

OCTOBER
25—27



INDIANA ACTIVITY DIRECTOR'S ASSOCIATION

2023 Fall Conference

Schedule At A Glance

Wednesday, October 25

3:00 PM IADA Board Meeting

4:00 – 5:00 PM Registration

5:00 – 6:30 PM Adaptive Tai Chi

6:45 - 7:45 PM BOSMA:
Navigating Blindness

1:15 – 2:15 PM Time Management
& Leadership tips for Life
Enrichment Professionals

2:30 – 4:00 PM Together We Can
Do It

4:15 – 5:15 PM Creating a
Winning Volunteer Program

Dinner on your own

7:00–8:00 PM Shot in the Arm of
Inspiration

Thursday, October 26

7:00 – 7:45 AM Registration &
Breakfast included

8:00 – 9:30 AM All Hands on Deck

9:45 – 10:45 AM Activities for all
Stages of Dementia

11:00 – 12:30 AM Creating
Quality Calendars

12:30 PM Lunch (included)

Friday, October 27

7:00 – 7:45 AM Breakfast

8:00 – 9:30 AM Activities & Falls
Prevention

9:45 – 11:15 AM Getting Involved
Nationally

11:30 – 12:30 PM Color

Session Closed—Have a safe trip

HAVE YOU TAKEN CARE OF THIS?

IADA has had a new mailing address which was shared in December 2022 encouraging people to update their business office and corporate office with the new address; unfortunately, items are still

mailed to the old address and some items have taken five weeks to be forwarded to the new address.

Please check and make sure that your office has the correct address.

IADA
P.O. Box 144
Clear Creek, IN 47426

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Happy Fall, Y'all!

Session Descriptions, October 25 & 26

ADAPTIVE TAI CHI FOR ASSISTED LIVING & SKILLED NURSING ~ Brian Daniels

WEDNESDAY, OCTOBER 25 | 5:00—6:30 PM
Tai Chi is a light resistance exercise program that focuses on balance, breathing and mental awareness. Developed in China hundreds of years ago, today Tai Chi is popular in many cultures. AARP and many senior services have promoted Tai Chi as a good form of exercise for older adults. Commonly, Tai Chi is "performed" standing. In 2002, Brian Daniels developed an adaptive form of Tai Chi for use at Timbercrest Senior Living Community, where he was Director of Program and Services. These classes are seated with modifications for those who are able to stand. The classes at Timbercrest continue to this day.

For the Tai Chi session at IADA, it is recommended that you wear loose-fitting clothes and footwear that is easily removed. Participants will receive a handout describing many of the purposes and impacts of Tai Chi and a brief description of the movements to take home.

BOSMA: NAVIGATING BLINDNESS ~

Marsha Egan

WEDNESDAY, OCTOBER 25 | 6:45 —7:45 PM
Vision loss can occur at any time in life, but the odds are high that it will hit our senior population. For them, it happens at a time in life when other health issues have begun to surface, making it particularly difficult to cope with daily living issues. The presentation will provide an overview of Bosma and the services we provide along with tips and resources to support those living with vision loss.

ALL HANDS ON DECK ~ Rachelle Blough

THURSDAY, OCTOBER 26 | 8:00—9:30 AM
All hands-on deck, involving all staff in activities. This session will provide practical ideas and ways to involve all staff in the activities for the residents in realistic ways.

ACTIVITIES FOR ALL STAGES OF DEMENTIA ~

HTS Occupational Therapist

THURSDAY, OCTOBER 26 | 9:45 —10:45 AM
In this session this session, Ots will discuss how to adapt activities, modify the environment, and implement appropriate communication strategies to enhance quality of life for persons with dementia. This type of therapy can help those in pain, disabled, or injured care for themselves and live more independently.

CREATING QUALITY CALENDARS

~ Rachelle Blough

THURSDAY, OCTOBER 26 | 11:00—12:30 PM
You will receive tips for generating new ideas...this session will review all of the various ways, resources to create quality well rounded calendars to embrace all of our seniors.

TIME MANAGEMENT & LEADERSHIP TIPS

~ Rachelle Blough

THURSDAY, OCTOBER 26 | 1:15— 2:15 PM
Time management and leadership tips for life enrichment professionals. This session will go over daily, weekly, monthly, quarterly concepts that can help an activity professional to better manage their role.



