

Wisconsin Representatives of Activity Professionals



CREAM of the CROP

45TH WRAP CONFERENCE

SEPTEMBER 20-22, 2023
HOLIDAY INN • MANITOWOC, WI



WRAP-WI.ORG

Registration Fees

Meals Include Wednesday Potato Bar during WRAP Board meeting (IF indicated on online registration), Thursday lunch and Thursday Banquet.

Early Registration Received by August 18, 2023

WRAP Members: \$275 Non-WRAP Members: \$375

Regular fee Received August 19 to September 19:

WRAP Members: \$375 Non Members: \$475

All participants need to fill out the online registration form:

<http://wrap-wi.org/conferences/>

Payment Options

Payment options are by credit card or by check.

In order to get the membership rate, you will need to enter your WRAP member USERNAME. If you are not a member, you will need to join online first in order to receive the membership rate. You can do that at <http://wrap-wi.org/join-wrap/>

One day only registrations are possible. If interested, inquiries can be emailed to conference@wrap-wi.org

If you are paying by check, make a copy of your online registration reply and mail check made out to WRAP . Checks must be **received** by AUGUST 18.

REMIT PAYMENT TO:

Angela Tellijohn
Baldwin Care Center
650 Birch Street
Baldwin, WI 54002
Phone: 715- 684-3231 Ext 113
Email: wrapconfreg@gmail.com

Join us at the Holiday Inn Manitowoc
4601 Calumet Avenue
Manitowoc, WI 54220-9299

Make reservations by calling 920-682-6000

Be sure to mention Block Code **WRP** for the WRAP Conference
discount rate of \$80.00/single or double occupancy.

Deadline date: September 1, 2023

Holiday Inn will provide a discounted breakfast buffet on Thursday and Friday morning at the rate of \$6.95 per guest. Buffet includes assorted breads, cereals, fruit, scrambled eggs, country potatoes, pancakes, waffles, meat, juices, tea, coffee and milk. If you choose to have the buffet, the Hostess will charge it to your room bill.



45th Annual WRAP Conference SCHEDULE

September 20-22, 2023 Manitowoc, WI

All sessions in the Ballroom Central unless otherwise stated.

Wednesday, September 20, 2023

11:30 am - 12:30pm Registration: **Ballroom Lobby** Silent Auction drop off: **Ballroom**
Cultural Arts drop off: **Fleetwing Room**

12:30 - 1:30 pm **Session #1:** Amy Laughlin: Intergenerational Leadership: Recruiting, Retaining & Recognizing Multiple Generations in the Workplace

1:30 - 3:00 pm **Session #2:** Elizabeth Lewis: Coping with Compassion Fatigue

3:00 – 3:15 pm Break

3:15 – 4:45 pm **Session #3:** Terri Bartlett: Creative Writing

5:00 - 6:45pm WRAP Annual Membership Meeting with Baked Potato Bar
(pre-registration required)

6:45 -7:45 pm Local Arrangements Event: “Cream of the Crop” Soda Pop Hop!

Thursday, September 21, 2023

8:00 - 8:30am	Registration	Ballroom Central Lobby	Silent Auction begins
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8:30 - 8:45am	Welcome/Announcements/Call of Regions
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8:45 - 10:15am **Session #4:** Amy Laughlin: Life With Purpose: Implementing Vocational Wellness Initiatives

10:15-10:30am Break Vendors open from 10:00 am to 4:00 pm

10:30-11:30 am **Session #5:** Deborah Smith, Government Relations: Legislative Update

11:30 - 1:00 pm Lunch break in **ATRIUM**

Session #6: Programing Ideas within your Region

2:00 - 2:15 pm Break

2:15 - 3:45 pm **Session #7A and 7B:** Choose one: Panel session for Assisted Living/Independent Living in ***Manitowoc Room*** and Jessica Radtke, DHS for Skilled Nursing in ***Ballroom EAST***

3:45 - 4:00 pm Break

4:00 - 5:30 pm **Session #8:** Luke Schubert & Steve McCarthy: Ask An Administrator!

6:30 - 6:45pm Scholarship Bingo Card Sale at Door

6:45 pm Extreme Bingo **Ballroom Central**

Dinner & Awards Ceremony

8:45 pm **Silent Auction ENDS!!** *Ballroom Central*

9:00 pm Please pick up Silent Auction Items

Friday, September 22, 2023

8:00 - 9:00am **Session # 9:** Scott Webb: Brain Trauma Part 1

9:00 - 9:15 am Break/ Hotel Checkout

9:15 - 10:45 am **Session #10:** Scott Webb: Brain Trauma Part 2 Case Studies

10:45 – 11:45 am **Session #11:** Amy Laughlin : Speak Up! Empowering Activity Professionals as Your Time Is Now

11:45 - noon 2024 Conference Promotion & Closing Comments

Message From The Conference Chair

Welcome to WRAP's 45th Annual Conference! My name is Katie Schanen and I am excited to serve as WRAP Conference Chair. I look forward to working side by side with the outstanding Conference Committee to help create the best experiences and conferences!

