

2023 MNSWAP Fall Conference

Session Descriptions

Wednesday October 11

Hot Topics from Members to Consultants

Facilitated by Pamela Hayle

Challenges, successes and best practices for the Activity profession will be the theme of this session. Each consultant will briefly share the current hot topics or challenges they see in the profession. Then the session will be turned over to members to ask questions, share barriers and successes they are experiencing in their day-to-day work.

Vendor Highlights

Facilitated by Kara Reiser

The Vendors are back and ready to share new resources, ideas, and materials. This session will highlight some of MNSWAP's most dedicated vendors with a quick review of their current products. They will describe the therapeutic use of their products and how to incorporate them into your activity programs. This session will be followed by the Vendor Grand Opening where you can visit each booth and learn more about their products and services.

Thursday October 12

Opening Keynote: Lemons to Laughs: Get all the Good the day has to Give

Presented by Tim Gabrielson

You will never look at lemons the same way again. If you really want to influence people, you need to get them engaged. Tim's keynote is a perfect blend of jaw-dropping magic, laughter and mind-blowing insight. This session is designed to not only entertain but also motivate and inspire as well.

The G.A.B.E. Gratitude-Attitude-Behavior-Environment

Presented by Tim Gabrielson

The Gratitude-Attitude-Behavior-Environment training (GABE) starts by identifying things we are grateful for and it can leverage our attitude, affect our behavior and create a better environment for ourselves and those around us.

Make Nature & Time Together Outside a Priority: Improve Health & Well-Being in Your Life, Work, & Community

Presented by Brianna Wheeler

Brianna is a MN Master Naturalist/Instructor who focuses on the connection between intergenerational nature connections and projects and older adult engagement. As a nursing home Activity Director for over a decade, her favorite thing was seeing how residents would light up during time outside with particular attention to the benefits for those with dementia. Learn how she integrates outdoor activities into wellness and social programs for older adults.

Moving Seniors to Action on Climate Change

Presented by Pat Samples

Older adults have a lot at stake as the earth warms, but they also have a lot of power. This session will provide simple motivators and tools on how to engage residents around climate change. Also how to realize their community connections to contribute solutions to the climate crisis.

MDS-The Basics (For New Activity Professionals)

Presented by Vanessa Emm

The MDS the Minimum Data Set assessment seems to be constantly evolving and always presenting new challenges to the activity professional. Join us for the comprehensive session on all things MDS from the interview to care planning. This session is especially recommended for those new to the professional and documentation or anyone struggling with MDS compliance.

Advancing and Adapting Your Senior Fitness Programming

Presented by Emily Johnson

This session will help attendees gain a clear understanding of how to implement a quality senior fitness program safely and effectively. The session will reveal the three components that are required for successful fitness programs and they interact to the six dimensions of wellness geared to older adults of all ages and abilities.

Anatomy of a Care Plan

Presented by Vanessa Emm

This session will review all facets of care planning and how it related to activities. What is a therapeutic activity goal? What is a measurable outcome, and what other parts of the care plan need activity approaches? Learn how to write care plans based on your assessment and expressed needs, wants, interests and abilities of the residents.

Brain and Body Fitness: Tackling the Two-Headed Dragon of Healthy Aging

Presented by Emily Johnson

The connection between physical activity and mental health will be the focus of this session. Learn how physical activity benefits brain health. This session will give attendees at least three new techniques for integrating exercise and brain health in fun activity sessions.

Poster Board Session

Facilitated by Pamela Hayle

This session will take an in-depth look at the poster board presentations as well as sharing of ideas and resources from the MNSWAP Board. Learn about Java programs, types of mediation, travel ideas, and some new fun physical games ideas!

Friday October 13

Therapeutic Small Groups: Genuine Social Connection between Persons with Advanced Dementia

Presented by Erin Bonitto

Erin Bonitto has spent over 20 years educating not only activity professional but all long-term care practitioners in dementia care best practices. This session focused on how “shared experiences” translate into meaningful activity programs for those with advanced dementia. Using Erin’s techniques and suggestions helps residents with advanced dementia improve in alertness, mood, and behavior. Learn how shared social experiences create a comforting and engaging environment for residents with dementia

Compliance, Documentation and Engagement

Presented by Vanessa Emm

This session brings everything together in terms of having a compliant and resident centered Activity program. Learn how to document engagement that demonstrates regulatory compliance. What does F679 actually mean, and what are the expectations for compliance in our activity programs.

Creating a Culture of All-Team Coaching in Memory Care

Presented by Erin Bonitto

Working with resident suffering from dementia takes an all-team approach that focuses on coaching, skills, and creative interventions. Facilities that learn how to create a “Culture of Coaching” on their Memory Care units see success with resident emotional health, less behaviors and staff satisfaction in their day-to-day work. Learn how to create effective teams with consistent resident care practices for success.

Partners, Teams & Groups, Oh My! Social Fitness Experience

Presented by Emily Johnson

In this 2-hour session attendees will learn 10 ways to create a more social (some may say fun) exercise experience. Exercise equipment including balls and thera-bands will be used. This will be an active hands on session incorporating partner activities, team and group work for cardio, strength, balance and flexibility.