

# IOWA ASSOCIATION OF ACTIVITY PROFESSIONALS

IAAP

[www.iowaaap.org](http://www.iowaaap.org)

Fall, 2015 Newsletter

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## MESSAGE FROM THE PRESIDENT

Amazing! That is the only way I can describe the National Association of Activity Professional's Annual Conference which I attended in April. It was such a pleasure for me to represent the great State of Iowa. I met Activity Professionals from all over the United States and Canada. I attended a variety of different breakout sessions which I found informative and motivating. It was truly an amazing experience. The NAAP Conference is going to be held in Dallas, Texas in 2016. Mark your calendars and attend if you can. I assure you, you will not be sorry. It is an experience you will never forget.

Let's talk about the Iowa IAAP fall Conference. Our keynote speaker, Tia Hovatter, will speak on a variety of topics Thursday and Friday morning. Check out the schedule and topics listed in this newsletter. I had the pleasure of attending a session at the NAAP conference to hear Tia speak. She was engaging, interesting, down to earth, and encouraged interaction in her sessions. You won't want to miss this speaker.

We have 2 full days of interesting topics and knowledge speakers planned for our fall conference. We look forward to seeing you in October.



## FUTURE CONFERENCES

Mark Your Calendars:

2016 IAAP Fall Conference  
October 22-23, 2015

Please note there is NO 2016 Spring Conference – we are making our fall conferences the one to attend.



### CONFERENCE INFORMATION

Hotel Rooms: The Gateway Hotel & Conference Center will again be offering a special discount per night for a standard double room. Cut off for reservations: Oct. 1. Please call them at 515-292-866 or 1-800-FOR-AMES for rates and check in/out times.

Directions: The Gateway Center is located at US Highway 30 and University Drive. Off I-35, take exit 111B to Highway 30 West. Exit onto University Blvd and go South. The entrance to Gateway is on the right.

Dietary Concerns: If you have any dietary concerns, please contact Terri Tripp at 515-255-3499.

Reminders: The rooms at the Gateway Conference are usually cool. Please dress appropriately and/or bring a sweater or jacket to put on.

Cell Phone Usage: Please be courteous about cell phone usage. We ask you utilize the vibrate options for calls and other services. Please step outside the meeting room to take a call. Cell phone usage is a distraction to the speakers as well as the participants. This includes checking social apps during presentation times.

## Fall Conference

Please join IAAP for our Annual Conference, October 22 and 23, 2015 in Ames, Iowa at the Gateway Hotel. We are excited to present two days filled with fantastic information for the activity professional in long-term care.

On Thursday, October 22<sup>nd</sup> and the morning of Friday, October 23<sup>rd</sup>, our guest will be Tia Hovatter. Tia is the Director of Education from Health Consultants Plus, Inc. based in West Virginia ([www.healthconsultantpluswv.com](http://www.healthconsultantpluswv.com)). Tia has served as coordinator of volunteer services for a long term care facility as well as for Hospice. She has extensive knowledge of the management of activity departments and regulatory compliance. Tia is an instructor for MEPAP parts one and two, the activity certification course and is a certified Dementia Practitioner who teaches the 30-hour Dementia Training Course. She routinely speaks at state and national conferences. Tia is a licensed nursing home administrator and an Activity Consultant Certified. She holds a B.S. in education and a Masters in Public Health from West Virginia University.

The Thursday morning session will focus on “Activities & Therapy: How to Make it Work” and “Incorporating Technology”. After a lunch and networking time, Tia will return for “Activity Programming for the Dying Resident” and “Dementia in Long Term Care in the afternoon. Tia continues on Friday morning with “How to Manage Behaviors during Activities”.

The Friday morning session concludes with a member of the US Department of Health and Human Services discussing General Privacy Rules and HIPAA.

After lunch, networking and our annual business meeting, Trina Radske-Suchan, Medical Director of the YMCA Healthy Living Center will speak on “Exercise is Best Medicine” and “Delay the Disease”. Be prepared to actively participate in the last session as it will focus on an exercise program.

Each day offers 6 contact hours per day for your continuing education.

You will find this year’s registration form in this newsletter. Please note the new policy on refunds. No refunds will be allowed after October 12<sup>th</sup>, 2015. Also note the new return address on the form if returning by mail.



**Thursday, October 22**

**8:00 am to 4:30 pm**

**Registration will be from 7 to 8 am. A continental breakfast bar will be available. Lunch will be served.**

8:00 – 8:15 Welcome

8:15 –9:45 Session 1

**Title:** Activities and Therapy: How to Make it Work  
**Speaker:** Tia Hovatter, MPH, NHA, ACC, AB-BC, Health Consultants Plus.

