viability of NCCAP and to align the financial structure with strategic goals the NCCAP board of directors felt that it was time to meet with a financial planner to discuss the "state" of NCCAP finances.

Under the tenure of Cindy Bradshaw NCCAP has grown to a million dollar company between liquid assets and investments as well as physical assets in the forms of computers and other equipment. The NCCAP office staff has contributed to over 53 years of dedication to the company.

Based on the financial planners assessment and recommendations the NCCAP board moved forward with making several immediate changes to secure our place as the leader of the Activity Industry. As we restructured our actual and working budget we used a three tier focus. Our checking account which at the time was \$117,000.00, would be used for our day to day operating expenses such as marketing and monthly expenses. Our CD's \$44,000.00 would be used for our short term needs between 1 - 9

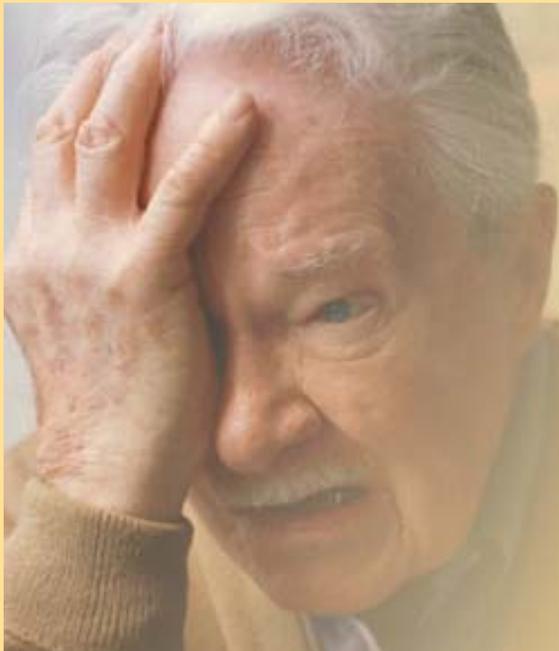


years and then our investments \$700,000.00+ would be used for our long term goals ten years+ out.

Mid-year, we wrote in the many needed changes into our current budget as our focus was twofold. One focus was to bring the salary and benefit package of our NCCAP office staff more in line with industry standards and our second was to implement a fresh new marketing plan. A new Website was launched as well as a Social Media campaign began to broaden our reach as the industry continues to evolve.

Our scholarship program continued to assist many professionals looking for financial assistance for education throughout 2014 and application information can be found on the website.

Our going green initiative saved the budget over \$5000.00 in expenses in the form of printing and postage. As we started out 2015, the NCCAP Board created a actual budget that was more in line with the working budget. NCCAP remains to be incredibly stable and financial responsible to ensure our continue success. I would like to acknowledge Cindy Bradshaw for always being frugal with the expenditures and her visionary qualities that continue to grow NCCAP as the Industry leader in the world of Activities.



# Elder Abuse

By MEPAP student Brooke Caple



**E**lder abuse is a many-sided issue that is recently making headlines. Elder abuse is defined as “intentional actions that cause harm or create a serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder,” according to the National Center on Elder Abuse (NCEA). The types of elder abuse include physical abuse, sexual abuse, neglect, exploitation, emotional abuse, and abandonment (Administration on Aging [AoA]). Elder abuse can occur in any healthcare setting - in the home, in a nursing home or in a hospital - and happens to the rich and the poor (Lipschitz).

Physical abuse involves inflicting pain or injury on the senior (AoA). This can be done through hitting, using weapons, or restraining the elder with physical restraints or medications (AoA). Sexual abuse includes non-consensual sex of any kind (AoA). Neglect occurs when food, shelter, health care, or protection is not provided - whether intentionally or unintentionally - for an elder (AoA). Exploitation is when funds, property, or assets are taken or misused for the benefit of someone else, often without the knowledge of the elder (AoA). Emotional abuse is “inflicting mental pain, anguish, or distress of an elder person through verbal or nonverbal acts (AoA)” such as humiliation, intimidation, and threats. Lastly, abandonment is the desertion of an elder by someone who is responsible for the care and well-being of that elder (AoA).

Like other types of abuse, the warning signs for elder abuse may be difficult to detect. Warning signs of physical abuse include bruises, pressure marks, broken bones, abrasions, and burns (AoA). Signs of neglect include the warning signs of physical abuse, but also include bedsores, poor hygiene, unusual or unexplained weight loss, and any unattended medical needs (AoA).

There can be many causes of elder abuse. Stress is a major factor (Lipschitz). Another cause is if the caregiver is depressed, receives little or no support from family, or if the caregiver feels overwhelmed and burdensome (Lipschitz). Also, abuse is more common if the caregiver is financially dependent on the person they are caring for.

Every caregiver needs to be aware that they can be abusive to those whom they care for (Lipschitz). Some ways to prevent elder abuse include: considering respite care or adult day care programs and joining a support group (Lipschitz). Elder abuse is a growing problem and it is everybody’s job to look for and act on the signs of abuse.

