

**RECREATION & ACTIVITIES
PROFESSIONALS**

WEBINAR SERIES

FEBRUARY 5-8

LeadingAge[®]
New York

WHO SHOULD ATTEND?

Directors of Activity, Program Directors, Therapeutic Recreation Specialists, Leisure Time Specialists, all TR and Activity staff, and other professionals who work in Nursing Facilities, Assisted Living, Retirement Housing, Adult Day Health Care, or other settings which offer activities and recreational programs.

WHY ATTEND?

Hear talks about the industry by nationally-renowned speakers and recreation and activities experts and come up to speed on best practices in programming and resident care– all information and ideas you can immediately put into practice! This is a DON'T MISS event if you seek to enhance your knowledge, elevate your residents' and clients' experiences, and improve your programs.

Get Credits!

Earn up to **9.5 hours** of continuing education credit for:

- **NCCAP**
- **NYSRPS**
- **ACF/AL Administrators**

REGISTRATION

\$129 [LeadingAge New York member/non-member](#)

Fee includes access to all sessions and online materials.

REGISTER [HERE](#) TODAY!

QUESTIONS? Contact us at 518.867.8383 or edu@leadingageny.org

PAYMENT INFORMATION

We accept Visa, MasterCard, American Express and Discover. Check payments can be accommodated when necessary; however, registrations will not be complete until payment is received. Full payment must be received before the start of the program to ensure your access to the webinars and materials.

CANCELLATIONS

There are no cancellations permitted for this webinar series. Those who are registered and do not attend will not receive refunds and are still responsible for payment in full if not already paid.

REQUIREMENTS FOR WEBINAR SESSIONS

You will need a desktop or laptop computer with high-speed internet access and speakers. We recommend using Google Chrome for your internet browser. Access instructions for the virtual sessions will be emailed to you in the days prior to the start of the live program. Emails will be sent to the address used for registration and will come directly from Zoom at no-reply@zoom.us and the sender's name will be FLTC/LeadingAge New York. *Dial-in access will not be available for this program.*

CONTINUING EDUCATION CREDIT DETAILS

NCCAP: Application has been made to the National Certification Council for Activity Professionals for 9.5 hours of certification credit. If approved, credit will be awarded upon request via credit form and verification of hours attended.

NCTRC: Application has been made to the National Council for Therapeutic Recreation Certification (NCTRC). If approved, 9.5 hours of credit will be awarded upon request via credit form and verification of hours attended.

ACF/AL: A certificate of completion for up to 9.5 hours will be sent to adult care facility and assisted living professionals upon verification of the hours attended.

PROGRAM

All times scheduled are listed in Eastern Standard Time

Monday, February 5

11:00 am – Noon **CMS Revised Surveyor Guidance: Cultural Competency**

Cultural competence involves valuing diversity; avoiding stereotypes; managing the dynamics of difference; acquiring and institutionalizing cultural knowledge; and adapting to diversity and cultural contexts in communities. CMS mandates facilities to provide services to each resident that assist in attaining or maintaining his or her highest practicable quality of life. To fulfill this requirement, staff must be properly trained in and practice cultural competency skills in daily interactions with their elders. In this session, participants will have the opportunity to assess their own cultural competence by exploring bias, prejudice, ethnicity, and diversity; and to gain techniques to improve their cultural awareness.

Catherine R. "Cat" Selman, President and Owner, The Cat Selman Company, Vonore, TN

1:30 – 2:30 pm **Music and Memory Care**

The Music & Memory program helps people who suffer from a wide range of cognitive and physical challenges to find renewed meaning and connection in their lives through personalized music. Music can awaken the brain and with it, the rich trove of memories that are associated with familiar songs or beloved pieces. Listening to and performing music reactivates areas of the brain associated with memory, reasoning, speech, emotion, and reward. Studies have demonstrated that music enhances the memory of dementia patients. Learn how to use music effectively in memory care and with other residents, and techniques that can be utilized in all care settings.

Catherine R. "Cat" Selman, President and Owner, The Cat Selman Company, Vonore, TN

Tuesday, February 6

11:00 am – Noon **Person Centered Care to Person Directed Living**

This session will provide participants with a deeper understanding of the progression of person-centered care to person directed living for those living with cognitive change, leaving participants with examples of implementation and best practices for recreational professionals to introduce in their own communities.

Triciajean Jones, Administrator, Rochester Presbyterian Home, Rochester, NY

1:30 – 3:00 pm **Meaningful Engagement Strategies**

Engagement in person-centered, meaningful activities is a critical element of excellent dementia care and can help those living with Alzheimer's maintain their functional abilities and enhance their quality of life. This session will explore the concept of person-centered care and how to apply these principles in your care setting. We will explore assessment, planning, and adapting activities to individual needs, while sharing creative ideas among participants.

