

Helen Vanderhoof, Registrar  
Conference Registrar  
18384 Siesta Dr.  
Penn Valley, CA 95946

ROUTE FIRST TO:

ACTIVITY DEPARTMENT  
THEN  
ADMINISTRATIVE TEAM

**Northern California Council  
Of Activity Coordinators  
38<sup>th</sup> Annual Education Conference**



*“Activities: Growth is Ageless”*  
*October 26, 27, 2017*  
*Holiday Inn Express*  
*Lodi, California*

## Universal Educational Value

Although our educational events feature speakers and topics applicable to and requested by Activity Professionals, NCCAC opens their educational event **doors to any and all professionals who are interested in enhancing their educational development.** We are authorized to offer continuing educational units in the form of class hours only. Our CEU documentation contains the full credentials of each teacher and the title of every session. We have had multiple health care professionals attend and apply that they learn to their chosen field your registration costs cover all events, and meals, and 9.5 hours of continuing education listed in the brochure **Get your greatest value by attending both days.**

## NCCAC Registration Forms

New members joining with their registration, Personal and facility paid members in good standing (dues paid) may use member rates. All registrations, event attendees whether new/renewing members or non-members, must submit a completed membership application where applicable, registration form and payment to NCCAC **either** with a check **or** with complete credit card information on the registration form. No more than one person may receive the benefits of each facility paid membership.

## NCCAC Payment Policies

Please pre-register by **October 19, 2017** to facilitate meal planning and to qualify for the Early Bird Rates. At the door fees will be exacted on all attendees who do not pre-register. **Those attendees whose pre-registration form and payment has not been received by the Registrar by October 19, 2017 will be required to pay at door price.** Any pre-registration forms and payment not received by NCCAC, prior to event will be required to **submit a personal check** to be held for up to 10 days or until the mailed pre-registration and payment are received by the registrar. Once we receive payment, the held check will be returned. **There will be a minimum of \$45 charge exacted for any returned checks.**

## NCCAC Credit Card Payment Policy

Only credit cards listed on the registration form are accepted. Any attendee paying with credit card or any attendee waiting for corporate paper work can contact the Registrar in order to fax their completed registration to the Registrar so that your place is reserved for the Conference events. Please precede any FAXING EFFORTS with a PHONE CALL or EMAIL to registrar Helen Vanderhoof to acquire the fax number and alert her to your communication intention due to personal credit information Helen's contact information: cell 530-852-2714 or email [lhelen@live.com](mailto:lhelen@live.com)

## NCCAC Absentee and Refund Policy

**Absolutely No refunds** will be given. Any *registered attendee* who finds that they will be unable to attend the event, may appoint one substitute to attend in their stead. NCCAC will not require this substitute to be an NCCAC member. The name and contact information of the substitute must be relayed to the Registrar prior to the event by the original member registrant. Contact Helen Vanderhoof using the information below. Credits will expire one year from event.

## NCCAC Promotional Policy and Photograph Disclaimer

As an integral part of our organization's promotional growth, NCCAC has developed a website where some pictures of speakers, attendees or scenes from any of our educational events may be posted. Please indicate to any photographers if you do not want your picture to be taken during the conference.

## NCCAC Fundraising Event

In NCCAC, fundraising is Scholarship fund building. All attendees are urged to bring personal or corporate generated donations or baskets to the Ways and Means booth for the purpose of building your NCCAC Scholarship Fund. To add to your contribution, bring spending money to secure your chance at a choice of prizes. Any attendee may purchase unlimited tickets. Fund raising questions can be directed to Rosemary Cervantes.

## QUESTIONS?

ABOUT **Educational Component** contact:

Ester De Santiago, (209) 368-7141 ext. 19-cell: (209) 747-3637 or e-mail [myruby1027@gmail.com](mailto:myruby1027@gmail.com)

ABOUT **Registration Component** contact: **Helen Vanderhoof**



The hotel is located in Lodi, California Wine Country right off Highway 99. The Holiday Inn Express Hotel in Lodi, CA provides a central location to the cities of Sacramento & San Francisco, the shores of Santa Cruz and Monterey Bay and the slopes of Lake Tahoe. This great location is complemented by quality amenities and excellent service from our hotel's friendly staff.

