

MassCAP

Massachusetts Council of Activity Professionals

2018 Annual Conference

Presenting

Changing Pathways of Care

September 27th - September 28th

at the Resort and Conference Center at Hyannis

35 Scudder Avenue, Hyannis, MA 02601 ~ Hotel Price: **\$129/single/double** night or **triple rate \$149**. (+ tax) Rate Reservations must be made by **August 27, 2018** through the hotel

Opening Speaker

Jay Blake, Crew Chief, President—*Follow A Dream*



Everyone has one shot to achieve their dreams.

“In a split second, your life can change.” That is what happened to Jay Blake in 1997 while working on a forklift at the

age of 31. One of the tires exploded while he was working on it and Jay lost his sight, his sense of smell and taste and almost his life. “My life as I knew it was over. My whole life was cars and trucks.”

Soon after his accident, he began to pursue his dream of owning a professional auto racing team. He soon learned that even without his sight, he was still able to do what he loved most – work on racing engines. Jay combined his renewed participation in drag racing with his desire to spread his true-life success by inspiring others, both with and without disabilities, to accomplish their goals through the power of positive thinking, self-determination, and teamwork. Today, 21 years after his accident, Jay serves as crew chief and President of Follow a Dream’s Alcohol Funny Car. He is the only totally blind crew chief in the worldwide sport of auto racing.

Closing Speaker

Sandy Queen, BS

Take a walk on the lighter side of life.



Take a walk on the lighter side of life as Sandy Queen helps you explore ways to understand the importance of laughter to well being. Sandy professes that a

sense of well being is a function of our ability to lighten up and cherish our lives instead of stressing through the motions. A sense of humor has been known to tip the balance from illness to recovery. Being able to respond with humor and laughter in a stressful situation may alleviate both physiological and psychological pressure.

Sandy Queen shares ways to apply humor in the healing professions, as well as in our daily lives. Throughout her workshops and keynotes, Sandy’s ability to use humor, even for serious topics, has gained her a widespread reputation for helping participants take a look at their lives, attitudes, and feelings, and find places to lighten up, both personally and professionally.

Thursday September 27, 2018

7:00 am - 8:00 am: Registration

8:00 am - 8:30 am Business Meeting

8:30 am - 10:00 am Keynote Speaker: Jay Blake, Crew Chief, President - *Follow A Dream* - 1.5 Contact Hours

10:00 am - 10:15 am Vendor Viewing and Break

10:15 am-11:45 am Breakout Sessions - 1.5 Contact Hours

- A. **Core Values** by Fred Laselva, BA This session will provide simple and practical suggestions on impressing core values and how to motivate and integrate those values in daily life. [L]
- B. **Create Fun Activity Programs** by Krista Fisher, ADC Create activity programs that will stimulate and provide the best quality programs for everyone by setting the stage and learning ways to engage. [A]

12:00 pm -1:15 pm Lunch

1:30 pm-3:00 pm Breakout Sessions - 1.5 Contact Hours

- A. **Barnstable Senior Center Tour** by Stacey Cullen, BS Must sign up by 9am - 20 person max, you will tour the center and ask questions to the activity professional on site. [A]
- B. **Fun-Fit -n Sit** by Joanne Schmalenberger, AFAA Sedentary seniors who incorporate exercise into their lifestyles improve their physical function, and experience psychological benefits as well. [L]
- C. **Making Sense Out of the New Regs !** by Anne Cabral, MS, NHA, CDP, CADDCT, LSW, AC-BC Anne will discuss the new regulations and how they will affect you, your team and the facility. [D]

3:00 pm-3:30 pm Vendor Viewing and Break

3:30 pm-5:00 pm Breakout Session - 1.5 Contact Hours

- A. **Once Upon a Time** by Kathleen Teahan, BA Storytelling that opens the heart and mind. Learn to use storytelling to enhance group dynamics through sharing and shared experiences especially with our folks with dementia. [L]
- B. **The Art of Hospitality** by Drew Godfrey, BS Defining hospitality, discussing what it takes to build healthy relationships with coworkers, clients and families and touching on living and working with integrity based on your personal mission statement. [A]
- C. **Care Plans** by Anne Cabral, MS, NHA, CDP, CADDCT, LSW, AC-BC This session will help you develop care plans that will make you shine as a professional and enhance your resident life and inspire others to offer great meaningful moments to your residents. [D]

