

Our Speaker

Carla Bacon Smith BS, CDP

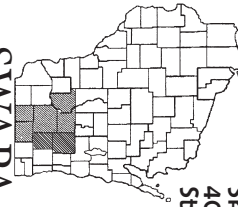
Carla has been working with seniors in long-term care for over 35 years. Trained as a Music Therapist, she graduated from Illinois State University and is a Certified Dementia Practitioner and Dementia Capable Trainer. Her practical, experiential style of teaching stems from her experience “in the trenches” 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.

for **MORE** information
contact **Patty Morter**
by email: pmorter@gmail.com
or call: 608.592.4158

Southern Wisconsin Activity Professionals Association

SWAPA



Skaalen Nursing and Rehabilitation
400N. Morris Street
Stoughton, WI 53589

Attention: Life Enrichment Provider/ Activity Professional

Lifetime Expressions

Innovative ways to
engage people living
in your community!
Our workshop
features Speaker
Carla Bacon Smith.

6.25 Continuing Education Hours

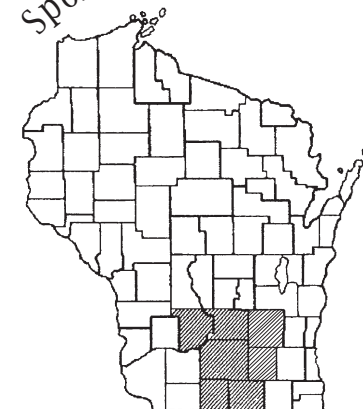
**Thursday, April 16,
2020**

7:30am - 4:00pm

**Skaalen Nursing &
Rehabilitation**

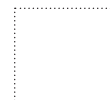
400 N. Morris St. Stoughton, WI

Sponsored by:



SWAPA

Southern Wisconsin Activity Professionals Association



Lifetime Expressions

Thursday, April 16, 2020
at Skaalen Nursing & Rehabilitation
400 N. Morris Street • Stoughton, Wisconsin

Workshop Schedule

- 7:30-8:30a – Registration & Refreshments
8:30-8:45a – Welcome and Introductions
8:45-9:45a – “Activities in the 4th Dimension”
9:45-10:00a – Break
10:00-11:30a – “The Next Generation:
Programming for the Baby
Boomers & Short Term Rehab
Population”
11:30-1:00p – LUNCH BREAK & Networking
1:00-2:30p – “Get it While it’s Hot...
Using Paper Craft with Seniors”
2:30-2:45p – Break
2:45-3:45p - “Don’t Stress Me Out:
Teaching Relaxation to Seniors”
3:45-4:00 - Closing - Take Away - Evaluations

Closing Remarks, Continuing Education
Certificates

“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!

“The Next Generation: Programming for the Baby Boomers and Short Term Rehab Population”

We’ve all heard it before: “I’m just here for the therapy”; “I’m not like everybody else here.” Younger and short-term rehab patients have different agendas and interests, but their stay can be enhanced and improved by recreational involvement. Learn about the leisure attitudes of a new generation and explore real-world, practical approaches to motivate and program for this challenging and growing population.

“Get It While It’s Hot: Using Paper Craft with Seniors”

Paper crafting is a popular hobby that is practical, simple and easily adaptable for use with seniors and other adult populations. We’ll explore available tools and resources, as well learn simple techniques and design ideas for use in your programming. A variety of projects will be shown to inspire and encourage you to get on the “cutting edge” of this evolving trend that has many therapeutic applications.

“Don’t Stress Me Out: Teaching Relaxation to Seniors”

Stress is a part of life in today’s fast-paced world. Seniors are often facing losses and challenges to their health and independence that produce additional stress and can benefit from relaxation education and opportunities. This session will teach a variety of techniques, including movement, guided imagery, aromatherapy and progressive relaxation that the recreation professional can use to promote relaxation and assist in stress relief.

SWAPA Workshop Registration Deadline- Sat. April 10, 2020
*** please make copies and fill out individual registration forms per workshop participant.

Participant Name: _____

Facility Name: _____

Mailing Address: _____

City and ZIP: _____

Participant email: _____

email required for registration confirmation purposes

Mail Registration TO:

Attn: Patty Morter
W12059 Hwy 113N
Lodi, WI 53555

MAKE CHECKS
payable to: **SWAPA**

check one box

Non-SWAPA member FULL day... \$60.00

SWAPA member FULL day... \$50.00

Non-SWAPA member 1/2 day

circle one (AM / PM) ... \$30.00

SWAPA member 1/2 day

circle one (AM / PM) ... \$25.00