



# Arizona Association of Activity Professionals Newsletter

Arizona Association of Activity Professionals

P.O. Box 1446 Scottsdale, AZ 85257

[www.theaaap.org](http://www.theaaap.org)

## President's Message

## INSIDE THIS ISSUE

Ring in the New Year by resolving to make quality time for family, friends and yourself. Make 2012 the year you hone in on your professional skills and become credentialed. Attend AAAP meetings, workshops and the yearly conference to stay current with diverse modalities used to enrich the lives of those we serve.

Make plans now to attend our Annual Conference,  
which will be hosted at the beautiful

Windermere Hotel and Conference Center in Mesa, Arizona,  
January 19 - 20, 2012.

Our Keynote Speaker will be **Joan C. Webb**. Her topic is  
**Avoid Burnout: Balancing Self-Care with Other-Care.**

Life has its ups and downs, and while we learn from both, it doesn't say anywhere that we have to remain down in the dumps any longer than necessary.

We choose how we feel in any given moment, so let's look at some quick tips to get our attitudes and perspectives pointed in the right direction.

**SMILE - SMILING HAS A POSITIVE EFFECT ON YOUR MOOD!**

**GET OUT OF THE HOUSE, SOAK UP SOME SUN, REWARD YOURSELF, PAMPER YOURSELF, REDECORATE, ACCOMPLISH SOMETHING YOU'VE BEEN PUTTING OFF, DOUSE YOURSELF IN INSPIRATION, EXERCISE, DO SOMETHING GOOD FOR SOMEONE ELSE, AND COUNT YOUR BLESSINGS.**

Make 2012 a year to remember,  
and be proud of your accomplishments as an activity professional.

God Bless you all,

*Linda Petty*

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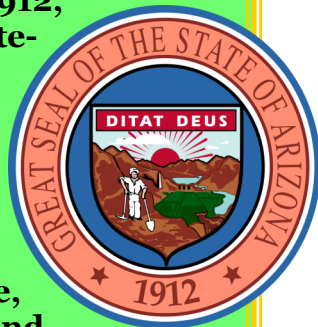
*Letter  
from the Editor*



**THE AAAP Revolution - Join the Cause 2012 Conference will be January 19 - 20. By attending you'll have the opportunity of being revitalized by knowledgeable professionals such as Joan C. Webb, our Keynote speaker, who is an author, speaker and Life Coach.**

**National Activity Professionals Week is January 22 - 28, 2012. The theme this year is "25 Years of Creating Heartfelt Memories."**

**On February 14, 1912, Arizona gained statehood and was the 48th state to join the Union. Some of Arizona's nicknames are the Grand Canyon State, Copper State, Valentine State, and the Baby State...because it was the nation's youngest state for 47 years! Arizona's state motto is the Latin Ditat Deus, which means "God enriches." This motto expresses the spirit and purpose of our grand state, Arizona. As we celebrate 100 years of Arizona history, let our organization of Activity Professionals also gain wisdom and strength from our past history, and embrace change and education. May "God enrich" our endeavors as we serve others.**



Warmest Regards,

*Sally Lehman, AP-BC, ADC*

[stardust\\_ccaz@yahoo.com](mailto:stardust_ccaz@yahoo.com)

Shirley Peotter, MS, ACC, AP-BC, will have the next  
MEPAP Class - beginning January 2012

at

Emeritus At Catalina Foothills

3701 North Swan Road

Tucson, AZ 85718

For further details please call Shirley at: 502-560-0081.



Happy   
St. Patrick's Day

Roz O'Neil, CTRS, ACC will have the next MEPAP Class - Part 1 beginning on February 6, 2012 and will go thru April 30, 2012.

Classes are held

at

Chris Ridge

6246 North 19<sup>th</sup> Avenue

Phoenix, AZ 85015

Monday nights from 5:00 PM - 8:00 PM

3 of the 4 Mondays each month.

You can reach Roz by calling: 623-910-4688 or e-mail at:  
[ooncept@msn.com](mailto:ooncept@msn.com).

**T  
H  
E**

**AAAP Revolution**

*- Join the Cause*

**2012 AAAP Conference**

Windemere Hotel and Conference Center

Mesa, Arizona ❖ January 19 - 20, 2012

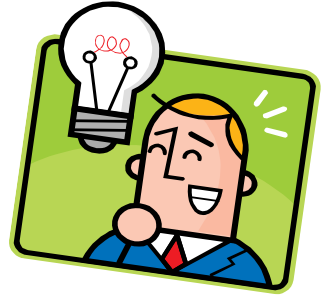
For further details and to sign up visit

[www.theaaap.org](http://www.theaaap.org)

13.5  
CE's

# Not Just a Job

By Billi Miller, BSN, ADC



I hadn't been working in the nursing home activity profession very long that one memorable morning I walked into the Special Care Unit dining room. Breakfast was over and only three people remained while the post-meal clutter was being cleaned up. Two were staff members talking to each other over by the sink, a charming, pretty, middle-aged C.N.A. and the janitor, a Fonzy look-alike with slicked-back hair and flashing smile, also middle-aged. The other occupant of the room was an elderly, wheel-chair-ridden male resident sitting alone at one of the empty tables crying silently and looking like his heart was broken.