WRAP is pleased to bring back the in person live Cultural Arts Exhibit. See all the details in this brochure.

If you are not currently a member of WRAP, NOW is the time to join and take advantage of the lower membership conference rates. Simply complete the membership application online <https://wrap-wi.org/join-wrap/>. Membership is \$35 and is good for one year. Register EARLY prior to August 18th for the EARLY Conference member rate!

To register for the conference, all attendees will need to register online at <http://wrap-wi.org/conferences/>. Credit card payment is an option.

Plan on supporting the Silent Auction and Prize Bingo as we raise funds for Scholarships. And scholarships are available for conference registrations to our WRAP Members. All this and more information is included in this brochure.

Please join us in taking the time to refresh and rejuvenate. Remember the importance of coming together to renew your energy, gather ideas and create new possibilities for your residents.

"You can't fill someone else's cup when yours is empty." to quote Cindy Tewalt.

See YOU in September!

Conference Chair Katie Schanen
Conference@wrap-wi.org
715-252-4403

Awards

We invite you to attend the 45th Annual Awards Banquet, which will be on Thursday evening.

Award nominations are open until August 1st for the following:

- Award of Excellence - Activity Professional of the Year
- Award of Excellence - Activity Assistant of the Year
- Administrator of the Year
- Volunteer of the Year
- Beyond Care Giving Award

Submit nominations by visiting our online site at <http://wrap-wi.org/award-nominations/>

The 2023 WRAP Officers Installation will be at the Conference Banquet.



Cultural Arts Exhibit

Do your residents have projects that need to be shared? The WRAP Conference is the place to share what has been accomplished over the past year at our centers.

We are back to a LIVE Cultural Arts show with the 2023 Conference! That means YOU can bring the projects to the conference for everyone to see.

The sign-up link is live on the WRAP Website or with this link: <https://wrap-wi.org/conferences/cultural-arts/>. **We will need your name, facility, address, resident name and age, project name and description, size of project, along with a potential category you want to display in.** There are no limits of how many projects you can bring. We will do our best to showcase everything!

When you arrive at Conference you will be provided an envelope with cards for all of your projects. The projects will be placed in the appropriate location for judging. All entries will receive ribbons. The Best of Show will be awarded and presented at Conference. Last minute projects will also be accepted, as long as there is room for display.

Check out the Cultural Arts video from last year for project ideas: <https://www.youtube.com/watch?v=a62CQZua34w>

Be watching for the link and start collecting the projects your residents have been working on. See you in September!

Shirley Duerst
Cultural Arts Chair
shurly@tds.net



JOIN US FOR OUR 30th Annual Scholarship Events!

WRAP supports education experiences for its members. To raise funds for Scholarships, the following will take place at this conference:

1. Silent Auction: Browse the Silent Auction starting Thursday and place your final bid right after the banquet Thursday night! We also accept Silent Auction items/baskets! Grab a friend to join forces to create a basket!
2. Play Extreme Bingo Thursday just before the Banquet at 6:45pm. Bingo cards are \$5 each and can be purchased 6:30-6:45 Thursday. For each 3 cards purchased, you will receive a ticket that enters you into a drawing for a free night stay at Holiday Inn Manitowoc.
3. We will play Heads and Tails at the Banquet. Bring your dollar bills and play this 50-50 game!

WRAP members can benefit from these scholarships in two ways:

1. Get a free conference! Apply online by July 15th.
2. Pursue Continuing Education! Activity courses, workshops and seminars qualify. Go to wrap-wi.org for more information to apply!

If you have any questions or want to donate items for the silent auction, please contact Scholarship Chair, Kimberly Rosenau at Kimberly.rosenau@gmail.com



Membership Application

All WRAP Members receive a large discount for the conference. If you are not a member, you can join online by visiting our website at: <https://wrap-wi.org/join-wrap/>

If you are not a member and wish to receive the membership discount rate for the conference, **JOIN BEFORE** you fill out the conference form so you can receive the discounted rate. The registration form will ask for your username of your WRAP Membership. If you do not enter that as a member when you register for the conference, you will be charged automatically at the non-member rate.