## References

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Continued from Executive Director Report on page 5. NCCAP became a part of Leaders Engaged on Alzheimer's Disease (LEAD) which is a diverse and growing national coalition of 73 member organizations including patient advocacy and voluntary health non-profits, philanthropies and foundations, trade and professional associations, academic research

disease. Most all of us work with or around those suffering from this disease and the activity profession has a voice on this committee.

With the development of the new NCCAP website, came many changes, and opportunities to review any/all the printed NCCAP materials and to take the time to update, revise

Ten years after the initial MEPAP 2nd Edition was introduced, the documents have been updated to coincide with the evolving times and healthcare industry. This will be made available at the Symposium and through other venues throughout the remainder of the year, to keep the commitment to keep all the instructors on the same page, to provide



and clinical institutions, home and residential care providers, and biotechnology and pharmaceutical companies. LEAD is co-convened by the Alzheimer's Foundation of America and US Against Alzheimer's. The coalition works collaboratively to focus the nation's strategic attention on Alzheimer's

and bring them all in to a cohesive, consistent document. Much gratitude goes to those dedicated individuals that spent many more hours than me to see this vision through to the end. Kathy Hughes is presently serving as the website liaison on behalf of NCCAP.

credibility, continuity and a much better program over all for the student of these pre-approved courses.

The national exam that provided the needed credibility has proven to be a good assessment tool to ensure that all who pass it, have met the same criteria, and are prepared to be quali-

fied activity professionals. We are so pleased that we chose a company to proctor the exams through, as the exams that are taken at home, or open book etc. tend to be seen as less than professional, subjective and definitely not credible, on the college level which MEPAP 2nd Edition was fashioned after.

The NCCAP office staff has transitioned some in the past year with first the resignation of Dana D’Amico, the clerical assistant who after 3 years, graduated from college and moved on to another position, and then with the resignation of NCCAPs data entry person, Kelly Bradshaw, who after working for NCCAP for 9 years, completed her master’s degree and resigned to pursue a career in her field of choice. Sherrice Ford has filled the computer data position, and we are enjoying her contributions to the position and to the NCCAP team overall.

Having spoken in 8 different states this past year, I am continually reminded of the dedicated, committed activity personnel around the country and abroad, and am so thankful to have been able to be a part of these conferences, to inspire, motivate and empower the individuals to continue with their professional journeys.

I have worked with numerous board members over the years all bringing their own personalities, expertise, interests, talents and valued input on your behalf. On a personal level I readily share that I have an amazing

support system family, BFF etc. yet professionally I rarely name a specific name, but rather simply just address the issue(s) or circumstances, yet I feel it would be amiss not to share how simply amazing Debbie Hommel has been serving as your board of director president this past couple years. As I stated many have brought so much to the board, however I have to date, never met an individual more of a workaholic than myself, more readily available to offer assistance, and I know she is equally admired by her peers, her students and her family.

I have appreciated being a part of this association as a certified individual since 1988, then as a member of the Board of Directors 1994 – 1999, and as your Executive Director 1999 – present. I have seen many changes in the industry, attended several state conferences and participated in numerous inter/national venues to include AHCA, Leading Age, CMS, LEAD, NCAL, Joint Commission and NAB, all while keeping the integrity and continued quest of expressing the importance of employing qualified, certified individuals, and sharing how imperative it is to the overall well-being of the clients.

I am encouraged and excited to see what the next decade holds.

Cindy L. Bradshaw MS, ACC  
NCCAP Executive Director

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Ways to *HELP STOP BINGO MADNESS* In Nursing Homes  
By *MEPAP Student Lori Dresser*

Residents love their bingo games. Unfortunately, when asked in Resident Council Meetings and calendar planning meetings what new activities they would like to see, the answer often given is “more bingo”! Should 10% (typical Resident Council attendance) dictate what the other 90% do for activities. At the facility I currently work at we play bingo once during the week on all the units, once also every Wednesday night on all units and twice a month our volunteers coordinate a large game for all the units in our theatre. When we reiterate this to the residents they say they understand but they still want bingo every day. To make an activity calendar that is versatile for all residents interests, as a recreation supervisor, I need to make sure my 10 calendars have a variety of activities (cognitive, spiritual, creative, intellectual, physical ect).

To help stop the bingo madness I've incorporated “bingo like” games for the residents to enjoy. Usually, there are no prizes for these games (my budget is hard enough with bingo prizes alone- we have a census of 290 residents). These games include pokeno with playing cards, holiday keno, shut box, lottery games, prize wheel bingo, and iconic bingo. By diversifying the game of bingo, we help alleviate some of the bingo madness. Surveys indicate



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that they like these games even though they are not like regular bingo. I have also found that these new games put all residents on the same playing field when it comes to explaining the rules. Often a resident who is starting to decline cognitively can't play their bingo cards without some guidance by staff or their peers. This can be very frustrating for a resident and also lower their self esteem.

I think a recreation department that can creatively think of bingo alternatives shows their ability to take a problem and come up with positive solutions. When I have scheduled these alternatives on the activity calendar attendance has been the same. This shows me as a supervisor those residents who like cognitive games will attend them when they see them on a calendar.

The next step to take is to slowly over time pick another cognitive alternative to give prizes at instead of at bingo games. Our facility is close to taking this leap. Like anything, change is hard at first but most of the time it is agreeable and satisfying to most.