In Lodi, they're just minutes away from businesses like General Mills, Robert Mondavi Winery, Kubota Tractor & Pacific Coast Producers, ACRT, and Nunhems. Corporate guests are encouraged to use the services in the 24-hour Business Center, our 1,800-sq-ft meeting space & the free high-speed Internet access throughout the hotel.

From picnicking on the Lake Lodi Park beach to seeing a theatrical performance at Hutchins Street Square, there's something here for each of the guests. In the self-proclaimed "Zinfandel Capital of the World," you'll quickly see why wine experts and visitors alike are calling them the region's hottest wine country destination!

At this hotel in Lodi, CA, we encourage you to relax during your spare time on our outdoor patio overlooking the vineyard, and enjoy a treat from the 24-hour Sweet Shop. We also feature the town's only indoor pool and whirlpool, as well as a 24-hour Fitness Center. Unique among hotels in Lodi, California, we serve a complimentary, hot breakfast bar each morning and Manager's Reception on Wednesday nights.

### Attendees Will be Responsible for Making Lodging Plans

**To receive Discount group rate all attendees must register by September 30, 2017**

#### **Lodging Suggestions:**

All Conference Events will occur at **Holiday Inn Express**

Single/Double Occupancy per day: \$129.00

King Bed per day: \$129.00

**Holiday Inn Express is located off of Hwy 99 in Lodi**

**NCCAC RECOMMENDS THAT YOU USE GPS OR GOOGLE MAPS FOR YOUR NAVIGATIONAL NEEDS**

## NCCAC 38th Annual Educational Conference – Sessions

Schedule, Speakers, and Sessions are subject to change due to unforeseen circumstances

**THURSDAY – October 26, 2017**  
**OPENING DAY**  
CE's available

**7:45-8:30 am** Registration & Continental  
Breakfast

**8:45-10:45 a.m. 2.0 Hrs. CE**

*Opening Key Note Address:*

**“New Wellness Approaches: Bridging the  
Gaps of the Past, Present and Future”**

*Gina Pandini, MS, AD*

**11:00a.m. – 12:30 p.m. 1.5 Hrs. CE**

**Activity Programming from the Millennial  
Prospective: Learning is Ageless**

*Ryan Berlt, Activity Professional*

**12:45- 2:00 p.m.**

*- Awards Banquet*

**2:15 – 3:45 p.m. 1.5 Hrs. CEU**

**Alternative Activity Approaches to End  
of Life**

*Joy Mettler, RN*

**3:45-5:00 p.m.**

**Manager's Reception**

*Raffle and Silent Auction/Networking*

**FRIDAY – October 27, 2017**  
**ANNUAL MEMBERSHIP MEETING**  
CE's available

## **NCCAC 38th Annual Educational Conference – Sessions**

Schedule, Speakers, and Sessions are  
subject to change due to unforeseen  
circumstances

