



MINNESOTA STATEWIDE ACTIVITY PROFESSIONALS

*"A source for education, support, ideas, and opportunities
to enhance the lives of those we serve."*

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Conference Co-Chairs 2011

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M_N SWAP NEWSLETTER

Winter 2011

President

Hats off to Region 3 for putting on a fantastic conference this year. Thanks for all your hard work on making it a success. Congratulations to our Activity Professional of the Year, Karen Laughlin, from Perham Memorial Hospital and Home. The Excellence in Administration Award went to Ann Dirks from Park View Care Center in Buffalo. And our Volunteer of the Year is Yvette Woell from Brightondale Senior Campus in New Brighton. Thanks to everyone who nominated someone. If your nominee didn't win this year, don't hesitate to try again. A hearty welcome to our new board members. I'm looking forward to getting to know you better. I'm also looking forward to that train ride coming up on the M_N SWAP Express. Have a great Holiday season!

Jane Chagnon

MN SWAP Education Report

This year has been a year of change for M_N SWAP, that led us to trying some new things related to M_N SWAP education events and formats. The spring seminar had a resource panel review session that was interactive in nature and presented some resource ideas and professional updates in a varied and concise manner. The feedback from members was positive, and we hope to include similar sessions in the future.

The biggest change was in going green with our handouts and some of the other conference materials. The M_N SWAP newsletter in addition to all of the conference session handouts were put on the website. We had lots of positive feedback about that change at the conference. Less than 5 people came to the registration area without handouts and we were able to assist them to fully participate in their sessions. This is a technology we will continue to use in the future for all M_N SWAP educational events.

Looking forward to 2012 we are already working on speakers, session ideas, and other related items for the spring seminar and fall conference. The spring seminar will be held on Friday May 11, the featured speaker will be Erin Doucette. Please watch the website for the brochure posting in late March, brochures will also be sent to all members and facilities.

The fall conference dates are Wednesday October 10 - Friday October 12, 2012. Evaluations for the 2011 conference will be available for review by January if you would like to see an evaluation report please email me at plhayle@augustanacare.org.

Many of you attended the session on "Activity Professionalism" presented by Cat Selman at the fall conference. The M_N SWAP board is currently working on a position statement for the "Role of Activities in Blended Roles and Universal Worker Care Settings." This statement will be sent to CMS, and the Minnesota Department of Health for their consideration. The final copy will be posted on the M_N SWAP website, if you would like to see a draft again please contact me at the above email address in January 2012.

Thanks to all the M_N SWAP members who attended educational sessions in 2011, your active and abundant participation helps us keep costs more economical, and makes M_N SWAP a stronger organization for representation of Activity Professionals. I look forward to an energetic and productive 2012 for our organization and the people we serve.

Pamela L. Hayle, ACC, SFPT
M_N SWAP Education-Chairperson

Vice President

My husband Carl and I live in Rochester, MN and have 5 children, 1 grandchild, 8 step-grandchildren and 5 great grandchildren. Spending time with the grandchildren, reading, quilting, motorcycling and relaxing at our cabin are my favorite pastimes.

I have been in the activity field for eighteen years. Working with the elderly has been my passion and joy all these years. I currently work full time with the Sisters of St. Francis at Assisi Heights. The M_N SWAP workshops and conferences have always been a highlight in my years of working in the activity field. I am pleased and look forward to being involved on the board as we head into 2012.

Joni Johnson

Region 1

Region 1 met for breakfast on Thursday morning in October at the conference. We will be meeting in January in Thief River Falls at the newly built Thief River Care Center. Sandy Hennem will be doing our education on Resident-Directed Care. We will also decide on our schedule for future meetings and events for the up coming year. In September we had an activity aide workshop at LakeWood Care Center in Baudette. Next year the Activity Aide Workshop will be in Crookston at Villa St. Vincent.

Cathy Christensen

Vendor Chair

Hello Everyone, I sure hope you enjoyed the MN SWAP Conference and came away with some new ideas. I want to thank you for supporting our vendors. They were very appreciative of the purchases you made. I heard many good remarks from them about the Minnesota Conference and how organized everything is and how friendly the participants are here. So pat yourselves on the back and once again Thank You!

Betty Braegelman

Region 4

Region 4 holds two full day workshops, in the spring and fall of the year, with our business meeting and lunch included in the day. We use your evaluation forms to plan speakers for the next workshop. Each year we ask region members to host the workshops in order to take turns traveling. If you are interested in hosting or attending a workshop or even if you have a request for a new speaker please call me @ 763-951-7819.

Region 4 is responsible for the 2012 Fall Conference. In order to have a great conference we need your help. Co-Chairs are Kara Reiser & Jen Lahmann

Spring of 2012 our workshop will be hosted by Betsy Horsch at St Benedict's Senior Living in St Cloud. Date and speakers are yet to be determined. Look for information in the mail.

For more information please call or e-mail one of your board members. Barb Anderley, Representative banderle@elimcare.org

Kara Reiser, Vice-Representative activities@aicota.com

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Betty Voss, Treasurer equest@cloudnet.com

Barb Anderley

Aboard the MN SWAP Express!

Fall MN SWAP Conference
Holiday Inn, St Cloud, MN
Arrival: October 10, 2012
Departure: October 13, 2012



Stop, Listen and Learn!

Conference Co-Chairs 2012

"All Aboard the MN SWAP Express" at the 2012 Fall Conference on October 10-12, 2012. We look forward to coming together to Stop, Listen and Learn about our profession and our changing culture. The conference is a great opportunity to stay on the right track, connect with colleagues and to "toot" our own horn as well as learn from the best in the business. We will be having an auction/raffle on Wednesday evening and be sure to join us for the Conductor's Dinner and some comedy on Thursday evening. Region 4 looks forward to seeing you all at the 2012 Fall Conference.

