



## South Carolina Activity Professionals Association

# SCAPA NEWS

April 2010

Christina Bonnett, Editor

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## FROM YOUR PRESIDENT

~Amy Jackson, BA, ADC~

What a great rejuvenating conference! I hope you all gained some knowledge, received great ideas, and renewed old friendships, as well as gained some new ones. I know how hard the Piedmont District and the Professional Development chair worked to make this a fabulous conference. Thank you so much to Amy Laughlin and Piedmont District for all of your hard work. I know everyone truly appreciated it!! I also want to thank the SCAPA Board for donating their time to this wonderful organization. I do not say it enough, but I do appreciate you all and am very thankful for you.

I hope that you all started to implement your findings at the conference. Please be sure to let your administrators know that your new ideas did come from the conference. They need to know that the facility's money was well spent.

The next SCAPA workshops are the One Day Workshop which will be Friday, July 16th at Still Hopes in West Columbia, and the Activity Assistants' Workshop on Friday, September 24 at LMCE in Lexington. Our One Day Workshop will feature Michelle Nolta; she is a wonderful insightful speaker and you will learn a tremendous amount from her. We are currently working on speakers for the Activity Assistants' Workshop.

Also keep in mind that we are hosting the National Activity Conference in April of 2011. There will be **NO SCAPA CONFERENCE IN FEBRUARY OF 2011**, so please make every effort to attend the national conference. They are absolutely wonderful! A true experience! This conference is by far the biggest thing SCAPA has ever undertaken. With that being said, we **NEED ALL HANDS ON DECK!!!** Please help us to show the rest of the United States and other countries what is meant by Southern Hospitality. We want this conference to be truly the **BIGGEST** and **BRIGHTEST** that NAAP has ever seen. Please be a part of it!

If you need my assistance or have become certified, please feel free to call me or email me anytime.

**NAAP**  
**Conference 2011**  
**to be held in SC!**  
**Watch for details**

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**Important SCAPA Policies**

Please read and be aware of these SCAPA policies. We have stated them in past newsletters and on conference brochures, but people continue to be surprised they exist. It is up to us as members to be responsible for reading and applying these policies.

**SCAPA Late fee policy:** For each workshop and conference, there is an early registration deadline. **Anyone** sending in a registration form after this deadline, must pay the late fee. There will be no exceptions to this policy. We have deadlines we must meet with hotels and hosting sites, handouts that must be prepared, registration packets to prepare, etc. It is not fair for those volunteering for these jobs to have to wait until the last minute to get it done. It also costs SCAPA money if we don't have accurate meal numbers for functions. Brochures are sent out in plenty of time for members to request approval and payment. **PLEASE DO NOT WAIT** until the last minute to do this or it may cost you more. Once you send your registration, you will immediately receive a confirmation letter or postcard. If you **HAVE NOT RECEIVED** one, after a reasonable amount of time, you need to check with the Professional Development Chair to make sure she received it. You **are not registered** until she receives the form and payment and sends confirmation. **ALSO**, please make sure your company sends payment to the address on the form, and not an old address they have in their computer. **SCAPA is not responsible if they send to the wrong address and it results in a late fee.**

**SCAPA educational session attendance policy:** NCCAP and LTHCA require that persons attend an entire session in order to receive credit. Anyone who arrives at a session more than 5 minutes after its start time, unless they have a pass from another session monitor, will not receive credit for that class. Session monitors will ask for their certificate and write "no credit" across the lines for that session's time frame. The member may still attend the session, but will not receive credit for that particular one. Breaks are normally for 30 minutes, which should allow everyone time to get to their sessions before they start.

**SCAPA Refund policy:** Refunds for conferences and workshops will be given in case of illness of the member or their family, death in the family, or surveyors in the member's facility at the time of the event. Refund requests must come to the Board in writing and **MUST** be made within 30 days of the close of the conference/workshop. No refunds will be issued after the 30 day time frame. Workshop/conference fees also will not be applied to a future workshop/conference, should someone not be able to attend. If the above stated criteria are met, then the member needs to request a refund within 30 days, or forfeit their registration fee. Members are kindly asked to inform the Professional Development Chair as soon as they know they will not be able to attend, in case there is time to correct meal totals.

## DHEC SURVEY RESULTS

~Submitted by Debbie Bouknight, BS, ACC, CDP~

The following citations were reported to us, see below. I often get questions about the documentation DHEC asks to see. First, there is no Skilled Care Facility Federal Regulation for Certification that says you have to keep participation records nor is there anything specific that has to be included in them, or calendars or Resident Council minutes (Licensure does require one calendar be posted in the building). **HOWEVER**, not having these records could get you a citation indirectly as you would have no written backup of anything you are doing if something is questioned. For example, we all have had or will not be satisfied or pleased for whatever reason, whether it is bitterness about placement, guilt, forgetfulness, etc. Surveyors are also aware that we have these types of residents/family, however, if they get a complaint or if something negative is said to them during the survey, it is their job to check it out. If Mary Sue tells them that she never gets invited to activities, never sees the AD, etc., as long as you have documentation in your participation records and progress notes to dispute that, you may be saved a great deal of trouble. The calendar also disputes when residents say there is nothing to do, etc. If you have no documentation, then it is your word against theirs basically. We will never please everyone, and we do have residents who may be fairly oriented, but are also forgetful. I had one yesterday tell a volunteer she enjoyed the music program, but we kept them in there for 3 hours. I had to assure the volunteer it was only an hour. Good documentation showing what is provided for them can save a citation. It is also a good idea to include in progress notes when you know a particular resident is forgetful, or, maybe they tell their family they do not have anything to do but every time you invite them, or offer 1:1 or independent activities, they refuse. These situations need to be documented.

