ACTIVITY DIRECTOR WORKSHOP
DIFFERENT STRATEGIES FOR COMMON CHALLENGES

Take a day from your hectic life in the facility to reconnect with colleagues and discuss common challenges. This workshop will cover topics most activity directors have thought about and dealt with.

WHEN & WHERE

APRIL 19 — JACKSON  
APRIL 20 — BRENTWOOD  
APRIL 21 — KNOXVILLE

WHAT'S IT ALL ABOUT?

Program Objectives

• Learn the benefits of resident and family councils; How to evaluate council outcomes and mitigate negative results
• Review the causes and types of undesirable behaviors; how to develop programming to promote appropriate social interaction
• How to reduce resident isolation with one-on-one activities
• Get answers to every day questions from your Tennessee colleagues
• Plan for a fun summer with unique activity ideas to keep you inspired and motivated
• Use the practice of mindfulness to improve the quality of your interactions, decrease stress and burn out, and contribute to overall wellbeing

SEMINAR AGENDA

7:30 – 8:30 am  Registration
8:30 – 9:15 am  Making Resident and Family Councils Effective
9:15 – 10:00 am  Understanding and Managing Behaviors
10:00 – 10:15 am  Break
10:15 – 11:15 am  One-on-One Interventions
11:15 am – 12 noon  Roundtable Discussions — Bring one Great Idea to share!
12:00 – 1:15 pm  Lunch on your own
1:15 – 3:15 pm  Summer-Themed Activities
3:15 – 3:30 pm  Break
3:30 – 4:00 pm  Practicing Mindfulness for Less Stress
4:00 – 4:15 pm  Q & A; Final Thoughts

SEMINAR FACULTY

Jo Anne Harrison-Becker, MS, TRD, is the founder and CEO of Therapeutic Recreation Services in Connecticut. She is a consultant to recreation and activity professionals, a trainer, speaker, and author. She has worked in a variety of settings including long term care and assisted living. Her focus is person-centered activities, enhancing the activities calendar, improving the resident council, and stress management. Harrison-Becker is a frequent presenter at therapeutic recreation conferences and speaks on wellness topics to older adults as well.

WHO SHOULD ATTEND?

Nursing Home Activity Directors
DATES AND LOCATIONS:

April 19 – Jackson
Doubletree Hotel
1770 Highway 45 Bypass • Jackson, TN 38305 • (731) 664-6900

April 20 – Brentwood
THCA Meeting Center
5120 Virginia Way (Lower Level) • Brentwood, TN 37027
(615) 834-6520

April 21 – Knoxville
Knoxville Airport Hilton
2001 Alcoa Highway • Alcoa, TN 37701 • (865) 970-4300

Registration: 7:30-8:30 a.m.
Seminar: 8:30 a.m.-4:15 p.m.
Registration fees: Member rate: $145 per person
Non-member rate: $290 per person

Early registration deadline/late fees: April 12, 2016 (add $20 per person for registrations postmarked or fax-dated after this date)

Credit: Six (6) hours NCCAP activity credit applied for

To register: Complete the form below, detach and mail to THCA, P.O. Box 440548, Nashville, TN, 37244-0548, or fax to (615) 834-2502

REGISTRATION INFORMATION

CONTINUING EDUCATION POLICY

THCA reserves the right to cancel any seminar and will make a full refund to registrants in the event of a cancellation. THCA understands that registrants cannot always attend seminars as planned. Therefore, substitutions may be made at any time. If cancellation of a registration is necessary and is received by THCA at least 48 hours before the seminar, a full refund will be made; less than 48 hours, a 50 percent refund will be made. Those who cancel less than 48 hours prior to the seminar and have not paid will be invoiced for 50 percent of the fee. All cancellations must be in writing. Cancellations may be faxed to the THCA office at (615) 834-2502. Registrants who do not attend and who do not cancel will be invoiced for the full seminar fee.

NOTE TO ATTENDEES

Business casual attire is recommended. Room temperature in large meeting spaces is often difficult to control. Please dress appropriately by carrying a light jacket or sweater. If you have special needs (disabilities or dietary restrictions) that require attention in order to attend this event, please notify THCA at least seven days prior to the seminar date.


Look for the Tennessee Health Care Association/Tennessee Center for Assisted Living on Facebook, Twitter and YouTube.