

**LeadingAge**<sup>®</sup>  
New York

OCTOBER 24-28, 2022

in partnership with:

**LeadingAge**<sup>®</sup>  
Washington

ADVOCATE • EDUCATE • ENGAGE • INSPIRE

# Recreation & Activity Professionals WEBINAR SERIES

## **Register Here:**

<https://www.leadingageny.org/leading-u/2022-conferences/2022-recreation-activity-professionals-webinar-series/>



October 24-28, 2022

## Recreation & Activity Professionals Webinar Series

### WHO SHOULD ATTEND?

Directors of Activity, Program Directors, Therapeutic Recreation Specialists, Leisure Time Specialists, all TR and Activity staff, and other professionals who work in Nursing Facilities, Assisted Living, Retirement Housing, Adult Day Health Care, or other settings which offer activities and recreational programs.

### WHY ATTEND?

Hear talks about the industry by nationally-renowned speakers and recreation and activities experts and come up to speed on best practices in programming and resident care— all information and ideas you can immediately put into practice! This is a DON'T MISS event if you seek to enhance your knowledge, elevate your residents' and clients' experiences, and improve your programs.

### Credits. Credits. Credits!

**Last year's series was so well received that we have added 5 more hours!**

Earn up to **16.25 hours** of continuing education credit for:

- **NCCAP**
- **NYSRPS**
- **ACF/AL Administrators**

### REGISTRATION INFORMATION

**\$169** [LeadingAge New York member/non-member](#)

Fee includes access to all sessions and online materials.

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## **PAYMENT INFORMATION**

We accept Visa, MasterCard, American Express and Discover. Check payments can be accommodated when necessary; however, *registrations will not be complete until payment is received. Full payment must be received before the start of the program to ensure your access to the webinars and materials.*

## **CANCELLATIONS**

There are no cancellations permitted for this webinar series. Those who are registered and do not attend will not receive refunds and are still responsible for payment in full if not already paid.

## **REQUIREMENTS FOR WEBINAR SESSIONS**

You will need a desktop or laptop computer with high-speed internet access and speakers. We recommend using Google Chrome for your internet browser. Access instructions for the virtual sessions will be emailed to you in the days prior to the start of the live program. Emails will be sent to the address used for registration and will come directly from Zoom at no-reply@zoom.us and the sender's name will be FLTC/LeadingAge New York. *Dial-in access will not be available for this program.*

## **CONTINUING EDUCATION CREDIT DETAILS**

**NCCAP:** Application has been made to the National Certification Council for Activity Professionals for 16.25 hours of certification credit. If approved, credit will be awarded upon request via credit form and verification of hours attended.

**NYSRPS:** New York State Recreation and Park Society, Inc. will now be applying for pre-approved status of therapeutic recreation sessions directly to the National Council for Therapeutic Recreation Certification (NCTRC) the ultimate agency responsible for awarding re-certifications for CTRS. If approved, 16.25 hours of credit will be awarded upon request via credit form and verification of hours attended.

**ACF/AL:** A certificate of completion for up to 16.25 hours will be sent to adult care facility and assisted living professionals upon verification of the hours attended.

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## PROGRAM

*All times scheduled are listed in Eastern Standard Time*

### Monday, October 24

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11:00 am – Noon **Addressing Burnout and Improving Wellbeing: How to Find Your Center**

Certified Life Coach, Wellness Consultant, and Mindfulness Facilitator Kim Perone examines the difference between stress and burnout and guides us to understand how to identify our current state and ways to improve our wellbeing, while still accomplishing everything we need and want to do in life.

*Kimberly A. Perone, MA, CLC, CWMF, Success, Bereavement & Resilience Coach & Mindfulness Facilitator, The Center for Clarity, Compassion & Contentment, Ballston Lake, NY*

1:00 – 3:00 pm **Understanding Dementia and Its Impact on Life Enrichment**

Take a deep dive into how the invisible disability that is dementia may impact individuals' participation in daily activities. Participants will take home tools and techniques that will help them understand what is going on in someone's brain with dementia. The information in this session will give participants a foundational knowledge to build on to help elders in their care live their lives to the fullest by focusing on their abilities rather than their disability.

*Bailie Hillman, OT, LNHA, Certified Dementia Practitioner and Trainer, Consultant, Azle, TX*

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### Tuesday, October 25

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11:00 am – Noon      **Creative and Innovative Ways to Engage Seniors**

The COVID-19 crisis has brought to the forefront of senior living the importance of staying connected and the consequences of isolation. How can workers in senior living complexes help combat social isolation and keep seniors engaged? This session will discuss creative techniques and innovative programs as well as funding sources to support such programs.

*Alisa Erdman, BA, PSC, Service Coordinator Team Leader at Diocese of Camden, Camden, NJ*

1:00 – 3:00 pm      **Life Enrichment Programming: A Resident-Directed Approach**

This course is designed to empower healthcare professionals to identify goals for their senior living community. Once goals are identified they will understand how programming and person-directed care will help meet those goals. Everyone will leave with a practical step by step approach for implementation and documentation to track their success.

