



*Colorado Activity Professionals Association's  
33<sup>rd</sup> Annual Conference*



*“2020: Vision of Activities for  
the Future”*

October 6 - 9, 2020  
Drury Inn & Suites  
Colorado Springs, Colorado

## Conference Information

To register, complete the enclosed registration form or register online at [thecapa.org](http://thecapa.org) under "Upcoming CAPA Events." You can pay online or make checks out to CAPA and mail to: Ginger Clark, 4902 Herndon Circle, Colorado Springs, CO 80920. On-time registrations must include a registration form and payment prior to the deadline.

### Full Conference Registration Includes:

- All Educational Sessions
- Choice of Break-out Sessions
- Thursday Awards Theme Dinner
- Luncheon on Thursday
- Networking and Free Time

***Deadline for Early-bird Registrations is Tuesday, September 1<sup>st</sup>, 2020.***

### Cancellation Policy

Cancellations must be postmarked or called in by September 1, 2020, for a full refund. After that date, a 10% fee will be deducted for all cancelled registrations. A 50% fee will be assessed for all cancellations after September 25, 2020. No refunds for no-shows!

### Continuing Education Credits Available 20 hrs Total

Tuesday Evening	1.5 hrs
Wednesday Only	8.0 hrs
Thursday Only	7.5 hrs
Friday Morning	3.0 hrs

### Dress

Business casual is appropriate. Dress in layers as meeting rooms can be chilly. Please bring a mask. You will have the opportunity to dress up "for the future/2020 vision" on Thursday evening.

**If you are interested in sharing a room or have questions or concerns about the conference, contact Ginger at 719-661-7855.**

#### Hotel Information

#### Drury Inn & Suites

1170 Interquest Parkway, Colorado Springs, CO 80921

Phone: 970-586-2332 or go to the following link:

<https://www.druryhotels.com/bookandstay/newreservation/?groupno=2413489>

**Mention CAPA and make your reservation by September 1st.**

**Reservations made after Sep 1st will be the regular room rate.**

Hotel room rates for CAPA are \$144 plus taxes. Triple: \$154; Quad: \$164/night

Make your hotel reservation directly with the hotel.

**Special Accommodations Needed?** Please call the hotel directly.

Amenities include coffee makers, refrigerator, microwave, indoor/outdoor pool, hot tub, fitness facility, business center and high-speed Internet access.

## 2020 Conference Agenda

### Tuesday, October 6<sup>th</sup>

4:00pm - 6:00pm

State Executive Board Meeting

5:00pm - 7:00pm

Registration Open

7:00pm - 8:30pm **GROUP SESSION**

Creating Meaningful Person-Centered Engagement  
With IN2L

### Wednesday, October 7<sup>th</sup>

7:30am - 8:30am

Registration Open

Display Tables & Silent Auction Open

8:15am - 8:30am

Welcome & Introductions

8:30am - 10:00am **KEYNOTE ADDRESS**

Hope During Uncertain Times

10:00am - 10:15am **BREAK**

10:15am - 12:15am **BREAKOUT SESSIONS**

1. Using Verbal De-Escalation Part 1
2. Rediscovering Moments of Joy...Part 1

12:15am - 1:30pm **LUNCH**

Display Tables & Silent Auction Open

1:30am - 1:45am **BREAK**

1:45pm - 3:45pm **BREAKOUT SESSIONS**

1. Using Verbal De-Escalation Part 2
2. Rediscovering Moments of Joy... Part 2

3:45pm - 4:00pm **BREAK**

4:00pm - 5:30pm **BREAKOUT SESSIONS**

1. Using Verbal De-Escalation Part 3
2. Understanding & Responding to Dementia-Related Behavior

5:00pm - 7:00pm **Heavy hors d'oeuvres  
(Hotel Guests Only)**

Dinner is included with hotel registration.