I was surprised because I wouldn't have expected this from him. After all, he'd made the army his career, rising to a respectable rank, and fighting in more than one war. Though small in stature, the pictures I'd seen of him as a young man in his uniform showed him looking proud and authoritative. He'd even told me that he'd known General Patton! Looking at him now, his diminutive form seemed to have shrunk even more. His thin legs hung uselessly to rest on the carpet, and his hands, which were his sole means of propelling himself from room to room, lay gently on the wheels of his chair. As long as I'd known him, he'd been a little confused, but he was even-tempered and willing to participate in the life of the unit. I sat next to him and asked him what was wrong.

"I've lost the love of my life," he said looking toward the C.N.A. and janitor who were now laughing with each other. Tears streamed down his face. "She doesn't love me."

My heart went out to him. I stood up. "Come with me, let's get out of here and talk about it," I said as I wheeled him to a private corner of the living room.

I'm going to pause in my story for a moment to let you know that I have a mantra, "Integrity vs. Despair," that I follow when I work with the elderly. I thank *Erik Erikson* and the Developmental Psych class I took for learning it. It was *Erikson's* belief that people have several developmental tasks to accomplish during the different stages of elderly life that they may look back on with pride and feel that their life had meaning and that they had something to contribute (integrity). Or they may look back with fear and despair that they had *no* purpose to their life and that it was a failure. As I wheeled this man I was empathetic, but I was also trying to figure out how I could help him to break through his confusion and loneliness to feel some connection and sense of belonging.

I sat down in front of him and encouraged him to share with me. He told me about his feelings for the C.N.A. and his sorrow that she had turned him down when he confessed his love. He now had to watch as she talked with "that other man." We then talked about his deceased wife and what she and their marriage had been like. We moved on to an army story before it was time for the morning group activity. His tears had dried up enough so that he participated in the classes throughout the day.

I spent a few minutes with him each morning to gauge how he was doing and pulled him into any group I thought he might enjoy. I did see a few more tearful times and shared my observations with the social worker. We came up with a plan for a part-time companion and volunteer to spend some extra one-to-

*continued on next page*

one time with him. Over the next year he had two wonderful companions who went out of their way to converse with him and make him feel special. He went out of *his* way to introduce them to me.

One afternoon we were doing a small group at a table in the dining room and he was one of the residents in the group. He was looking off in the distance with a contented look on his face.

"I just need to say," he began, "life is good. Today is nice and I have a fairly good looking girlfriend..." He looked at me.

When I realized that he had transferred his feelings from the C.N.A. to me and that he was, well sort-of, complimenting me, I laughed out loud and told him that he really knew how to flatter a girl. Quite honestly, I was pleased because I knew that we had conquered his loneliness and had met his need to belong.

The time came when he was dying and he lay comatose in his bed. I went in when I could to sit next to him and hold his hand and say a few words to him. I don't know if he heard me or not, but I went for a few minutes each day. On that last day, it was obvious he was near death and I came in to sit next to him and hold his hand.

"Goodbye, \_\_\_\_\_," I said. "It's been a privilege knowing you."

His eyes opened and focused on me. His hand tightened on mine. "I have always loved you," he croaked through his dry lips. His eyes closed again.

My heart broke into pieces and this time the tears streamed down my cheeks. This little man died a couple of hours later but the memory of this experience kept me loving my job for the many years I worked with the elderly.

**B**UILDING

**S**UCCESSFUL

**A**CTIVITIES

*By Jack Silbaugh, ADC*

**A**nother Holiday Season has come and gone. Many of us are gearing up for National Activity Professionals Week and planning our upcoming year. But how many of us are bringing into the New Year all the things that make the Holidays so special?

As professionals we get busy with planning, budgeting, going to meetings, preparing for survey, dealing with staffing issues and countless other things. As professionals we are providing for our residents, our staff, and our colleagues.

So as we move into our activities for 2012, let's remember to bring with us all the things that made our Holidays so successful. **Bring PEACE. Bring JOY. Fill your day with LOVE and UNDERSTANDING.** By providing these things for your residents, you may remember to utilize these gifts for yourself.

