



**Washington State Association of  
Activity Professionals**

Annual Educational  
Conference 2021

**September 22-25, 2021**

Virtually Hosted by Mt. Rainier Chapter in  
partnership with LeadingAge WA

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Washington

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**Early Bird Rate 8/10/21 by Midnight is \$ 180.00**

**Regular Member Rate after 8/10/21 is \$ 230.00**

**Non-Member Rate anytime is \$ 330.00**

**Dues and Conference rates are listed separately. Click all that apply so you can make one credit card payment. Members must include the State Fees to qualify for the member rates.**

**Questions? Contact Suzanne Gollhofer, Treasurer, WSAAP State  
[stoper1@msn.com](mailto:stoper1@msn.com) or (206) 902-7490**

**Conference Details:**

- 1- Go to website at [www.wsaaptoday.org/education](http://www.wsaaptoday.org/education)
- 2- Click on Renew or Join button for membership and conference registration. If you don't have computer access; please contact Suz to fill out the form for you.
- 3- Follow the payment buttons as to what applies to your membership and conference participation or look below for other options
- 4- Final date to register for the conference is September 20<sup>th</sup> by midnight
- 5- If you need help, please contact Suzanne Gollhofer at (206) 902-8490 or [stoper1@msn.com](mailto:stoper1@msn.com)
- 6- Submit electronically or send membership and conference fees to:
  - a. Pay by credit card by following the link on website under the Education Tab -OR-
  - b. Suzanne Gollhofer, 6912 31<sup>st</sup> AVE SW, Seattle, WA 98126
  - c. If you don't wish to pay chapter online, contact your chapter for payment and pay conference fee and state dues only
  - d. If you are joining WSAAP and are going virtual you must pay by check or credit to the state

**Give Away Box:**

- 1- Make sure we have an address to send the giveaway box too
- 2- Make sure we get a T-shirt size when you register

**After We Receive Payment:**

- 1- Confirmation email will be sent right away; if you don't get the email contact us.
- 2- Don't wait until the day of conference to make all of this to work. Cutoff date is 9/20/21
- 3- Zoom Links will be sent to you for access to each learning time
- 4- Please make sure you have access to zoom and camera and mic access
- 5- If more than one of you is on one link please add your first and last name to chat box
- 6- Survey Monkey will be used for evaluations we must receive the response to get CE credits
- 7- If you don't hear from us by 9/20 please contact us at [stoper1@msn.com](mailto:stoper1@msn.com)
- 8- If you are having trouble getting a check to us in time please let us know what the plan is and we will work out other plans – you must contact us if you are having trouble with payment
- 9- After all survey monkey evaluations are filled out and submitted you will receive CE credit certificate by Tuesday, September 27. If you don't get one, please contact. Suz for reasons why. If you don't stay on the zoom or you don't fill our survey you will not get credit for the trainings. It is a requirement that you spend more than 90% of the time on the call to qualify.
- 10- There are Free Conferences for active members please look on the website to fill-out the forms or contact Suz for questions.

## Speaker Information:

### Session # 1

Title: A “How To” Create an Intergenerational Murder Mystery Program in Your Community, CE 1.5 Hours

Speaker: Jennifer Kulik, Ph.D., Founder & CEO Silver Kite Community Arts, LLC.

Topic:

- 1- Experience an evening of fun and learn how to make the magic happen
  - 2- Walk away with the tools to create your own evening of Murder Mystery
  - 3- See how to create fun with Intergenerational Programming
  - 4- See how Silver Kite can create fun – Group Breakouts
  - 5- Ask questions for success
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### Session # 2

Title: Navigating Activities in a Post COVID World, CE 1.5 Hours

Speaker: Alisa Tagg, BA ACC/ EDU CADDCT CDP CDCS, Association Director of the National Association of Activity Professionals

Topic:

- 1- Recognize Activity Classifications and areas of wellness
  - 2- Apply the classifications to out of the box creativity
  - 3- Develop the quality programs and services for individualized care
  - 4- Evaluate self-reflective practice in culture change
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### Session # 3

Title: Gracenotes: The Actionable Tool to Boost Meaning, Mattering & Legacy, CE 1.5 Hours

Speaker: Andrea Driessen, Founder of Gracenotes

Topic:

- 1- Use to access a simple, repeatable process for communicating other’s unique gifts, game-changing contributions and legacy-leaving stories
  - 2- Cultivate deeper Meaning, especially when life feels precarious and uncertain
  - 3- Feel more grounded, calmer, and less stressed in times of change
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## **Session # 4**