*Bailie Hillman, OT, LNHA, Certified Dementia Practitioner and Trainer, Consultant, Azle, TX*

### Wednesday, October 26

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10:30 – 11:45 am      **Supporting Person-Centered Care Through Montessori and Tailored Activity Programs**

Hear the story of how a community implemented a Montessori approach and Tailored Activity Programs (TAP) during the pandemic. Participants will learn the fundamental principles of each approach, how to conduct sessions, how to foster meaningful/purposeful engagement, steps to reduce unwanted behaviors, and

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how to initiate activities/tasks using these approaches. Strategies to impart the philosophy to all staff are shared. Lessons learned implementing this approach and incorporating it into the caregiving philosophy specifically during quarantine to impact QOL and resident satisfaction will be discussed.

*Dr. Kathleen Weissberg, OTD, OTR/L, Education Director, Select Rehabilitation, Milford, DE*

### 1:00 – 3:00 pm **Overcoming Apathy: A Framework for Supporting Individuals Living with Cognitive Change**

Apathy is one of the most common changes in behavior among individuals living with Alzheimer's disease and related dementia, with an approximate prevalence of 80% in clients in facilities. This interactive presentation features evidence-based techniques to support new learning, initiation, and decision-making for individuals living with Alzheimer's disease and related dementia, who may benefit from additional motivation to participate in therapeutic programs of interest.

*Kelly Gilligan, Co-Founder, Inspired Memory Care, New York, NY*

## Thursday, October 27

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### 1:00 – 2:30 pm **Cultural Humility and Cultural Diversity**

In this session, the participant will learn how to create culturally competent communities through recognizing the need for diversity and humility. We will explore the differences between the medical and social models of care while acknowledging the importance of quality communication, authenticity, openness, and transparency. Creating quality culture will benefit the overall human relationships between staff and residents. We will review the positive takeaways

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of engagement and how social engagement will change the way we provide quality of life.

*Alisa Tagg, BA ACC/EDU CADDCT CDP CDCS, Association Director, National Association of Activity Professionals, Eau Claire, WI*

### 3:00 – 4:30 pm **Quality Initiatives - Reducing Staff Turnover**

Staff turnover rates in long-term care and senior living are at a crisis level. Conservative estimates of turnover across the long-term care sector range from 45 to 66 percent with many facilities experiencing higher rates. Often facilities are "left in the lurch," attempting to fill those positions, either temporarily or permanently. The amount of time, money, and training lost due to staff turnover is great. Excessive turnover rate is not something that our industry has to accept and live with. This session will provide proven strategies and techniques to improve staff satisfaction and retention.

*Catherine R. "Cat" Selman, President and Owner, The Cat Selman Company, Vonore, TN*

### Friday, October 28

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#### 10:00 am – Noon **Adapting Activities – A Focus on Resident Abilities**

Each of us can think of one, if not several, "difficult" elder in our care whether it is due to an unwanted behavior, decreased communication, or severe physical impairments. This course will help you understand how to upgrade and downgrade any activity to allow all elders to participate and continue to maintain as much independence as possible. Stop feeling intimidated, lost, or even avoiding certain elders due to "not knowing what to do" and learn how to include everyone in activities that are already being offered!

*Bailie Hillman, OT, LNHA, Certified Dementia Practitioner and Trainer, Consultant, Azle, TX*

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1:30 – 3:30 pm **Through the Eyes of Family: How to Best Serve the Families of Your Residents**

When welcoming an older adult into your care, you are truly admitting two: the older adult and their family! Learn game changing strategies to improve communication and confidently approach the inevitable "hard" conversations. Relationships built on a foundation of trust ensure happier residents and families.

*Bailie Hillman, OT, LNHA, Certified Dementia Practitioner and Trainer, Consultant, Azle, TX*

### SPEAKERS

**Alisa Erdman, BA, PSC (She/Her)**  
**Service Coordinator Team Leader, Diocese of Camden, Philadelphia, PA**



Ms. Erdman earned her Professional Service Coordinator designated from Ohio State University. She is skilled in Organization, Social Services, Social Work, Interpersonal Communication and Creativity. Ms. Erdman is a strong support professional with a bachelor's degree focused in Psychology. She is currently working as Service Coordinator Team Leader for the Diocese of Camden in Philadelphia.

