

**Workshop Fees:** **One Day Workshop (Thursday Only)**

**Member: \$235.00**

**Member: \$150.00**

**Non-Member: \$300.00**

**Non-Member \$225.00**

**Vendors / Guests: Meal Tickets available**



***Lodging Reservations are the responsibility of the individual***

**Room Rates: \$109.00 Per Night**

**Reservations must be made by 9-8- 08**

**Brown County Inn**

**P.O. Box 187**

**Nashville, IN 47448**

**1-800-772-5249**

**REGISTRATION**

***Complete and mail to:***

**Indiana Activity Director's Association**

**PO Box 215**

**Mooresville, In 46158**

**Make checks payable to I.A.D.A.**

**Registrations rec'd after 10/1 : Add \$15.00**

**NAME** \_\_\_\_\_ **FACILITY** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

**CHECK HERE TO TAKE ACCREDITATION TEST**

*( Must be a member in good standing and have worked as an Activity Director for a period of one year)*

*Registration credit only in the event of a family emergency or State enters your facility*

Indiana Activity Director's Association

PO Box 215

Mooresville, In 46158



The Indiana Activity Director's  
Association  
"34 Years of Confidence"



**ACTIVITIES...**

**A BRAND NEW WORLD**

**EVERYDAY**

**FALL WORKSHOP**

**OCTOBER 8,9&10, 2008**

**Sponsored by**

**ROWLETT & LAKER, INC**

**"Your Professional Organization"**

By Choice

Providing Education Programs for 34  
Years

Health Care Professionals

Activity Directors

Social Service

Administrators

## AGENDA

### Wednesday, October 8, 2008

3:00	Board meeting
5:30	Registration
6:00	Accreditation Test
7:00 –8:00	Wellness: Let's Get Personal (Mark Laker)
8:00-9:30	Exhibitor's Reception (sponsored by Pam Ken Ltd.)

### Thursday, October 9, 2008

7:00	Breakfast Buffet
7:30	Registration
8:00	Welcome
8:15	Vendors Presentation
8:30—10:00	Living in Harmony in a Gender Biased World
10:00	Break & Vendors
10:30 - 12:00	“Cultural Change” The Generational Factor
12:00	Lunch & Vendors
1:00 - 2:30	Managing Your Staff and Activity Department—Managerial Comfort
2:30	Break & Vendors
2:45 –4:15	Managing Your Staff & Activity Department—Part 2
6:00	Dinner
7:30	Mardi Gras Party (sponsored and hosted by Senior Shoppers)

### Friday, October 10, 2008

7:00	Breakfast
8:00 -9:00	Business Meeting & Election
9:15—10:45	Adaptation! - Programming Secrets
10:45	Break & check out of hotel
11:00 -12:30	The Rhythms of the Heart—The Lyrics of our Lives
12:30	CERTIFICATES— <i>Have a safe trip</i>

### Our Speakers

**Mark Laker ,M.S.**, is a creative, personal individual committed to making positive changes in older adult programs. He is a dynamic, humorous, thought provoking national speaker and author with a talent for motivating others.

He is co-owner of Rowlett & Laker, Inc. and is coordinator / teacher of the Activity Director's Course and the Indiana Sports Games for Person's with Disabilities. Among the many Awards/Honors he's received are; Distinguished Hoosier (2nd highest citizen award presented by the governor), Outstanding Educator ( IAHSA), Outstanding Contribution (IU), Outstanding Service (U of I), He has been Chairman of National Alzheimer's Assoc. Annual Conference, Indiana Conference on Alzheimer's Disease, and Indiana Sports Games for Person's with Disabilities.

**Chris Bobos, BS, ACC** is the Activity Coordinator of Central West Adult Day Care, one of four day cares operated by Catholic Charities of So. Florida. He has been with his Agency for over 16 years and in 1996 he was presented with the Outstanding Service Award for his Agency. He is a member of NAAP, where he has served on the Professional Development Committee and serves as the State Contact for Florida. He has also served as the Local Arrangement s Chairperson for the 2008 NAAP Conference held in Orlando, Fl, where he was bestowed with the honor of the 2008 Activity Professional of the Year. He is a member of the Florida Health Care Activity Coordinators Association where he is presently serving his second term as President, and has also served as the Vice President, Region Representative and has held the Professional Development Chair position for over eight years. In 1998 he was awarded the Outstanding Member of the Year Award by his state association. He is a State Representative for NCCAP, and works on the Pre-Approval and Certification Renewal Committees. He is a Certified Activity Consultant with an

extensive background in theatre. He has spoken throughout the United States and Canada. His sessions are innovative, fun and packed with compassion and energy.

