

IADA News

The Newsletter of the Indiana Activity Directors Association
Autumn Quarter 2008



Planning Ahead: Get the Hang of It

By Brian Daniels, IADA News Editor

By the time you read this, Christmas will be fewer than eight weeks away. Christmas is the single biggest holiday in the country by every standard. Are you ready?

Christmas? We're barely past Halloween! And not even to Thanksgiving!

For the Activity Director, **Christmas has to start the week after Christmas ends** – with the after Christmas sales! Decorations, gifts, lights, and everything that was overpriced on December 23 miraculously gets slashed by 25-50-75% by December 26.

But Christmas is just symptomatic. In order to find success as an Activity Director, you have to learn to plan ahead. Here are some suggestions:

- * In your office or in a place where you can see it, **have a full year calendar available**. Even if you don't mark it, it is a visual reminder to look at the whole year, not just the next week or two.
- * **Order your annual calendar as early as possible**. This will help you think towards the next year even though it's still August. (You should have your 2009 date book by now.)
- * **Keep only one calendar**. Don't have a calendar on your wall and one as your desk pad and one that you carry with you and one for home. **Keep only one calendar**. It will help you stay focused. If everything you're doing doesn't fit in one calendar, either get a new calendar or cut some things from your schedule. And remember, **keep only one calendar**.
- * **Learn how to back date - in a good way**. Back dating documentation is definitely a no-no, but back dating your activity plans is an important skill to learn. Learn how soon dates need to be on your facility calendar, how long it takes to order supplies, what preparations you need and how many people you'll need to accomplish it. Put these dates on your calendar, like a long stretched out to-do list.
- * **Keep lists year after year**. If you're having a Christmas party every year, keep a list of how much punch you ordered, how many cookies served, how much the program cost, etc. This helps save an immense amount of time for some bigger events.
- * **Think ahead**. If you use www.activityconnection.com or Creative Forecasting or another resource like that, you've noticed that they're giving you ideas for programs at least a month in advance, if not further ahead. Think like this a lot. After Christmas, buy decorations for next Christmas. After Valentine's pick up extra goodies. At "fire sales" and out-of-season sales, pick up things that will be in season again . . . before you know it!
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KUDOS to State President Glenda Dearth

Glenda Dearth, State President of IADA, receives the **Angel Award** from the **Indiana Assisted Living Federation** at the annual awards banquet in September, at the Adam's Mark Hotel. Glenda was nominated by her Executive Director, Susan Albers from MorningSide of College Park. The Angel Award is given to the Activity Director of the Year for outstanding performance. Congratulations, Glenda!



Bob Fuson and several of his team members who have participated in the **Great American Race**, visited **Grace Village Assisted Living, Winona Lake**, with their 1912 American LaFrance fire engine. The annual Great American Race is a timed, distance, speed rally for vehicles built before 1937. This restored fire engine has traveled over 56,000 miles



participating in nine of the coast to coast races. **Our Men's Group had a great time** checking out all the "bells and whistles".

News from the Districts

District 1 (Northwest) – Judy Zahrn, president

District 1 conducted elections on Sept. 16th at the Life Care Center in Rochester. Officers are:

President: Judy Zahrn – Miller's Merry Manor, Walkerton

1st Vice-President (Membership): Tomme Owens – Hamilton Communities, New Carlisle

2nd Vice-President (Education): Jim Lindzy - Greencroft Terrace, Goshen

Secretary: Deanna Pokorney - Tri State, Ill.

Treasurer: Marcia Dills - Holy Cross Care and Rehab, South Bend

Corresponding Secretary: Jan Brough - Hubbard Hill, Elkhart

Installation of Officers will be Nov. 18th. We will also have a Christmas gift exchange. We all look forward to a fun day.

District 2 (Northeast) – Brian Daniels, president

Officers for District 2 were elected to serve in 2009 at our Sept. 16 meeting at Coventry Meadows, Fort Wayne.

Brian Daniels, President, Timbercrest, North Manchester

Glenda Rowe, 2nd Vice President (Education),

Lisa Moore, Secretary, Lutheran Homes of Fort Wayne

Denise Harrell, Treasurer, Norwood, Huntington

Our installation of officers will be at our Nov. 18 meeting, at 9:30 a.m. at Heritage Point, Warren. (Heritage Point is the new name for the United Methodist Home.) Our program at 10:30 a.m. will be

District 3 – No report

District 4 (East Central) – Glenda Claborn, president

HOLD ON TO YOUR HATS---DISTRICT 4 IS ON THE MOVE!!!! We would like to welcome our new members: Patty Coffin, Lora Biby, Betty Malone, Craig Patty. Welcome!

