



Wisconsin Representatives of Activity Professionals

Chula Vista Resort in Wisconsin Dells

Making a

Splash

in 2019

September 18th - 20th

for more information visit us online at: WRAP-WI.org

Registration Fees

PRE-CONFERENCE INTENSIVE*

3.5 continuing education hours.

Building Strong Music Programs

Early Fee: \$65.00 Postmark on or before August 18th

Regular Fee: \$100.00 postmark after August 18th

* This session is **NOT** included in 3-day entire conference fee: LUNCH NOT INCLUDED.

ENTIRE CONFERENCE

Includes Wednesday evening reception, vendors and music by Adam Bartel.

Thursday lunch and Thursday WRAP Banquet & Awards Ceremony.

*This fee does not include the Pre-Conference Intensive Session

Early Registration (Postmark on or before August 18, 2019)

WRAP MEMBERS \$200.00

Non-Members \$300.00

Regular Fee (Postmark after August 18, 2019)

WRAP MEMBERS \$225.00

Non-Members \$325.00

THURSDAY ONLY

Includes Thursday lunch,

Does **NOT** include Thursday Banquet & Awards Ceremony

If attendees wish to attend, a dinner must be purchased separately

Early Registration (Postmark on or before August 18, 2019)

WRAP MEMBERS \$160.00

Non-Members \$200.00

Regular Fee (Postmark after August 18, 2018)

WRAP MEMBERS \$185.00

Non-Members \$225.00

FRIDAY ONLY

Early Registration (Postmark on or before August 18, 2019)

WRAP MEMBERS \$90.00

Non-Members \$115.00

Regular Fee (postmark after August 18, 2019)

WRAP MEMBERS \$115.00

Non-Members \$140.00

Make Check Payable to: WRAP CONFERENCE

Mail Registration Form and Payment to: Tracey Draper, Activity Coordinator

Edgewater Haven

1351 Wisconsin River Drive

Port Edwards, WI 54469

•work: 715-885-8306 •email: WRAPConfReg@gmail.com

Please double check to be sure ALL forms are complete.

Pages A and B need to be filled out neatly and mailed along with payment.

No credit cards or purchase orders.

Chula Vista Resort
2501 River Road
Wisconsin Dells, 53965

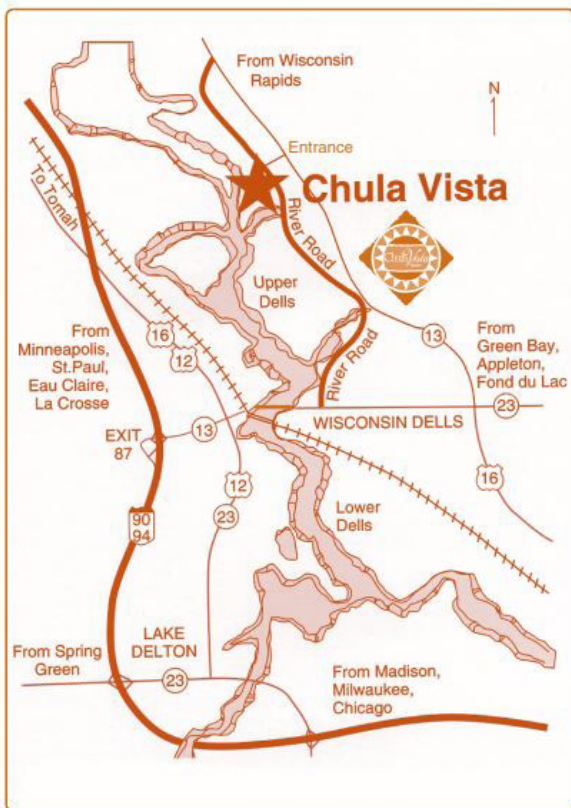
<https://www.chulavistaresort.com/>



All lodging rooms must book direct by calling 855-445-8049 mention **Wi WRAP** Conference for the discounted group rate. \$99.00 Until August 18, 2019.

USE BOOKING CODE: G16036

- Rooms include: coffee maker, microwave, refrigerator, blow dryer, alarm clock
- Breakfast on your own, restaurants on property
- Water park wrist bands included with stay



I-90/94 Exit 87 into downtown Wisconsin Dells. After crossing the Wisconsin River Bridge, continue through downtown to fourth stoplight (Hwy. 13, 16 & 23) turn left onto Hwy. 13 and proceed 2 ³/₄ miles to Chula Vista.

Enter hotel at door# 7 (hotel front desk)





41st Annual WRAP Conference

Wednesday, September 18, 2019

- 11:00am – 12:00 noon **Registration/Cultural Arts Registration/Silent Auction drop off**
- 12:00noon – 3:30pm **1. Pre-Conference – Building Strong Music Programs**
(lunch **will not be** provided)
- 3:30pm – 5:30pm **Vendors are Open**
- 4:00pm – 5:30pm **2. WRAP Annual Membership Board Meeting (open to all)**
- 5:30pm – 8:00pm **Registration/Cultural Arts Registration/Silent Auction drop off**
- 5:45pm – 6:45pm **3. Vendor Session: Table Tips and Ideas**
- 6:45pm – 8:30pm Welcoming Reception, Shopping With Vendors & Appetizers**
- 7:30pm **Silent Auction begins**
- 7:30pm – 9:00pm **Music by Adam Bartel in Registration area**

Thursday, September 19, 2019

- 7:00am – 8:00am **Registration /Cultural Arts Registration/Silent Auction Drop Off**
- 8:00am – 8:30am **Welcome/Announcements/Call of Regions**
- 8:30am – 9:30am **4. Opening Keynote: Going Beyond Work - Life Balance to Ignite Passion &Thrive**
- 9:30am – 10:00am **Break / Cultural Arts / Vendors / Silent Auction Open**
- 10:00am – 11:00am **BREAKOUT SESSION 1**

- 5. Sarah Johnson – Going Beyond Work-Life Balance to Ignite Passion and Thrive Deep Dive
- 6. Melanie Ramey – Sexuality & Intimacy in Aging and at the End-Of-Life
- 7. Crystal Johnson– Essential Oils: 101

- 11:00am – 12:00pm **Break/Silent Auction/Vendors/ Cultural Arts**
FINAL DRAWING, FINAL SALES / CULTURAL ARTS CLOSED @ NOON
- 11:30am – **BUFFET LUNCH**
- 12:00pm – 1:00pm **Session held during Lunch. 8. Legislative Update - Sally Roque**
- 1:15pm – 2:15pm **BREAKOUT SESSION 2**

- 9. Sarah Johnson – Selfcare is Not Selfish: Healthy Means More Selfless
- 10. Mary Millman –Qigong: Movements of warm up and gentle exercise.
- 11. Carla Bacon Smith – It’s All in Your Head: Focus on Cognition

- 2:15pm – 2:30pm **Break/Cultural Arts Open**

Thursday, September 19, 2019 (Continued...)