F241—Dignity, the nurse administered an IV medication in the dining room

F248—Activities, resident placed under quarantine on a Friday, when surveyors came on Tuesday, no care plan was in place for 1:1

F253—Housekeeping, dust on shower room chair and an empty bucket left on the floor

F281—Professional Standards/Admission protocol, had concerns about the admit (interim) care plan, MAR not signed by nurse

F371—Dietary, no paper towels at hand washing station, thermometer laid down on counter before taking temperature of food

F322—Gastric tube flush procedure, nurse followed the facility's procedure, but did not take gloves off until after cleaning up all medical supplies in the room

F525—Pharmacy, nasal spray stored laying down instead of upright (surveyor noted that the nurse did notice this and stand the bottle up when she opened the med cart)



## SPIRIT OF CARING

~Submitted by Debbie Bouknight, BS, ACC, CDP~

It is once again time to start thinking about the SC Spirit of Caring! This is a program for licensed SKILLED CARE FACILITIES (nursing homes) and recognizes them for innovative programs they have in place to improve the quality of life or quality of care for the elderly they serve. There are two components to the program. The first is the poster contest. Facilities are invited to submit a poster that depicts this year's theme. The winning poster will be converted to the cover of the Best Practices Manual. The manual will be a compilation of all the Best Practice programs that facilities will submit this summer. Information about the poster requirements will be sent to facilities in March. If you do not receive information by the end of the month and are interested, please call or email me and I will fax it to you. The steering committee met on March 5<sup>th</sup> and chose a theme for 2010: "Living the Legacy, Embracing a Vision". We are looking forward to seeing some awesome, creative posters! The deadline for the poster submissions will be May 14. Afterwards, you will receive information on submitting your Best Practice ideas. However, you can start working on those now and be ahead of the game! Independent judges will score those and the top 5 will present their programs at the Awards Banquet on October 28. If anyone needs further information or assistance, please feel free to contact me.

So, if you work for **ANY** nursing home in this state, I encourage you to participate! This is an opportunity for you to share your ideas and programs with your peers and a chance for your facility to SHINE!! P.S. The Lower and Coastal areas of the state have not shown much participation in the past, let's change that Lower and Coastal Districts!!



**Don't forget...SCAPA is on the worldwide web!**

**Visit us today at [www.scapasc.org](http://www.scapasc.org)!**

**Also, if you would like something featured in this newsletter, please submit it to Christina Bonnett at [acbonnett@embarqmail.com](mailto:acbonnett@embarqmail.com) or 205 Blossom Lane, Greenwood, SC 29649.**

## NCCAP STATE CONTACT REPORT

~By Debbie Bouknight, BS, ACC, CDP~

If you need help with working toward or applying for your NCCAP certification, please do not hesitate to call or email me. You can also go to [www.nccap.org](http://www.nccap.org) for further information and to print off the certification standards and application. There is also a message board there where you can interact with your peers, get answers to questions, programming ideas, etc.

If you are certified, PLEASE DO NOT let it lapse. Even if you leave the field, you may need to come back some day and will have to start the entire certification process over again, following whatever criteria are in affect at that time. If you need help getting all the required CEU's, please call me.

**\*CONGRATULATIONS TO RUTH GOLDSMITH ON RECEIVING HER ADPC—WAY TO GO!!\***

# DISTRICT REPORTS

## CENTRAL DISTRICT

By Carol Frye, ADC, CDP, Retired

Hello everyone in the Central District! I hope that you all have recuperated from SCAPA's Conference. Now you need to let your Administrators know what you learned. Maybe you could do an in-house workshop sharing the information that you learned at Conference. This will help you get the backing from your administrator to support your attendance at the Conference. The networking is just as important as the continuing education. The circus theme turned out to be great fun—many games and circus acts as well as conjoined siblings (what a hoot!) Central District will hold our luncheon/business meeting and 2 hour workshop on Friday, April 23rd, at Lexington Medical Center Extended Care. Lunch is from 12:00-1:00 p.m. and our workshop, 'Presenting the BEST Reminiscing and Discussion Programs' by Betty Jo Brown, ADC, will be from 1:00-3:00 p.m. Watch your e-mails for flyers and check the SCAPA website. Hope to see all of you from the Central District at the Spring Workshop.



Vicki Fields (L) and Renee Bledsoe (R) as 'Hot Mess' or Siamese Twins, aka CRAZY!!