7:00pm - 8:00pm

Creating Personal Memories With Jewelry

### Thursday, October 8<sup>th</sup>

7:30am - 8:30am Registration Open

Display Tables & Silent Auction Open

### Thursday, October 8<sup>th</sup> (cont'd)

8:30am - 10:00am **BREAKOUT SESSIONS**

1. Go Beyond CMS Requirements; Challenge Your Team to Honor Choice Better Than Before Covid-19
2. A Positive Approach To Working With Dementia & Activities
3. Why, How & When You Should Get Credentialed

10:00am - 10:15am **BREAK**

10:15am - 11:45am **BREAKOUT SESSIONS**

1. Disrupting Ageism
2. Experience & Learn How to Facilitate a Relaxation to Music Group
3. Handwashing Revisited

11:45 am - 1:45 pm **CAPA BUSINESS**

**MEETING LUNCHEON, AUCTION**

Lunch is included with your conference fee.

Silent Auction Closing & Door Prize Drawings

1:45pm - 2:00pm **BREAK**

2:00pm - 3:30pm **BREAKOUT SESSIONS**

1. Disrupting Ageism cont'd
2. Mindfulness-Based Self Care
3. Essential Oils 101

3:30pm - 3:45pm **BREAK**

3:45pm - 5:15pm **BREAKOUT SESSIONS**

1. Bounce Back From Burnout & Thrive
2. The Dark Side...
3. Make & Take Essential Oils (\$15/person)

5:15pm - 5:30pm **Heavy hors d'oeuvres  
(Hotel Guests Only)**

Dinner is included with hotel registration.

6:30pm - 8:00pm Relaxation To Music

### Friday, October 9<sup>th</sup>

8:30am - 10:00am **GROUP SESSION**

Every Body Yoga

10:00am - 10:15am **BREAK**

10:15am - 11:45am **END NOTE**

New Beginnings

*Have a Safe Trip Home!*

## Join CAPA by going to

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

### Benefits of Membership

- Peer Support through regularly-scheduled chapter meetings including educational sessions
- Discounts on workshops, NAP Day, and Annual Conference
- Membership card, membership listing, access to the member's only section of the CAPA website
- Memberships pins after one year of active service
- Annual CAPA Conference and other periodic workshops offering educational opportunities

### Things to Remember

- Networking with others in the field.
- Bring business cards and calendars to trade.
- Bring money for the auction (cash, check, and credit card).
- Dress is business casual. Please bring a mask and plan to socially distance.
- Dress in layers as meeting rooms can be chilly.
- Bring a futuristic costume for Thursday evening.

## Session Synopses

### **Creating Meaningful Person Centered Engagement with iN2L**

***Rob Holleran, BA***

Join iN2L's Rob Holleran for a fun "tour" of the iN2L system and see examples of how to use it within the community. Rob will provide tips for improved utilization, show you how to find new content, and share what's next for iN2L.

### **KEYNOTE: Hope During Uncertain Times**

***Sheryl Scheuer, Dementia Education Specialist***

During these challenging times, this stimulating presentation will address current changes within your activity program. Creative, unconventional program revisions will be identified to bolster the Activity professional's resilience. This session will include group discussions and audience participation, so come with ideas of what has worked while the residents have been quarantined.

### **Using Verbal De-Escalation Parts 1, 2, & 3**

***Anthony Vicari, ACC/EDU, AC-BC, CADDCT, CDCM, CDP***

This 5.5-hour seminar deals specifically with verbal de-escalation strategies and the behavioral health resident/client. The seminar's goal: increase the skills of the Recreation/Activity Professional and help the healthcare professional to recognize the various stages and/or development of a crisis situation ~ thus preventing a crisis and/or the communication process to de-escalate the crisis situation. If you do not attend Part 1, you may not be able to follow the topic in Parts 2 & 3.

## **Rediscovering Moments of Joy in Dementia Care Activities Parts 1 & 2**

*Sheryl Scheuer, Dementia Education Specialist*

This two-part interactive course will help Activity Professionals to see beyond the losses when someone is living with dementia, and focus instead on what is retained. Using Teepa Snow's GEMS Model, we will learn specific skills and techniques to address each person's unique needs.