Treat yourself well, and take advantage of the gifts of AAAP: camaraderie, education, and a sense of community that will give back as much as you put into it. AAAP gives back. All you need to do is to be the best professional that you can be.



## RIGHT BRAIN

Controls the left side

Creative

Imaginative

Visual

Artistic

Subjective

Non-verbal

Spiritual and Holistic

## LEFT BRAIN

Literal

Linear

Analytical

Evaluative

Objective

Verbal

Speech and Language

# RIGHT BRAIN / LEFT BRAIN

By Sally Lehman, AP-BC, ADC



KAREN

The Scottsdale AAAP Chapter enjoyed Karen Jacobson's PowerPoint presentation on Right Brain / Left Brain. We learned that information travels between neurons at 260 mph, and that the energy used by the brain can light a 25 watt light bulb! Also, did you know that on an average day, the brain produces 70,000 thoughts? To learn more about the aging brain, neurotic exercises, tongue twisters, brainy quotes, avoiding brain overload, and so much more, check out the resource list below.

### BELIEVE IT OR NOT!

I cdnuolt blveiee that I clluod aulacity uesdnatnrd walht I was rdanieg. The phaonmeneal pweor of the human mind, aocednrig to rscheearch at Cmabridge Uinervtisy, it dseno't mtaetr in what oerdr the lttteres in a word are, the only iproamtnt thing is that the frsit and lsat ltteer be in the rghit pclae.

**Keep Your Brain Alive** By Lawrence C. Katz, Ph.D. & Manning Rubin, **Train Your Brain - 60 Days to a Better Brain** By Dr. Ryuta Kawashima, **Aerobics of the Mind** By Marge Engelman, **The Aging Brain** By Edward Gray, **Boost Your Brain Power** By Ellen Michaud, Russell Wild

## Self-Care 101

By Nancy Davis, ADC

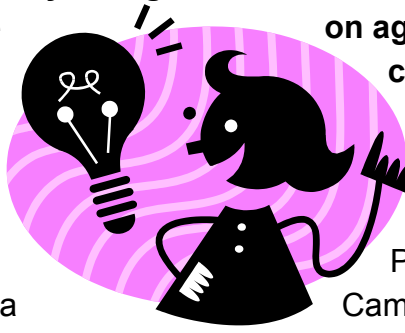


Each one of us is challenged to "do more with less." There are never enough hours in the day to get everything done. Taking time to attend a monthly meeting that is not "required" does not seem like a high priority, but think about it...everything that we read about living a healthy life stresses the importance of taking good care of yourself to ensure that you can take care of others. If you allow yourself the time to become involved in AAAP, you will benefit in many ways: **Meet others**

*Continued on next page*

who understand what your job is really like, get new ideas to incorporate into your existing programs, expand your knowledge and confidence in your ability to tackle new challenges, and the opportunity to share great ideas with others.

Our first meeting of 2012 will be with David Schaeffer, CLTA, on "Living with Dementia." Our meeting time and location remain the same, 4:30 PM the third Wednesday of each month at the Fellowship Square, Mesa Campus, in the Manor IV building, 1st floor Activity Room.



on age-related issues, gain confidence in your ability to tackle new challenges, and the opportunity

January 18. Our speaker will be with Dementia." Our meeting time PM the third Wednesday of each Campus, in the Manor IV building, 1st

**We welcome guests to encourage more activity professionals to join us!**



## Nourish Your Passion

*By Bernadette Gromowski, COTA, ADC*



When I was in my early 30's, I walked into my first nursing home and fell in love. I volunteered there for a number of years in the activity and rehab departments. When I found myself divorced with four children I knew I needed an education to support my family. I loved being with the elderly and I had spent many years volunteering. I decided I needed to go to college. I drove one hour back and forth to college each day, worked part time, and raised four children. Through my passion for the elderly and the grace of God, I graduated as a Certified Occupational Therapy Assistant (COTA). I began to work in the rehab department in a wonderful long term care facility but volunteered in the activity department as often as I could. One day the activity director asked me to come and work for her in activities. I jumped at the chance and have never looked back. I continued to attend workshops and seminars because I knew the more I learned the more I could offer my residents. I joined the activity association and surrounded myself with other activity professionals to learn and grow in my skill. I have been bringing activities to the elderly residents for 25 years. I still go to work each day with a big smile on my face and know I still have things to learn. I have a passion for what I do and I know one of the most important parts of that passion is a duty to continue to learn and grow so I can bring the best life programs to my residents and friends. Being part of a local activity group and your state activities association is a very important part of that nourishment and dedication to our profession. If you have a passion for the elderly, are flexible, have a skill to encourage and promote a positive nourishing environment for those vulnerable and needy, you have a duty to be the best you can be for them. That means education, workshops, seminars and belonging to professional activity associations. Make this year the year you nourish your passion. Remember, we do the best with what we know and when we know better we are expected to do better.