Title: Bully Seniors: Out of the Playground and into Senior Living Communities, CE 1.5 Hours

Speaker: Ruben Rivera-Jackman, Training Coordinator, AgePride Center, University of Washington & Executive Masters in Not-for-Profit Leadership, MNPL Seattle University

Topic:

- 1- Define bullying behaviors and characteristics
  - 2- Identify the 5 common types of bullying
  - 3- Understand the psycho-social impacts of bullying behaviors
  - 4- Identify strategies for addressing bullying behaviors
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## **Session # 5**

Title: How to Train Your Brain, CE 1.5 Hours

Speaker: David Alcorn, MS, Exercise Psychologist Owner; Better Function for Older Adults

Topic:

- 1- Understand how to Enhance 4 major functions of the brain
  - 2- Learn practical skills to boost brain effectiveness
  - 3- Identify the factors that affect to cognitive reserve, cognitive ability, and cognitive function
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## **Session # 6**

Title: Elderwise Spirit-Centered Care and YOU, CE 1.5 Hours

Speaker: Sandy Sebersky, Board Chair and Co-Founder, Elderwise

Topic:

- 1- Key Concepts of the Elderwise Approach
    - a. Wholeness
    - b. Spirit-Centered Care
    - c. Spirituality & Dementia
    - d. Elderwise time zone, environment, rhythm, the practice, and being present in the moment
  - 2- We will provide a book for you in the give away box
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## **Session # 7**

Title: Introduction to PIES – The Well-Rounded Person, Needs a Well-Rounded Program, CE 1.5 Hours

Speaker: Anita Dunlap, ACC

Topic:

- 1- Determine the benefit of a program within PIES (Physical, Intellectual, Emotional and Social)
  - 2- Evaluate own program regarding balance of groups offered
  - 3- Understand the impact of a good program balance
  - 4- Use a planning tool to plan a balance calendar
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## **Session # 8**

Title: Food and Nutrition for Older Adults, CE 1.5 Hours

Speaker: Sara C. Woolcock, MPH, RDN, CD, Registered Dietitian

Topic:

- 1- Describe how changes in the body that occur with aging affect nutrition in older adults
  - 2- Understand the unique nutrition and hydration needs of older adults
  - 3- Examine the nuance of balancing nutrition with quality of life, and the role activities professional can play
  - 4- Craft healthy (and tasty) snack ideas for your residents
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## **Session # 9**

Title: How to Successfully Worry, CE 1.5 Hours

Speaker: Dr. Bob Baugher, Professor, Highline College

Topic:

- 1- Identify common worries
  - 2- Cite five suggestions from worry experts for coping with worry
  - 3- Be able to explain how catastrophizing exacerbates worry
  - 4- Have participated in a worry exercise
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## **Session # 10**

Title: Resident Engagement Platform for Senior Living, CE 1.5 Hours

Speaker: Charles de Vilmorin, CEO & Co-Founder, Linked Senior

Topic:

- 1- Understand the senior platform to see it's benefits
  - 2- See the Engagement for seniors
  - 3- Bringing Life into Aging supporting person-center care
  - 4- Hands on use of platform
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## **Session # 11**

Title: Cubigo: Connecting Seniors with the World Around Them, CE 1.5 Hours

Speaker: Geert Houben, Founder & CEO at Cubigo

Topic:

- 1- Understand the Platform and how to keep residents engaged
  - 2- Understand the ways in which to connect residents that live in communities with family, community, and events of interest
  - 3- See the value of engagement
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## **Session # 12**

Title: Silver Kite – Power of Intergenerational Programming, CE 1.5 Hours

Speaker: Jennifer Kulik, Ph. D, Founder & CEO of Silver Kite Community Arts, LLC.

Topic:

- 1- Understanding of what is needed to create bonds with other generations
  - 2- Understanding of how special programming makes bonds with residents and creates the fun
  - 3- Suggested practices to engage your residents
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## **Session # 13**

Title: Seeing the Forest: Recognizing the Significance of Personal Stories CE 1.5 Hours

Speaker: Ariel Gratch, Ph. D, Utica. Assistant Professor of Communication of Arts

Topic:

- 1- Emphasis on is on how easily we can misidentify the concerns of others
- 2- How we can focus our listening to better meet those concerns.