

## **MNSWAP 2025 Spring Seminar**

**Eagan Community Center**

**June 5, 2025**

### **Schedule**

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| 8:15- 9:00 a.m.       | Registration and Refreshments  |
| 9:00-10:30 a.m.       | Opening Session<br>Leadership for Activity Professionals by Vanessa Emm  |
| 10:30-10:45 a.m.      | Morning Break  |
| 10:45 a.m.– 2:15 p.m. | Morning Session<br>Calendar Building – An interactive session for new and experienced Activity Professionals with Vanessa Emm and MNSWAP members |
| 12:15-1:15 p.m.       | Lunch on your own  |
| 1:15-1:45 p.m.        | MNSWAP Update<br>MNSWAP Update with Sheri Dittrich and Pamela Hayle  |
| 1:45- 3:45 p.m.       | Closing Session<br>Behavior Strategies and Communication by Vanessa Emm  |
| 2:45-3:00 p.m.        | Afternoon Beverage Break   |
| 5 CEU's awarded       |  |

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### **Seminar Session Descriptions**

#### **9:00-10:30 a.m. Opening Session: Leadership for Activity Professionals**

This session is designed to equip activity professionals with the essential leadership skills necessary to excel in their roles within diverse settings. Emphasizing ethical decision-making, effective communication, and strategic leadership, participants will explore best practices in managing teams, developing programs, and enhancing participant engagement. Through interactive discussions and practical exercises, learners will gain insights into building a positive and inclusive environment while upholding ethical standards in leadership.

#### **10:45 a.m.–12:15 p.m. Calendar Building**

This session provides activity directors with the tools and strategies needed to create engaging, person-centered activity calendars. Participants will learn how to balance diverse resident interests, address cognitive and physical abilities, and ensure compliance with regulatory standards. Attendees will leave with practical skills to design dynamic calendars that prompt social connection, wellness, and overall quality of life for residents

#### **1:15-1:45 p.m. MNSWAP Update – MNSWAP Board Members**

MNSWAP Board members will provide an update on “Everything MNSWAP” including award nominations, upcoming elections, fall conference and region news. We will also include a short regulatory update from state and federal agencies.

### **1:45- 3:45 p.m. Behavior Strategies and Communication**

This session is designed to provide staff with effective strategies for understanding, managing, and responding to the behaviors of residents living with dementia. Participants will explore the underlying causes of challenging behaviors and develop person-centered approaches to foster positive interactions. Emphasis will be placed on compassionate communication techniques, de-escalation strategies, and the creation of supportive environments. Through case studies, role-playing, and group discussions, attendees will gain practical tools to enhance the well-being of residents and improve overall quality of care.

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## **Continuing Education, Location, Dining, and Travel Information**

### **Continuing Education**

This seminar is tailored to meet the standards set by all national certifying bodies for Activity and Recreation professionals. It has been submitted to the National Certification Council for Activity Professionals (NCCAP) for approval of 5 continuing education credits. Participants will receive a certificate of attendance, including all necessary details required for their respective renewal processes."

### **Location**

Eagan Community Center is located at 1501 Central Parkway Eagan, MN 55121. The building is open at 7:00 a.m. The seminar begins at 8:15 a.m. with registrations and refreshments. The community center phone number is 651-675-5550.

Pilot Knob Road to Central Parkway can be reached from 494 east or west depending on your starting place. There is a large parking lot immediately adjacent to the main entrance.

### **Dining**

Directly across the street (Central Parkway) is a large square with over 25 dining choices from Taco Libre, Café Zupas, Piada, and a large Hy-Vee grocery store. There are also a large variety of sit down restaurants within a few miles of the community center. The community center has a small refreshment area with a few hot options, no food from the outside is allowed in the community center.

### **Hotel Information**

The following are several nearby hotels:

The Residence Inn by Marriot Minneapolis/St. Paul/Eagan 651-452-6020

Holiday Inn Express Suites 651-452-3400

Country Inn and Suites by Radisson 612-249-9920

MNSWAP has no hotel agreements or recommendations for this event. The above information is provided as a guide for overnight accommodations if needed.