



*Colorado Activity Professionals Association's
34th Annual Conference*



“10,000 Possibilities”

June 8 -11, 2021

Pueblo, Colorado

Courtyard by Marriott & Pueblo Convention Center

Conference Information

To register, complete the enclosed registration form or register online at 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
- Wednesday Awards Theme Dinner
- Luncheon on Thursday
- Networking and Free Time

Deadline for Early-bird Registrations is Tuesday, May 18, 2021.

Cancellation Policy

Cancellations must be postmarked or called in by May 18, 2021, 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 June 1, 2021. No refunds for no-shows!

Continuing Education Credits Available 20.5 hrs Total

Tuesday Evening	1.5 hrs
Wednesday Only	8.0 hrs
Thursday Only	8.0 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 with the "10,000 Possibilities" theme on Wednesday evening. The sky's the limit for this one!

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

Hotel Information

Courtyard by Marriott Pueblo

110 W 1st Street/City Center Drive, Pueblo, CO 81003

Phone: 719-542-3200 or go to the following link:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1611773671715&key=GRP&app=resvlink>

Mention CAPA and make your reservation by May 18th.

Reservations made after May 18th might be the regular room rate, based on availability.

Hotel room rates for CAPA are \$129 plus taxes.

Make your hotel reservation directly with the hotel.

Special Accommodations Needed? Please call the hotel directly.

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

2021 Conference Agenda

Tuesday, June 8th

4:00pm - 6:00pm

State Executive Board Meeting

5:00pm - 7:00pm

Registration Open

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

iN2L - Rob Holleran & Jack York (1.5)

8:30pm - 9:30pm

Welcome Party sponsored by iN2L

Wednesday, June 9th

7:30am - 8:30am

Registration Open

Display Tables & Silent Auction Open

8:15am - 8:30am

Welcome & Introductions

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

POSSIBILITIES - Mark Brown (1.5)

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

10:15am - 12:15pm **BREAKOUT SESSIONS (2.0)**

1. Bullies - Anthony Vicari

2. Medal of Honor History & Heroes

12:15pm - 1:30pm **LUNCH on your own OR**

Angelo's Pizza, Salad & Iced Tea (\$15/person)

Display Tables & Silent Auction Open

1:30pm - 1:45pm **BREAK**

1:45pm - 3:15pm **BREAKOUT SESSIONS (1.5)**

1. Reminiscence - Anthony Vicari

2. Essential Oils - Jane Jones

3. Occupational Therapy - PCC Panel

3:15pm - 3:30pm **BREAK**

3:30pm - 5:30pm **BREAKOUT SESSIONS (2.0)**

1. Five Senses/Dementia - Anthony Vicari

2. Surf & Turf Tour - John McIlvannan

6:00pm - 9:00pm **Theme Night & Awards Ceremony**

(Dinner included with your conference fee.)

Art 101 (1.0) GROUP SESSION

Thursday, June 10th

7:30am - 8:30am Registration Open

Display Tables & Silent Auction Open

8:30am - 10:00am **GROUP SESSION (1.5)**

The Art & Science of Reinvention - Mike Sales

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

10:15am - 11:45am **BREAKOUT SESSIONS (1.5)**

1. Mindfulness - Cyndy Noel

2. Thematic Programs - Maureen Lutz

3. Credentialing - Evelyn Shoultz

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 (1.5)**

1. Teepa Snow's GEMS Pt 1 - Sheryl Scheuer

2. Parkinson's 101 - Jill Reid

3. From Activity Director to Executive Director -
Diane Herndon

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

3:45pm - 5:15pm **BREAKOUT SESSIONS (1.5)**

1. Teepa Snow's GEMS Pt 2 - Sheryl Scheuer

2. Parkinson's 101 - Jill Reid (duplicate session)

3. Montessori For Dementia - Ed Bell

5:15pm - 6:30pm **BREAK**

Dinner is on your own tonight.