2:30pm – 3:30pm **BREAKOUT SESSION 3**

- 12. Carla Bacon Smith – Impact: Designing a Fall Prevention Program for Seniors
- 13. Debbie Bera – Finding the Way - Enabling Engagement in Meaningful Activity for Persons with Dementia
- 14. Melanie Ramey – Sexuality & Intimacy in Aging and at the End-Of-Life (Repeat)

3:30pm – 3:45pm **Break/Cultural Arts Open**

3:45pm – 4:45pm **BREAKOUT SESSION 4**

- 15. Debbie Bera – Finding the Way - Enabling Engagement in Meaningful Activity for Persons with Dementia (Repeat)
- 16. Carla Bacon Smith – Activities in the 4th Dimension: Exploring New Horizons in Program Planning
- 17. Shirley Duerst – Watercolor Splash for Seniors
- 18. Colleen Knudson and Cindy Tewalt – Let's Talk about WRAP

6:45pm – 7:00pm Scholarship Bingo Card Sale at Door

7:00pm Extreme Bingo, WRAP Awards Ceremony

8:50pm **Silent Auction Ends!!!!**

9:00pm Cultural Arts Closed for the evening

Friday, September 20, 2019

7:00am – 8:00am **Registration / Hotel Checkout/ Cultural Arts Open**

8:00am – 9:00am **BREAKOUT SESSION 5**

- 19. Jessica Radtke – Survey 101: What to expect when surveyors are in the building.
- 20. Terri Bartlett – Let the Spirit Move.
- 21. Elizabeth Lewis – Depletion to Renewal: HeartMath® Tools for Building Resilience

Pick up Cultural Arts by 9:30 AM

9:30am – 10:30am **BREAKOUT SESSION 6**

- 22. Jessica Radtke – What's New: Trends in long term care.
- 23. Terri Bartlett – Let the Spirit Move (Repeat)
- 24. Elizabeth Lewis – Mindfulness-based Stress Reduction (MBSR)

10:30am – 10:45am **Break**

10:45am – 11:00am **2020 Conference Promotion**

11:00am – 12:00pm **25. Closing Keynote: Melanie Ramey**

If Your Job Isn't Fun, Fix It and Yourself: The Key to Success in Work and Life

12:00pm – 12:30pm **Closing Comments**

Thank you for being a part of the 2019 WRAP Conference!

Take care of you and your people • Travel Safe • See you in Marshfield in 2020!

Wisconsin Representatives of Activity Professionals



41st Annual Conference
September 18-20, 2019
Chula Vista, WI Dells, WI

Registration



OFFICE USE ONLY:
 dt. rcv'd: ___/___/18
 fc# _____ amt: _____
 pc# _____ amt: _____
 ac# _____ amt: _____
 other _____

*PLEASE print (all fields) clearly

Name: _____ WRAP REGION: _____

Facility Name: _____

Address Street: _____ City: _____ State: _____ Zip: _____

Day Phone: () _____ Evening Phone: () _____

Email Address: _____

WRAP Photo Release: I understand it is my responsibility to make sure I am not in any social media group photo or video recording if I do not want my picture to appear in future publications or on the WRAP website: Please Initial: _____

WRAP Annual Membership (fill out the enclosed membership form and mail with registration) \$ 35.00 _____

Pre-Conference Intensive* (Wednesday) Building Strong Music Programs

* This session is NOT included in 3-day entire conference fee; No lunch – snacks included.

_____ \$65.00 Early (Postmark on or before August 18, 2019)

_____ \$100.00 Regular Fee (Postmark August 18, 2019)

Entire Conference (Wednesday evening – Friday)

(This fee does not include the Pre-Conference Intensive Session)

Early Registration. (Postmark on or before August 18, 2019)

___ WRAP MEMBERS \$200.00

___ Non-Members \$300.00

Meals are included with full conference registration however we would like an accurate meal count.

___ Lunch (Thursday)

___ WRAP Banquet & Awards Ceremony (Thursday)

Regular Fee (Postmark after August 18, 2019)

___ WRAP MEMBERS \$225.00

___ Non-Members \$325.00

Make Check Payable to : WRAP CONFERENCE

and Mail with Registration Form to:

Tracey Draper
Activity Coordinator
Edgewater Haven
1351 Wisconsin River Drive
Port Edwards, WI 54469

Tracey Draper Contact Info:
Work: 715-885-8306
email: WRAPConfReg@gmail.com

Total Amount Enclosed \$ _____

Please FILL OUT & MAIL both pgs A & B
NO CREDIT CARDS! NO PURCHASE ORDERS!
Payment needs to accompany registration form.
No refunds will be made after August 18, 2019.

Thursday Only (September 19)

(This fee includes only lunch)

Early Registration. (Postmark on or before August 18, 2019)

___ WRAP MEMBERS \$160.00

___ Non-Members \$200.00

Please mark the meal you plan to attend.

___ Lunch (Thursday)

Regular Fee (Postmark after August 18, 2019)

___ WRAP MEMBERS \$185.00

___ Non-Members \$225.00

Please mark the meals you plan to attend.

___ Lunch (Thursday)

Friday Only (September 20)

(This fee does not include meals)

Early Registration. (Postmark on or before August 18, 2019)

___ WRAP MEMBERS \$ 90.00

___ Non-Members \$115.00

Regular Fee (Postmark after August 18, 2019)

___ WRAP MEMBERS \$115.00

___ Non-Members \$140.00

Additional Banquet meals are available for guests.

Early (Postmark on or before August 18, 2019)

_____ \$30.00 each. Number _____ Total: _____

Regular Fee (Postmark after August 18, 2019)

_____ \$55.00 each. Number _____ Total: _____

For SPECIAL Meals and Diet restrictions.