About our Speakers

Rachelle Blough, CTRS, CDP, CADDP VP of Corporate Training at National Council for Certified Dementia Practitioners

Rachelle has worked in the senior living world since 1995. She is a certified recreational therapist, a certified dementia practitioner, and a certified Alzheimer's disease and dementia care trainer for the National Council of Certified Dementia Practitioners (NCCDP). She currently serves as the Vice Presidents of Corporate training with the NCCDP. Rachelle is a consultant and educator specializing in memory care, life enrichment, and senior living operation topics. Rachelle presents and teaches at various conferences around the U.S. with several of the state healthcare associations. She enjoys helping staff to be inspired and equipped with practical tools and resources to help them provide high quality of life to our elder population.

Brian Daniels

Brian Daniels recently retired after 25 years as Director of Program and Services at Timbercrest Senior Living Community in North Manchester. As a CCRC, Timbercrest addresses the programming needs for a wide range of residents, in an age range from 65 to 105, from independent condominiums to skilled nursing and cognitive impairment units. Brian has been an Activity Director since 1999 and active in the Indiana Activity Directors Association.

Brian lives in Roann, Indiana, with his wife of 42 years, Karen. They have two adult children and two grandchildren. Brian has been active in medical missions for optometry for eleven years in El Salvador. He also serves as pastor of Peoria Church, a small country church near Peru.

Marsha Eagan, Director of Rehabilitation Services for Bosma

Marsha is a professional with progressive leadership experience in the efficient and effective delivery of organizational initiatives and services, process management, operational budgets, quality assurance and employee relations. She has over 30 years of experience working in the disability service industry in various roles from direct service, human resources to advocacy.

In her current role as Director of Rehabilitation Services, she is responsible for the general management of Bosma's Vision Rehabilitation program activities and personnel for both the Center-based and Community based rehabilitation programs designed for individuals

who are blind or visually impaired. Marsha received her bachelor's from Indiana University, her Master's from East Carolina University, Unified English Braille; Vision Rehabilitation Teaching and Multiple Disabilities courses through Salus University.

Tammy Point, BS, ACC/EDU, CDP, CADDCT, CMDCP

Tammy grew up in a small town in Nebraska and started working in nursing home at the age of 16. At 18 she joined the U.S. Navy and was honorably discharged after 5 years. She went right back to working in nursing homes, but this time as an activity coordinator in an Alzheimer's Unit. Tammy received her national certification from NCCAP in 2000, completed a bachelor's in Gerontology from Bowling Green State University in 2003. She began teaching the MEPAP courses for national certification in 2004. She has worked in Alzheimer's units, skilled nursing, long-term care, assisted living, and independent living. In November 2019, she started her own Home Health Business. She currently provides activities and hands-on care in the homes of her clients. Tammy also consults with facilities to provide training for activity staff.

Tammy has served on the Ohio State Activity Professionals Board, and she currently serves on the NAAP (National Association of Activity Professionals) board as a Regional Director. She is nationally certified as an Activity Consultant through NCCAP (National Certification Council of Activity Professionals) and an approved instructor for NCCAP's MEPAP courses for certification.

Melissa Tiemann, SSD, QIDP

Melissa has spent her life in the long-term care environment. Growing up in her family's nursing facility, she has experienced caregiving and healthcare administration since the 1980s. Melissa attended the University of Southern Indiana, and in 2011, became the chief operating officer of Braun's Nursing Home. In 2017 she completed her social services director and qualified intellectual disabilities professional training. She has been married to her husband Chip for ten years and has two young children.

Occupational Therapist, Healthcare Therapy Services, Inc.

Occupational therapy is a branch of health care that helps people of all ages who have physical, sensory, or cognitive problems.

Registration Form

Registration Deadline October 5, 2023

Full Workshop

Member: \$260.00

Non-Member: \$360.00

Retiree Member : \$160.00

REMINDER: Annual Individual Membership is \$35.00 and can be purchased on our website at www.indianaactivitydirectors.com

NO REFUNDS after October 5, 2023. Can substitute.

Lodging is the responsibility of the individual.