MARK YOUR CALENDARS Nursing home - Assisted Living Day for **FESTIVAL OF TREES** will be at the Paramount Theatre, Anderson, Indiana on Monday, Nov. 24-25, Noon – 5 p.m. Please contact Fran Tedrow to schedule a time to bring your residents at (765)444-0045. District 4 will be decorating a tree representing

IADA. The theme is "Back Home Again In Indiana". Those who wish to be involved in helping to represent and to participate in decorating the IADA tree may contact Glenda Claborn at (765)617-2224.

District 5

District 6

District 7

District 8

Happenings!

Events and ideas of things Activity Directors are doing all over Indiana!

Sports Theme Parties – Submitted by Lisa Moore, Recreation Director, Lutheran Homes of Fort Wayne

At Lutheran Home we have been having our special theme parties to celebrate the seasons of the sports. We had a **baseball party in June** to kick off the baseball season and in **September we had a football party**. We are a very large facility and it takes all departments as we have a special lunch including hotdogs, french fries etc. Games in the afternoon coincide with the theme, like baseball toss, ballgame bloopers playing on the large screen. We even bought pompom's and have cheerleaders. Staff dress in the theme for the day as well. We make caramel corn and slushes to complete the day!

Halloween Parties

For Halloween we had a **trick or treat night for employees' children** and invited the children and their siblings from the Children's Village (on-campus daycare). Residents in Assisted Living passed out treats from their rooms. In our Health and Rehab Unit some residents will be sitting in various places also passing out treats then there will be games set up in their dining room. We have a **scarecrow toss** (scarecrows on sticks which are placed in Styrofoam. Residents toss plastic rings over them) and a large clown face: you throw a beanbag through the clown's mouth. We served **jumbo donuts from GFS that were frosted and decorated by Department Directors**. We use those and caramel corn for the refreshments.

Fall/Christmas Bazaar – Submitted by John Rowlette, Lutheran Homes, Fort Wayne

Lutheran Homes offered its annual Holiday Bazaar on October 17, which included a Christmas Shop, A Next to New Shop, and a Bake Sale. The Oktoberfest began at 4:00 p.m. which included a bratwurst meal and entertainment.

Fifties Dance – Submitted by Linda Suba, Golden Living Brookview, Indianapolis

At Golden Living Brookview on the east side of Indianapolis we had a **50 Fifties dance** in Sept. We had The Continettes, a dance group come in to perform. They did **50's and 60's dances** and taught us a thing or two. This dance group was one that one of our resident use to be in.

We also had Halloween: Spooky hallways where the residents give out candy to the youngsters.

In November, the Thursday before Thanksgiving we have a **big Turkey dinner for family and residents**. During November and December we have an **Angel Tree** up. This is a tree that has angels hanging on it for staff to take one and pick out a present for the resident's name on the angel. Then we have a big Christmas party during Dec. where we give out the gifts.

FROM THE OFFICE OF THE PRESIDENT

Greetings to one and all:

This has truly been an exciting year in IADA. I have been able to **watch our organization grow** in many ways. As I look back over the last five years, I have met so many wonderful people, from our own organization to National to NCCAP. **It has been an honor to serve as your State President.** When I took the office of State President, I accepted with much humility. I knew it would be an endeavor and I would try to do my very best. I had a motto that I used for one of my goals: "Our Team is the Best and We have come to stand the Test." I hope over the years I have stood the Test and I still believe **OUR TEAM IS THE BEST!!!!**

I have had a **wonderful core of officers**, for which I am very thankful. They have been there every step of the way. We have had great times together and continue to work to improve our representation throughout the state of Indiana. **Our members help us to continue to reach out and touch many lives** who if it were not for you, they may not have a smiling face or encouragement that Activity Directors give.

This year we had a very special lady retire. You know I am talking about Ada. Ada has been missed by all. She is enjoying her retirement and spending time with her family. Things have run very smooth and will continue to with the support of the District Presidents and their core of officers. Each and every district needs all of the support they can get. I am only a phone call away to offer help if needed. Board members have done the same. I want to thank every officer I have had over the last 5 years for their support and dedication to their office. And to Brian Daniels who so graciously accepted the duties of Newsletter Editor. Thank you All!

When I look back over the years, I have also grown in my profession and education. I would like to share some of my accomplishments over the last 5 years:

- I became **Nationally Certified**
- I received a **certificate for the Train-the-Trainer Palliative Care Training**
- I was **certified to teach MEPAP 2nd Edition Activity Directors Course**. I continue to look forward to teach and grow as an instructor and help many learn our profession.
- Attended six national conferences and served on two National Committees
- **Served on the steering committee with the Indiana Conference on Aging.**
- I have also been contacted **to serve on the steering committee for the Indiana Health Care Association's first Conference** in May of 2009.
- I represented IADA during the implementation of the new interpretive guidelines.
- I have traveled and **visited every district in the state** throughout the last 5 years.
- I was nominated for "**Activity Director of the Year**" through the Indiana Assisted Living Federation
- I received the **Angel Award** for Activity Director of the Year at the IALFA Conference in Indiana

