

Arizona Association of Activity Professionals Newsletter

Arizona Association of Activity Professionals

P.O. Box 1446 Scottsdale, AZ 85257 USA

www.theaaap.org



President's Message

AAAP members and readers,

Thank you for taking time to read our summer edition of your newsletter. Sit, relax and enjoy!

It's summer time in Arizona. It's time to enjoy the great outdoors but it's also a time to be careful in our extreme heat and our violent monsoon storms.

The Board has been hard at work with planning your future workshops. Our next workshop is scheduled for August 20th at Las Fuentes in Prescott. Lunch and 6 CE'S will be offered. The price will be \$50.00. Fliers will be sent out soon.

Our Annual Conference will be held October 20, 21, and 22nd at Pueblo Norte in Scottsdale.

Please remember that membership dues are due August 1st.

Our Bylaws committee will be meeting soon and all members will receive proposed changes in the mail soon. Be sure to review and vote on proposed changes.

Join us at one or both of the opportunities to earn continuing education credits and network with your peers

Have a wonderful summer and remember take time for yourselves.

God bless you all,

Linda Petty

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Letter from the Editor

Hello everyone! I hope your summer activities are going great, and you are inspiring the people in your communities to "Live Life While They Live!"

I apologize for the late newsletter, but sometimes technology is not always what it's cracked up to be.

Just before I was sending out to Linda for publishing, my computer crashed, and I didn't have a back-up copy on my jump drive. Had I had that I could have plugged it in and finished the newsletter almost on time.

When I recovered the data, the Publisher program trial had expired, and I had to download another trial with another e-mail address.

So here I am, over a month late, and putting the final touches on it and adding the most current information about the chapter happenings.

When I finish, it will be time to prepare the next newsletter for Fall 2010!

Have a great Summer!

Carol Adrian, ADC

Newsletter Editor

cadrian.activities@gmail.com

"To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to."

Kahlil Gibran

Moving Forward with..... MEPAP Education



Southern Arizona

For information on upcoming classes contact:

Shirley Peotter, ACC, ADC @ 520-560-0081

Or e-mail: Sapera14@aol.com.

Central Arizona

For information on upcoming classes contact:

Roz O'Neil, ACC, ADC @ 623-910-4688

Or e-mail: aconcept@msn.com

Check out the website at www.oconcept.webs.com

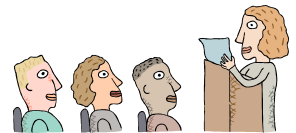
Conferences & Workshops

Northern Arizona Workshop

Prescott — August 20, 2010

Las Fuentes Care Center

1045 Scott Drive, Prescott



AAAP State Conference

October 20-22

Pueblo Norte, Scottsdale

www.theaaap.org

NAAP Conference 2011

29th Annual

March 30 – April 2 2011

Myrtle Beach, South Carolina

www.thenaap.com

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing."

Helen Keller (1880-1968)

Central Chapter News

By Jack Silbaugh, ADC, Area Co-Chairperson

The Central Chapter of AAAP attendance is up! The Central chapter has been meeting in the same room and right before MEPAP classes. We want to be sure that new Activity Professionals are aware of support and education that is provided by AAAP. We have had dynamic speakers in the past few months covering a wide variety of subjects useful to Activity Directors in all levels of care. Topics have ranged from Laughter Yoga to Music and Dance for the Hearing Impaired. Coming soon is a speaker from Greyhound Pets of America. This group helps to place rescued greyhounds in private homes and in healthcare facilities. Please join us on the 3rd Monday of each month at Chris Ridge Senior Living Community.

East Chapter News

By Karen C. Jacobson, ADC, East Valley Chapter Member and AAAP Web Site Editor

The East Valley Chapter of AAAP has been meeting the third Wednesday of each month at Fellowship Square at 4:00 with the exception of one month when we took a field trip to see a local dairy. The purpose was to explore a new and different outing that would remind many residents of their past and bring a smile to their faces. Another meeting focused on the new changes that are involved in mandatory documentation of our long term care facilities. Even though not all members are long term care, the information is extremely valuable and helps everyone understand the importance of understanding the components of a well rounded and high quality activities program. Another topic that we have addressed is technology and how to create high impact visuals to promote our activities. We encourage members to offer suggestions for future programs to maximize our meeting times, along with inviting guests to attend. The more members, the more we'll learn from each other.