## **Understanding & Responding to Dementia-Related Behavior**

*Cynthia Margiotta BSW*

This session will help caregivers decipher behaviors and determine how best to respond. We will learn to identify common triggers for behaviors associated with dementia, learn about the process for assessing and identifying challenging behaviors, and strategies to address them.

## **Creating Personal Memories Thru Jewelry Making**

*Brenda Emilio, BA*

Learn the basics of jewelry making, what you need to create a resident starter kit and where to look for cost effective supplies. You will gain the knowledge of how to integrate it into your program to create lasting treasures through memories.

## **Go Beyond CMS Requirements; Challenge Your Team to Honor Choice Better Than Before COVID-19**

*Carmen Bowman BSW, MHS*

Learn CMS requirements for choice including Tag 679 which now includes preferences, choice of activities and interaction in the community. *Go Beyond Care* - support residents to *live life* on their own terms.

## **A Positive Approach to Working With Dementia & Activities**

*Joyce St Amand RT, AD & Meghan Morrissey Ph.D.*

*Sensory Outings Company*

Sensory Outings approach is a unique method for presenting activities to those living with Dementia. Caregivers will learn about how to create and present fun and life-enriching activities. The flexibility of the approach allows you to personalize an activity to meet the individual's interest and skill level.

## **Why, How & When You Should Get Credentialed**

*Evelyn Shultz, AAP-BC, AL Administrator*

Learn the importance of getting nationally and CMS certified. This is the biggest step to getting recognized as the professional you are. You will learn about different levels and pathways to your certification and how and why to maintain your certification.

## **Disrupting Ageism Parts 1 & 2**

*Jill Vitale-Aussem, CEO The Eden Alternative*

Let's face it; we live in an ageist society. The false and negative beliefs we hold about aging have wormed their way into our own minds, our organizational practices and the way that we do our jobs. Ageism, and age-related ableism, are at the root of many of the challenges we face ~ including occupancy and team member recruiting and retention. In this engaging session, Jill will introduce you to the concept of ageism, identify its impact in our own lives and our work and most importantly, provide strategies to begin to drive impactful change.

## **Experience & Learn How to Facilitate a "Relaxation to Music" Group**

*Maureen Lutz, RMT, ADC*

Maureen will lead participants in a 45-minute, relaxation to music group. She will provide research about how music facilitates relaxation, and she will educate participants about various relaxation techniques such as gentle stretching, tension-relaxation exercises, deep breathing, self-massage and movement to music.

### **Handwashing Revisited**

*Carol Robinson RN*

In this session, you will relearn the importance of infection control and the chain of contamination; there will be a hands-on demonstration displaying the spread of germs and the importance of hand hygiene. There has never been a more appropriate time for this session. Your eyes will be opened with regards to unknowingly transmitting germs while being completely safe (no actual germs will be used in this presentation!).

### **Mindfulness-Based Self Care**

*Cyndy Noel, Mindfulness Instructor*

In this session, Cyndy will share how we can minimize the negative effects of feeling overwhelmed or stressed. She will introduce mindfulness as the tool we can use to become more aware of what's happening so, we can make choices that support our well-being.

### **Essential Oils 101 - Natural Solutions for Every Day**

*Jane Jones, Wellness Advocate*

The topic of essential oils has been everywhere over the past few years. Please join Jane for the opportunity to hear honest information about them, how to use them properly and the benefits they provide. If this session intrigues you, please sign up for the "Make & Take" class (immediately following), which is \$15/person and is limited to 15 people.

### **Bounce Back From Burnout & Thrive**

*Dr. Melissa Healy, NBC-ICHWC, DC*

Join Dr. Healy in addressing the symptoms of burnout and more importantly the root issue. You will learn to shift your environment while incorporating behavior and communication tools to take charge of your life!

### **The Dark Side...**

*Lea Couper Williams, CO State Health Inspector*

Please join Lea in preparing for your next upcoming survey, and have real conversations on how you can enrich the lives of your community residents.

