

SESSION DESCRIPTIONS

SCHEDULE Friday, January 28, 2022

7:30am-8:30am	Registration & Check In
8:30am-8:45am	Welcome & Announcements
8:45am-10:15am	"It's All in the Hello" Anthony Vicari
10:15am- 10:30am	BREAK
10:30am-12noon	"Do I Really Know What Quality of Life Is?" Anthony Vicari
12noon-12:15pm	Photo outside
12:15pm – 12:45pm	Lunch Provided
12:45pm - 1:15pm	Live Auction
1:15pm-1:30pm	pm BREAK
1:30pm-3:00pm	"Open Ended Materials and Dementia" Ed Bell & Diane Spahn
3:00pm-3:15pm	BREAK
3:15- 4:45	"Music Therapy and the Senior Population: Sandy Golias

6 contact hours possible
Have a safe trip home!

"It's All in the Hello"
 Anthony Vicari, EdS.,AC-BC, ACC/Edu, CADDCT, CDP
 There is not enough attention paid to the real problem for seniors "moving into" a senior living community, the feeling of isolation and loneliness. These communal living settings that we work in (Independent Living, Assisted Living and Nursing Homes) can breed many unwelcome behaviors and attitudes including the exclusion by other residents with activity and leisure programs, monopolizing public areas and general insulting comments to the newcomer. This session will address the critical importance of the very first "Hello" and involve the activity professional in understanding and then utilizing strategic techniques and strategies to effectively work through these important situations.

"Do I Really Know What Quality of Life Is?"
 Anthony Vicari, Eds, AC-BC, ACC/Edu, CADDCT, CDP
 Whenever the topic of QUALITY OF LIFE comes up, healthcare professionals have a wide variety of definitions and impressions. This session will address the critical importance of knowing exactly what QUALITY OF LIFE is and involve the activity professional in understanding and then utilizing strategic techniques and strategies to effectively work through this critically important mandate.

"Open Ended Materials and Dementia"
 Ed Bell & Diane Spahn, Kodo Kids Representatives
 A hands on session exploring the use of open ended early childhood materials to increase engagement in adults living with dementia. You will assess and evaluate the use and relevance of materials and their effectiveness in the different stages of dementia from the front line perspective of an Activity Professional.

"Music Therapy and the Senior Population: How Music Dramatically Improves Quality of Life"
 Sandy Golias, MT-BC
 Music is a universal language spoken by everyone; from birth to 100 years of age and beyond! Music Therapy with the senior population has been proven to increase cognitive engagement and social interaction, as well as improve mood and encourage reminiscence in both individual and group settings. Come and learn how Music Therapy is paired with other disciplines to dramatically improve the quality of life for the senior population. We will engage in a live and interactive group music therapy session!

REGISTRATION

Registration Fee: CAPA members-\$60 – Non-members-\$85.
 Join CAPA by going to www.thecapa.org and click on "forms".
 Deadline for registration is January 17th. Space permitting, registration will be accepted at the door; however, lunch will NOT be provided.
 Make checks payable to **CAPA** and mail to: Ginger Clark, 4902 Herrndon Cir, Colorado Springs, CO 80920.
 If you have questions, contact Ginger @ 719-661-7855 or email entclark@aol.com.

Name _____

Active Member? Yes ___ or No ___ Chapter (circle one): Den/Metro Northern NE Southern WS

Lunch Options (Check One): Turkey ___ Ham ___ Roast Beef ___ Gluten Free ___ Vegetarian ___

Hm Phone _____

Wk Phone _____

E-Mail _____

*** If you wish to pay by Credit Card, go to www.thecapa.org under "forms". ***

SPEAKER INFORMATION

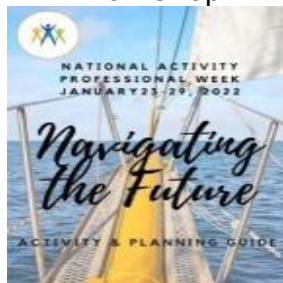
Anthony Vicari has been actively working in the healthcare field for the past fifteen years. His Recreation/Activity therapy work experiences include gero-psychiatric/behavioral health, Memory Care, Independent and Assisted Living, Skilled Nursing/Rehabilitation services. He holds several national certifications, and has presented for many local, state and national workshops and conferences. Anthony's presentations are most effective, and are known as the most informative, engaging and energetic sessions throughout the nation!

Ed Bell & Diane Spahn are representatives of Kodo Kids ~ they offer a line of innovative, open ended and creative materials for people living with dementia. Ed, Account Executive and Diane, Director of Education, will present an informative hands on session exploring the use and effectiveness of Kodo Kids open ended materials.

Sandy Golias is a board-certified music therapist in Colorado Springs. She has a Bachelors in Piano Performance and Music Education. After becoming a Board Certified Music Therapist, Sandy worked in several areas of rehabilitation and with Hospice patients. She has a passion for working with the senior population and runs her own business 'Mountain Music Therapy Services,' providing music services to the elderly in nursing, assisted, and independent living homes. She has presented Music Therapy educational presentations in various venues.



Colorado Activity Professionals' Association
Presents
National Activity Professionals' Day
Workshop



'Navigating the Future'

Sponsored in part by
Vivage Management
Friday, January 28, 2022

8:00am-5:00pm

Vivage Management
12136 W. Bayaud Ave., Suite 200
Lakewood, CO 80228

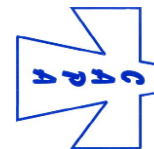
Directions:

I-25 to exit 209 6th Ave going West
Left on Simms St. Continue onto Union Blvd
Right on W Cedar Dr
Right on Urban which becomes Bayaud Ave
Destination on the left

HAMPTON INN \$89 includes breakfast
137 Union Blvd., Lakewood, CO 80228
303-969-9900

HOTEL LINK:

<https://www.hilton.com/en/book/reservation/deplink/?ctyhocn=DENLWHX&groupCode=CHHCAP&arrivaldate=2022-01-27&departuredate=2022-01-28&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>



Colorado Activity Professionals' Association
Ginger Clark, Treasurer
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