**8:00-8:30am** Registration & Continental  
Breakfast

**8:45-10:15 p.m. 1.5 Hrs CE**

**“Positive Physical Approach to Dementia  
with co-morbidities of Depression and  
Anxiety”**

*Brooke Russo, MSW*

**10:30-12:00 p.m. 1.5 Hrs CE**

**A Loving Approach to Dementia and  
Sexuality**

*Laura Wayman, Dementia Expert*

*“The Dementia Whisperer”*

**12:15 - 1:15 p.m.**

**Annual Membership Meeting/Instillation of  
New NCCAC Officers**

**1:30– 3:00 p.m. 1.5 Hrs. CEU**

**General Session: *Endnote Address***

**Work, Family, Faith and Balance; Ways  
to recognize and reduce Activity Burnout**

***Reflecting 38 years of Professionalism  
Growth is Ageless***

**We hope you find knowledge in your educational  
experience with NCCAC**

## NCCAC Educational Conference – About your Speakers

**THURSDAY, Oct. 26<sup>th</sup> -**

**Opening Key Note – “AWARDS BANQUET”**

**Gina Pandiani** has been an Activity Director for Independent and Assisted Living and Skilled Nursing for over twenty years. She has been the Community Life Services Director for Aldersly Retirement Community for eighteen years in charge of Activities, Events and Excursions. She received her National Activity Professional Certification from the NAAPCC, BA in Drama from Dominican University of San Rafael and an MA in Theology from the University of San Francisco. Her specialties are Senior Theater, Music, Memory Care, Spiritual Care, Pet Therapy and her interests are The Arts, Education, Certification, Ethics, and Professionalism. She served as the Education Director for the NCCAC for two years and MAC for three years and is currently the President of the Marin Activity Coordinators. She has spoken at NCCAC and Life Care Services Conferences, West Coast Activity Professionals, East Bay Activity Coordinators, Marin Activity Coordinators, meetings and other Professional events. She is currently involved with Creative Aging of San Francisco, the Marin Senior Mobility Consortium and Drama programs with seniors.

**Ryan Berlt** is a millennial working in the activity field for the past six years. She is currently a student with a future plan to be a psych tech. While her ultimate goal is to work with mental illness she has learned that her second passion is those residents that are just like her. Through her interactions with the elder population she has been able recognize the similarities rather than the differences. She celebrates anyone that is on the same path to learning as she continues to lean and grow herself. Learning is Ageless and so she has shared with her residents all about social media, and what is current in pop culture today.

**Joy Mettler** is a registered nurse with a passion for spiritual guidance through a combination of East and West philosophy and practice. She has a master's of divinity in Yoga. Her experience in all settings of acute care and geriatrics gives her inside knowledge of the stresses of life of caregiver. Her background in nursing meditation allows her to help others through processing of grief.

**FRIDAY October 27<sup>TH</sup> - “ANNUAL MEMBERS MEETING”**

**Brooke Russo** has been in long-term care since 1989. She graduated from Santa Clara University in 1989 with a bachelor's in psychology and in 1993, graduated from San Jose State University with a Master's in Social Work. Her passion is teaching facility staff how to manage residents with difficult behaviors while implementing creative and person-appropriate interventions. Brooke is certified by Teepa Snow on the Positive Physical Approach to Dementia technique. When staff learns new methods and interventions for working with challenging residents, not only does staff's confidence level and skill set rise, residents have an improved quality of life. Her Behavior Management trainings are well known for their simplicity, effectiveness, and "fun". Brooke is now a certified trainer for Positive Approach to Care certification, developed by Teepa Snow, and will be looking forward to training others using this amazing technique.

One of Brooke's core values is her belief that "one of the successes in life is making your vocation your vacation," Mark Twain. She practices this paradigm routinely and incorporates it into training sessions.



**Laura Wayman** holds an associate in arts degree in gerontology and is a certified social services designee. She has over a decade of experience in, and a strong dedication to quality aging. She is a nationally recognized dementia care expert, professional consultant, the CEO of The Dementia Whisperers, Inc., and a sought after speaker on dementia care and issues of aging.

**Emily Denham** holds a Master's Degree in Social Work. She is an excellent problem solver. She has a passion for learning and teaching, with a focus on the importance of teamwork and customer relations. She has had extensive training in Cultural Diversity, Diversity/Respect and Inclusion Training. Her belief in the team approach has guided her in her ability to lead. Her ability to assist in crisis counseling, conflict resolution, meet culturally sensitive needs of diverse populations including spiritual and religious beliefs, has allowed her to share her knowledge with her team for better quality of care. She is extensively trained in Bio-Ethics, Palliative care and End of Life .