9:45- 10:00 Break

10:00-11:30 Session 2

**Title:** Incorporating Technology  
**Speaker:** Tia Hovatter, MPH, NHA, ACC, AB-BC, Health Consultants Plus.

11:30 – 12:45 Lunch and Networking

12:45 -2:15 Session 3

**Title:** Activity Programming for Dying Residents  
**Speaker:** Tia Hovatter, MPH, NHA, ACC, AB-BC, Health Consultants Plus.

2:15 – 2:30 – Break

2:30-4:00 Session 4

**Title:** Dementia in Long Term Care  
**Speaker:** Tia Hovatter, MPH, NHA, ACC, AB-BC, Health Consultants Plus.



## CONFERENCE SCHOLARSHIPS

We want to help you attend this conference. IAAP will again be sponsoring two (2) scholarships in the amount of registration of the 2-day fall conference. The intent of these scholarships is to assist individuals who do not receive financial support.

For further information on the scholarship criteria, see form in this newsletter.

## Iowa Activity Coordinator Certificate

DMACC (Des Moines Area Community College) provides the class for this certification.

Please contact the general admissions department to register for this course.

Call 515-964-6200  
or 800-362-2127

## Just a Reminder

2 Opportunity Baskets Drawing  
Thursday and Friday  
\$1 or 6/\$5

We will be having a close out sale on promotional items. Promotional items from IAAP will no longer be available after this conference.

**Friday, October 23**  
**8:00 am to 4:30 pm**

**Registration will be from 7 to 8 am. A continental breakfast bar will be available. Lunch will be served.**

8:00 – 8:15 Welcome

8:15 –9:45 Session 1

**Title:** How to Manage Behaviors during Activities

**Speaker:** Tia Hovatter, MPH, NHA, ACC, AB-BC, Health Consultants Plus.

9:45 – 10:00 Break

10:00-11:30 Session 2

**Title:** General Privacy Rules & HIPAA

**Speaker:** U.S. Department of Health and Human Services

11:30 – 12:45 Lunch and Networking

12:45 -2:15 Session 3

**Title:** Exercise is the Best Medicine

**Speaker:** Trina Radske-Suchan, Medical Director  
YMCA Healthy Living Center

2:15 – 2:30 Break

2:30-4:00 Session 4

**Title:** Delay the Disease –exercise program

**Speaker:** Trina Radske-Suchan, Medical Director  
YMCA Healthy Living Center



Note: The times noted may vary throughout each day.

**Good to Know....**

A recently received e-mail from Activities Consultant Theresa Thorland lets us know that the Department of Inspections and Appeals are finding that a common issue in recent surveys is lack of activity programming for more challenged residents both cognitively and physically. More time and focus is given to those residents that are more independent and less challenged with the aging process.

Check your activity program to make sure everyone is being served appropriately.

3801 Grand Retirement Living is seeking an individual to assist with the organization and implementation of activities programming for a retirement community. Qualified individuals will have a passion for the elderly and enjoy engaging with groups, individuals, and family members in a positive supportive roll. Previous experience working with seniors is a plus. Please forward resume to [tripp@newburyliving.com](mailto:tripp@newburyliving.com) or apply in person

Work hours are 9:00 am to 3:30 pm M-F.

Iowa Association of Activity Professionals  
2015 Fall Conference Registration  
Thursday, October 22 and Friday, October 23, 2015

NAME: \_\_\_\_\_

FACILITY NAME: \_\_\_\_\_

FACILITY ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

REGISTRATION OPTIONS: Please indicate your selection with an X

<input type="checkbox"/>	Both days, if registering before October 9 <sup>th</sup>	\$175
<input type="checkbox"/>	Both days, if registering after October 9 <sup>th</sup>	\$190
<input type="checkbox"/>	One day**, if registering before October 9 <sup>th</sup>	\$115
<input type="checkbox"/>	One day**, if registering after October 9 <sup>th</sup>	\$130

\*\*Please circle which day will be attending - Thursday or Friday

**NO REFUNDS AFTER OCTOBER 12<sup>th</sup>, 2015**

To receive conference updates as well as handouts, please give your  
E-MAIL \_\_\_\_\_

I have no e-mail. Please contact me by phone/mail as needed.

Please make copies and fill out a **SEPARATE SHEET** for each person registering for the conference.

Please check if faxing registration and mailing check.

Please be sure your facility is mailing registration and payment with checks payable to IAAP, to:

NOTE: NEW  
ADDRESS!!!!