Please contact Cindy Tewalt: cindytewalt@gmail.com



Wisconsin Representatives of Activity Professionals

NAME OF ATTENDEE: _____

Mark a 1st and 2nd choice
for each Breakout Session.
**Wednesday and Keynote sessions
only require an X to note participation**

Wednesday, September 18, 2019

- _____ noon – 3:30pm 1. **Building Strong Music Programs** (extra payment needed for Precon) (Lunch NOT provided)
 _____ 4:00pm – 5:30pm 2. **WRAP Annual Membership Board Meeting** (open to everyone)
 _____ 5:45pm – 6:45pm 3. **Vendor Session: Table Tips and Ideas**

Thursday, September 19, 2019

- _____ 8:30am – 9:30am 4. **Opening Keynote: Sarah Johnson –
Going Beyond Work-Life Balance to Ignite Passion and Thrive**

10:00am – 11:00am Breakout Session 1

- _____ 5. Sarah Johnson – Going Beyond Work-Life Balance to Ignite Passion and Thrive Deep Dive
 _____ 6. Melanie Ramey – Sexuality & Intimacy in Aging and at the End-Of-Life
 _____ 7. Crystal Johnson – Essential Oils: 101
 _____ 12:00pm – 1:00pm 8. Legislative Update 2018-19 Sally Rocque, Government Relations Chair

1:15pm – 2:15pm Breakout Session 2

- _____ 9. Sarah Johnson– Selfcare is Not Selfish: Healthy Means More Selfless
 _____ 10. Mary Millman– Qigong: Movements of warm up and gentle exercise
 _____ 11. Carla Bacon Smith – It's All in Your Head: Focus on Cognition

2:30pm – 3:30pm Breakout Session 3

- _____ 12. Carla Bacon Smith – Impact: Designing a Fall Prevention Program for Seniors
 _____ 13. Debbie Bera – Enabling Engagement in Meaningful Activity for Persons with Dementia
 _____ 14. Melanie Ramey–Sexuality & Intimacy in Aging and at the End-Of-Life (Repeat)

3:45pm – 4:45pm Breakout Session 4

- _____ 15. Debbie Bera – Enabling Engagement in Meaningful Activity for Persons with Dementia (Repeat)
 _____ 16. Carla Bacon Smith – Activities in the 4th Dimension: Exploring New Horizons in Program Planning
 _____ 17. Shirley Duerst – Watercolor Splash for Seniors
 _____ 18. Colleen Knudson and Cindy Tewalt – Let's Talk about WRAP

Friday, September 20, 2019

8:00am – 9:00am Breakout Session 5

- _____ 19. Jessica Radtke – Survey 101: What to expect when surveyors are in the building.
 _____ 20. Terri Bartlett – Let the Spirit Move.
 _____ 21. Elizabeth Lewis – Depletion to Renewal: HeartMath® Tools for Building Resilience

9:30am – 10:30am Breakout Session 6

- _____ 22. Jessica Radtke – What's New: Trends in long term care.
 _____ 23. Terri Bartlett – Let the Spirit Move (Repeat)
 _____ 24. Elizabeth Lewis – Mindfulness-based Stress Reduction (MBSR)

- _____ 11:00am – 12:00pm 25. **Melanie Ramey –
If Your Job Isn't Fun, Fix It and Yourself: The Key to Success in Work and Life**



**WISCONSIN REPRESENTATIVES OF ACTIVITY PROFESSIONALS
MEMBERSHIP APPLICATION 2019**

MAKE CHECK PAYABLE TO: WRAP. **RETURN PAYMENT AND FORM TO:** Patti Utesch
Date: _____ 3601 S. Chicago Ave, South Milwaukee, WI 53172

New Renewal Check box of preferred address.

Name: _____

Facility: _____

Home Address: _____
City State Zip

Facility Address: _____
City State Zip

County: _____ **# of Years Activity Professional:** _____

Home Phone: _____ **Cell Phone:** _____

Facility Phone: _____ **Fax:** _____

E-Mail: _____

Professional Memberships: NAAP _____ Regional Group _____ Other _____

Type of Facility:

- Adult Day Care Assisted Living CBRF Skilled Nursing Facility
 Retirement Senior Center Subacute Consultant Memory Care

Other _____

Certification:

- NAAP:** AP-BC AC-BC
NCCAP: ACC ADC AAC
Other: _____

Membership Type:

- Active-** \$35 per year
 Professional Other Retired AP Volunteer Not Employed
 Student-\$20 per yr **School:** _____ **Graduation Date:** _____

WRAP Scholarship Donation \$ _____

It is our policy that WRAP does not sell its membership list to any interested parties

Office Use Only:	_____ Receipt #	_____ email list
_____ Date Received	_____ Region #	_____ member list
\$_____ Paid	_____ Check #	_____ Card #

Cultural Arts

The Cultural Arts is right around the corner and preparations are under way for another great year. Please consider submitting your resident's work of art in the Cultural Arts. You will find the **PRE-REGISTRATION form below**, which is **to be completed and mailed before Thursday, September 12, 2019 to Lora Friedrichs 505 Jacobson Ave. Madison, WI 53714 or you can scan & e-mail your pre-registration forms to Lora at mp_activity@thealdennetwork.com**

The Conference Registration form MUST be attached to EACH entry at the time it is brought to conference.

Long term care facilities copy both forms on **WHITE PAPER** and **all other facilities** copy both forms on **BLUE PAPER**. If you have any questions about Cultural Arts contact Lora at: lorafried@yahoo.com or mp_activity@thealdennetwork.com



Conference Registration Form

Please **COMPLETE** and **ATTACH TO EACH PROJECT** when you bring them to Conference. **DO NOT send with pre-registration**

Project done by _____ Group _____ Individual

Name of Resident: _____

Address: _____

City: _____

Facility: _____

(Circle one) CBRF Long Term Residential RCAC Day Center

WRAP Member: _____

Category: _____

Description: _____

Percentage of project completed by resident _____%

Long Term Facilities: White Copies & All Other Facilities: Blue Copies

Cultured Arts Show is open to WRAP MEMBERS ONLY!

You must Pre-Register all entries and **NO LATE ENTRIES WILL BE ACCEPTED.**

Remember all pre-registration forms **MUST BE RETURN BY THURSDAY, SEPTEMBER 12, 2019**

RETURN FORMS TO: Lora Friedrichs 505 Jacobson Avenue Madison, WI 53714 or Scan & email

WRAP CULTURAL ARTS PRE-REGISTRATION FORM

To enter the Cultural Arts Show, all entries **MUST** be pre-registered

Each resident may enter as many categories as he/she chooses, but ONLY ONE entry per category.