## NCCAC Educational Conference - Session Synopsis

### **New Wellness Approaches: Bridging the Gaps of the Past, Present and Future**

This current and up-to-date session presents new wellness approaches bridging gaps from the past to the current activities and standards for future resident/clients in the 21st Century programming. Participants will understand the myths of aging and why new approaches are necessary, and be introduced to the world wide web of Wellness programming available to us from several options of resources and adaptations.

### **Activity Programing from the Millennial Perspective: Learning is Ageless**

Activity programs all over the US seem to be the same, "The three B's. Bingo, Birthdays and Bible." Now is that really a fair statement? No of course not. In every community there are fun and new ideas being shared across all nations. Now, do we still have the three B's? Yes but we have every letter, astric, emoji and GIPHY via #images too. This course will show how your own staff can come up with ideas that are current and relevant to them with a twist. A few adaptation and the same things can be accomplished. Our residents are smart and have capabilities they didn't even realize they have. Education is fun and exciting and gives you a sense of accomplishment. Let's show our resident and their family grandmas twitter account or Facebook profile.

### **Alternative Activity Approaches to End of Life**

Through a dialectic approach, explore the spiritual aspects of attending to end-of-life issues. Experience and share your own view through journaling exercises and dialog about grieving, the healing presence in palliative care and meeting the needs of the elderly through activities. Introduction of meditation practice and creative visualization will be explored.

## **Positive Physical Approach to Dementia with co-morbidities of Depression and Anxiety**

Learn how to reduce depression and anxiety in residents with dementia via Positive Physical Approach to Dementia. This technique was developed by Teepa Snow and will change your understanding of how and why residents with dementia experience depression and anxiety.

## **A Loving Approach to Dementia and Sexuality**

Intimacy, sexuality and sexual behaviors remain some of the most sensitive and controversial health care issues that arise in Long Term Care facilities. As people with dementia experience changes in cognition and judgment, the expression of their sexuality may result in behaviors that are challenging to manage. Health care professionals working in Long Term Care facilities often perceive residents with dementia as asexual beings.

There is a pervasive belief that “sex is for the cognitively intact”. Consequently, it is often difficult for caregivers to accept that residents and those they identify as potential partners have the right to seek out and engage in sexual expression, and to be given privacy to carry on intimate relationships. A Loving Approach to Dementia and Sexuality provides a clearer vision of how dementia impacts the resident, the family and all staff in all areas of human existence, as well as the sensitive topic of human sexuality. Becoming “dementia-aware” includes knowing we cannot stop, change or fix dementia symptoms or behaviors—we can only learn to manage them. Participants will come away with a transformed dementia perspective and empower them with creative strategies to better manage sexually based dementia symptoms and behaviors.

## **Work, Family, Faith and Balance; Way to recognize and reduce Activity Burnout:**

When in the throes of full-fledged burnout, you are no longer able to function effectively on a personal or professional level. However, burnout doesn't happen suddenly. You don't wake up one morning and all of a sudden "have burnout." It's in activity director's nature to want to “make it happen”. It's this commitment and work ethic that gets in the way of recognizing when burn out is creeping up on us over time like a slow leak. Many Activity Directors go through times of such despair and burnout that they actually leave the profession that they used to LOVE! This course will give you some of the tools you need to recognize if you or your staff have burnout. You will explore key ways to reduce stress and avoid burnout.

### ***Share the Wealth***

*Please forward this brochure by fax, email, or print and post to Activity professionals and all individuals you believe would benefit from attending this educational conference. Make it your own personal invitation to others to participate with you in this unique experience of learning and networking.*

**PLEASE RETURN REGISTRATION FORM AND INDICATE JOINING OR RE-NEWING AT THIS TIME.** Please note that all memberships are due for renewal at this time, except those that renewed or join at NAP day and Mid -Year conference in 2017.