**Cindy Bradshaw, BS, ACC**, is the Executive Director of the National Certification Council for Activity Professionals. Ms. Bradshaw has a degree in gerontology and a masters in psychology and health administration. She has over 25 years of experience in the geriatric setting, first as a nurses aid, then as an activity director, consultant and educator. She was the recipient of the 2006 NAAP Trustee's Award of Excellence, 1998 Colorado Activity Professional of the Year, 2001 CAPA Our Pack Award and 2006 Bettye Cecil Award of Excellence. Ms Bradshaw currently serves as the Executive Director of the National Certification for Activity Professionals (NCCAP), the Editorial board for A New Day magazine and on several committees that include the JCAHO network liaison committee, CMS hydration campaign committee, and gave input into the new interpretive guidelines for F Tags 248 and 249. She developed the nationally recognized Modular Education Program for Activity Professionals (MEPAP) activity course, and continues to teach that both traditionally and via the internet. Ms. Bradshaw has spoken in over 30 different states in the past 18 years.

### Our Sessions

**Wellness: Let's Get Personal**—This interactive session will discuss Wellness principles including the use of humor for both the professional activity director and the residents. The session will end with a Laugh-in.

**Living in Harmony in a Gender biased World** —In this light-hearted and humorous session participants will explore the basic differences between men and women. By examining the male and female roles as they were characteristically in the past and how they have changed and developed over the past several decades is crucial in understanding human behavior today. Men and women have evolved dramatically both physically and emotionally and no longer fall into a clear cut definition of what was once called “typical” male or female behavior. These changes are affecting your relationships with family members, friends and residents, programming and the aging process. Are you prepared to meet the needs of a new “sexual” revolution?

**Cultural Change**—Generational identity is an ever increasing factor in the culture change movement in healthcare facilities. Brought about by rapid changes in technology, the media and social mores over the past 75 years each generation has it's own set of experiences and values. Years ago people were identified by social class, religion, race, and political affiliations, but today individuals have an enormous connection to the era in which they grew up and

the shared experiences that were determined by world events, politics, technology, and pop culture. This session will explore these differences in employment, education, leisure activities and activity programming as each of these generations begin to assimilate into our facilities.

**Managing Your Staff and Activity Dept.**—Our success as professionals is basdealing with complaints and conflict; effectively dealing with their own conflict and motives that affect behavior. This session will cover the interview process, hiring supervision and time management tools. Participants will receive useful tips on how to get their work completed on time, tools to set up meaningful in-services and instructions for running dynamic meetings. By examining job descriptions, performance standards, ed on our ability to deal with people, Residents, coworkers, superiors and ourselves, as well as a winning performance record. This session will explore all aspects of managerial skills, covering a myriad of topics. Participants will receive advice on delegating, communication and listening skills attendees will acquire the necessary information to be a successful leader in life as well as their careers.

**Adaptation!** Activity programming is as varied as the type of facility in which it is planned. Developing activities to meet the social, educational, spiritual, creative and individual pursuits of you r specific population guarantees your program is providing an exceptional quality of life in any facility. In this session, jam packed with examples of how to “think out of the box” you will learn how to create powerful programs that will aid in the cognitive abilities of the lower functioning as well as encouraging development and growth that will empower your higher functioning.

**The Rhythms of the Heart**\_ Sound of rain falling on a roof, bubbling of a boiling pot of water, crashing of waves on a seashore and the beating of a mother's heart are examples of the music heard in the rhythms of life. The rhythms of a melody combined with thought provoking lyrics have the ability to take us back to a moment in time with distinct memories that evoke powerful emotions. Life is lived through music and is as integral to our existence as food, water and sleep. In this session, participants will learn how to incorporate rhythm, melodies and lyrics into a variety of musical activities that are sure to enhance their program and encourages their residents to sing the song that's in their heart.