Chris Thomas, IAAP Treasurer  
1116 Hazel, Pella, Iowa 50219  
or faxed to 641-620-4195

If questions, please contact Chris \*work 641-620-4190 \*cell 641-780-0200

\* fax 641-620-4195

\*email: [cthomas@wesleylife.org](mailto:cthomas@wesleylife.org)

## SCHOLARSHIP CRITERIA

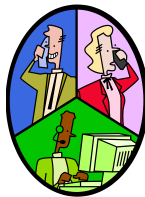
The following is the criteria to be considered for one of two (2) scholarships in the amount of the registration for the 2015 Fall Conference.

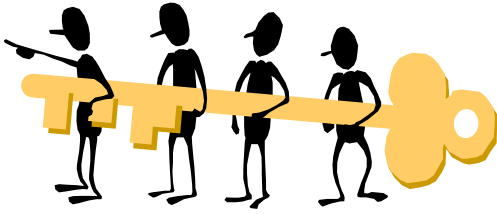
1. You must meet one of the following:
  - a. Employed in the activity or related field
  - b. Volunteer at least 75 hours of service yearly
  - c. Presently are enrolled in a state-approved course
  - d. Enrolled in a four-year program related to the field (CRTS)
2. You may be eligible to receive the award one time every three years.
3. The amount rewarded will be the amount of registration (no cash value).

To be eligible, you need to complete and attach an essay of 50 words or less with your name, home address, home phone number, email address, and facility name and work phone number and if you will receive any other financial assistance to attend this conference.

All applications need to be received by Chris by September 21<sup>st</sup>. You will be notified by September 30<sup>th</sup>, 2015 if you are a recipient.

Send by September 15<sup>th</sup> to:  
Chris Thomas, IAAP Treasurer  
1116 Hazel, Pella, Iowa 50219  
or faxed to 641-620-4195  
email: [cthomas@wesleylife.org](mailto:cthomas@wesleylife.org)





Be the key that helps keep the  
Iowa Association of Activity  
Professionals moving towards the  
future!

The board is always looking for new people, new ideas, new conference speakers, anything. If you have a great idea you would like to share, send the information (see below). Have you heard or seen a speaker related to our field and would like to recommend for a future conference, send us the information. And, would you like to serve on the board – commitment is small but benefits are HUGE!

We'd like to thank the following Board Members for the YEARS! of service who are moving on to another chapter in their lives: Candy Schainker, Karen Patrick, and Lori Lawyer.

Check out our website:

[www.iowaAAP.org](http://www.iowaAAP.org)

to see this latest newsletter, links to activity-related sites, and general information on Iowa Association of Activity Professionals.





Do you have a “bright idea” you’d like to share?

Every year during the networking, everyone always has such great activities they share but we never get enough information. So, we’ve decided to collect these great ideas and distribute them to everyone.

So....do you have a great activity that you would like to share....if so, please use this format to provide the information and e-mail it to Jeri at [iaapjeri@hotmail.com](mailto:iaapjeri@hotmail.com) prior to October 15<sup>th</sup> so that this information can be shared at the conference.

**Name of Activity:**

**Activity Professional Name and Facility:**

**Address/Phone/E-Mail Contact Information:**

**Objective/Outcome of the Activity:**

**Contacts and Preparation Needed:**

**Reactions of the Residents:**

**General Instructions/How To Guidelines:**

**Any other information:**

Example:

Name of Activity: Wet T-Shirt Contest

Activity Professional: Suzie Activity, Best Facility Ever

123 Resident Lane, Best Town, IA, 444-444-4444, [activities@an e-mail.com](mailto:activities@an e-mail.com)

Objective/Outcomes: Provide residents with gross motor skills in a unique-styled game

Contact/Preparations: need bucket of water, rolled up t-shirts tied with rubber bands, towels to soak up spilled water

Reactions of Residents: Because it was advertised as a wet t-shirt contest, many residents came out to see what the activity was going to be. Once there, they had fun throwing the t-shirt into the bucket. Also served summer-fun treats and prizes.

Instructions:

1. Order summer-fun treats and prizes as needed (used Luau pigs from Oriental trading as prizes and ice cream sundaes as treats)
2. Purchase/gather several t-shirts. Roll into a ball or log shape and secure with rubber bands.
3. On the day of activity, get a bucket ½ full of water and set it approximately 5 feet away from contestant line.
4. Have residents toss the t-shirt into the bucket to try to get it wet – hence the “wet t-shirt”. Gave prizes to the winners.
5. Residents have sundaes and visit while participating.