## COASTAL DISTRICT

By Lorre Baird, BS, ADC

Amy Jackson and the Piedmont District, you really outdid yourselves in hosting a wonderful conference. I've heard only good comments and remarks on how nice everything was and what fun and entertaining hostesses you all were! Thanks for a job excellently done! Thanks also goes to Amy Laughlin, Education Chair, and the entire SCAPA Board for putting together a wonderful educational opportunity for us all. Not only did we learn, but we had fun while doing it because of the wonderful presenters we had. After attending several of Teepa Snow's sessions, I gained a renewed interest in learning all about the different types of dementia. One tidbit that stuck with me and I have brought back to work with me is "Quit spending time making things look right when doing an activity with dementia residents. It's the doing that is important, not the product!"

To those of you who missed it, please make plans now to attend the NAAP Conference next year if at all possible. Not only is this a fantastic way to earn needed hours, network and have loads of fun with fellow activity professionals, but how many chances do you get to attend a national conference? I've been fortunate enough to attend one a year ago in Orlando and I will be traveling to Milwaukee in April. It's such a wonderful opportunity to be a part of a national conference.

Coastal is planning a June Workshop and information will be emailed soon to all members. As your district rep for the present time, please feel free to contact me with any questions, suggestions, or concerns you may have. We are in the process of securing a new district rep, so look for information on that coming soon! All members need to be active in order to make Coastal District successful. Encourage other activity professionals you know to become part of SCAPA, too!

**LOWER DISTRICT**

**By Trisha Campbell, ADC**

It was nice to see everyone at the conference in February. I really brought a lot back from this conference and hope that everyone else did also. After attending the conference, I have set a new goal for myself of adding at least one new program to my monthly calendar every month. This month, I added "What's in the socks?" I actually won this at the silent auction and played it at the Thursday night banquet in the carnival games area. It is very easy to assemble and use in your facility. This is a game where you have tube socks and you can hang them on a "clothes line" with clothes pins or you can pass the tube socks around a circle. An item is chosen to be put in each sock. Examples could be: an eraser, dice, or marbles. The sock is tied off so that the item will not fall out. The object is for the residents to use their sense of touch and guess what the item is that is inside the sock. The sense of smell can also be used and make this into an aroma sensory game. Examples could be: Eucalyptus, Coffee Beans, and Licorice. \*\*One note: be sure items cannot poke through the sock; that they do not have sharp edges or could be of any harm to the resident. There is no limit to this game...let your creativity run wild! This game can be done as a competition by seeing who can guess the most correct or it can be done just as a group activity or even a 1:1 activity. Please check the website for information on our Spring Workshop which is scheduled for Thursday, May 6<sup>th</sup> at Bishop Gadsden.

**PIEDMONT DISTRICT**

**By Amy Jackson, Acting Rep.**

The Piedmont District will hold its Spring Workshop on Friday, May 21st at 10 a.m. at the Hawthorne Inn in Greenville. The topic will be Leadership Management and Tiffni Baxley will be the speaker.

Our Fall Workshop will be Friday, October 8th at 10 a.m. at Rolling Green Village. We will have a calendar share as well as a craft share. Please bring 25 copies of your September and October calendars. Also bring with you at least one (1) craft and 25 copies of the directions. You will be given 5 minutes to teach the craft, so please be prepared.

We are still searching for someone to step up and take on the role of the Piedmont District Representative. If you are interested and are a member in the Piedmont District, please email or call Amy Jackson at 864-525-0882 or amyjackson1@bellsouth.net.



## NAAP REPORT

### ~Debbie Bouknight, BS, ACC, CDP—State Contact~

I want to thank everyone who helped at the NAAP booth during the SCAPA conference! Especially Joyce Chapman and Fran Erickson who worked it the entire time. I also want to thank the Board members who brought baked goodies for the bake sale and Lorre Baird for making all the beautiful earrings and bracelets! All of the proceeds from the bake/craft sale and aquarium tickets raffle went toward the NAAP 2011 fund. We raised \$542.50 during the conference, plus, Janice Grant, who won the 50/50 raffle, donated her winnings of \$78.00 to the fund! Thank you Janice, that was very generous of you!!! Thanks for everyone's support of our fundraising efforts!!

We also gained another 11 members for NAAP from SC. I hope more of you will join before the conference at the Sheraton Hotel in Myrtle Beach, March 30-April 2, 2011. There **WILL NOT** be a SCAPA conference in 2011 as we are hosting and promoting this great opportunity to attend a National Conference! You will have the opportunity to hear from many national speakers all in one place! You will also have the opportunity to choose 6 from 36 concurrent sessions to help meet the needs of those you serve. Because the National Conference travels all over the U.S., this is a rare opportunity to be right in our backyard! I hope many of you can take advantage of that opportunity for some great continuing education. The closest the conference has ever been to us was in 1989 when it was in Charlotte.

You will also have the opportunity to see all the major activity vendors in person. They cannot afford to attend most of the State conferences, because of the expense, but they will be at NAAP!! You can actually see, touch and feel the products and get a better idea of whether they will work for you, than you can from a catalog. I urge you now to start making plans to attend and if fundraising by your facility is allowed and needed to get you there, go for it! The conference is an investment, not an expense. It is an investment in your professional and personal growth and when you take the knowledge back to your community/facility, it only enhances the quality of life for those you serve and helps you to have one of the best activity programs imaginable! This is a great marketing tool as well!