PLEASE PRINT THE RESIDENT'S NAME CLEARLY AS IT SHOULD APPEAR ON THE CERTIFICATE

NAME OF RESIDENT/GROUP: _____

NAME OF FACILITY: _____

TYPE OF FACILITY: (circle one) CBRF LONG TERM RESIDENTIAL DAY CENTER RCAC

ADDRESS/CITY: _____

WRAP MEMBERS NAME: _____ Phone number: _____ E-mail: _____

CHECK CATEGORY:

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Adult Coloring | <input type="checkbox"/> Jewelry/Beadwork | <input type="checkbox"/> Poem | <input type="checkbox"/> Short Story (<3000 words) |
| <input type="checkbox"/> Artwork | <input type="checkbox"/> Knitting | <input type="checkbox"/> Prose | <input type="checkbox"/> Stamping/Stenciling |
| <input type="checkbox"/> Computer Generated | <input type="checkbox"/> Needlework | <input type="checkbox"/> Quilting | <input type="checkbox"/> Weaving |
| <input type="checkbox"/> Crocheting | <input type="checkbox"/> Painted Objects | <input type="checkbox"/> Recycled Craft | <input type="checkbox"/> Wood Working |
| <input type="checkbox"/> Garden Art | <input type="checkbox"/> Paper Craft | <input type="checkbox"/> Scrapbooking | Please circle: Original or Kit |
| <input type="checkbox"/> Holiday Craft | <input type="checkbox"/> Photography (matted) | <input type="checkbox"/> Sewing | <input type="checkbox"/> Other |

DESCRIPTION OF ENTRY: _____

PERCENTAGE OF RESIDENT'S PARTICIPATION: _____% COMMENTS: _____

*****ALL ENTRIES NEED TO BE ACCOMPANIED BY A REGISTRATION*** (Located at the top of page)**

Each entry will be judged individually, on its own merit, and must have been completed within the last year. Entries are judged on appearance, workmanship, design, originality, color, harmony, and percentage of resident's participation.

*Poem: A piece of writing which has rhythm and rhyme. *Prose: The ordinary form of language without rhyme or meter.

"BEST OF SHOW" Awards will be chosen from the first place winners.

Cultural Arts Registration hours will coincide with Conference Registration hours

Remember to copy Long Term on White paper and All Others on Blue paper!!!!!!!!!!!!



Cultural Arts

Cultural Arts is open to WRAP MEMBERS ONLY. Each project must have been completed by residents within the last year and have an entry form. Group projects must have all names of participants on the form. Entries can be e-mailed by scanning. Cultural Arts Chair will send confirmation to all entrants.

SNF uses white paper for their entries, other type of facilities should use blue paper. You can enter a resident in as many projects as long as there is only one project per category. There are 24 categories in which you can submit a project to.

Each person who participates in the Cultural Arts will receive a certificate of participation and will be judged on merit. Each entry will receive a ribbon with the "Best of Show" prize for the top 6 entries awarded at the Banquet.

For more information contact:

Lora Friedrichs, ADC

Phone: 608-556-1170 or 608-676-2202

Email: lorafried@yahoo.com or

mp_activity@thealdennetwork.com

Continuing Education

Achieve 13.5 hours of continuing education during this conference by attending all offered sessions (including the Pre-Conference Intensive). WRAP has made application to NAAPCC and NCCAP for approval of 13.5 hours. A form to purchase Continuing Education Units (CEU's) can be picked up at the Registration Area at Conference. You will be responsible to make copies of your session certificates, fill out the CEU form, and send it to UW Marathon County for your credits. This applies to those professionals who require university credits only most likely CTRS. The cost is \$15.00 This year the education certificates will be all on one sheet with "secret words" given out at each session.

Conference chairs will try to honor all session requests. Please plan to attend only the sessions that are assigned to you.

Vendors Table Tips & Ideas

This session is a unique opportunity for vendors and attendees to network with each other. We will learn about new innovative products to promote meaningful engagement. This session will qualify as approved session and a continuing education will be available with attendance.

The products can then be purchased in the vendor area following the session. It is important that we take advantage of the opportunity to talk directly to the vendors. There will be opportunities for special prizes and rewards during vendor shopping hours. The Vendor Table Tips and Ideas event is held on Wednesday evening from 5:45 pm – 6:45 pm.

Don't forget to bring along your tax exempt number, purchase orders, etc. It is important that we support the vendors in order to encourage their participation in our future conferences. Welcoming Reception, Shopping with Vendors and Appetizers 6:45 pm-8:30 pm.

Vendors OPEN SCHEDULE

Open Wednesday from 3:30 pm –5:30 pm

Vendor Tips & Ideas- 5:45 pm – 6:45 pm

Welcoming Reception, Shopping with Vendors and Appetizers - 6:45- 8:30 pm

Thursday Open Vending Times:

9:30–10:00 am and 11:00am-12:00 pm

Join us for our 27th Annual Scholarship RAFFLE

Once again there will be Extreme Bingo to play at the start of the Banquet and Awards Ceremony. Bingo cards will be available for purchase at the entrance to the Thursday Banquet from 6:45 – 7:00 pm for \$5 each. If you purchase 3 or more cards, you will receive a ticket for each card that enters you into a drawing for a free night stay at the Chula Vista. Bingo prizes will include \$10 gift cards and other surprises. By participating in this event you are supporting the Scholarship Fundraiser for Activity Professionals who have demonstrated a desire to further their professional knowledge of the activity field.



Future Conferences

42nd Annual WRAP Conference
September 23-25, 2020
at Hotel Marshfield in Marshfield, WI

43rd Annual WRAP Conference
September 22-24, 2021
at the Holiday Inn in Manitowoc, WI

Silent AUCTION

This year we will have a Silent Auction with funds raised going towards scholarships, including educational and WRAP conferences. Make sure you stop in and check out these great items. **Bidding will begin Wednesday evening at 7:30 pm and will close on Thursday at 8:50 pm.** Payments will be taken directly following the Closing Session. If you are interested in donating a Silent Auction item, please contact Toni Rochon at rochont@uplandhillshealth.org

Annual Report

We invite all members to review WRAP's Annual Report. It can be found after September 1st on the WRAP website: www.wrap-wi.org. If you have any questions, we encourage you to seek out a WRAP Board Member for clarification.