North Chapter News

We are looking for a chairperson for Northern Arizona.

If you are interested, please contact: Linda Petty, President @ 480-528-0650

Scottsdale Chapter News

Look for upcoming news in the Fall Newsletter!

South Chapter News

By Carol A. Adrian ADC, AAAP Newsletter Editor

The South Chapter of AAAP sponsored and hosted the Golden Games Olympics for our SNF, LTC, ALF, and IL Communities in Tucson, Arizona at the Jewish Community Center. It was our 26th year of the games. We had fourteen homes participating in the events: javelin (swim noodle) toss, soccer kick, bean bag toss, basketball shootout, and an artworks display. The morning culminated with the races: walkers, independent wheelchairs, and assisted wheelchairs. Ribbons were given to participants and everyone came out feeling good about the whole event.

This year, our chapter honored Stu Epstein, the MC for the event, with a desktop award thanking his for his services in hosting the games at the Jewish Community Center for the last 26 years! Thank you Stu!

West Valley Chapter News

Look for upcoming news in the Fall Newsletter!

Looking Ahead.....

For Fun Ideas

Submitted by Kyle Kopecky, CTRS
Activity Director @ Ridgecrest Healthcare

Ridgecrest Healthcare in Phoenix hosted an Easter Egg Hunt this past April.

There were approximately 100 people at the Easter Egg hunt. It was our second annual event for staff and family. We had egg coloring, games and crafts, and an Easter Egg hunt for children ages 0-12 yrs. The event was run by our Employee Council.



The Activity Department arranged the carriage ride for the residents from AIRC Alternative Intervention Research Clinic. Debbie is the contact person at 602.361.5355. We had a wonderful time, residents and staff alike, taking rides on their carriage with magnificent, patient, Alex the Clydesdale at the helm.



Community events are always fun for residents, staff and their families. It's a great way to enhance your community's spirit and make memories together. So, plan ahead for all of your community events and enjoy the sweet success of making a difference in the lives of others.

That's what Activity Professionals do.....

The Power of Art

Marguerite Lindsey, Activity Coordinator
Fellowship Square, Mesa

The Activity Connection website offers "The Power of Art", a course worth 6 CEU'S. I paid the \$25.00 cost, downloaded the course and took the test. Short but sweet; the course reinforced my belief in the importance of art in the lives of residents in assisted living and skilled nursing facilities.



The Alzheimer's Association has a website, MIM, (Memories In the Making) with information on art programs for those in all stages of Alzheimer's disease. "I'm Still Here", by La Doris Heinly, is a book of paintings by people with early to advanced dementia, and includes instructions on how to lead the art class. It reminds us to use pictures and coloring mediums that are adult appropriate, and that mandalas, (ancient circle drawings) are very relaxing to color. From finger painting on the blank page, to color penciling a mandala, or water coloring a memory; it's all about the journey.

Art stimulates memories as well as being a form of expressing non-verbal feelings or concerns. One resident in her first finger-painting venture immediately covered more than half the paper in blue ocean and a dolphin. She had lived in Hawaii for thirty years, a treasured time of her life. Another lady painted an abstract with a shape resembling a map of the United States. She said, "It looks like the world is fading away."

"The Power of Art" suggests some art ideas. On small pieces of paper, write the name of shapes, (circle, triangle, heart, etc.). Fold the papers and place in container. Have each resident take one. Have each resident create a work of art by using that one shape on their paper. Give them no more than 15 minutes and ask them to share their drawing with the group.

It was suggested that a local art supply store may come to your facility and host a "trunk sale", demonstrating different art products and perhaps making a sale.

Several resources are mentioned. The National Center for Creative Aging, (www.creativeaging.org) offers a free newsletter on their website. Two others are www.arttherapy.org, and "The Art Therapy Sourcebook".

Activity Ideas & Programming Page

Armchair Vacations

By Carol Adrian, ADC

If you don't have time or resources to take your resident's on an outdoor vacation, try this idea.

Collect brochures, guide books, pictures, postcards, and a video or slideshow of your favorite destination. Arrange pictures, postcards and brochures on a trifold board covered with material. Use picture album corners so that postcards and brochures are easy to remove for passing around and sharing with your residents.

Also it might be nice to collect nature items in a box to help "set the stage." Pinecones, seashells, rocks, leaves, small branches and leaves, pressed flowers, and aromatic item. If this is not you to collect, you can find flora and fauna field guides at new and used bookstores.