5:00 pm- 6:00 pm Breakout Session - 1 Contact Hour

- A. **YogaFit** by Jodie Holmes, LMT The Spa and Salon at Atlantis. YogaFit is designed to improve the health, performance and mental acuity of athletes or individuals interested in improving their level of fitness. Learn how these techniques may help improve these areas for your residents. [L]
- B. **Making Music...it's just not for the Professionals anymore** by Mike Leo, BS This session introduces many different types of percussion instruments from all over the world. Participants are both the audience and the performers. This will help build community as well as spark creativity and foster individual confidence. [T]

Breakout Session Key

[D] - Directors

[A] - Assistants

[L] - All

[T] - Dementia

Friday, September 28, 2017

7:00 am - 8:00 am: Registration

- A. **8:00 am - 9:30 pm Vendors Spotlight Breakfast** by Sandra Sarza, BA, NHA, ACC, AC-BC, CDP, CADDCT. Looking for a new entertainer, product or educational session? Our many vendors will demonstrate and educate us all. See who is available for activity programs in your area and preview who will be the best fit for your residents. [L]

9:30 am-10:00 am Vendor Viewing and Break

10:00 am-11:30 am Breakout Sessions - 1.5 Contact Hours

- A. **Take Control of Your Career Before It Takes Control of You: Managing Up, Down and Sideways** by Ruth Shuman, MS The one person who has full responsibility for managing your career is you! Discover how to ask for what you need to succeed in your job. [D]
- B. **Water Aerobics** by Jodie Holmes, LMT The Spa and Salon at Atlantis. This session is for those professionals interested in providing aquatic lessons at their center. Please bring your bathing suit and towel as you will be going in the pool. [L]
- C. **Activity Professionals Anonymous** by Shannon Vinton, MA, ADC Networking like you've never seen before...bring your needs and best solutions! [A]

12:00 pm-1:30 pm Banquet Lunch and Awards

**for Activity Professional of the Year, Award of Excellence
and Volunteer of the Year.**

Submit your nominations by July 16, 2018

1:30 pm-3:00 pm Breakout Sessions - 1.5 Contact Hours

- A. **Travel Virtual or On the Go with Your Residents** by Kathy Kloff, MT, ASCP Learn the elements of a successful travelogue and execute a successful and safe group trip. [L]
- B. **Spirituality** by Sr. Kathleen Hagerty, CSJ, MASP Learn to understand the benefits of spirituality for your residents. [L]
- C. **Robots, Robots, Robots Everywhere** by Robert A. Wood Jr., MS, PLTW Learn about the future of robotics. A demonstration with students and their robots as well as an interactive session on building/programming a robot. [L]

3:15pm -4:45 pm Closing Speaker: Sandy Queen, BS - 1.5 Contact Hours

Take a walk on the lighter side of life as Sandy Queen helps you explore ways to understand the importance of laughter to well being. Sandy professes that a sense of well being is a function of our ability to lighten up and cherish our lives instead of stressing through the motions.

Breakout Session Key

[D] - Directors

[A] - Assistants

[L] - All

[T] - Dementia



Resort and Conference Center at Hyannis

**35 Scudder Avenue
Hyannis, MA 02601**

Phone: (866) 828-9111, then press (1).

Use code/MassCAP

**Hotel Price: \$129/night (+tax) \$129/single/double night or
triple rate \$149. (+ tax).**

Things to Know

We are at a NEW hotel!



The Resort and Conference Center at Hyannis

35 Scudder Ave, Hyannis, MA 02601

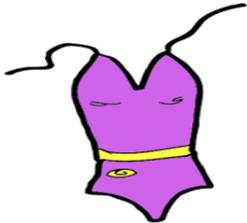
Set on 52 acres, this elegant, upscale resort and conference center is a 10-minute walk from local stores and restaurants, and a mile from the John F. Kennedy Hyannis Museum.

