

**MARYLAND ACTIVITY COORIDNATOR'S SOCIETY
THERAPUTIC RECREATION**



**BEACH PLEASE,
COVID WILL NOT STOP US!**

**43RD ANNUAL MACS CONFERENCE
SEPTMEBER 19TH – 21ST, 2022**

**GRAND HOTEL & CONFERENCE
CENTER**

**2100 N. BALTIMORE AVENUE
OCEAN CITY, MD 21842**

Monday September 19th ,2022

8:00 a.m. – 10:00 a.m. **Registration**

Breakfast (Breakfast on your own)

1. 10:00 a.m. – 12:00 p.m. Keynote Speaker: Tamara Zoner : Practical Happiness to Enrich Your Life While Enriching the Lives of Others

Many people think that happiness happens naturally, perhaps for the lucky ones among us. But for most people, that just isn't true. Today, we'll dispel myths around happiness, learn what contributes to the make-up of our "Happiness Set-Point" (and what that is), the main difference between happy and unhappy people, and how to actually create a practice utilizing the habits of happiness! What you'll learn will help you to increase your level of personal happiness so that you bring more happiness into your life and your work, while reducing stress and overwhelm, even without changing your external circumstances.

Learning Objectives:

1. Understand the relationship between happiness and high-level customer service experiences
2. Identify and explain the 7-main areas of happiness, the Happiness Set-Point, and the spectrum of happiness
3. Understand and practice at least 3 to 5 new practices of happiness
4. Application of learning outcomes with senior residents

2. 1:00 p.m.- 2:00 p.m. Reimagining Activities: During the Pandemic and Beyond; Laura Kjar, CTRS and Kregg Kjar, CTRS

This session will give participants a unique insight on how to adapt their current program and develop a variety of quality-based programs that will benefit all residents at various functional levels within the facility. The speaker will provide effective leadership techniques that will ensure to reengage residents and promote interest in all types of activities: Group, 1 x 1, Independent. Participants will learn fun and innovative activity programs with adaptations that can be used to make activity programming

meaningful and ensure it enhances the physical, mental, and psychosocial well-being of each resident.

1. Attendees will learn how to assess the needs of the participant's motivation level, skill levels, and potential barriers that may be hindering positive outcomes.
2. Attendees will learn effective motivational interventions and techniques that will increase participant's engagement.
3. Participants will learn fun and innovative activity programs and adaptations that will make activity programs more meaningful.

3. 3:00 p.m. – 4:00 p.m. Leadership Panel on Things That Worked and Things Learned During Covid; Stacey Young, CDP CADDCT, CDCM, ACC/MC, Tammy Hay, ADC/MC/EDU, CDP, CADDCT and Laura Glass, ADC/EDU

Panel will lead a discussion about staffing shortages, struggles of re-engaging volunteers and residents. Why technology has opened up different skills and opportunities in the recreation field presented by those that work with all levels of care.

1. Attendees will be able to try different technology to help with different challenges.
2. Attendees will be able to identify strategies for whole team approaches before programming.
3. Attendee will be able to identify strategies for best engaging prospects and new staff for community.

4. 8:00 a.m. – 9:30 a.m. "Chicken and egg" collaboration to a fully occupied and thriving community. Ryan Knisely

Do activities bring in active, youthful residents or do good salespeople bring in active, youthful residents to make activities day easier? Why can't it be both! This discussion is going to use a real-life example of how a sleepy aging village turned into the "poster child" of active senior lifestyle. I will share the backstory and the changes that happened simply by a proactive interest between the sales and activities department and how that collaboration not only made for a more engaged active resident population but helped to a full community and wait list for our sales team.

1. Better understand importance of sales and activities relationship and correlation.
2. Best practices for establishing and continuing these relationships
3. How to get started or enhance those aforementioned relationships

5. 9:45 a.m. – 11:15 a.m. Unique Approach to Sensory and Life Enrichment Programming to Awaken the Senses – Laurie Kjar

Sensory enrichment programs need to be creative and engaging. The COVID-19 Pandemic has impacted our resident's sensory needs in many ways. It is more important than ever to awaken their senses. This session provides new and unique programming ideas for sensory enhancement. The speaker will include ideas on how to create and implement the use of Reminisce/Comfort Kits and Life Enrichment Programming. Participants will learn how the kits are a good method of awakening senses through a variety of sensory experiences related to a particular theme or personal connection. The goal of a sensory/life enrichment program is to provide a variety of interesting sensory, physical movement, and reality awareness related programs that will promote stimulation of both memories and all of senses.

1. Participants will learn how the pandemic impacted the sensory needs of residents at all levels and how to re-awaken their senses.

2. Participants will learn to create and implement unique sensory programs opportunities to promote stimulation of both memories and senses.
3. Participants will learn methods of providing interesting sensory experiences related to person centered connections and themes.