****Your registration must be completed ONLINE. Both check and credit card payment options are available.**

Membership Meeting and Annual Report

We invite all members to attend the Membership Meeting on Wednesday at 5:00 pm during the conference. A Potato Bar will be available for attendees who sign up on the conference registration form.

You are encouraged to review WRAP's Annual Report. It can be found after September 1st on the WRAP Website under the Members Only area.

Vendors

We are excited to invite you to visit our Vendors for our upcoming WRAP's 45th Annual Conference. We are taking a step forward in having an in-person Vending opportunity on Thursday, September 21, 2023 from 10:00 am to **4:00 pm** at the Holiday Inn, Manitowoc, WI.

Vendors will be invited to arrive at 8:00 am on Thursday to set up. Participants will then have opportunities throughout the day to visit the Vendors to check out their products from 10:00 am to 4:00 pm.

If you are interested or know someone who is interested in partaking in the Vending Opportunity, please visit the website at <https://wrap-wi.org/vendor-registration/>

Continuing Education

Achieve 14 hours of continuing education during this conference by attending all offered sessions. WRAP has made application to NCCAP and APNCC for approval of 14 hours. The education certificates will be all on one sheet with 'secret words' given out at each session and the attendee is responsible for filling out. No copies are kept by WRAP.

If you are a professional who requires university credits (only most likely CTRS), a form to purchase Continuing Education Units through UW-Stevens Point can be picked up at the Registration Area at Conference. You will be responsible for filling this out and sending in to UW-SP with payment of \$30 as well as proving attendance with the secret words.

Celebrating you the old-fashioned way!
Don your poodle skirt or favorite 50's attire so, 🎵
Come on Baby, Let's do the Twist! 🎵
Ice Cream Soda, Cherry on top, join us for our
🎵 **Soda Pop Hop!** 🎵

Wednesday Evening at 6:45, join the Local Arrangement Committee
from Milwaukee Area Activity Professionals (MAAP)
who will host some fun! Attire for the occasion is welcomed!!

Featuring DJ, Rob Peterson Manitowoc's very own Cedar Crest Ice
Cream and Sprecher's sodas !

Brought to you by the MAAPettes!



2023 WRAP Speakers and Sessions

Session 1: Amy Laughlin: *Intergenerational Leadership: Recruiting, Retaining & Recognizing Multiple Generations in the Workplace*

Bio: Amy Laughlin, CRCFA, ADC, CDP graduated from the University of Leeds in England with a degree in Sociology and Social Policy and moved to the USA in 2002 to follow her heart and marry a charming southern gentleman. She began working in the field of activities as a volunteer 18 years ago and quickly discovered the joy associated with educating, empowering and energizing senior adults. Amy is experienced in providing leadership and operations management for Independent Living, Assisted Living, Skilled Nursing and Home Care, and currently holds the position of Director of Residential Life for the Presbyterian Communities of South Carolina. She is a former Board member for the South Carolina Activity Professionals Association, and was proud to serve as President of the National Association of Activity Professionals for three years. She is a licensed Administrator, nationally credentialed through NCCAP and was awarded the South Carolina Activity Professional of the Year in 2014. She is a guest instructor for Winthrop University's Department of Sociology and Anthropology and has presented workshops across the nation for activity professionals, senior living providers, healthcare professionals and groups of active seniors. She is a group fitness instructor, and former playwright, choreographer and director of a theater company composed entirely of seniors. Amy is an aspiring minimalist and seeker of a simpler life. She loves to exercise, read, write, cook and spend time with her chosen few.

Session description: There are currently four, or perhaps even five, generations working in today's senior living communities. This session will identify the defining characteristics of each generation, plus their sentinel life events and significant societal and cultural values. The primary and secondary motivations of each generation will be discussed to establish understanding of what drives each group to work – or not work – for themselves and for the good of the team. Successful strategies for recruiting and retaining each generation will be shared as well as ways to use the generational differences as advantages when assigning job tasks and asking your team members to go above and beyond.

Learning Objectives:

1. Have a basic understanding of the generations currently in the workforce.
2. Recognize what drives each of these generations to be productive and content.
3. Possess strategies to effectively lead multiple generations on a team.

Session 2: Elizabeth Lewis- *Coping with Compassion Fatigue*

Bio: Elizabeth Lewis is a grief support specialist, stress resilience trainer, spiritual counselor and motivational speaker whose areas of expertise include trauma healing, suicide prevention, forgiveness facilitation, and healing art and writing. Recognizing that there is no “one-size-fits-all” path to wellness and a sense of wholeness, Elizabeth has pursued extensive training and certifications in diverse approaches to resilience, spirituality, healing and growth. Elizabeth also draws on her personal resilience and experience in overcoming trauma to help her clients find their own best path to healing.