Banquet

We invite you to attend the **41st Annual Banquet** on Thursday evening. Plan to wear your proper beach attire! Dinner will begin at 7pm. The awards ceremony is to follow the meal.



Conference Objective

WRAP presents its 41st Annual Conference to educate, motivate and revitalize Activity Professionals, Therapeutic Recreation Specialists, Nursing Home Administrators, Social Workers, Consultants and other professionals working in nursing homes, assisted living, adult day services, senior centers and community based residential facilities.

We offer educational sessions that focus on the varied professional and personal needs of the attendees. We support and encourage the sharing of knowledge and experience with other professionals. We provide attendees with the opportunity to grow in leadership, professionalism and knowledge to bring back vital information related to activities for enhancing the residents' quality of life.

Message from the Conference Chair

Welcome to WRAP's 41st Annual Conference. We hope you enjoy the wide array of fabulous speakers including **Sarah Johnson, Melanie Ramey**, past favorites and some new speakers.

Please stop by to see the vendors, participate in the Silent Auction and enjoy the Cultural Art projects made by residents all over Wisconsin. Take time to thank our conference committee members.

If you are not a current member of WRAP, now is the time to join and take advantage of lower conference rates. Simply complete the membership application in this brochure and add with your conference payment. Make sure that all forms are printed clearly. Incomplete forms will delay the processing of your registration and membership. Confirmation letters will be sent via email so be sure to print your email address legibly. **Register EARLY-prior to August 18th for the EARLY Conference Rate.**

Make your room reservations directly to Chula Vista Resort at the following link: WI Representatives Activity. **Deadline for room reservations is August 18, 2019. HAVE FUN and LEARN!**

Shirley Duerst Conference Chair

2019 Conference Committee Chairs

Conference Chair	Shirley Duerst	608-497-2365	shurly@tds.net
Speaker Chair	Tracey Draper	715-885-8306	wrapspeakerchair@gmail.com
Vendor Chair	Martha Bechard	715-258-8131	mbechard@cccriver.com
Registration Chair	Tracey Draper	715-885-8306	WRAPConfReg@gmail.com
Cultural Arts Chair	Lora Friedrichs	608-556-1170	lorafried@yahoo.com
Local Arrangements	Toni Rochon		rochont@uplandhillshealth.org
Hotel Chair	Cindy Tewalt	715-834-3976	cindytewalt@gmail.com



NAAP
National Association of Activity Professionals

**NATIONAL
ASSOCIATION OF
ACTIVITY
PROFESSIONALS
38TH ANNUAL CONFERENCE**

*April 21--24, 2020
Peppermill Resort
Reno, Nevada*

*Lighting the
Way*

also....

Join us for the 39th NAAP Conference

April 20-23, 2021
at the Crowne Plaza AiRE
in Bloomington, MN

Wednesday, September 18, 2019 from 12pm – 3:30pm (Lunch NOT provided)

Pre-Conference Intensive



Building Strong Music Programs

This three and a half hour Pre-Conference Workshop will explore a variety of ways to incorporate music into your activity programs. You don't need to be a trained musician to provide creative, fun and meaningful music programs to the individuals you serve. The session will be divided into four distinct breakout sessions: Music to Your Ears, Music in Motion, Name That Tune and DIY Instruments.

DIY Instruments with Mandy Alvar

Learn how to make fun musical instruments you can make and use with your clientele, adaptable for all cognitive levels. You will receive complete instructions to take home with you. Participants will be able to make and take the instruments.

Music to My Ears with Quinton Kase, MT-BC

Participants will learn how to create individual personalized music programs for your clients. Hands on instruction on how to set up ipods and other equipment for individuals will be provided.

Name That Tune with Sally Rocque, MT

Come and learn some fun "musical" games that you can incorporate into your current programs. Participants will leave with complete instructions for several games that will add variety and fun to your existing program.

Music in Motion with Kris Metcalf, MT

Learn a dance routine you can share with your residents, along with other ways to incorporate music and physical exercise.

2019 PRE-CON Speakers

Mandy Alvar

Mandy Alvar has been the Recreation Director for Dove Healthcare – South Eau Claire since 2016 and also works in Chaplaincy for Grace Lutheran Communities. Prior to becoming a Recreation Director she worked as a Restorative Therapy C.N.A. for Dove Healthcare – South Eau Claire and has worked most of her career as a professional caregiver in a variety of healthcare settings. When not working, she serves as a music volunteer in the Eau Claire County jail and juvenile detention center providing music with guitar and singing for the Church services each week, through the Good News Jail and Prison Ministry, and leads music therapy/anger management sessions every week for adult inmates as well as juveniles. She also co-leads Trauma Healing groups for adult female inmates in the county jail and trains fellow volunteers to facilitate Trauma Healing groups through the Trauma Healing Institute.

Kris Metcalf

Kris Metcalf has been the Recreation Director for Dove Healthcare –West Eau Claire since 2008. Prior to this she worked as a Partnership Coordinator 12 years at Sam Davey Elementary School in addition to teaching private piano lessons. She has a degree in Music Therapy from UWEC and sings in her church choir. Kris has been involved with the WRAP board since her employment at Dove serving as the Scholarship Chairperson coordinating the Scholarship Fundraiser. You might remember her from conference selling the Extreme Bingo cards or raffle tickets. She has also served various roles with her local Chippewa Valley Area Activity Professionals group. In her free time she likes to spend time with her family, including 4 grandchildren, at the lake.

Sally Rocque

Sally Rocque has a Bachelor's degree in Music Therapy from the University of Wisconsin-Eau Claire. After a short time working with developmentally disabled adults, she transitioned to Activity Director in a skilled nursing home setting. She and her husband owned and operated an Adult Family Home for Developmentally Disabled from 2004-2011. For the past 21 years, she has served as the Life Enhancement Mentor/Volunteer Coordinator at The Neighbors of Dunn County in Menomonie, WI. Sally currently serves as the Government Relations Chair for WRAP and President of the Chippewa Valley Area Activity Professionals Group.