At the time of this writing, we have 12 people from SC attending the WI conference and helping at our booth there, as well as shadowing the Wisconsin conference committee. We will also conduct a presentation at the closing breakfast on Saturday, to promote the conference in Myrtle Beach. If anyone else is able to attend, please let me know as we will put you to work!

Thanks again for all your support, and remember, NAAP is the advocate for Activity Professionals and without NAAP and their influence, we would not have jobs and Activities would not be part of the required elements within skilled care facilities or Assisted living facilities. NAAP is always watching new legislation for anything that could affect our profession or our positions. They could not do this without members and without the numbers those members represent. They need as many members as possible to have the clout needed to get things done. If you are not yet a member, please consider joining, you can go to their Web site [www.thenaap.com](http://www.thenaap.com) and join online or I can send you a membership application. It is well worth the investment to join!

**~On page 15 of this newsletter, you will find a NAAP membership form. Fill out today to become a member of one of our profession's most valuable organizations!!~**

# CONFERENCE 2010 POEM

~Created and Submitted by Amy Laughlin, ADC, CDP and Dawn Martineau~

We had a great idea:  
Let's write a poem about the week!  
Where is Eric when we need him?  
Oh dear, he's not here this year to speak.

The conference opened with Debbie  
And the Amy's, Southern and Brit  
Sammy sang our nation's anthem,  
What a voice, what a hit!  
And then we welcomed Teepa Snow...  
Did she just say s\*\*t?

We learned to laugh, if you don't, you will cry  
Over our beloved residents, the PET scans show why.  
They fuss and they cuss from pain and depression  
Why do they do that? That is the question.

We stretched and did yoga, we learned to breathe deep  
To reduce our stress levels, for a cool head we must keep.  
Then there was "Prince" with her music and ruses  
Keep the fun, keep the focus, our residents aren't fools.

To Damon's to welcome all those first timers,  
Ribs and shrimp and great one-liners.  
"Don't feed the seagulls!" said Tiffni at the end,  
"Because, with a chair I had to defend  
Myself from those seagulls when they came on the attack.  
It's all your fault, Dawn, you and your snack!"

The rooms at the Crown Reef were clean and the view was fine.  
We saw dolphins and seagulls and "saved the world, one wipe at a time".  
Tiffni educated us 'bout this thing called Culture Change.  
Always put the resident first – to some staff, this may seem strange!

Activities on a Shoestring, being thrifty and cheap.  
Diane taught us this well, and we certainly didn't sleep  
Because Teepa had them laughing and we can hear the Dancing Queen.  
"Can you keep it down a bit?" We don't want to be mean.

The Silent Auction closed and lunch and Piedmont District was so glad  
That SCAPA made eighteen hundred dollars! That certainly isn't bad.  
We learned a lot about our men, and which sides of their brain work best.  
Keep those men going strong by letting them watch and then go rest.

Active Aging with the lovely Anne Abel,  
We stretched and we rhymed and we tried to be stable.  
Tightrope walkers, circus animals and the odd carnival freak,  
The costume contest had it all, but Joe Reiland won Most Unique.

Dinner was eaten, awards were given, and we tried to make the pins fall.  
And dear ol' Sammy showed us that at SCAPA, he has the tightest butt of all!  
Piedmont District worked so hard, great conference, great job, hear hear!  
But once this is over, there's much work to be done – BRING ON THE NATIONAL NEXT YEAR!!!





**~AWARDS~**  
***DISTRICT OF THE YEAR: PIEDMONT***



**Earlene Jones,  
Adminis-  
trator of  
the Year  
(L)**



**Lorre Baird  
receiv-  
ing her  
Distin-  
guished  
Service  
award  
(L).**

**Joe  
Reiland,  
Activity  
Profes-  
sional of  
the Year  
(R)**



**Lindsay  
Wright,  
Volunteer  
of the Year  
(R)**



**MEMBERSHIP REPORT**

**~Linda Spencer, ADC, Corresponding Secretary~**

Hi everyone! We have been so busy this Spring; we held a Fling in March at my facility. We had the residents' choir sing for their families, then we had a scavenger hunt for the children. We are continuing to find ways to have the residents and children interact more during our special events. With a little effort, the residents, families, and staff can really enjoy the special activities together. Everyone remember...continue to enrich your residents' lives each day.

I am continually updating membership lists. Remember to check your email for your renewal forms as this helps SCAPA cut costs. It seems as if there is a contest between Piedmont and Central Districts for the most members.

- Central = 72
- Coastal = 37
- Lower = 35
- Piedmont = 71
- At Large = 10
- Total = 225 SCAPA Members

**Please promote SCAPA in your area!!**

## NEW PROGRAMS ANYONE?

### ~Submitted by Debbie Bouknight, BS, ACC, CDP~

This is a new section for our newsletter and we want YOU, the members to participate. Please send a brief description of programs that are working for you, so they can be shared with your peers. You can email your ideas to [dbouknight2@sc.rr.com](mailto:dbouknight2@sc.rr.com) and they will be added to this column each quarter.

