

Monday, September 23rd, 2024

8:00 a.m. – 10:00 a.m. **Registration** (Breakfast in hospitality Cabana)

1. 10:00 a.m. – 11:30 a.m. Keynote Speaker: Getting to It: Accomplishing the Important, Handling the Urgent, and Removing the Unnecessary. -Todd Musig

Based on the book, "Getting to It!", this session is a rich and memorable experience on how to get rid of the unnecessary, handle the inevitable urgencies (quickly and effectively), and make the time to really accomplish the important. We will discuss how to get to "IT" - the Important Things of life. How to define IT, communicate IT, plan for IT, do IT, and work with others on IT. Participants will learn easily applied strategies that will help with work/life balance challenges that we all face.

1. Understand the difference between what is important, urgent, and unnecessary and why it is vital to differentiate between the three, in order to accomplish what is truly important in work and life.
2. Determine when to say, "No," and utilize additional strategies on how to remove the unnecessary from the day-to-day in order to accomplish what matters most.
3. Work effectively with others as they strive to accomplish common goals that are important personally and professionally.

11:45 a.m.- 1:00 p.m. Lunch provided

2. 1:00 p.m.- 2:30 p.m. What skill could be more essential to Brain Fitness than the ability to concentrate? Concentration is among the most sensitive cognitive abilities. What is the anatomy of concentration? -Dana Torrance

The number one concern clients experience is their lack of concentration skills and inability to remember (short term memory). The workshops will introduce several activities specifically designed to enrich and engage concentration, short-term memory and other related cognitive skills.

1. Explain what Scramble Bingo is and its benefits.
2. Explain the difference of brain fitness vs. cognition.
3. Understand why laughter is important.

3. 2:45 p.m. – 3:45 p.m. Appetite for Adventure- Leona McTagarrd

Many long-term care nursing facilities encounter specific hurdles when it comes to cooking and food-related activities (i.e. diet type, diet consistency, weight loss, lack of equipment, etc.). In session, you will learn alternatives to cooking methods for all types of prescribed diets to make cooking fun for all! Included will be nutritious recipes and a “no cook” demonstration.

1. Identify eating-related challenges that can arise from various factors for people with dementia/Alzheimer’s disease.
2. Learning different types of cooking activities that require minimal cooking equipment, engage participants and taste great!
3. Learning alternative cooking methods for prescribed/special diets (i.e. pureed, mechanical soft/chopped) to improve intake and consumption.

4. 4:00 p.m. – 5:00 p.m. Supervising, managing, running, coordinating, evaluating and celebrating a successful department-MACS State Board

Sometimes it is easy to lose focus of the important, yet simple, things for a successful department. Let’s go back and talk the basics.

1. Name the top 3 motivators for staff.
2. Explain the importance of development.
3. Name 3 tasks to delegate.

Tuesday, September 24th, 2024

6:45 a.m. – 7:45 a.m. Breakfast Served by State in the hospitality Cabana.

5. 8:00 a.m. – 10:00 a.m. “I have a bad memory.” Have you heard this statement? What is memory? What can we do to enrich and engage our client’s short-term memory? -Dana Torrance

First, we must discuss the importance of motivation and confidence. Next, we will discuss learning styles and cognition. Lastly, we will discuss the importance of concentration and short-term memory.

1. Explain why Scramble Bingo enriches and engages short-term memory.
2. Be able to name strategies to improve motivation and confidence.
3. Explain different learning styles.

6. 10:15 a.m. – 11:45 a.m. Welcome! The National Association of Long-Term Care Volunteers! -Paul Falkowski

For the most part we can all agree that volunteers play a key role in the quality of care and the quality of life for the people living and working in our long-term care communities. We also know that time is precious and limited so recruiting and training volunteers can be challenging. This is where the National Association of Long-Term Care Volunteers (NALTCV), steps in. The NALTCV provides quality interactive training, ongoing training for prospective volunteers, and resources specific to long-term care for recruiting quality volunteers. In this session, you will learn how NALTCV can support you and your volunteers. Identify common triggers for behaviors associated with dementia.

1. Explain why the NALTCV was created and its vision.
2. Discuss the mission of the NALTCV and describe four areas of support.
3. List and describe ways that members of the NALTCV can be involved.

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

7. 1:45 p.m. – 2:45 p.m. Team Building while Morale Boosting with the MACS State Board

Looking for team building activities for a gloom or stale environment? Not only do some of these games and resources boost morale but they will enhance your overall communication and work environment.

1. Name the 4 types of team building exercises.
2. Name the 5 C's of team building.
3. Build a plan to take back to your work place.

8. 3:00 p.m. – 4:30 p.m. What Happened to You? A Trauma informed approach with Older Adults-Jennifer Schermerhorn

Trauma-informed care allows us to work with individuals through the lens of “what happened to you?” instead of “what’s wrong with you?”. Historically, research has primarily focused on trauma in children and adolescents, however it’s important to recognize that trauma occurs across the lifespan. This workshop will allow participants to learn about the various traumas that impact older adults and utilize the SAMHSA guiding principles of trauma-informed care to develop more effective strategies in their practice with the aging population. Participants will also learn how to create organizational change by applying a trauma-informed framework within settings that serve older adults.