### **"Make & Take" Essential Oils**

*Jane Jones, Wellness Advocate*

Create with Jane, your own Essential Oil Roller Bottles with an easy step-by-step demonstration with a choice of two different oil blends. This class does not need to be taken in conjunction with the "Essential Oils 101" session. There will be an additional \$15/person (see registration form) and the session is limited to 15 people.

### **Every Body Yoga**

*Stacie Wyatt, Certified Yoga Instructor*

In this session, participants will explore mindful Yoga based movement techniques designed for all abilities. You will learn breathing and relaxation techniques that can be applied to everyday life ~ the session includes four principles ~ breath, movement, community and gratitude. This session was so well-received at NAP Day 2020 that Stacie was asked to do an encore presentation.

### **New Beginnings**

*Mark Brown, Ph.D.*

Dr. Mark Brown will open up your minds to the endless possibilities that await you. Just as the sun rises on the horizon of each new day, you must also rise to the possibilities on the horizon of each new adventure in your life and career. Activities of the future can only be achieved by visualizing them today.

*Please note: We will be following all of the pandemic protocols: wearing masks, socially-distanced seating and taking temperatures every morning. You can assure your Administrators/Executive Directors that the Drury Inn has cleaning protocols in place as well as proper serving of meals and drinks. If you have any questions, please contact Ginger Clark at 719-661-7855 (cell).*

## Conference Registration

### COLORADO ACTIVITY PROFESSIONALS' ASSOCIATION CONFERENCE - October 6 - 9, 2020

To register, complete the enclosed registration form or register online at [thecapa.org](http://thecapa.org) under "Upcoming CAPA Events." You can pay online or make checks out to CAPA and mail to: **Ginger Clark, 4902 Herndon Circle, Colorado Springs, CO 80920**. Registrations must include registration form and payment prior to the deadline to be considered "Early" or "On-time." Each attendee must complete a registration form.

Name \_\_\_\_\_ Chapter \_\_\_\_\_  
Facility \_\_\_\_\_ First Conference? Yes \_\_\_\_ No \_\_\_\_  
Mailing Address \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ Add me to email list: Yes / No  
Special Dietary Needs \_\_\_\_\_

#### CAPA Members

Full Early-bird Registration by Sep 1st	\$225
Full Registration after Sep 1st	\$245
One-Day Early-bird Registration by Sep 1st	\$140
One-Day Registration after Sep 1st	\$150

*Wednesday Only or Thursday Only (Circle one)*

#### Non-Members

Full Early-bird Registration by Sep 1 <sup>st</sup>	\$250
Full Registration after Sep 1 <sup>st</sup>	\$270
One-Day Early-bird Registration by Sep 1st	\$160
One-Day Registration after Sep 1st	\$180

*Wednesday Only or Thursday Only (Circle one)*

Personal Check \_\_\_\_\_  
Facility Check \_\_\_\_\_  
Make & Take Session \$15 \_\_\_\_\_  
Total Amount Enclosed \_\_\_\_\_

Note: If you wish to pay by credit/debit card, please go to [www.thecapa.org](http://www.thecapa.org) under "Upcoming CAPA Events" then "2020 CAPA Conference"

**\*After Sep 25<sup>th</sup>, contact Ginger Clark at [emtclark@aol.com](mailto:emtclark@aol.com) or 719-661-7855 for Special Consideration.**

**Please Note: Late Registrations will not guarantee meal and special diets.**

Will you be attending the Friday morning sessions? Yes \_\_\_\_ No \_\_\_\_

Purchase Order Number \_\_\_\_\_ \*\*\*If purchase orders are used, please send this form with a copy of the Purchase Order by the registration deadline! Payment must be received by the start of the conference or a personal check or cash will be necessary to attend. No one will be permitted to attend without prior payment per CAPA Policy.

You are responsible for your hotel reservation. The cost is NOT included in the Conference Registration. Call The Drury Inn & Suites at 719-599-4000 and mention CAPA.

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2020 Conference



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CAPA  
c/o GINGER CLARK  
4902 HERNDON CIRCLE  
COLORADO SPRINGS, CO 80920