Room Rate at the Season's Lodge: \$109.00 plus tax. Reservations must be made by **9-25-2023** in order to receive the discounted IADA rate. Mention IADA when making reservations.

The Seasons Lodge & Conference Center
P.O. Box 1009
560 E. State Road 46
Nashville, Indiana 47448
800-365-7327 / 812-988-2284

For additional information contact:

IADA at 765-763-6438

Complete and return to:

Indiana Activity Director's Association
P.O. Box 144
Clear Creek, IN 47426

Make checks payable to I.A.D.A.

For Credit Cards please go to our website at www.indianaactivitydirectors.com

NAME

POSITION

EMAIL

FACILITY

BEST PHONE NUMBER TO REACH YOU:

ADDRESS

CITY

ZIP CODE

Guest meal tickets may be purchased at registration.

Session Descriptions, October 26 & 27

TOGETHER WE CAN DO IT

~Rachelle Blough

THURSDAY, OCTOBER 26 | 2:30 — 4:00 PM
Together we can do it...team building ideas for your team – This session will review examples of themes, team building exercises that could be utilized to help grow the team to go to the next level.

CREATING A WINNING VOLUNTEER PROGRAM ~ Rachelle Blough

THURSDAY, OCTOBER 26 | 4:15— 5:15 PM
This session will review start to finish how to create strong volunteer program for your care community.

SHOT IN THE ARM OF INSPIRATION

~Rachelle Blough

THURSDAY, OCTOBER 26 | 7:00 — 8:00 PM
This sessions is a reminder why we do what we do in elder care, this is compilation of inspiring media clips, stories examples of why we do what we do that could be used to add to staff meetings to re-energize care staff at the building.

ACTIVITIES & FALL PREVENTION

~ Brian Daniels

FRIDAY, OCTOBER 27 | 8:00 — 9:30 AM
Activities and Falls Prevention will help participants see their role in a facility-wide program and focus on the unique role activities can play in preventing them. A power-point and lecture will be followed by a Q&A sharing time.

GETTING INVOLVED NATIONALLY

~

Tammy Point

FRIDAY,

OCTOBER 27 | 9:45 — 11:15 AM
This session will discuss the history of NAAP, why it exists and what benefits you receive by joining; in addition, ways for you to be nationally certified through NCCAP will be reviewed.

COLOR ~ Melissa Tiemann

FRIDAY, OCTOBER 27 | 11:30 — 12:30 PM

Though many regard color as nothing more than something that produces different sensations on the eye, hues have a psychological effect on us as well. They can impact our mood, influence our behavior, and shift our understandings. With that said, a person's favorite color says a lot about their personality. Whether you fancy blue tones or red shades, the colors you prefer tell a fascinating tale about your character.

***Pumpkins made at
fall conference 2022
will be available for
pickup. This will be
the last chance.***

I.A.D.A.

P.O. Box 144
Clear Creek, Indiana 47426

IADA Celebrating 49 Years

[1974—2023]

CONFERENCE INFORMATION

LOCATION

Season's Lodge Conference Center,
560 E. State Road 46, Nashville,
IN

CONFERENCE RATES

There are two rates: Member and Non-member. If you are unsure if you are a member, please call IADA at 765-763-6438 or Treasurer: Sheila Dick at 812-545-1695.

CONTINUING EDUCATION

Approval has been requested for full conference for **15** clock hours from NCCAP & Professional Licensing Agency.

HOTEL RESERVATIONS

Attendees are encouraged to make hotel reservations at the Season's Lodge, 560 E. State Road 46,

Nashville, IN 47448, by calling 800-365-7327. All hotel room reservations must be made by **9-25-2023**. Please mention the IADA when booking your reservation to receive the special rate of \$109.00 + tax. Please reserve early, previous years the room block sold out!

REGISTRATION The deadline to register is **October 5, 2023**. Mail the original registration along with payment when your check becomes available. All registered attendees will receive a confirmation. If you do not receive a confirmation, do not assume that you are registered.

NAME BADGES are encouraged to be worn .

CANCELLATIONS

There will be no refunds given after **October 5, 2023**. A refund minus \$50.00 plus 3% fee if paid by credit card will be given prior to that date. Absolutely no refunds given if you are a no show to conference. Substitutions are always welcomed.