**Kelly Gilligan**  
**Co-Founder, Inspired Memory Care, New York, NY**



Kelly Gilligan began her unofficial career in memory care early on -- as care partner to two generations of live-in grand and great-grandparents. Ms. Gilligan's background includes a degree in English and Psychology from Fordham University and a certification

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as a Validation Worker through the Validation Institute. She is currently pursuing a Master's in Social Work from Rutgers University. Ms. Gilligan began her professional career in the assisted living field, as a case manager, trainer, and mentor to department coordinators in Resident Life and Memory Care. She has fifteen years of experience training home health aides, volunteers, and managers in elder and memory care. Ms. Gilligan served as Executive Director of a Residential Treatment Center and Regional Trainer for an organization at the forefront of research-based dementia care practice. Her passion is supporting professionals and family members to remain fulfilled in their roles as partners in care, and individuals living with cognitive change to continue to have their voices heard and talents shared.

## **Bailie Hillman, OT, LNHA**

### **Certified Dementia Practitioner and Trainer, Consultant, Azle, TX**



Inspiring and creative, Bailie Hillman is truly making a difference in the lives of health care professionals and persons with dementia through her personal passion and hands-on work in various health care settings. Ms. Hillman is living out her personal mission to help families and professionals better understand how to create an environment that builds on individuals' strengths and abilities, thereby allowing them to live their life to the fullest. On a day-to-day basis, she is putting into place new, powerful, and cutting-edge therapeutic approaches and programs that are changing the lives of persons with dementia, their families, and members of their caregiving teams. Ms. Hillman received her master's degree in occupational therapy from Texas Woman's University. She is a licensed nursing home administrator, a certified dementia practitioner, and certified Alzheimer's disease and dementia care trainer through NCCDP.

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**Kim Perone, MA, CLC**

**Success, Bereavement & Resilience Coach and Mindfulness Facilitator, Center for Clarity, Compassion & Contentment (CENTER4C), Ballston Lake, NY**



Ms. Perone works with organizations and individuals to offer essential skills for today. A personal strategist, philosopher, and champion for her clients, specializing in stress reduction, mindfulness, work life balance, bereavement, resilience, and authentic success, Ms. Perone is a Certified Life Coach, with an Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, and author of **Finding Your Center: The Case for Clarity, Compassion & Contentment** (available on Amazon) and podcaster for **Find Your Center with Life Coach Kim Perone**. It is her belief that when clarity, compassion, and contentment are present an inspired life is possible.

**Catherine R. "Cat" Selman**

**President and Owner, The Cat Selman Company, Vonore, TN**



Educator. Motivator. Communicator. Consultant. Author. Catherine R. "Cat" Selman, BS, uses her dynamic personality and compelling presence to spread the message of positive, realistic, and common-sense strategies for the aging services professional. She is president and owner of The Cat Selman Company, specializing in continuing education for healthcare professionals. With over 30 years' experience in management, education and consultation, Ms. Selman has trained providers and surveyors in all fifty states. Since 1989, she has often been requested by the Centers for Medicare and Medicaid Services (CMS) to sit on stakeholder/expert panels responsible for the revision of surveyor guidance and compliance issues.

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**Alisa Tagg, BA ACC/EDU CADDCT CDP CDCS**

**Association Director, National Association of Activity Professionals, Eau Claire, WI**



Alisa Tagg has been a certified activity consultant since 2006 and an activity director working primarily in skilled nursing facilities since 1995. She also works as an independent consultant in various facilities throughout southern Nevada. Ms. Tagg holds a bachelor's degree in Psychology from the University of Nevada, Las Vegas, a provider's Certificate of Completion specializing in Aging with the Nevada Geriatric Education Center and is a Certified Alzheimer's Disease and Dementia Care Trainer, a Certified Dementia Practitioner with the National Certification Council for Dementia Practitioners, and a Certified Dementia Communication Specialist with the Silver Dawn Training Institute. Ms. Tagg is the past President of NAAP.

**Dr. Kathleen Weissberg, OTD, OTR/L**

**Education Director, Select Rehabilitation, Milford, DE**



Dr. Kathleen Weissberg in her 20+ years of practice, has worked in long-term care as a manager, researcher, and educator. She has established numerous programs in nursing facilities including palliative care, incontinence management, falls management, dementia care and staging. She provides continuing education support to over 6,000 therapists nationwide as Director of Education for Select Rehabilitation. Dr. Weissberg has lectured nationally at the American Occupational Therapy Association and Pioneer Network, at the state level, and has authored publications on dementia quality care. She has presented previously at LeadingAge conferences including NY, PA, CT, WA, and TX.



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## ABOUT

**LeadingAge New York Mission Statement:** To create the future of aging and continuing care services in New York State.

**Sponsored by:** The Foundation for Long Term Care (FLTC), educational affiliate of LeadingAge New York.

**Our national partner, LeadingAge:** Is an association of 6,000 not-for-profit organizations dedicated to expanding the possibilities for aging. Together, we advance policies, promote practices, and conduct research that supports, enables, and empowers people to live fully as they age.

**QUESTIONS?** Contact us at 518.867.8383 or [edu@leadingageny.org](mailto:edu@leadingageny.org)

or Cassi at [cmeritt@LeadingAgeWA.org](mailto:cmeritt@LeadingAgeWA.org)