**North Valley 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.**

**All interested parties please contact**

**Linda Petty at 480-528-0650**

**East Valley Chapter***Apache Junction, Chandler, Gilbert, Mesa, Queen Creek, Tempe*

**Chair Person:** Nancy Davis, ADC

**Cell:** 480-620-2992

**E-mail:** [tapestrypt@netzero.net](mailto:tapestrypt@netzero.net)

**When:** 3<sup>rd</sup> Wednesday of the month

**Time:** 4:30 PM

**Location:** Fellowship Square

118 South 70th Street - Manor IV

Mesa, AZ 85208

**Room:** Activity Room - 1<sup>st</sup> Floor

\*\*Please call if you need help locating meeting area.

**South Valley Chapter***Green Valley, Sierra Vista, Tucson*

**Co-Chair:** Alma Zazueta, ADC

**Work:** 520-797-1191 X102

**E-mail:** [alma\\_zazueta@lcca.com](mailto:alma_zazueta@lcca.com)

**Co-Chair:** Pamela Tryon, ADC

**Work:** 520-722-5515

**E-mail:** [ptryon@ensigngroup.net](mailto:ptryon@ensigngroup.net)

**When:** 2<sup>nd</sup> Monday of the month

**Time:** 4:30 PM

**Location:** Emeritus At Catalina Foothills

3701 North Swan Road

Tucson, AZ 85718

**Room:** Activity Room - 2<sup>nd</sup> Floor

**West Valley Chapter***Glendale, Peoria, Sun City, Sun City West, Surprise*

**Co-Chair:** Bernadette Gromowski, COTA, ADC

**Work:** 623-933-0137 X 20

**E-mail:** [bernadette@sunvalleylodge.org](mailto:bernadette@sunvalleylodge.org)

**Co-Chair:** Pat Andrew, ADPC

**Home:** 623-979-7310

**E-mail:** [mcapra@cox.net](mailto:mcapra@cox.net)

**When:** 3<sup>rd</sup> Friday of the month

**Time:** 7:30 AM - 9:00 AM

**Location:** Sun Valley Lodge

12415 North 103<sup>rd</sup> Avenue

Sun City, AZ 85351

**Room:** Activity Room - *Light morning fare served*

**Central Valley Chapter***North Phoenix, Phoenix*

**Co-Chair:** Jack Silbaugh, ADC

**Work:** 602-265-7484

**E-mail:** [JSilbaugh@marylandgardens.com](mailto:JSilbaugh@marylandgardens.com)

**Co-Chair:** Vivienne Kirk, ADC

**Work:** 623-853-0304

**When:** 3<sup>rd</sup> Monday of the month

**Time:** 4:00 PM

**Location:** Chris Ridge Village

6246 North 19<sup>th</sup> Avenue

Phoenix, AZ 85015

**Room:** Activity Room

**Scottsdale Valley Chapter***Cave Creek, Fountain Hills, Scottsdale*

**Co-Chair:** Ally Campbell, ADC

**Work:** 480-352-2345

**Cell:** 480-334-1911

**E-mail:** [kailei1@hotmail.com](mailto:kailei1@hotmail.com)

**Co-Chair:** Shelly Lecher

**Cell:** 602-423-0406

**E-mail:** [flybutterfly5@hotmail.com](mailto:flybutterfly5@hotmail.com)

**When:** 3<sup>rd</sup> Tuesday of the month

**Time:** 4:00 PM

**Location:** Pueblo Norte

7100 East Mescal

Scottsdale, AZ 85254

**Room:** Club Room



# Reading Nook

By Sally Lehman, AP-BC, ADC

## The Daily Book of Art:

### 365 Readings that Teach, Inspire & Entertain

By: Colin Gilbert, Dylan Gilbert, Elizabeth T. Gilbert, Gabriel Guzman, Rebecca J. Razo, Sharon Robinson, Amy Runyen, David J. Schmidt



More than just an art class, this innovative and eclectic collection of art creates a framework from which you can introduce topics to discuss art with your residents.

Have you ever thought art could be seen in coffee? This book explores the quirky form of drawing pictures on the frothy canvas of a latte. Other unique art forms are seen in graffiti, comic book "Burst Balloons", Polynesian tattoos, mandala sand painting by Tibetan monks, American folk art, and the vibrant Harlem Renaissance. It also renders insight into the magnificent art of the Masters such as Degas, de Vinci, Gainsborough, Michelangelo, Millet, Monet, Raphael, Rembrandt, Renoir, van Gogh, and Whistler, just to name a few.

These artistic oddities will stir visual imagery and nurture the creative exploration within us all.



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