From Kim Carpenter, ADC, LMC Extended Care: For a “Music Matters” program, I went to a search engine and found funny country song titles. I read these out to the group and created quite a stir of laughter and discussion! The song titles were funny, but they are even funnier when read out loud to the group. Some examples were:

“I’d rather pass a kidney stone than another night with you”

“I want a beer as cold as my ex-wife’s heart”

“Hand me the pool cue and call yourself an ambulance”

“Thanks to the cathouse, I’m in the doghouse with you”

And their favorite..... we can’t say here, but if you search, you will find it!!

We also wrote our own country song using words and phrases given to the group.

Tammy Scott, ADC, Carroll Campbell Place: has been using the WHOGA videos purchased from a vendor at the conference, with much success. The web address to order those is: [www.whoganow.com](http://www.whoganow.com). WHOGA will also be a vendor at the NAAP conference in WI.

## TIPS LEARNED AT CONFERENCE...submitted by Debbie Bouknight

\*Go to [www.mypoints.com](http://www.mypoints.com), when ordering from such companies as “Oriental Trading” you can get points that can be redeemed for free cash/merchandise.

\*Instead of buying expensive Snoezelen equipment for sensory rooms/purposes, you can buy some similar items at Home Depot, Walgreens, Wal-mart, Spencer’s, etc., such as lava lamps, tube/rope lights (these can be draped over the residents with supervision and they can touch them, play with them, etc., have a calming affect), water tubes, etc. From Nasco, you can order a less expensive type projector that projects onto the wall/ceiling - a liquid affect, the Snoezelen type is a minimum \$1000.00. You cannot call a room a Snoezelen room unless you have at least 3 pieces of their actual equipment. Snoezelen was developed in Holland and is a multi-sensory approach to care; it means “to sniff and doze” in Dutch.

\*Many pharmacies/stores will donate their seasonal decorations to you if asked. CVS and Target often donate their decorated trees after Christmas, you must get on their list early.

\*Tie a string on a balloon, fill it half with helium, half with your hot air and put something inside that makes a noise—go down the hall on morning visits and toss to everyone as you speak/visit.

\*When doing music programs, instead of just singing, tell some trivia about the songs – who wrote it, when, why, any trivia associated with that (you can find much info online).

\*Many times, an agitated resident is just in pain, or the one who is constantly crying “help me”, may just be in pain. Sometimes Tylenol on a regular basis works better than Ativan, this has been proven in trials, 50% of people with dementia develop clinical depression. The right side of a dementia person’s brain tends to stay intact much longer, this is the part of the brain that responds to music, repetitive things, word games, hymns, but also the part that loses the ability to control speech and may be blasphemous, foul language, racial slurs, etc.

\*Pass the Hat activity: write songs, things for them to do, such as “say something nice about the person next to you”, on slips of paper and put those in the hat. Sit in a circle and play music, when the music stops, the person holding the hat takes out a slip and does what it says, answers question, sings the song (everyone can join in), etc.

\*When you have donated items, free things such as toilet paper rolls, Google/search “toilet paper roll crafts” for lots of ideas on what to do with them.

\*Use junk mail for rummaging with dementia residents.

\*To be respected by your peers, you must look and act the part of a professional. Look at how you dress, how you speak to people (are you pushy? Demanding? Disrespectful to them?), how you help your peers, etc.

**More to come next time.....**

# THEME BAGS

~Submitted by Debbie Bouknight, BS,ACC, CDP~

During the theme session at Myrtle Beach, the session attendees brainstormed with bags they were given, as to what would go in their theme bag. I promised I would type up their ideas and have them in this newsletter. For those who could not attend, in a nutshell, a theme bag is used for 1:1, small groups and even large groups, for discussion, reminiscing, sensory programming, etc. Inexpensive bags are purchased at Dollar Tree and such stores. The design of the bag is used to create the theme for the items inside the bag. Items placed in the bag should reflect all five senses: vision, hearing, touch, smell and taste. You must know the population or individual you are working with to make sure any food/beverage items are appropriate for them. During the session, many samples of bags were shown the group as well as ideas of how the items inside the bags could be used with the resident(s). Each attendee was given a bag and brainstormed as to what they could put in their bag and the results are below.

**Chef/wine bottle designed bag-** She used it for a cooking theme and included “If you can’t take the heat, get out of the kitchen” – song, Fruit Salad by Wiggles, apron, measuring cups, wooden spoon, plastic veggies, candy thermometer, can of soup, salt/pepper shakers, pot holder, rubber jar opener, dish towel, boiled egg, dry pinto beans, spices, scented apple candle {P.S. candles cannot be lit, but most give off enough fragrance without. Candle warmers can also be used}, applesauce, and cookie.