Quinton Kase

Quinton Kase is a board-certified Music Therapist (MT-BC) currently working in Menomonie, WI. He is the Music Therapist and Life Enhancement Coordinator (East Campus) at The Neighbors of Dunn County. He earned his bachelor's degree in Music Therapy from the University of Wisconsin-Eau Claire, where he graduated with honors. He has over ten years experience working in long-term care (in both Wisconsin and Rochester, MN) and has completed additional music therapy training in hospice and palliative care. Quinton has presented on music therapy for various organizations, groups, and facilities.

2019 WRAP KEYNOTE Speakers and Sessions



Sarah Johnson

Opening Keynote

Sarah Johnson is a former teacher, former principal, and founder of In AWE, LLC, which is a business to amplify and empower women. She is passionate about assisting others in seeking greater satisfaction in all areas of their full lives by helping them go beyond work-life balance. She holds a Bachelor of Arts in Secondary Education, Master of Science in Educational Administration, and a Certificate for Women in Leadership from Cornell University. She is also the host of the In AWE Podcast where she is proud to amplify women's stories every week. Sarah is co-author of *Balance Like a Pirate: Going Beyond Work-Life Balance to Ignite Passion and Thrive as an Educator*.

Sarah lives the balance message in her life by pursuing passions such as running, writing, focusing on family with her two daughters and teacher husband, while also honing her leadership skills through networking, teaching, and learning.

4. Keynote Address:

Going Beyond Work-Life Balance to Ignite Passion and Thrive

Work-Life Balance at the 50/50 formula is a myth. Let me help you break out of that paradigm and embrace a more robust and accessible definition. You will leave empowered to strive for satisfying immersion in all aspects of your full life!

- Understand that balance at 50/50 formula is a myth, but we can live with passion, purpose, and priority.
- Learn a more robust way of looking at balance for a full life, focusing on the Balance Quadrants—Personal, Professional, Positional, and Passions.
- Identify the key to thriving with balance, which is acknowledging a need for a mindset shift, assessing current reality, and setting plans to live with intention in all areas of life.

5. Going Beyond Work-Life Balance to Ignite Passion and Thrive Deep Dive

As we learned in the Keynote address, work-Life Balance at the 50/50 formula is a myth. A more in-depth session, offering several strategies for participants to take away and goal set meaningfully.

- Self-assess current reality within the four Balance Quadrants, identifying areas of strength and growth.
- Set actionable goals for building more balance into their lives through the Balance Quadrants.
- Determine at least two actionable strategies to align with goals in the Balance Quadrants to seek a more intentionally lived life.

9. Selfcare is Not Selfish: Healthy Means More Selfless

Though we often consider ourselves last when taking care while we are taking charge in our professional lives, it is an enormous mistake. Remember the key advice we get when traveling on an airplane to place the oxygen mask on ourselves first so that we can assist others? We must begin to apply this to our daily lives before the affects of stress take their toll on our mental, physical, spiritual, and emotional capacities. After building a clear case for this need, we will go through a wide range of practices and strategies for participants to build a

sustainable selfcare plan that they can also bring back to their organizations to impact others. Take charge now so you can take more care later!

- Understand the impact of both positive and negative stress on our bodies, minds, and effectiveness of our work
- Identify several selfcare strategies from a wide range of suggestions provided to tailor to the individual's lifestyle and comfort level.
- Create a selfcare plan that involves actionable steps to take today, next month, and for a sustainable plan for the future.



Melanie Ramey JD, MSW

Closing Keynote

Melanie is a nationally known leader in healthcare. She is the former CEO of The HOPE of Wisconsin, the state organization for hospice and palliative care. Her highly successful management experience includes both public and private organizations. Melanie has been a principal of three successful start-up companies, and recently completed 10 years as President of the League of Women Voters of Wisconsin and led unprecedented growth of the organization.

Currently she serves as Vice-President of the Madison Committee on Foreign Relations, Finance Committee of the National Hospice and Palliative Care Organization, a member of the National Quality Forum, American Society of Association Executives, Tempo and Rotary. She is the recipient of numerous awards and honors. For several years she has served on the grant making committee of the UW School of Medicine and Public Health for their translational grant program. She holds a JD from the Saint Louis University School of Law & MSW from Washington University in St. Louis

Closing Keynote:

If Your Job Isn't Fun, Fix It and Yourself: The Key to Success in Work and Life

Often when we feel stressed the stress is of our own making. When that happens there is a fun way to deal with it. It is important to live in the now. We tend to love the past and fear the future. However, learning to live in and enjoy the now will guarantee a better future. Examples will be used to illustrate how humor can be used to lighten a day and keep things in perspective. Often when we feel stressed the stress is of our own making. When that happens there is a fun way to deal with it. It is important to live in the now. We to love the past and fear the future. However, learning to live in and enjoy the now will guarantee a better future. Examples will be used to illustrate how humor can be used to lighten a day and keep things in perspective.

- **Learn how to change your perspective on your job.**
- **Learn how to see the humor in your work and life.**
- **Learn why being a “grown up” is hard.**

<https://melanieramey.com/blog/>

6. & 14. Sexuality & Intimacy in Aging and at the End-Of-Life

Discussing sexuality and intimacy at the end of life presents a variety of communication challenges for the health care professional, the patient, and loved ones. Despite a recent movement towards approaching medical care from a holistic perspective, sexuality and intimacy have often been excluded from our understanding of the whole person. Session participants will gain a better understanding about communication and care regarding this sensitive topic.

- Gain an understanding of the importance of sexuality and intimacy as long as a person lives.
- Learn how to have a conversation about intimacy with chronically and/or Terminally ill people (patients).
- Identify some common barriers to the expression of intimacy and techniques to address them.

Crystal Johnson

Crystal Johnson is a lifelong learner, a mom, and a doTERRA wellness advocate. She is thrilled to use her skills as a former middle/high school teacher and passion for learning to help others use essential oils to support their overall well-being and the well-being of their families and patients. Crystal cares deeply about reducing the toxic load in our daily lives and helping people find natural solutions to their health priorities.

7. Essential Oils: 101

Essential oils are not a trendy fad. They are important tools in supporting each individual's health and wellness journey. Countless studies have proven that lavender is calming to the nervous system while peppermint is a great choice for boosting energy and is supportive of the digestive, respiratory and muscular systems. Learn the basics and benefits of essential oils, and how they can be implemented into the care of residents and caregivers alike.

- What essential oils are.
- The three methods to use essential oils for therapeutic benefits.
- Which Essential oils to use for specific caregiver and aging resident issues.

