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## Presenters

### Susan 'BOON' Murray, Ed.D., CCLS, CTRS

began her career as a music education specialist in Kansas and Nebraska. She later used her music background to facilitate books for healing with participants of all abilities and ages as a therapeutic recreation specialist in nursing homes, group homes, and as character education with youth in shelters. As a college educator of specialists, she taught a bibliotherapy course at UW-La Crosse and co-presented read-aloud workshops for activities professionals with a VAMC music therapist. Together they created their own annotated bibliography of picture books that are songs which attendees can expand with their own song and book selections.

### Jennifer Gruna, LMT, Licensed Massage Therapist and Bodywork Therapist

Jennifer has worked at North Central Health Care for a number of years in a number of capacities. Starting out as a CNA and then moving her way up in the activities department. She began as a life enrichment aide, moved into a life enrichment coordinator position and now serves as the full time Massage Therapist. Jennifer is very passionate about her work and serves residents in the LTC, PAC and dementia care settings.

## NCAA Strives to:

**Educate**

**Motivate**

**Engage**

**Inspire**

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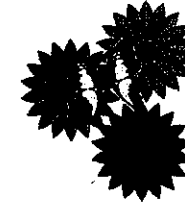
North Central Activities Association  
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Medford, WI 54451

Phone: 715-748-8179

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## NORTH CENTRAL ACTIVITY ASSOCIATION

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*Spring  
Workshop*

### *Spring Renewal:*

Gain Fresh Activity ideas & Skills and Rejuvenation for  
You - The Care Giver

Musical Read-Alouds Using Picture  
Books of Songs To Celebrate Identity  
and Legacy

Massage Therapy

Self Care

**Monday, April 9, 2017**

**1:00pm—4:30pm**

### Directed Toward:

**Long-Term Care**

**CBRF**

**RCAC**

**Adult Day Care**

**Group Homes**

## Program Descriptions

### Musical Read-Alouds Using Picture Books of Songs To Celebrate Identity and

**Legacy:** Sing your way through emotionally expressive musical read-alouds like John Lennon's *Imagine* and learn how to write and facilitate discussion questions and art-making that extends residents' insight. Know how to access books and music to facilitate musical read-alouds with groups and individuals exploring life's meaning and purpose. Know how to make-your-own-book ala *It's Okay To Be Different* as a celebrated keepsake, and how to help residents craft a simple 'pocket song' from lunch bags to keep treasured lyrics at hand. **Please download and bring along the lyrics to a song that is meaningful to you.**

**Massage Therapy:** You will be learning what Massage Therapy has to offer those whom you work with. Information will focus on the benefits of hand massage and how it can impact not only those you care for but for you the caregiver as well. You will be given information on how you can provide meaningful hand massage with hands on practice. You will leave with the skills needed to implement hand massage upon your return to work.

### Chair Massages provided by students of Health Touch School of Massage

**Essential Oils Make and Take Rollerballs by Jessica Pearson:** 1 included with your registration! – (each additional rollerball will be \$6 and can be paid via cash, check or PayPal)

3 Options: *Stress Less, Calm & Focused, Energy & Focus*

## Itinerary

- 12:30pm Registration  
1:00pm Musical Read-Alouds  
2:30pm Break  
2:45pm Massage Therapy  
3:30pm Chair Massages &  
Make & Take Essential Oils  
**3 Hours Continuing Education**

## Location

North Central Health Care  
1100 Lake View Drive  
Wausau, WI 54403  
(Board Room)

## Registration

Betty Bowen  
Aspirus Care & Rehab  
135 South Gibson Street  
Medford, WI 54451  
E-Mail: [Betty.Bowen@aspirus.org](mailto:Betty.Bowen@aspirus.org)

**Registration Deadline:  
March 30, 2018**

**REGISTRATION:** NCAA SPRING WORKSHOP - MONDAY, April 9, 2018 1:00pm - 4:30pm

NAME(s): \_\_\_\_\_

EMAIL ADDRESS (for conference confirmation): \_\_\_\_\_

FACILITY: \_\_\_\_\_

FACILITY ADDRESS: \_\_\_\_\_

PAYMENT ENCLOSED: \$ \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

\$20.00 Per person (NCAA Members)/ \$20.00 each add'l person from same facility  
\$25.00 per person (Non-Members)/\$20.00 each add'l person from same facility

Make check/money order payable to "NCAA".

Mail completed registration form & payment by **Friday, March 30, 2018** to the registration address listed in the brochure.

We hope to see you there!