6:30pm - 8:30pm **GROUP SESSION (2.0)**

Making Memories With Jewelry - Brenda Emilio

Friday, June 11th

8:30am - 10:00am **GROUP SESSION (1.5)**

Reshaping the Future of Aging - Jeff Rubin
(LiveStream)

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

10:15am - 11:45am **END NOTE ADDRESS (1.5)**

Life is an Occasion; Rise To it - Greg Ritscher

HAVE A SAFE TRIP HOME!

Join CAPA by going to
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 costume depicting "10,000 Possibilities" for Wednesday evening.

Session Synopses

Creating Meaningful Person Centered Engagement with iN2L

Rob Holleran, BA

Jack York, Co-Founder iN2L

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

KEYNOTE: Possibilities: Find Them, Embrace Them, Live Them!

Mark Brown, EMT RPT PhD

Dr. Mark will open your minds to the endless possibilities that await you. Just as the sun rises on the horizon of each new day; you, too, must rise to your new possibility each day. You will have a better appreciation of possibilities, as well as how they enrich your life with each one embraced.

Seniors: Yes, They Can Be Bullies, Too!

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

This 2-hour session will support Recreation/Activity Professionals with recognizing and understanding bully behaviors as well as learning specific techniques and strategies to handle quite different and difficult situations in all types of senior living communities.

Medal of Honor History & Heroes

Matt Albright, BS, Director - Center for American Values

You will experience a unique educational program that examines the greatness of America and the common thread between extraordinary heroic acts by people from all walks of life ~ An informative outing idea for your communities!
Head's up: This session requires walking to the Center for American Values!

Reminiscence: The Power of the Talk

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

During this powerful session, participants will learn and experience "The Power of the Talk" and how reminiscence supports and enhances an individual with feelings of dignity, worth and significance. You will learn how to accurately plan and professionally deliver person-centered reminiscence.

Essential Oils:101 - Natural Solutions for Every Day

Jane Jones, Wellness Advocate with doTERRA Int'l

In this session, Jane will provide honest information about essential oils, how to use them and the benefits that they provide. Great knowledge for personal as well as work-related use. Learn about diffusing oils and their benefits.

Collaboration of Occupational Therapy & Activity Professionals; Sharing & Building Skills for Residents

Jennifer Geitner MOT,OTR/L; Tricia Vigil, COTA; William O'Hearn, COTA

Inter-disciplinary collaboration can benefit clients and their quality of care as well as assist in strengthening professional relationships. This session is for anyone interested in learning how some are using collaboration between professionals with success.

Sight, Sound, Smell, Taste & Touch:

Quality Person-Centered Programming for Persons Living With Dementia

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

During this 2-hour session, participants will be introduced to informative and proven materials specific to persons living with dementia.

Surf & Turf Walking & Boat Tour

John McIlvennan, BA, ADC

People are required to sign up for this tour at registration. Participants will learn about the veteran heroes of Pueblo and history of the city and will enjoy a pontoon boat ride for a tour of the Pueblo RiverWalk. **Another walking tour!**

Social Art 101: Painting Colorado Pine Trees

Courtney Salazar

Colorado State University Pueblo

You will acquire information on acrylic paints, basic brush strokes and mixing & blending paints, but first and foremost, how to have fun with painting! This session will take place after the Awards Banquet in the same room.

The Art & Science of Reinvention

Mike Sales, BS/Aircraft Accident Survivor

Mike considers himself an outspoken advocate on the war against negativity and complacency. His philosophy encourages others to live inspired and in their best form. Through the Five Pillars of Success, 10x+ Rule and the Quintessential S.P., the audience will be left inspired, challenged and a better version of themselves.

Mindfulness-Based Self Care in These Uncertain Times

Cyndy Noel, Mindfulness Instructor

In this session, Cyndy will share how we can minimize the negative effects of feeling overwhelmed and stressed in these uncertain times. 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.

