

# The News

NAAP Regional Newsletter



## CREATING A CULTURE OF INNOVATION THROUGH EDUCATION

By Tammy Point West Regional Director

It is great to see so many new faces in the activity profession. However, you may be feeling very overwhelmed. NAAP membership gives you an opportunity to network with other Activity professionals both new and seasoned. Networking is a great way for Activity Professional to help each other get through tough situations and to see you are not alone. Another great perk for your membership is our Live and On-Demand Education, making it easy for you to get your CEU's. NAAP offers individual memberships as well as group memberships. If you have any questions or would like to learn more you can contact the office at [office@naap.info](mailto:office@naap.info) or visit our website at [naap.info](http://naap.info)

## NAAP Quick Links

[A Look at the Activity Professional](#)

[NAAP Blog](#)

[Live Webinar Schedule](#)

[On-Demand Education \(member only access\)](#)

[NAAP Resource Toolbox \(member only access\)](#)

[NAAP Training Site](#)

[Upcoming Workshops](#)

[naap.info](http://naap.info)



## SAVE THE DATE: NATIONAL ASSOCIATION OF ACTIVITY PROFESSIONAL ANNUAL CONFERENCE

April 16-19, 2024  
Embassy Suites  
Bloomington, MN

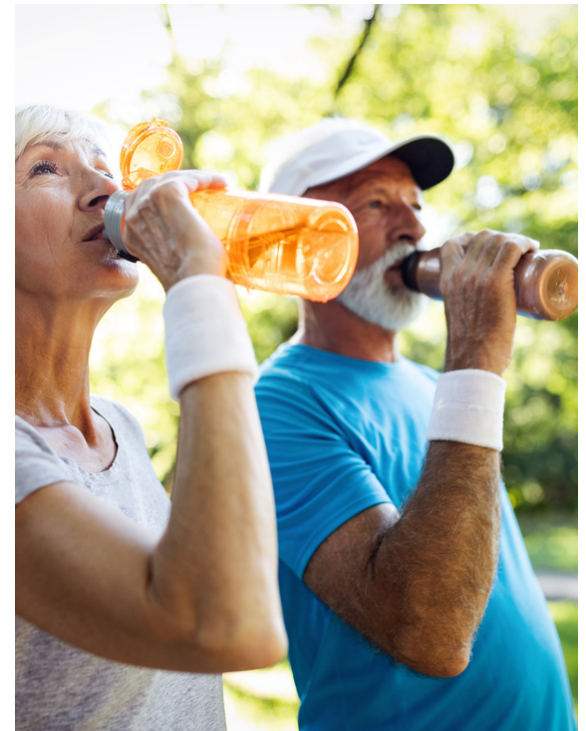
Click [here](#) for ongoing conference updates including awards, call for presentations, scholarships and exhibiting information.

## WHY IS DEHYDRATION A PROBLEM IN OLDER PATIENTS AND CARE HOME RESIDENTS?

By Samantha Bitter Northeast Regional Director

One of the most common ailments elderly individuals experience is dehydration. This condition, which entails the loss of fluids in the body, terribly disrupts normal bodily functions. Water needs to be constantly replenished in the body in order for it to be able to work at full capacity. If more fluid is being released through the cells than the amount that a person takes in, dehydration occurs. Dehydration is an important problem in older people because aging affects how the body manages water and reduces the thirst reflex. In addition, conditions such as dementia or physical frailty may affect their ability to drink and increase the amount of support they need from staff.

An elder who is dehydrated may experience a loss of consciousness, tonic clonic seizures, and brain swelling. If the individual drinks too much fluid after being dehydrated, their brain cells may try to store the fluid too quickly. This can cause rupture of the brain cells and brain damage. Be sure to double up on your refreshment activities during the hot summer months!



## Your Regional Representatives



**Julie Cooley**  
South Regional  
Director  
[julie@naap.info](mailto:julie@naap.info)



**Samantha Bitter**  
Northeast Regional  
Director  
[samantha@naap.info](mailto:samantha@naap.info)



**Tammy Point**  
West Regional  
Director  
[tammy@naap.info](mailto:tammy@naap.info)



**Kim Mead**  
Central Regional  
Director  
[kim@naap.info](mailto:kim@naap.info)



**Colleen Knudson**  
International  
Director  
[international@naap.info](mailto:international@naap.info)