The resort features an 18-hole golf course, plus indoor and outdoor pools, a spa and fitness club, a business center and an arcade. Other amenities include 2 bars, a cafe, a sports pub, and a restaurant open for breakfast. Parking is free.



Bring a sweater

The conference rooms may be air conditioned, so it is best to dress in layers.



Bring your bathing suit and towel

There is an indoor and outdoor pool for your enjoyment . Mandatory if you are going to the aquatic program.



Satellite Group Poster Contest

Get creative with your peers. Use the theme, *Changing Pathways of Care*, create a poster that reflects this theme. You could win a prize. It is also a great way to advertise your satellite group and attract new members.



Bring a raffle prize

This is a great way to help MassCAP, **your organization**, raise money to help pay for speakers and scholarships. Please bring an item to donate to our raffle that you think conference attendees may enjoy. If you belong to a satellite group, maybe consider working together on a theme basket or another donation to auction. All donations are a huge help and greatly appreciated. For questions, contact Satellite Chair Samantha Bennett at 508-285-7745 x1246 or sbennett@wingatesrc.com.

Activities...Changing Pathways of Care
MassCAP 2018 Conference Registration Form

PLEASE Print Clearly! – You must pre-register – No Walk-Ins accepted!

Name _____ Facility _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____
Email _____ Membership Number _____

Thursday, September 27, 2018

8:30-10 Opening Speaker-Jay Blake

Please check off the breakout sessions you plan to attend, space limitations may not allow for changes at the conference:

- 10:15-11:45 Breakout - A: **Core Values [L]**
- 10:15-11:45 Breakout - B: **Create Fun Activity Programs [A]**

- 1:30-3:00 Breakout - A: **Barnstable Senior Center Tour [A]**
Must check in at the conference by 9 am to secure your spot, space is limited.
- 1:30-3:00 Breakout - B: **Fun-Fit-n-Sit [L]**
- 1:30-3:00 Breakout - C: **Making Sense Out of the New Regs! [D]**

- 3:30-5:00 Breakout - A: **Once Upon a Time [D]**
- 3:30-5:00 Breakout - B: **The Art of Hospitality [A]**
- 3:30-5:00 Breakout - C: **Care Plans [L]**

- 5:00-6:00 Breakout - A: **YogaFit [L]**
- 5:00-6:00 Breakout - B: **Making Music [L]**

Friday, September 28, 2018

8:00-9:30 Vendor Spotlight Breakfast

Please check off the breakout sessions you plan to attend, space limitations may not allow for changes at the conference:

- 10:00-11:30 Breakout - A: **Take Control of Your Career [D]**
- 10:00-11:30 Breakout - B: **Water Aerobics [L]**
- 10:00-11:30 Breakout - C: **Activity Professionals Anonymous [A]**

- 1:30-3:00 Breakout - A: **Travel Virtual or On the Go with Your Residents [L]**
- 1:30-3:00 Breakout - B: **Spirituality [L]**
- 1:30-3:00 Breakout - C: **Robots, Robots, Robots Everywhere [L]**

3:15-4:45 Closing Speaker-Sandy Queen

Early bird special by August 1—Members only: Both Days (Banquet Included) \$285 ___ Thursday Only \$210 ___

Friday Only \$160 ___

After August 1- Member rate: Thursday & Friday \$300 ___ Thursday only \$225 ___ Friday only \$175 ___

Non-Member: Both Days \$345 ___ Thursday Only \$270 ___ Friday Only (Banquet Included) \$220 ___

Payment Type: Check ___ Credit Card: Visa ___ MasterCard ___ AMEX ___

Credit Card # _____ Expiration _____ CID Code _____

Signature _____

Thursday Lunch Vegetarian Request (circle)? Y N and Friday Lunch Vegetarian Request (circle)? Y N

Are you a Satellite Leader (circle) Y N (Separate Lunch Session Thursday)

Is this your first MassCAP Convention? Yes _____ No _____

Return your completed form & payment to:

MassCAP - 800 South Street – Suite 280 – Waltham, MA 02453 by September 1st, 2018

***please indicate if you have any food allergies or require handicapped seating at the conference center: _____**