Session description: Compassion fatigue is a form of caregiver burnout, manifesting in deep physical, emotional and spiritual exhaustion related to care-giving for others. In this workshop, we will explore: the causes, signs and symptoms of compassion fatigue, how to develop a self-care action plan; and strategies and tools for coping for renewal.

Learning Objective:

- Create awareness of the causes, signs and symptoms of compassion fatigue.
- Learn strategies and tools for coping and renewal.
- Develop a self-care action plan.

Session 3: Terri Bartlett- *Creative Writing*

Bio: Terri Bartlett is a retired former Activity Director of 40 plus years in Illinois and Wisconsin. She was a Play Skills Group Leader and Supervisor at Glenwood State Hospital and School in Iowa, NCAP Regional Representative, WRAP Public Relations and Strategic Planning Chair as well as a previous conference speaker for WRAP, NAAP and the Alzheimer’s Association. She is currently enjoying free time, traveling, relationships, writing, creating and being a part time storyteller “The Gypsy Spirit”.

Session description: This session will share how to build a resident creative writing group. You'll have fun with hands on exercises that can be incorporated not only in the group, but in your own creative writing. Ideas to get unstuck will also be shared.

Learning Objectives:

1. You will learn how to start or build on a creative writing group
2. You will learn different ways to support all participants involvement
3. You will learn exercises to bring back to your group

Session 4: Amy Laughlin: *Life With Purpose: Implementing Vocational Wellness Initiatives*

Session description: Many senior living organizations have shifted from an institutional model of care to a hospitality model, where customer service and individualized care is prioritized. However, living on a virtual cruise ship is not enough to promote quality of life as personal connections and the innate need to have purpose is not addressed. In this session, attendees will learn how a focus on vocational wellness can inspire residents to use their skills and talents to give back or serve others, bolstering their feelings of self-worth.

Learning Objectives:

1. Understand the faults of the hospitality model and opportunities it presents.
2. Understand the concept of Vocational Wellness and why it should be a priority when planning life enrichment programs
3. Have tried-and-tested ideas for Vocational Wellness Initiatives

Session 5: Deborah Smith- *Legislative Update from the Government Relations Chair*

Bio: Deborah Smith is the Community Life Director at Willowbrook Place, in Thiensville, WI. Deborah is an ADCP with both MC & AL Specializations. She is also CDP certified. Deborah thrives at being active both locally and on the State level. She is an active member and President of the Milwaukee Area Activity Professionals, the MAAP Regional Representative for the WRAP and the Government Relations Chair. Deborah was a 2019 WALA Inaugural HERO Award Nominee and the 2022 Activity Professional of the year Runner-up. Deborah has a positive attitude, tireless energy and is an advocate for not only the residents we serve in our communities but also for the activity professionals who work in those communities.

Session description: The main goal of the Government Relations Chair is to track regulatory information, legislative updates, and industry trends in long term care settings. Please Join Deborah as she informs conference attendees of issues, regulations, and challenges that affect our industry.

Learning Objectives:

1. The government relations chair will give a legislative update during the session.
2. Status of post pandemic influences in Nursing homes and healthcare.
3. Will provide suggestions for resources available for the Activity Professional

Session 6: *Programming Ideas with your Region*

Session description: Attendees will find their Region and meet with your local colleagues. (Look for the table signs with your county.) Share programming ideas, successes and challenges. This can include local programming and entertainment possibilities.

Learning Objectives:

1. Network with neighboring facilities and colleagues.
2. Discover trends specific to your demographic.
3. Get concert ideas and contacts for reference and support.

Session 7: Panel Sessions *Choose One to attend*

Session 7A: Jessica Radtke for Long Term Care

Bio: Jessica has been with the Division of Quality Assurance for over 20 years and is currently the Deputy Bureau Director for the Bureau of Nursing Home Resident Care. Prior to working for the state, Jessica worked in long term and acute care settings.

Session description: Provide survey trends and statistics for the past year and answer participant question.

Learning Objectives:

1. Learn or emerging trends in long term care
2. Identify ways in which activities professionals can improve outcomes for residents
3. Get answers to questions you have had for a State Surveyor

Session 7B: Assisted Living/Independent Living Panel Discussion:

Colleen Knudson is the Life Enrichment Director at Attic Angel Community in Middleton, WI. Colleen has worked in Long Term Care for over 20 years in a variety of settings- Nursing Home, Assisted Living, Memory Care, and Adult Day. She is currently serving as the Vice President of the National Association of Activity Professionals.