Sally Rocque

Sally has a Bachelor's Degree in Music Therapy from UW-Eau Claire. She worked at a facility for developmentally disabled for 3 years, before becoming an activity director in the nursing home setting. She and her husband also owned and operated an adult family home for developmentally disabled for 11 years. She is currently the Life Enhancement Mentor and Volunteer Coordinator at the Neighbors of Dunn County in Menomonie, Wisconsin, and has held this position for the past 20+ years. Sally is the President of The Chippewa Valley Area Activity Professionals and the Government Relations chair for WRAP.

8. Legislative Update

As the Government Relations chair for WRAP, Sally follows legislative trends, news, and information relevant to our profession, industry and lives. Her presentation will provide a current picture of health care issues.

Mary Millman

Mary Millman graduated from UW-Platteville in the 1950s, majoring in English and Biology (when females didn't major in Biology). She then taught English and Biology/Science. She was a Stay-At-Home-Mom for 12 years, raising 2 boys as a single mom. While her children were young, she finished a Nutrition major and became a member of the Dietetic Association, which allowed her to then work in a hospital and finally school food service. She was Director of the Wisconsin Rapids School Food Service for almost 14 year before retiring – the job at which she had the most fun! In January 2001, to help herself physically, she started studying Tai Chi at the Stevens Point Senior Center, from a UW-Stevens Point professor. She then started teaching in 2008.

10. Qigong: Movements of warm up and gentle exercise.

This session will lead you through warm up exercises used with Tai Chi and Qigong, with additional explanation of how you and your residents can benefit from the repetition of these movements. You will then experience some of the gentle, envisioning movements of Qigong. All with a personal touch of how these exercises/movements have been a benefit and can be of benefit. Will finish the session with a Tai Chi demonstration.

Carla Bacon Smith

Carla Bacon Smith has been working with seniors in long-term care for over 35 years. Trained as a Music Therapist, she graduated from Illinois State University and is a Certified Dementia Practitioner and Dementia Capable Trainer. Her practical, experiential style of teaching stems from her experience “in the trenches” of senior care where she has had extensive activity experience with long term care, dementia care, assisted living and leisure programming for short term rehab patients. She served as the Activity Director at a skilled care and rehabilitation facility in the Chicago area for over 25 years, and is currently the Assistant Director of Lifestyles in a large continuing care community. With a passion for encouraging creativity in seniors and those who serve them, Carla formed Lifetime Expressions in 2003, authoring books, designing resources, and presenting educational sessions on various creative topics to enthusiastic audiences of healthcare and recreation professionals across the nation.

11. It’s All in Your Head: Focus on Cognition

As Activity Professionals, we work daily to meet the cognitive, physical, spiritual, social and emotional needs of our residents. Because cognitive function is a key component in everything we do and directly impacts abilities and independence, working to help residents of all levels maintain their cognition at its highest level is important in supporting quality of life. This interactive session explores a wide variety of techniques and activities to inspire and expand your cognitive programming.

12. Impact: Designing a Fall Prevention Program for Seniors

Falls pose a big problem for seniors and those who care for them. One in four persons over the age of 65 will experience a fall this year, which can have a negative impact on their health and lifestyle. Expand your knowledge of fall risk and prevention, and explore techniques for implementing a multi-faceted fall prevention program that can make a big impact on quality care and quality of life for your seniors.

16. Activities in the 4th Dimension: Exploring New Horizons in Program Planning

Stretch your creative muscles and expand your programs to appeal to an increasingly diverse population. This interactive session will utilize tools and techniques that can be used to enhance your monthly calendar. Participants are encouraged to bring a copy of their calendar to use in the exercises. Open your mind and explore the possibilities!

Debbie Bera

Debbie R. Bera has 40 years of long-term care experience with 32 years in the activities field. Debbie became a certified Activity Director with the National Certification Council of Activity Professionals in 1990. She became a credentialed Activity Consultant Board Certified with the NAAPCC when they established the credentialing council. She holds a Basic and Advanced Supervisory Certificate and has an Associate Degree in Applied Science Supervisory Management. She is a Dementia Care Specialist through the Alzheimer’s Association and completed the Dementia Care Curriculum through the National Council of Certified Dementia Practitioners. She also completed the NAAP Consultant/Mentor training. She has served as the National Association of Activity Professionals (NAAP) Public Relations Trustee and the NAAP Vice President. (continued page 17...)

Debbie Bera

She held leadership positions in Wisconsin Representatives of Activity Professionals (WRAP) as President, Vice-President and Secretary. She held leadership positions in the Central Wisconsin Activity Association as President, Secretary, and the Wisconsin Representatives of Activity Professionals Regional Representative. She developed a Specialized Dementia Restorative Program which she lead/oversaw for 11 years at her nursing home facility. She taught a Mind Rewind Program, a four hour, once a week early memory loss program open to the community for 8 years. She also initiated a Music & Memory Program in her facility.

Debbie retired from nursing home Long Term Care June 30, 2016 and has been working part time for an Assisted Living as an Activity Director since then. She is also self-employed as a professional consultant, speaker, and Licensed Zumbini Instructor. She presently volunteers for the Memory Café (dementia community program), Stepping On Leader/trainer (Falls Prevention program), Virtual Dementia Tours, and Facilitator/Trainer for Living Well with Chronic Disease/Conditions (A Stanford University Program) through the Aging and Disability Resource Center in Stevens Point, Wisconsin.

13. & 15. Finding the Way - Enabling Engagement in Meaningful Activity for Persons with Dementia

In this session attendees will learn about dementia care best practices and why they matter. The ultimate goal being to foster a Dementia Capable Society that enables people with dementia to engage in meaningful activity and maintain a fulfilling life and also support loved ones through the journey of the disease. Attendees will also learn evidenced-based interventions to improve quality of life for individuals with dementia, what influences quality of life for persons with dementia, interventions that decrease symptoms and increase pleasant events. Lastly attendees will learn about meaningful, engaging and creative activities for persons with dementia at varying ability levels.

- Learn best practices for activity programming for those with dementia.
- Learn successful approaches
- Learn/share programming ideas

Shirley Duerst

Shirley Duerst has been working in the field of Activities for over 35 years. She has a Bachelor's of Science degree in Therapeutic Recreation from the University of La Crosse and is board certified as an Activity Director through NAAP and NCAAP. Shirley has been active in both region and state activity organizations since the beginning of her career. She has worked at Four Winds Manor Skilled Care and Rehab since 1984.