1. Participants will understand traumas impacting older adults during the aging process.
2. Participants will apply the SAMHSA guiding principles of trauma-informed care to their practice with older adults.
3. Participants will learn how to create a trauma-informed organization within settings that serve older adults.

Wednesday, September 25th, 2024

10. 8:00 a.m. – 9:30 a.m. Round Table Discussion with MACS State Board

Calendar building, career enhancing, structured networking. In this session we will focus on the balance of offerings of wellness, calendar planning for a wide spectrum of clientele and brining meaning and purpose to when it doesn’t feel achievable.

1. Plan with the 6 components of wellness.
2. Name the adaptations to make current unsuccessful programs successful.
3. Describe practices for parallel programming.

9:30 a.m.- 10:00 a.m. Room Checkout

11. 10:15 a.m. – 11:45 a.m. Closing Speaker: So, What? Capturing and Applying Meaning from Your Personal and Professional Activities - Todd Musig

Have you ever finished an impactful book and forgot its lessons a week later? After a meeting or conference, do you struggle to recall key takeaways? This fun and entertaining session teaches the simple question, "So, What?" and discusses the importance of actively capturing the "so" (meaningful insights) and the "what" (actionable steps) from life's meaningful experiences. Otherwise, life's busyness buries these valuable takeaways, wasting your time and resources. Learn how to maximize your return on your investment of time by intentionally capturing the "gold" from your life's activities.

1. Discover techniques to capture key information. No more "deer in the headlights" moments when someone asks what you learned! Remember everything that matters and ditch the brain overload.
2. Turn "Aha!" into Action! Don't let valuable insights gather dust! Learn how to transform "So what?" moments into actionable steps and habits. Watch your learning explode into real-world progress!
3. Unleash the power of information! Learn how to use what you gather to fuel your journey towards your goals and dreams. Track your progress, measure your results, and celebrate your wins!

11:45 Boxed Lunch & Farewells

BOOK YOUR HOTEL NOW!

Ashore Resort and Beach Club

10100 Coastal Hwy, Ocean City, MD 21842

All attendees will be responsible for securing their own reservations. Please instruct guests to **call 410-524-3535** when making reservations and to **request the special Maryland Activity Coordinators Society group rates**. All reservations must be made by Sunday, August 25, 2024.

For these reservations, a deposit equal to one night's room and tax is required to hold each individual reservation. Such deposit shall serve to confirm the reservation for the date(s) indicated and, upon check-in, shall be applied to the final night of the reserved stay. A personal check, money order or a valid American Express, MasterCard, Visa, Discover, Diner's Club or Carte Blanche card number and expiration date are acceptable.

Guest Rates:

\$159.00 Double Queen Oceanfront Rooms

Room blocks will be reserved through Sunday, August 25, 2024 at which time room availability could be subject to change.

RESERVE YOUR ROOM TODAY!

We accept PAYPAL Payments for Conference Registration To make your payment with PayPal, please follow these instructions. Also note on registration form that you have paid through PayPal and it is your responsibility to still mail in registration form with a copy of receipt from PayPal attached. You must note in PayPal payment that this payment is for 2024 MACS Conference Registration and note name(s) for who payment is covering. MACS will not be responsible for tracking payments that are not noted properly through

PayPal or for registrations without attached PayPal confirmation receipt.

1. Member will login to your own personal PayPal account or company account if submitting through finance department of your company.
2. Click on Send and Request on top toolbar.
3. Enter in mdmacsinc@gmail.com in entry box for who to pay to and click next.
4. Enter amount in large box (USD).
5. NOTE (Mandatory): include name of member/non-member paying and what payment is for: 2024 MACS Conference Registration. If paying for more than one registration, all names MUST be listed! Any diet restrictions need listed too!
6. Shipping Address: Enter in address to match what is listed on membership.
7. Choose your payment of choice and then click button to send money.

MACS 2024 Conference Registration Form

8. **There will be no refunds. In the event of an emergency that you are unable to attend you can either get a credit for the next upcoming conference or send someone else in your place.**

Fill out one of the following forms for each person attending the conference
and mail with payment to

MACS c/o Kathy Neville

8120 Mapleville Rd.

Boonsboro, Md 21713

PLEASE TYPE OR PRINT CLEARLY-

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Facility Name: _____

Address: _____

City/State/Zip: _____

Work phone: _____ Work Email: _____

Ready to become a MACS member or need to renew your membership? Pay for membership at the same time that you register for conference (payment cannot be received later) and receive the member price for conference.

Conference Entrance Fee

Full conference Early Bird Registration

Must be postmarked by August 24, 2024

MACS Member \$340.00

MACS Non-member \$375.00

Full Conference Postmarked after August 25, 2024

MACS Member \$375.00

MACS Non-member \$400.00

Guest Lunch Meal (\$25.00) Date(s): _____

I authorize MACS to use my photograph in MACS organization publications

I DO NOT authorize MACS to use my photograph in MACS organization publications

Dietary Restrictions / Allergies: _____