Another idea is to collect the small items and trinkets that you might take on your vacation destination and put them in a box or picnic basket. For camping: matches or lighter, flashlight, batteries, map, compass, bandana, knife, watch, candles, sunglasses, hat, etc.

Set-up items on a table at the front of the room near the television or other video device. Arrange so that items are easily accessible for "Show & Tell" section of program.

Play video or slideshow, and comment occasionally about what is being shown. If you are doing a slideshow, you will have to do a more running commentary.

After the show, talk about what was on the video further, while items of interest in box are shown to each resident. Allow time for resident to look at item.

Group size: 2 or more.

Duration: 45 minutes to 1.5 hours.

Level: All levels.

Ideas for Memory Impaired Individuals

Sorting Activities

This can be an activity for a group, with the members sitting at a table sorting various objects into a sorting tray or container. This activity can be used for different levels of functioning. You can use your creativity for objects to sort. For example, sort poker chips into three colors, or for a more simple activity, use only two colors. This principal can be followed with all objects. You can have a basket full of various colored golf tees (great for golfers). Other items to sort are plastic shower curtain loops, colored Jenga® blocks, pine cones by size or kind, large beads by color or shape, bolts, washers, screws and nails by kind, and coins.



Please submit your programming ideas to: cadrian.activities@gmail.com newsletter editor.

NAAP Conference 2011

"Activities: Oceans of Possibilities."

Start making plans now to attend the **29th Annual NAAP Conference** in Myrtle Beach, South Carolina, March 30 – April 2 2011 at the Sheraton Myrtle Beach Convention Center Hotel. Check out the NAAP website @ www.thenaap.com for updates.

Prescott Workshop

Once again, the AAAP will be presenting a one day workshop in Prescott, Arizona, August 20, 2010 at the Las Fuentes Care Center, 1045 Scott Dr.

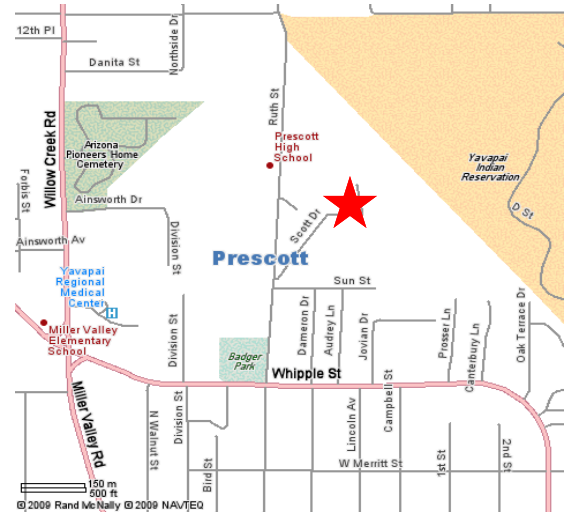
Registration begins at 8:30 am, and sessions begin at 9:00 am.

Look for the Workshop flyer in your mailbox soon!

For further information, please contact

Linda Petty, AAAP President @ 602-653-0146

Or Mary at Las Fuentes Care Center @ 928-778-9603



Off the Beaten Path

Just a short distance from Tucson and Phoenix, the Boyce Thompson Arboretum is the place to discover the intricate beauty and many faces of Arizona's oldest and largest botanical garden. Featured are plants from the world's deserts, towering trees, captivating cacti, sheer mountain cliffs, a streamside forest, panoramic vistas, many natural habitats with varied wildlife, a desert lake, a hidden canyon, specialty gardens and more.

The Arboretum was founded in the 1920s by mining magnate Col. William Boyce Thompson. In 1917 Col. Thompson served as co-leader of a Red Cross mercy mission to Russia, where he came to understand the importance of plants as the ultimate source of a large portion of mankind's food, clothing, and shelter. It was then, that he determined to use his great wealth to improve the use of plant resources. The Arboretum is one of his legacies.

Admission: Adults \$7.50; children 5-12 years \$3; children under age five are admitted free.