**Nautical designed bag** - Ocean/Seagulls/etc., sounds CD, Popeye Song, lighthouse, shells, plastic fish/sharks/octopus, small fishing pole, boats, rope with knots, sand, fresh ocean smelling lotion, etc., goldfish crackers

**Bag that said: Laugh Out Loud, Warning Giggles are Contagious** - Silly songs on CD, Laurel and Hardy tape, joke books, Whoopee Cushion/gel, pictures/videos laughing babies, Three Stooges video, Groucho glasses, clown nose, laminated cartoons – older ones from online, smiley face stickers, Old timey toys like key roller skates/slinky, wax lips, popcorn, penny candies from past, cotton candy

**Horses** - Farm, animal sounds, talk about old Horse stories, Mr. Ed video, famous horse pictures, races, hat with flowers, miniature barn/animals, miniature bale of hay, mane and tail lotion, outdoor scents, haystack candy

**Another Horse bag** - She went with the Kentucky Derby theme: Horse game, toy horses, leather bridle/bells, comb for horse hair, derby hat/cap, horseshoe game, mint julep

**Boys** - Whistle, toy cars, Andy and Opie Tape, fishing pole, baseball glove, small pair overalls, stuffed dog, cup of dirt, gummy worms/fish, Whoopee Cushion

**Basketball** - Harlem Globetrotters DVD, Scooby Doo with Harlem Globetrotters, referee whistle, buzzer, Basketball sounds on CD, tube socks, headband, jersey, shorts, net from goal, pom poms, popcorn, chocolate basketballs, Gatorade, program from a basketball game

**Chocolate Cake** – cake theme: jar of sprinkles, egg beater, timer, bowls, spoon, empty egg box, sugar, flour, boxed cake mix, cake stand, doily, birthday cake candles, flavoring, frosting, bake cookies/bread ahead of time for aroma, frosting tasting session, allow to mix ingredients by hand – even if not to eat

**Butterfly** – relaxation CD, silk butterflies, book about butterflies, laminated pictures, citrus spray, honey, gummy butterflies, butterfly net, bug catcher kit, pictures to color, Insect Lore – order actual cocoons to grow and hatch to butterflies

**Butterfly with flowers** - in the Garden song, Butterfly Kisses song, Hungry Caterpillar book, Butterfly DVD, silk or real flowers, potpourri – lavender, herbal tea

**Wild West** – western shows on DVD, Lone Ranger show, cow bell, harmonica, Bonanza DVD, horseshoe, aluminum coffee pot, rope, toy cowboy pistol, toy horse, leather belt, outdoors scented candle, tobacco, beef jerky, baked beans, coffee

**Baseball** – CD- Take me out to the Ballgame, crowd sounds, pictures from computer - clip art, plastic or real baseballs, whistle, baseball cap, baseball pennants, baseball glove, fresh cut green grass candle, soda, peanuts, popcorn (Chester’s Puff corn – no kernels)

**Hawaiian Shirt Bag** - flip flops, swimming trunks, sunglasses, hibiscus flower, map of Hawaii, Little Pig nose – luau, Don Ho – Tiny Bubbles, Hawaiian punch, suntan lotion, straw hat, Elvis Blue Hawaii DVD, Song – Somewhere over Rainbow with Ukulele, tiny hammock, bottle of sand, blue water in jar with fish, lei, ukulele

**Fathers Day** – Lester Flatt, Earl Scruggs, Bluegrass music, Singing greeting card, DVD – Oh Brother Where Art Thou, billfold, peace lily, small toy tool set, stress ball, singing fish, bag coffee, Hershey bar, old Spice cologne

**New Baby** – baby songs, nursery rhymes, stories of old remedies, photos, bottle, diaper pin, cloth diaper, miniature pot, locket of hair, hats/bibs, blanket, baby powder, baby clothes, fresh linen scent, baby oil, baby food, vanilla extract- teething remedy

**New York Society** – Broadway musicals/plays, ticket stubs, Ellis Island info, museum info, fashion magazines, New Yorker Magazine, high heels, scarves, furs, Starbucks cups, subway tokens, yellow taxi, coffee, Books on 9/11, Statue of liberty

**It’s a Girl** – bear, musical mobile, rattles, baby doll, lacy outfit, pictures of babies, stuffed animals, teething rings, soap, baby powder scented candle, teething biscuits

**PS: Cracker Barrel (restaurant) has great old TV show DVD’s and old timey toys**

## WAYS AND MEANS REPORT

~Teresa Jowers, ADC~

Hello everybody! I do hope that each and every one of you were able to attend this year's conference as well as to take back many wonderful ideas to your facilities and possibly share them with others who did not attend. The speakers were wonderful and full of information concerning Dementia and Alzheimer's and the activities available to help prolong the progression of these diseases. The one thing that I really enjoyed and even purchased was the DVD, WHOGA (Wellness, Happiness, and Opportunity for Gentle Activity) or Wheel Chair Yoga, which is how I introduced it to my residents. They participated in this exercise activity and enjoyed it—even the men!!

I really would like to thank all who came by the Ways and Means table to look at and purchase items. To those who give me great ideas for new items, I thank you also! So please at the next workshop or meeting for SCAPA, look for these new items and continue to send me new ideas.