Last year I stated it would be my final year to serve as President; however I was nominated and felt I should accept, as I want to continue to serve in any capacity needed. I only hope that someone will help me out next year by saying yes to the call. I again accept the nomination with much humility and honor. I will continue to serve to the best of my ability. My goals are:

- To continue **to promote and encourage Activity Professionals** to join participate in our wonderful organization so that our membership will continue to grow
- To continue **to uphold our by-laws**, rules and regulations to help us be an outstanding organization
- To continue **to attend educational training** through IADA Workshops, NAAP and NCCAP
- **To represent our State of Indiana at the NAAP Conference** in Albuquerque, NM
- To assist our Exec Board, General Board Members and members of IADA to the best of my ability
- To work **to promote our organization to Administrators**, and other healthcare leaders

Again I say Thanks to everyone for their support and faith in me. God Bless You All!

Respectively Submitted,

Glenda Dearth, ADC, IADA State President

Membership Report
Barbara Eckert, 1st Vice President (Membership)

Currently **IADA has 220 Members**

5 Gold Members

3 Lifetime Members

212 Members

There seems to be some question on the types of membership that IADA has.

FACILITY MEMBERSHIP: This membership is held in the name of the facility. One person is designated by the facility as their representative. The membership is retained by the facility in the event of personnel changes and carries one vote. It entitles the facility to send one person to local district education programs and entitles one person to attend I.A.D.A. Seminars and Conventions at the membership rate. NOTE: a facility can hold however many memberships they desire. The facility pays for this usually with a company of check and if the facility pays for a membership the FACILITY membership box should be marked.

INDIVIDUAL MEMBERSHIP: This membership is held in the name of the individual who pays for the membership and is retained by the individual. It entitles the individual one vote and allows the individual to attend local district education programs. The membership also allows the individual to attend I.A.D.A. Seminars and Conventions at the membership rate. NOTE: this is paid by personal check or money order and the INDIVIDUAL membership box should be marked.

ASSOCIATE MEMBERSHIP: This membership is held by any person supporting I.A.D.A. whether or not they are currently employed in the field of activities. The associate membership is entitled to vote and it does allow the individual to attend local district education programs and to receive the membership rate at I.A.D.A. Seminars and Conventions. (The individual is ineligible to hold offices at the District and State level.) NOTE: this is paid by personal check or money order and the ASSOCIATE membership box should be marked.

If you have questions about any of the memberships please contact me at abca@embarqmail.com or call IADA at 317-765-6438.

Please remember to **visit the IADA website** www.indianaactivitydirectors.org to print membership applications, newsletter, conference brochures, and more.

I am thankful for the opportunity to serve the membership of this organization and at times you all know that this hasn't been an easy task but **this organization became stronger and even more unified.** IADA needs someone to step up to the plate and learn how to do the membership for this state. Please do not wait and think you have a whole year before the 2009 elections because it will be here before you know it. This is something that everyone needs to think and pray about. I am providing an one year window of opportunity to be mentored of what this position requires. If you are interested in this position please contact IADA at (317)765-6438.

[Editor's Note: In the last paragraph, Barb is referring to her decision not to run again for 1st Vice President of IADA, which was announced at the Fall Conference at Nashville, Ind. – BD)



IADA Spring Workshop
Indianapolis, March 11-13, 2009
“35 Years of Creativity”

Sessions: * Using Art with Alzheimer's Residents
* Crafts with United Art & Education
* Music with Dancing Hands * Creative Storytelling
And much, much more! Mark your calendars now!

EDUCATION REPORT

Terri Dickus, 2nd Vice President (Membership)

From the Education Desk:

The Fall Conference is over. ☺ The **beauty of Brown County** combined with the **energy of our speakers has renewed my spirit**. I've come back to work energized and armed with new information and some interesting activity ideas.

We have **13 Activity Directors who received state accreditation** at the Fall Conference.

Congratulations to: Trina Criswell, Khristy Wood, Carolyn Reed, Arline Fullerton, Donna Mitschelen, Kim Mullen, Tammy Shirels, Carla Wintrode, Jannie Deaton, Lisa Stevens, Christine Baker, Faye Myers and Tina Keen.

I have now begun to turn my attention to our **Spring Workshop** which will be held at the Holiday Inn Select North (at the Pyramids) **in Indianapolis, March 10-12, 2009**. Many of you have asked for more "group activity" sessions. We will also celebrate the 35th anniversary of the Indiana Activity Directors Association. Therefore, our Spring Workshop theme will be **"35 Years of Creativity."** Sessions will include using **art with Alzheimer's diseased residents**, Crafts with **United Art & Education**, music with **Dancing Hands**, creative **storytelling**, etc. Please mark your calendars now. This is another conference you won't want to miss. I'm looking forward to seeing you there!

Happy Holidays,
Terri Dickus

