

Making a Splash in 2019

41st Annual WRAP Conference

Wednesday, September 18, 2019

- 11:00 am - 12:00pm Registration/ Silent Auction drop off **Grand Ballroom Lobby**
- 12:00 noon - 3:30 pm 1. Pre-Conference Session: Building Strong Music Programs (extra payment required; lunch not provided)
All participants gather in Grand Ballroom Lobby for room assignment
- 3:30 - 5:30 pm Vendors are Open **Grand Ballroom**
- 4:00 - 5:30 pm 2. WRAP Annual Membership Board Meeting (open to all) **Sierra Vista**
- 5:30 - 8:00 pm Registration **Grand Ballroom Lobby**.
Cultural Arts Registration **Room I**
Silent Auction drop off **Grand Ballroom Lobby**
- 5:45 - 6:45pm 3. Vendor Session: Tips and Ideas **Grand Ballroom**
- 6:45 - 8:30pm Welcoming Reception and Shopping with Vendors & Appetizers **Grand Ballroom**
- 7:30 pm Silent Auction begins **Grand Ballroom**
- 7:30 - 9:00 pm Music by Adam Bartel **Grand Ballroom Lobby**

Thursday, September 19, 2019

- 7:00 - 8:00am Registration **Grand Ballroom Lobby**
Cultural Arts Registration **Room I**
Silent Auction drop off **Grand Ballroom Lobby**
- 8:00 - 9:30am Welcome/Announcements/Call of Regions followed by
4. Opening Keynote: Sarah Johnson: Going Beyond Work-Life Balance to Ignite Passion and Thrive **Grand Ballroom**
- 9:30 - 10:00am Break / Cultural Arts Open **Room I** / Vendors & Silent Auction Open **Grand Ballroom**
- 10:00 - 11:00am **BREAKOUT SESSION 1**
5. Sarah Johnson – Going Beyond Work-Life Balance to Ignite Passion and Thrive Deep Dive **Upper Dells Ballroom**
6. Melanie Ramey – Sexuality & Intimacy in Aging and at the End-Of-Life **Room H**
7. Crystal Johnson – Essential Oils: 101 **Room G**
- 11:00 - 12:00pm Break/Silent Auction & Vendors **Grand Ballroom** / Cultural Arts Open **Room I**
VENDORS FINAL SALES / CULTURAL ARTS CLOSED @ NOON
- 11:30 am **BUFFET LUNCH Grand Ballroom**
- 12:00 - 1:00pm Session held during Lunch:
8. Legislative Update – Sally Rocque **Grand Ballroom**
- 1:15 - 2:15pm **BREAKOUT SESSION 2**
9. Sarah Johnson– Selfcare is Not Selfish: Healthy Means More Selfless **Room G**
10. Mary Millman– Qigong: Movements of warm up and gentle exercise **Room H**
11. Carla Bacon Smith – It’s All in Your Head: Focus on Cognition
Upper Dells Ballroom
- 2:15 - 2:30 pm Break/ Cultural Arts Open **Room I**

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

Thursday, Sept 19 CONTINUED

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

3:30pm - 3:45pm Break / Cultural Arts Open **Room I**

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

15. Debbie Bera – Enabling Engagement in Meaningful Activity for Persons with Dementia (Repeat) **Room G**
16. Carla Bacon Smith–Activities in the 4th Dimension: Exploring New Horizons in Program Planning **Upper Dells Ballroom**
17. Shirley Duerst – Watercolor Splash for Seniors **Room H**
18. Colleen Knudson and Cindy Tewalt –Let’s Talk about WRAP **Executive Board Room**

6:30 - 7:00pm Scholarship Bingo Card Sale at Door **Grand Ballroom**

7:00 pm Extreme Bingo, Dinner & Awards Ceremony **Grand Ballroom**

8:50 pm **Silent Auction ENDS!! Grand Ballroom**

Friday, September 20, 2019

7:00 - 8:00am Hotel Checkout/ Cultural Arts Open **Room I**

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

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

9:00 - 9:30 am Break/ Hotel Checkout
Please pick up Cultural Arts **Room I**

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

22. Jessica Radtke – What’s New: Trends in long term care. **Upper Dells Ballroom**
23. Terri Bartlett – Let the Spirit Move (Repeat) **Room H**
24. Elizabeth Lewis – Mindfulness-based Stress Reduction (MBSR) **Room G**

10:30 - 10:45 am Break

10:45 - 11:00am 2020 Conference Promotion **Grand Ballroom**

11:00 - 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 **Grand Ballroom**

12:00 - 12:15pm 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 at Hotel Marshfield in 2020!