We did very well with our sales at conference; the Ways and Means table made \$183.00, which goes back to SCAPA. The 50/50 raffle made \$156.00, with 50% going to SCAPA and 50% going to the winner. However, the winner generously gifted it back to SCAPA to help with the NAAP Conference, which will be held in Myrtle Beach in 2011. All in all, great conference!!!

## CAN YOU USE ANY OF THESE IDEAS?

~Submitted by Anne Abel, BA, ADC, CRCFA, First Vice President

I recently visited with one of our local "home care" providers, Home Instead ([www.homeinstead.com](http://www.homeinstead.com)) and learned that they are willing to come into your facility and lead activities. They, of course, are trying to get new clients, but they have little packets of activity cards called "Activities for the Mind, Body, and Soul" that are actually very helpful. One of the activities that the home care person is going to be doing with our Veteran's Club members is helping them to stay in touch with service men and women, past and present. There is a wonderful program called A Million Thanks ([www.amillionthanks.org](http://www.amillionthanks.org)) that is a year-round campaign to show appreciation to our military folks for their sacrifices, dedication and service to our country through our letters, emails, cards and prayers.

A nice website to check out for a puzzle a day is [www.Qualint.com](http://www.Qualint.com). I have also used <http://www.wordplays.com/cgi-bin/jumble.pl> to find words within a word. A fun trivia website is <http://www.coolquiz.com/trivia/>. You will find there a fun fact of the day, quote and word for the day, famous birthdays and geography trivia, among other items. Please also take the time to browse [www.suddenlysenior.com](http://www.suddenlysenior.com). It is the daily e-zine for everyone over 50 who feels way too young to be old! That website includes jokes, travel, nostalgia, and wonderful articles with pictures that will bring back fabulous memories. Finally, I would suggest that you check out <http://www.foodreference.com/index.html>. for really interesting food trivia and facts.

Why don't we share some ideas? If you will email me any great websites you utilize, wonderful ideas for recruiting volunteers, or any new thing you are doing I will make sure it gets in the next newsletter for all of us to enjoy. **Email ideas to: [macs45@yahoo.com](mailto:macs45@yahoo.com) (Anne Abel). Thanks!!**

# SEATED SQUARE DANCING

## ~Submitted by Amy Jackson

**Overview:** By having participants seated and using short Brite-Tites, you can have members of a group of any size dancing right in their seats.

**Supplies:** One-half of a Brite-Tite per person, cassette tape of upbeat music, cassette player

1.) Have participants sit in rows or circles; distribute Brite-Tites, then say: Join together by holding one end of your Brite-Tite in your right hand and holding one end of the Brite-Tite of your neighbor to the left in your left hand.

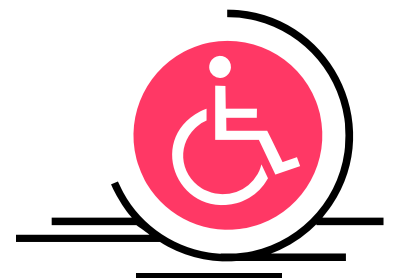
2.) Start the music and “call” a square dance, using phrases such as:

- ♦ Circle to the left; just lean to the left
- ♦ Circle to the right; just lean that way
- ♦ Everyone dance into the middle; just lean right in, and come on back
- ♦ Ladies circle to the left; now circle to the right, into the middle, and come on back
- ♦ Guys circle to the left, and circle to the right, into the middle, and come on back
- ♦ Ladies circle left, while men circle right; now reverse, and ladies lean right, and men lean left
- ♦ Everyone raise your hands way up high, now way down low
- ♦ Raise your right hand, and wave your Brite-Tite ‘round and ‘round
- ♦ Now raise your left hand, and wave your hand ‘round and ‘round
- ♦ Raise both hands, and clap to the music
- ♦ Reach out and grab your neighbor’s Brite-Tite, and lean to the left
- ♦ Now lean to the right
- ♦ Bow to a partner and bow to another

**Variation:** If you’ve done Alley Cat before this dance, just have participants reach out and grab their neighbors’ Brite-Tites and move into the seated dancing.

*Reference: Brite-Tite Book of Fun, Creative Nylon Hose Play Games & Activities for all Ages*

*By Glenn Q. Bannermen, Beth G. Gunn and Lee Ann B. Gilbert*



## PROFESSIONAL DEVELOPMENT

~Submitted by Amy Laughlin, BS,ADC, CDP~

Wow, what a successful conference! A big THANK YOU to the Conference Committee, SCAPA Board, to the wonderful speakers and to all of you SCAPA members for making the 21<sup>st</sup> annual conference educational, memorable and a lot of fun. I was particularly excited to take back some great ideas for the residents on the rehab unit from Diane's "I'm Only Here for Rehab" session, and an idea for a new sensory stimulation program from Debbie's "Programming with Theme Bags" session. Thanks so much!