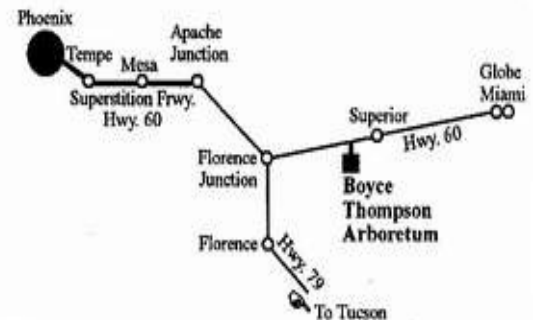
Hours: 6:00 a.m. until 3:00 pm May through August.

Recorded event information line: 520.689.2811

The Arboretum is located at Highway 60 Milepost #223 near the historic copper mining town of Superior, about one hour's drive due east of Phoenix on the Superstition Freeway.

From Tucson, take Oracle Road North to Highway 79, continue through and past the town of Florence to the junction where Highway 79 meets Highway 60, then turn right and drive another 12 miles East on Highway 60 to our front gate.

Even Activity Professionals need an outing!





You are invited!

Plan on attending the AAAP Chapter meetings in your area. It's a great way to keep up with the current trends in Activity Programming, Regulations, and Survey, as well as a great opportunity to network with other Activity Professionals.

See you there!

Central Valley Chapter

Phoenix, North Phoenix

Co-Chairs: Jack Silbaugh, ADC

(w) 602-265-7484

Vivienne Kirk

(w) 623-853-0304

Where: Chris Ridge Village

6246 N. 19th Ave., Phoenix, AZ

When: 3rd Monday @ 4:00 PM

East Valley Chapter

Mesa, Tempe, Chandler, Gilbert
Apache Junction, Queen Creek

Co-Chairs: Lou Dwyer, ADC, 480-983-0700

Donna Harmon, (h) 602-295-4956

Where: Fellowship Square – Mesa

Activity Room, 2nd Floor, Building 5

6945 E. Main Street

Mesa, AZ 85207

When: 3rd Tuesday @ 4:00 PM

Northern Chapter

Flagstaff, Payson, Prescott, Show Low

At this time we are in need of someone who currently has their ADC and is willing to be a Chair Person or Co-Chair Person for the North.

If you, or someone you know is interested,

Please contact:

Linda Petty, AAAP President @ 602-653-0146

Scottsdale Valley Chapter

Scottsdale, Fountain Hills, Cave Creek

Chair: Lois Maxwell, ADC

(w) 623-974-6797

Where: Pueblo Norte — Club Room

7100 E. Mescal

Scottsdale, AZ 85254

When: 3rd Tuesday @ 4:00 PM

Southern Chapter

(Tucson and Southern Arizona)

Chair: Alma Zazueta, ADC,

(w) 520-797-1191

Where: TBA in Southern Chapter minutes

When: 3rd Monday @ 4:00 PM

West Valley Chapter

Co-Chairs: Suzi Salzinger,

623-815-4252

ssalzinger@royaloakslife.com

Roz O'Neil, ADC

623-910-4688

OConcept@msn.com

Location: Royal Oaks — Activity Room

10025 West Royal Oak Road

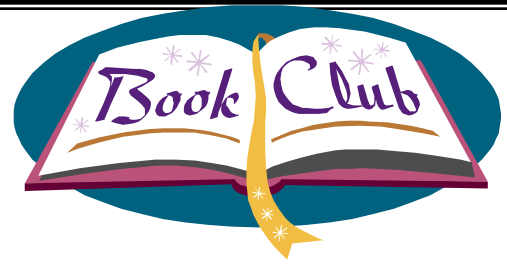
Sun City, AZ 85351

Time: 3rd Friday at 7:30 AM

Room:

* Continental breakfast served.

Summer Reading List By Personality



Adventure: **THE GIRL WITH THE DRAGON TATTOO**, by Stieg Larsson

Comedy: **THE HITCHIKER'S GUIDE TO THE GALAXY (#1)** by Douglas Adams

Classic: **THE GOOD EARTH**, by Pearl S. Buck

Drama: **HALF BROKE HORSES: A True-Life Novel**, By Jeannette Walls

Fantasy: **THE MAGICIANS**, by Lev Grossman

Intellectual: **EAT, PRAY, LOVE**, by Elizabeth Gilbert

Spiritual: **THE PURPOSE-DRIVEN LIFE**, by Rick Warren.

Vampire: **THE TWILIGHT STORIES**, by Stephanie Meyer

If you have any suggestions for Fall Reading List, send recommendation to:

Newsletter editor: cadrian.activities@gmail.com



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