12:00 p.m. – 1:30 p.m. Lunch and awards ceremony

5. 1:45 p.m. – 3:15 p.m. Communication in Action – John Davis

This session is designed to give practical skills for Communication between residents and staff. It also delivers on conflict resolution, teamwork, and work environment.

1. Participants will recognize fear based responses and diffuse them.
2. Participants will resolve conflicts through effective communication skills.
3. Participants will be able to collaborate more efficiently with team members.

6. 3:30 p.m. – 4:30 p.m. Art of Journaling: A Creative Journey One Memory At A Time; Debra Homes

If you've ever wondered how to give your activity program an artistic boost, this session is for you. Participants will be provided with information, resources, and understanding of simple, self-expressive art techniques in creating original art journals. This hands-on step-by-step procedural session will supply group leaders with plenty of natural prompts to inspire and spark creative imaginations. Supplies are provided – all that is required is for you bring you desire and enthusiasm in providing fun, creative outlet for people of all ages and abilities!

1. Participants will gain an understanding of art journaling and it's place in community recreation programs.

2. Participants will gain interest and knowledge of simple art methods and techniques to assist in creating original and innovative, memory-provoking journal pages.
3. Participants will be provided with resources and suggestions for leading an art journaling class in all communities.

Wednesday, September 21st, 2022

7. 8:00 a.m. – 9:00 a.m. "Move it or lose it" –Ryan Knisely

Real life examples of how living your own community life principles will lead to a stronger and healthier resident population.

1. Tips on how you can lead by example through your own active lifestyle
2. Best practices for time management to eliminate excuses and live your best life
3. How to share your own results to encourage team and residents to follow in your footsteps.

8. 9:15 a.m. – 10:15 a.m. Creativity: A Sense of Purpose & Engagement- Debby Holmes

If you've ever wondered how to give your activity program an artistic boost, this session is for you, Participants will be provided with information, resources and understanding of simple, self expressive art techniques in creating original aft journals. This hands-on, step-by-step procedural session will supply group leaders with plenty of natural prompts to inspire and spark , creative imaginations. Supplies are provided * all that is required is for you to bring your desire and enthusiasm in providing a fun, creative outlet for people of all ages and abilities!

1. Participants will gain an understanding of the importance of creativity in our communities.
2. Participants will gain knowledge of the role in purpose, engagement and empowerment through art in our communities.
3. Participants will be provided with several different types of simple art projects and directions in leading your community classes.

9. 10:30 a.m. – 11:30 a.m. What to Do about Too Much To Do; Jones Loflin

Your plate is already running over with all you have to do. If only there was a solution that didn't involve cloning yourself. The answer is to run off and join the circus... at least mentally.

This presentation will equip you to better manage your time and energy to achieve better results. From being a stronger ringmaster to building a quality "3 ring" lineup, expect to learn a myriad of practical tips to manage your distractions and more fully focus on the present moment. Most importantly, you'll be ready to run your circus instead of letting the circus run YOU!

1. Identify 3 strategies to reduce one source of stress in their life
2. Create a plan to delegate at least two tasks to others

3. Design a daily schedule that addresses work priorities and personal wellness

Wednesday, September 21st, 2022

11:30 a.m. – 12:15 p.m. Boxed Lunch

10. 12:30 p.m. – 1:30 p.m. How to Talk Your Way to Better Relationships, Jones Loflin

In today's technology-driven work environments, we sometimes neglect to invest time in fostering healthy work environments. Our ability and willingness to listen is limited and we rarely think about how to build a higher degree of trust with others using our words.

In this program, you will learn what it means to be an "aggressive listener." You'll also discover the negative power of "trigger words" and how to reduce them in conversations. Most importantly, you will finish the course equipped to express your own thoughts with greater clarity, confidence, and competence to those around you.

1. Understand the characteristics of the three levels of listening
2. Identify two words or phrases used in conversation that create a barrier to listening by the other person
3. Use the GROW model in conversation to increase the motivation of others

11. 1:45p.m.-3:15 p.m. Closing Keynote: Senior Care Action Heroes; John Davis

This Closing Keynote celebrates and empowers the audience to step into the role of Action Hero by giving them five key steps for excelling in their field and bringing the best service possible while truly enjoying their work. It sends them off charged up and ready to take on any challenges.

1. Techniques for leveraging the present moment for big outcomes
2. They will come to understand how important the work they do is and emotional intelligence tools to make it easier
3. They will witness techniques for effectively working with team members effectively creating a better work environment.

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MACS 2022 Conference Registration Form

Fill out one of the following forms for each person attending the conference
and mail with payment to
MACS c/o Kathy Neville
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PLEASE TYPE OR PRINT CLEARLY-

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Must be postmarked by August 18, 2022

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Please contact Laura Glass, ADC for any dietary restrictions.