Mark your calendars for the One Day Workshop on Friday, July 16 at Still Hopes Episcopal Retirement Community in Columbia. Our speaker will be Michele Nolta, CTRS, ACC, the owner and founder of Recreation Therapy Consultants from San Diego, CA. Michele has written many books for the recreation and activity professions, and has worked as an activity professional, an activity consultant, writer, educator, workshop and seminar coordinator, and small press publisher. Look out for the brochure and registration information in the mail later this spring. Rooms have been block-booked at the Wingate Inn in Lexington for the night of Thursday, July 15 – please call them to make your own reservation at (803) 957-5000 by June 15.

I wanted to share with you the recent success of one of the programs at Westminster Towers: the resident Drama Club. The group began meeting about 1 ½ years ago and we started out by playing some different games to boost confidence and promote team work. Once everyone was talking and laughing together, we read through a few skits we found on the internet, but this was not enough for these ladies. They were determined to write their own production about day-to-day life at Westminster Towers. Over the next few months they met, brainstormed ideas and shared true-and-funny experiences. I helped them to write the scripts and then they began rehearsing: "Waiting for the Elevator", "In the Dining Room", "On the Bus", "At the Puzzle Table" and several more. It was agreed that no one would have to learn their lines, so they all used their scripts throughout the rehearsals and for the final performances. Over time, the residents developed personalities and catchphrases for each character. They planned their costumes, props and set with only a little help from me, and finally the performance days arrived. They performed three times, with residents from all levels of care and family and friends attending. It was a long process, but the residents were so proud of their achievement, and we provided free entertainment for three days! Now they are "taking the show on the road" and going to perform at The Pines Retirement Community in Davidson, NC. Other residents have already given ideas for the next performance and the Drama Club cannot wait to get started!

(Simple skit idea: One person is sitting and reading a JCPenney ad. Another person walks/wheels by wearing a giant hat. Person reading asks where they got the wonderful hat. Hat wearer responds: "JCPenney". Repeat this with several other people wearing weird and wonderful clothing/props. Last person wearing nothing but a towel appears. "What happened to you?" asks the person reading. Towel wearer says: "I'm JCPenney!")



Far left is Amy Laughlin and Amy Jackson holding a banner...here in the middle is Tammy Scott getting her face painted and to the right is Ruth Goldsmith. Fun, fun, fun!!!



# NAAP Membership Application 2010

**Please Type or Print Clearly: (Incomplete form will delay the processing of your membership)**  New  
**Check Appropriate Box**  New Address  Name Change  Facility Change  Renewal  Reinstatement

Mail to be sent to:

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_ Previous Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone # Home ( ) \_\_\_\_\_ Phone # Work ( ) \_\_\_\_\_

Fax # ( ) \_\_\_\_\_ Email \_\_\_\_\_

Facility Address:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Province: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Fax # ( ) \_\_\_\_\_ Email \_\_\_\_\_

**Check work setting**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Long-Term Care Facility | <input type="checkbox"/> Adult Day Care Service | <input type="checkbox"/> Senior Center             |
| <input type="checkbox"/> Retirement Home         | <input type="checkbox"/> Assisted Living Center | <input type="checkbox"/> Alzheimer's Dementia Unit |
| <input type="checkbox"/> Sub-Acute Unit          | <input type="checkbox"/> Senior Service Center  | <input type="checkbox"/> Other _____               |
- Activity Consultant and/or Educator in the field of activities whose primary focus is on geriatric population.

National Certification  None  NCCAP  NCTRC  RMT  OT  Other \_\_\_\_\_

(Although you do not have to be Nationally Certified to be a NAAP Member, NAAP strongly encourages and supports the certification process.)

Length of Experience: Number of years \_\_\_\_\_  Full time  Part time  Volunteer

Education: \_\_\_\_\_ Advanced Studies: \_\_\_\_\_

- Amount Enclosed:
- |   |             |
|---|-------------|
| <input type="checkbox"/> Active Membership                      | 59.00 (USD) |
| <input type="checkbox"/> Associate/Retired Membership           | 39.00 (USD) |
| <input type="checkbox"/> International Membership(outside U.S.) | 39.00 (USD) |
| <input type="checkbox"/> Student Membership                     | 49.00 (USD) |
| <input type="checkbox"/> Corporate Rate- eleven or more members | 49.00 (USD) |

A Corporate Employee participants list must accompany the application to be eligible.

I do not want my name included in the membership list sold.

Credit Card Payment  Visa  Master Card  AMX  Discover Card

Credit Card # \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_

Send checks, money orders or credit card to: **NAAP**  
 PO Box 5530 Phone # (865) 429-0717  
 Sevierville, TN 37864 Fax # (865) 453-9914  
 Federal I. D. #36-3253020

**For NAAP Office Use Only:**

Date Received: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Check # \_\_\_\_\_

Date Mailed: \_\_\_\_\_ Membership Number: \_\_\_\_\_

Christina Bonnett  
205 Blossom Lane  
Greenwood, S.C. 29649  
864-227-9838  
email: acbonnett@embarqmail.com

**Check your membership card to see if it's time  
to renew!!**

Has your address changed?...

YES! I want to join SCAPA. Enclosed is my membership information and dues.  
Mail application and dues (\$40.00) to:

SCAPA  
c/o Linda Spencer  
PO Box 384  
Gaffney, SC 29342

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Facility: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_