Jen Lahmann and Kara Reiser

Region 5

Greetings from Region 5 (WCAPA) this will be short and sweet. What a beautiful fall the nice warm Indian summer days have been great. I am so glad that there is no snow. I do know it will come so enough.

Region 2 did a great job for this year's convention. Pam thanks for finding our speakers they were interesting and very informative it is so nice to come away with some new ideas.

Region 5 we will be taking a break from getting together now till March. We do have a meeting for President, past President, Vice President, Region Rep. Program Chair and Co-Program Chair and Secretary Treasury in January to start planning the 2012 speakers

We are always looking for ideas for our meeting any good suggestions please let us know. Hope all have a safe and great holiday season till 2012Take Care.

Lori Bullerman

Region 6

Region 6 meets five days throughout the membership year, which runs January through December. Our last meeting of 2011 was on November 4 at MN Masonic Home in Bloomington. Topics were "Massage for the Senior Community" and "Multiple Sclerosis." Dates were chosen for 2012 meetings and elections were held for open board positions. We look forward to seeing everyone at our first meeting of 2012, which will be a half-day session on January 24. Region 6 encourages others to check our website for further information: www.mapatwincities.org. Enjoy the holiday season!

Lindsey Vajpeyi

Region 7

Region 7 has some great speakers on deck for their Spring Workshop scheduled for Friday, April 20, 2012, at the Holiday Inn and Suites just north of Owatonna. The board is excited with this line-up that is strong on instruction and techniques that activity professionals can readily put into practice wherever they work. Jennifer Pelletier, a music therapist with Laura Baker Services, will be presenting ways to use music therapeutically with residents without being music therapists ourselves. Julie Reginek, instructor and curriculum designer of the Activity Program at Ridgewater College in Hutchinson, will give a presentation titled "Tips and Techniques for Training Staff to Engage Residents in Meaningful Activities." This will include how activity professionals can help all staff identify ways to involve residents in meaningful activity and to identify and use available resources. Included will be three "P's" for training staff. Mary Zelmer, a Level 2 Master Healer in Spring Forest Qigong, will be leading us in some hands-on Qi-ssage basics to perform on ourselves or others. Qi-ssage combines the energy principles of Qigong with the art of massage which uses key energy points to help relieve stress, help the body heal after injury, and enhance the flow of energy in the body. Mary has trained volunteers and helped over a thousand recipients through the SFQ International Guild ReachOut Program which she developed. The workshop offers 5.5 CEU's. Many thanks to Breanna Wheeler, Activity Coordinator for Northfield Hospital Long Term Care Center, for the work she is doing for our Region on this big event.

Janice Rasmussen

A Sea of Change



Past President

Mn SWAP is in the process of going green, what about you? As an organization, we have decreased our carbon footprint by going from our printed newsletter to an electronic version on our website. As of our Fall Conference 2011, we switched to having members print or save the handouts prior to coming to the conference. The handouts were provided on our website (www.mnswap.org). This will save on the environment by avoiding making copies of handouts for sessions not attended and/or not needed by all members attending. Members will save information electronically or print more limited amounts of data to save. We will continue to strive to become more green and the board would appreciate any of your suggestions!

Professionally, at our job sites, are you trying to reuse and recycle? Here are some suggestions:

Collect unused items and take donations from residents/staff/families/volunteers/community and host a rummage sale with all the proceeds going to the residents. One man's junk is another man's treasure! Then donate all items not sold to a local charity organization (most will pick up leftovers if you call them in advance!)

Share with other local facilities. For example: we just cleaned out our VHS collection and are slowly rebuilding a DVD collection. We donated our VHS tapes to one of our other sites that has a younger population that likes to watch lots of movies and they still use the VHS format.

Look on ebay for items that you need for programming. You can find great deals on new and used items. You can price compare online and have it delivered right to you. Not to mention you can earn free merchandise with ebay bucks!

Make sure residents tv's (and lights if it's safe for that resident) are off when they are not in their rooms.

Have accessible recycle bins and pertinent recycling information in sight of your residents so they can recycle too!

Nancy Schwartz

Past Co-Chairs

Ahoy! Mn SWAP 2011 Fall Conference has come and gone in "A Sea of Change". We hope you enjoyed yourselves as you had your spirits lifted, learned something new, renewed old friendships and made new ones. We received a lot of positive feedback on the conference and will address the issues brought to our attention. The education we receive is our primary goal of the conference and we were able to have a wide variety of choices. Our congratulations to all the award winners and a special thank you to the Region 3 members for their assistance in making the conference run smoothly.

Randi Handegaard and Robin Greff
2011 Fall Conference Co-Chairs

Tired of pen and paper?
Fed up lugging around that attendance book?
Need more time preparing activities?
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New Ad Deadlines and Publication Mailings

Ad & Advertising Deadlines:

March 1, 2012
July 20, 2012
November 1, 2012

Publication Deadlines:

April 1, 2012
September 1, 2012
December 1, 2012

You can submit your articles and advertisements to me by mail at The Wellstead of Rogers, 20600 South Diamond Lake Road, Rogers, MN. 55374 or fax them to me at (763) 428-3792 or email them to me at: agunnerson@5sqc.com.

Mn Swap does reserve the right to limit the number of ads and articles per issue due to the limited space and content.

Annette Gunnerson, Mn SWAP Editor