Deborah Smith is the Community of Life Director at Willowbrook. Deborah is Activity Director Certified Provisionally, a Certified Dementia Practitioner and has served on the Dementia Friendly Ozaukee County Work Group. She currently serves as WRAP's Government Relations Chair as well as the President for the Milwaukee Area Activity Professionals Regional Group

Joining the panel will be Amy Laughlin.

Learning Objectives:

1. Learn about Best Practices in Assisted Living
2. Learn methods to implement various levels of need in an AL/IL community
3. Discuss issues and ideas of how to serve the AL/IL population with today's challenges

Session 8 Luke Schubert and Steve McCarthy: *Ask an Administrator*

Bio: **Luke Schubert** is a health care executive who has transformed work-team cultures and missions for over 15 years. He has led multiple strategic planning workgroups and process improvement initiatives in exceeding financial and quality goals. His experience in this industry has opened opportunities for him to acquire excellent communication, collaboration, and mentoring skills. Luke is actively pursuing a Master of Science degree in Business Administration from Rasmussen University. He is a Certified Lean Process Improvement facilitator and a licensed Wisconsin Nursing Home Administrator. In 2014, he was recognized as the Administrator of the Year by the National Association of Activities Professionals. Outside of the office, Luke enjoys golfing with his kids, coaching them in flag-football, and supporting committee fundraising for their charter school education.

Bio: **Steve McCarthy** has worked for over 25 years in rural healthcare across Wisconsin. Started as a Physical Therapist at the VA in Milwaukee and Iron Mountain, MI and then moved into Rehab Director role at a nursing homes in Florence then Muscoda, Wisconsin. Coming from a background of family working in nursing homes, always enjoyed not only working in geriatrics, but also getting to know the patients and families. For the past 20+ years Steve has worked as Chief Operating Officer at two different Critical Access Hospitals—Dodgeville and for the last 10 years in Platteville. Both hospitals have either operated or partnered with others to run senior care services. While not an officially licensed Nursing Home Administrator, Steve has on two different occasions served as an Interim Administrator for extended periods, actually winning the State and National Activity Professional Administrator of the Year in 2006. Steve prioritizes time with staff, residents and families, routinely being involved with activities and outings. Outside of work, Steve prioritizes time with family and community. Two daughters, one a nurse in Milwaukee and the other an aspiring opera singer in North Carolina, keep him and his wife traveling regularly. As a long term member of Platteville Kiwanis Club and United Way, he leads many initiatives around community improvement projects.

Session description: Have you always wanted to gain insight to how your Administrator thinks? What are some major concerns and issues that they see from their point of view? Today's healthcare leadership is a challenge and coming from the top, how do they see the future? Jump into their shoes for a bit.

Learning Objectives:

1. Discuss challenges in today's Senior Living
2. Gain insight on Activities from the Administrator's Chair
3. Trends for the future of Senior Health Care

Session 9 & 10 Scott Webb- *Brain Trauma and Case Studies*

Bio: Scott Webb is a trauma survivor himself who has worked in the behavioral health field for 37 years. His career has included clinical, administrative, and consultative work. He is currently the Trauma-Informed Care Coordinator at the State of Wisconsin Department of Health Services. He holds a Master of Science in Education degree from the University of Wisconsin-Oshkosh.

Since 2014, Scott has provided training and technical assistance on trauma-informed care principles to more than 18,000 clinicians statewide. His insights on trauma-informed care have been featured in articles published by Wisconsin Center for Investigative Journalism and Isthmus. He also has presented at numerous conferences and acted as keynote speaker for the UW-Madison School of Social Work, the National Alliance on Mental Illness Wisconsin Conference, the Wisconsin Personal Services Association, and the Wisconsin Council on Problem Gambling.

Learning Objectives:

1. Define and identify key terminology and concepts related to trauma
2. Understand the significance of the Adverse Childhood Experiences (ACE's) study as a public health concern.
3. Articulate what trauma-informed care is and identify the six principles of a trauma-informed, resilient, and compassionate work culture.
4. Describe the next steps to implementing trauma-informed care in the workplace.

Session 11 Amy Laughlin: *Speak Up! Empowering Activity Professionals as Your Time Is Now*

Session description: Building professional relationships is one of the most challenging aspects of leadership, but also one of the most rewarding. Team members who are engaged and connected with one another are likely to be much more productive, more effective, be more willing to adapt to change when necessary and have more tenure with the organization. Leaders who are engaged and connected with their team

members get more goals accomplished, spend less time "putting out fires" and are perceived as being more successful and having greater influence.

Learning Objectives:

1. Recognize and celebrate the “essential” nature of their profession.
2. Understand why trust is the foundation upon which professional relationships are built.
3. Know when, where and how to Speak Up – and when not to.