In 2014 Shirley was honored at her 30th year of work with a gift card. She purchased her first watercolor set and pursued to learn watercolor painting. She watched many tutorials, attended art classes, and with many hours of practice began a new business-Shirley's Art Ventures. She has an art website and Facebook page (shurly2.wixsite.com/shirleysartventures, and facebook.com/ShirleysArtVentures/.)

Shirley became an active member of 14 South Artists and has products at JNJ Craftworks in Verona and Avant Gardens in Delafied, WI. She also has regular teaching engagements with JNJ Craftworks and the Oregon Community and Recreation Program. Shirley has spoken at SWAPA workshops and WRAP conference showcasing art with seniors.

Reminiscing with seniors is also a passion for Shirley, so she decided that her art and activity background should come together with reminiscing cards showcasing her bright colorful artwork. Her work can also be seen at various art shows in Wisconsin and on Amazon (amazon.com/handmade/Shirleys-Art-Ventures).

17. Watercolor Splash for Seniors

Learning basic techniques and use of watercolor supplies.

Practice of techniques and adaptations for varying ability levels.

Be given watercolor project ideas that can be used with their clients/residents.

Colleen Knudson

Colleen Knudson, AP-BC, AC-BC, CDP, CADDCT works as the Director of Activities at Attic Angel Community in Middleton, WI and is the owner of Knudson Consulting LLC. She is currently serving as the President of the Wisconsin Representatives of Activity Professionals and the International Liaison for the National Association of Activity Professionals. Colleen enjoys volunteering her time as a member of the Senior Advisory Council for the Pheasant Branch Conservancy in Middleton, WI and assisting the 'Friends of State Street Family' in Madison. She has a great love for animals and spends her free time with her husband and their two rescue dogs- Skeeter and Monty.

Cindy Tewalt

Cindy Tewalt, RMT, AP-BC, ADC is a graduate of Music Therapy from University Wisconsin-Eau Claire who found her dream job as an Activity Director at Chippewa Manor Community. The facility evolved from providing Skilled Care to include Rehab, Assisted Living and Independent Apartments. After 35 years, she is now planning her own activities as she recently retired and is enjoying traveling and all that retirement brings. Cindy has been involved in all levels of Activity Professional groups, including Chippewa Valley Area Activity Directors and Wisconsin Representatives of Activity Professionals where she served in several capacities, including President and is now serving as the Webmaster. Currently she serves on the National Association of Activity Professionals' Board as Financial Director.

18. Let's Talk about WRAP

Are you new to the WRAP Board? Or would you want to know what goes on during these meetings? The goal of this session is to be introduced to how the WRAP Board runs. We will cover mission, goals, duties, budgets and the nitty-gritty of the Board. And, the benefits of serving!

*WRAP Board Training co-led by Colleen Knudson, WRAP President and Cindy Tewalt, Past WRAP President.

Jessica Radtke

Jessica has been with the Bureau of Nursing Home Resident Care for 20 years and has been the Regional Field Operations Director since 2010. Prior to employment with the state, she worked in Long Term Care and Acute Care settings.

Bachelor of Business Administration in Management from Baker College.

19. Survey 101: What to expect when surveyors are in the building.

This session will provide activity professionals with an understanding of the long term care survey process and the investigative activities by surveyors. The session will also explore some tips in developing and implementing resident centered care plans.

- Overview of the Long Term Care Survey Process.
- Investigation process for activities.
- Resident centered individualized care plans

22. What's New: Trends in long term care.

This session will explore the ever-evolving trends in long term care, including the Top 10 tags and how activities can impact quality of care and deficiencies issued.

- Top 10 citations.
- How an activity professional can impact a resident's quality of life.
- Emerging trends.

Terri Bartlett

Terri is a retired Activity Director of 40+ years in Illinois and Wisconsin. She also held the roles of Play Skills Group Leader & Supervisor at Glenwood State Hospital & School in Iowa, NCAP Representative, WRAP Public Relations and Strategic Planning Chair, Co-Conference Chair, as well as previous conference speaker on Aroma Therapy, How to Laugh and Clown Around, and Quality Assurance. Her other presentation specialties include: Sensory Programs and What is Activity, Creative ideas & How to free your Creativity. She now enjoys being 'The Gypsy Spirit' traveling, relationships, writing, creating, presenting, volunteering and being a part time storyteller.

20. & 23. Let the Spirit Move.

This is an interactive session reviewing concerns and sharing what is being done to meet the spiritual needs of residents of different faiths. Ideas for empowering, group and individual spiritual programming will be discussed to help grow the spiritual programming in your facility.

- Learn Program ideas and resources to support spiritual programs
- Discuss concerns and work on solutions to concerns
- Reap 1-3 new ideas and or solutions to take back to your facility and implement

Elizabeth Lewis

Elizabeth Lewis has been a wellness workshop presenter and motivational speaker since 2002. She is trained and certified in a variety of stress resilience modalities, including mindfulness-based stress reduction, HeartMath, forgiveness facilitation and grief support. She has a private personal development and spiritual counseling practice in Mequon, WI.

21. Depletion to Renewal: HeartMath® Tools for Building Resilience

Resilience-building is an important new approach to understanding and regulating stress. HeartMath tools can help you reduce stress, enhance life performance, improve health, build effective relationships, enhance communications, and more. We will explore easy-to-learn, on-the-go, self-regulation tools and practices aimed at teaching you how to take positive effective action throughout the day during times of pressure and challenge.

HeartMath tools and programs are widely used by military hospitals to help increase resilience and combat PTSD. Over 25 years of group and individual HeartMath results show significant sustained improvements in health costs, productivity, stress levels, resilience, cognition and emotional well-being.

- Identify the causes, signs and symptoms of stress depletion and how it affects optimal functioning and performance.
- Learn easy-to-learn, on-the-go stress resilience tools.
- Learn the 3 strategies for building resilience and how they can be used in the workplace.

24. Mindfulness-based Stress Reduction (MBSR)

The key to maintaining emotional, mental and physical balance is to respond to stress with non-judgmental awareness of body and mind. We will explore MBSR tools and techniques designed to alleviate stress and reduce chronic pain. Come learn how to replace stress-promoting habits with mindful ones.

- Learning strategies and tools for coping with on-the-job stress.
- Learn how to work with physical pain.
- Learn strategies for developing a self-care plan.