Erica Salamida, Director of Community Outreach, Coalition of New York State Alzheimer's Association Chapters

Wednesday, February 7

1:30 – 2:30 pm **We Can Work It Out: Navigating Conflict**

As the long-term care industry struggles to replenish a diminished workforce, the ability to recognize and address conflicts effectively becomes central to creating a culture that is livable and satisfying to everyone. In the wake of the pandemic and in view of the current political climate, social behavior has changed. It has become acceptable to draw lines in the sand rather than meet in compromise when we have differences of opinion. This session offers insight and guidance in establishing a successful process for

addressing conflict and coaching managers to be effective in moderating disputes and crafting solutions that will endure.

Barbara Speedling, Quality of Life Specialist, Innovations for Quality Living, Bayside, NY

3:00 – 4:00 pm **Therapeutic Activity: Activity Programming in Mental Health**

Traditional activity programming often fails to meet the emotional and social needs of the growing numbers of residents with mental disorders, substance use, and intellectual disabilities. Therapeutic activity should be person-centered, productive, and designed to serve as a realistic foundation for recovery and improvement. Moving away from an entertainment model to one of productivity will help residents develop self-esteem, pride, better relationships, and an improved quality of life. It will also serve as a foundation for behavior modification approaches that offer incentives for improved social behavior and responses to care. The presenter will offer guidance in developing new pathways to improve coordination and teamwork in the provision of therapeutic activity for residents with special needs.

Barbara Speedling, Quality of Life Specialist, Innovations for Quality Living, Bayside, NY

Thursday, February 8

11:00 am – 12:30 pm **Incorporating the Montessori Approach in Dementia Care**

The core values of the Montessori philosophy are respect, dignity, and equality. This philosophy applied to dementia emphasizes the use of remaining capabilities, the ability to improve with practice, and the need to enable a person who has dementia to be as independent as possible, to engage in purposeful and meaningful activity, and to have social roles within a community. Our presenter will discuss the benefits to the Montessori approach and its proven results, as well as provide a “how to start” incorporating it with your dementia care residents.

Katherine Micha, United Methodist Homes Elizabeth Church Campus

1:30 – 3:00 pm **Achieving High/Positive Outcomes for Residents with Low Activity Involvement**

This session will provide guidelines for developing a process/system to identify and manage the resident with low involvement, need for one-to-one programs and/or who refuses to participate in activities.

Gail Weinstein, LeadingAge New York ProCare, Consultant, Latham, NY

FEATURED SPEAKERS



Catherine R. "Cat" Selman

President and Owner, The Cat Selman Company, Vonore, TN

Educator. Motivator. Communicator. Consultant. Author. Catherine R. "Cat" Selman, BS, uses her dynamic personality and compelling presence to spread the message of positive, realistic, and common-

sense strategies for the aging services professional. She is president and owner of The Cat Selman Company, specializing in continuing education for healthcare professionals. With over 30 years' experience in management, education and consultation, Ms. Selman has trained providers and surveyors in all fifty states. Since 1989, she has often been requested by the Centers for Medicare and Medicaid Services (CMS) to sit on stakeholder/expert panels responsible for the revision of surveyor guidance and compliance issues.



Barbara Speedling, Quality of Life Specialist, Innovations for Quality Living, Bayside, NY

Barbara Speedling is an author, educator, and management consultant at the forefront of person-centered care. An innovator with more than 30 years of practical experience within the adult care community, she is the expert providers turn to when they want to ensure that the services they provide meet not only the physical needs of their residents, but their emotional and psychosocial needs as well. The author of two books devoted to common sense advice for meeting the holistic needs of an increasingly diverse and challenging community,

both *Why is Grandma Screaming* and *Toward Better Behavior: Yours, Mine & Everyone Else's* are now widely distributed to staff at community, residential and long-term care facilities across the country and in Canada.

Gail Weinstein, MS, LNHA, CTRS, Consultant, LeadingAge New York ProCare, Latham

Gail Weinstein is a New York State licensed nursing home administrator and certified therapeutic recreation specialist. For more than 40 years, Ms. Weinstein's long term care and adult day health care experience has ranged from a hands-on recreation therapist to supervisory, administrative and, since 2000, consulting positions. She has lectured on subjects relating to Alzheimer's disease, behavior management, accident prevention/root cause analysis, care planning, policies and procedures, quality assurance, and therapeutic programming throughout NYS and appeared as an Alzheimer's expert on the Sally Jesse Raphael Show. She is also the co-author of the "Approaches to Special Programming" chapter published in *Dementia: Issues in Nursing Home Care*.

ABOUT

LeadingAge New York Mission Statement: To create the future of aging and continuing care services in New York State.

Sponsored by: The Foundation for Long Term Care (FLTC), educational affiliate of LeadingAge New York.

Our national partner, LeadingAge: Is an association of 6,000 not-for-profit organizations dedicated to expanding the possibilities for aging. Together, we advance policies, promote practices, and conduct research that supports, enables, and empowers people to live fully as they age.

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