Experience & Learn How To Facilitate Thematic Musical Programs

Maureen Lutz, RMT, ADC

Maureen will lead participants in a variety of thematic groups using recorded music, props and trivia. She will give participants examples of song selections, props, trivia, and themes. Adaptations for people with various abilities and needs will be explained and demonstrated. No musical experience necessary.

Credentialing: Why, How & When

Evelyn Shoultz, AAP-BC, AL Administrator

Get recognized as the professional you are and learn about becoming nationally- and CMS- certified. You will learn about different pathways to your certification, levels of certification and how and why you should maintain your certification.

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

Sheryl Scheuer, Dementia Education Specialist

This interactive course will help Activity Professionals and resident families 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.

Parkinson's 101: The Activity Professionals' Role in Addressing Movement Challenges, Apathy, and Depression in People with Parkinson's Disease

Jill Reid Acting Chairman, Colorado Parkinson's Foundation

This session will provide awareness of what works for Parkinson's patients and what should be avoided ~ Jill's information will aid the Activity Professional in helping to improve the quality of life and ease in caring for these seniors. There will be a duplicate session of this presentation in order to reach all who are interested.

From Activity Director to Executive Director

Diane Herndon CNA, ADC, BSW, NHA

The session will follow Diane's personal journey that began as a certified nurse aide to her current role as Nursing Home Administrator. Examples will be given on why, how and when the Activity Director and Social Services positions connect and bring about a positive impact on the lives of the elders. She will also explain the process of becoming a Nursing Home Administrator.

Montessori For Dementia

Ed Bell, Account Executive Kodo Kids

A hands-on session exploring the use of open-ended early childhood learning materials to increase engagement in adults living with dementia. We will assess and evaluate the use and relevance of materials and their effectiveness in the different stages of dementia from the front-line perspective of an Activity Professional.

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.

Reshaping the Future of Aging: How What We Think About "Age" Really Matters

Jeff Rubin, BA/Author, Speaker, Positive Aging Advocate

In this session, we will take an interactive, multi-generational look at age, aging, and what it means to grow old in our society today and in the future. This presentation will expose participants to aging as a global issue, the implications of living longer, and the opportunities they present for you, your residents and your community.

ENDNOTE: Life is an Occasion: Rise To It

Gregory Ritscher, Owner DELPHI CONSULTING

"Shaken, not stirred." "You have Parkinson's." Those words redefined my life expectations for the rest of my life! Atomic events in life; where your normal life gets crushed, through no fault of your own, with a disease diagnosis like cancer, forces you to think, "What are you going to do now?" Come learn a number of concepts and tools, in digestible components, that will help you rise to a new level of thriving in life.

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 Courtyard by Marriott Pueblo & Pueblo Conference Center have 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 - June 8 - 11, 2021

To register, complete the enclosed registration form or register online at 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 _____ Circle one: MEMBER or NON-MEMBER
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 May 18th	\$225
Full Registration after May 18th	\$245
One-Day Early-bird Registration by May 18th	\$140
One-Day Registration after May 18th	\$150

Wednesday Only or Thursday Only (Circle one)

Non-Members

Full Early-bird Registration by May 18th	\$250
Full Registration after May 18th	\$270
One-Day Early-bird Registration by May 18th	\$160
One-Day Registration after May 18th	\$180

Wednesday Only or Thursday Only (Circle one)

Payment Method _____
CAPA Membership (\$35) _____
(if needed; not required)
Lunch at Angelo's: (\$15) _____
(\$15 does not include tip or fountain drink)
Total Amount Enclosed _____

Note: If you wish to pay by credit/debit card, please go to www.thecapa.org under "Upcoming CAPA Events" then "2021 CAPA Conference."

*After May 18th, contact Ginger Clark at 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 ___

You are responsible for your hotel reservation. The cost is NOT included in the Conference Registration. Call The Courtyard by Marriott Pueblo at 719-542-3200 and mention CAPA or go to the link on page 2 of this brochure. If you have questions, please contact Ginger Clark.

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2021 Conference**



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