**Make all check out to NCCAC**

**BY MAIL TO: Helen Vanderhoof, Registrar  
18384 Siesta Dr.  
Penn Valley, CA 95946**

Pre-Registration DEADLINE by e-mail, post or fax **BY OCTOBER 19, 2017**

All attendees must fill out this form. For NEW / **RENEWING MEMBERS** – include MEMBERSHIP APPLICATION (On Next page) with REGISTRATION for membership records. Thank you. Include ONE Registration/Membership form FOR **EACH ATTENDEE**

**IF you are joining as a new or renewing NCCAC member with this registration, you may then use member conference rates. You must also complete the application on the next page for membership records and so that we may update our membership roster.**

*Total Conference price \$210.00- price break if paid by early bird date*

**MEMBERS ONLY (PICK ONE)**

	Early Bird	At Door	Write Total
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___ 1 day - Circle choice    Thur    Fri	\$ 95.00	\$110.00	_____
___ 2 day – Thur and Fri    ONLY	\$160.00	\$210.00	_____

Write Subtotal of **Members only** section here known as LINE A \$ \_\_\_\_\_

**NON MEMBERS ONLY (PICK ONE)**

___ 1 day - Circle choice    Thur    Fri	\$110.00	\$160.00	_____
___ 2 day – Thur and Fri    ONLY	\$210.00	\$270.00	_____

Write Subtotal of **Non Member only** section here known as LINE A \$ \_\_\_\_\_

\_\_\_ I'm joining NCCAC with this registration! (*Receives membership price*)    New member dues    **\$60.00** \_\_\_\_\_

\_\_\_ I'm renewing NCCAC membership with registration.    Renewing member due    **\$50.00** \_\_\_\_\_

Write Subtotal of **Membership Dues** section here known as    **Line B \$** \_\_\_\_\_

If you are having GUESTS AT ANY MEAL please indicate how many Guests multiply by meal price and include on Line C

Guests for Thursday Awards Banquet ?    How many guests \_\_\_\_\_ X \$ 25.00 = \_\_\_\_\_

Guests for Friday Buffet Luncheon?    How many guests \_\_\_\_\_ X \$ 15.00 = \_\_\_\_\_

Write Subtotal of **Guest Meals total** costs here known as    **Line C \$** \_\_\_\_\_

TO MAKE PAYMENT TO.....NCCAC .....ADD LINES **A + B + C FOR GRAND TOTAL HERE \$** \_\_\_\_\_

(Registration info) - ALL Attendees, please fill out completely and Print Clearly - use separate form for each person.

Name \_\_\_\_\_

Home Address, City/State/Zip \_\_\_\_\_

Home phone (\_\_\_\_\_) \_\_\_\_\_

Employer \_\_\_\_\_ Facility type \_\_\_\_\_

Work Address, City/State/Zip \_\_\_\_\_

Bus. Phone (\_\_\_\_\_) \_\_\_\_\_ Position/Title \_\_\_\_\_ yrs in Field \_\_\_\_\_

E mail \_\_\_\_\_

**IF PAYING WITH CREDIT CARD ALL INFORMATION REQUESTED MUST BE GIVEN**

**Type of Payment**    \_\_\_ Check    \_\_\_ Money Order    \_\_\_ Visa    \_\_\_ MasterCard    \_\_\_ American Express

**Credit Card #** \_\_\_\_\_ **Expire Date** \_\_\_\_\_ **3 Digit Code Number on Back of Card** \_\_\_\_\_

**Card Holder's Printed Name** \_\_\_\_\_ **and Signature** \_\_\_\_\_

**Card Holder Zip Code** \_\_\_\_\_ **Card Holder's email** \_\_\_\_\_

Amount authorizing \$ \_\_\_\_\_ Check here if you want confirmation of registration arrival by E-mail \_\_\_\_\_

Please print your email address \_\_\_\_\_

**FOR MORE INFORMATION regarding registration CONTACT:  
Cell: e-mail: Helen Vanderhoof**