



## *We Are on A Mission*

To bring aging, mental health and activities to the national conversation.

Embracing the Holistic Care Model believe activities honor, support and cultivate quality of life encounters.

Our service strives to provide a burst of energy through education for Activity Professionals, health care service providers and care partners in the community serving elders.



## *Workshop Menu*



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### **No Turning Back!**

2020 brought unimaginable challenges and within the storm, creative, competent leaders, who had been there all along, emerged in new and exciting ways. It is time to redesign the role of Activity Professionals, harness the power of change and move forward, as a profession, equipped with a vision of Activity Service that knows, no limits. Borrowing words from “This is Me” from the movie, The Greatest Showman... “We are bursting through the barricades and reaching for the sun”. Together we can light the way.

### **Pump UP the Volume and Your Message!**

It is said that people fear what they do not understand and that a confused mind does not buy. More often we state WHAT activities we design and deliver however forget to continue with the WHY or outcomes/benefits that activities bring to each individual. Workshop probes if your WHY activities is clearly expressed in your daily work , networking event, writing or conversations in the community by immersing you to craft your first or update a powerful message that clearly articulates the power of activities. (1.5 hr.)

### **LIFT: Leadership Infused with Forward Thinking**

As a leader your thoughts and words must be congruent. Language can empower or dis-empower and that affects the bottom line. Striving to move people to trust your leadership and services so they in turn commit to the organization refer colleagues to you and build more leaders, not followers. Session addresses transforming leadership, power of language, elements of influence and the special ingredient, vulnerability. Learn how to create strategic conversations, take risks while maintaining strong ethical practices. LIFT yourself and inspire others towards servanthood leadership. (1.5 hr.)

### **Agents of Change: Old Ways Won't Open New Doors**

Barriers to change face Activity Practitioners however it does not mean that each challenge should be viewed as a “dead end.” Problem solving, assertiveness, the power of possibility can influence others and cultivate action. Designed to energize you to become advocates, Agents of Change for the people you serve by increasing the attention and understanding to the power of Activities that are delivered with intention and create powerful outcomes. (1.5 hr.)

## **Key Notes**

**Forecast: Professional Image. Cloudy or Clear?**

Professional image is important. First meeting with a client, future employer or professional networking may be a boom or a bust. This session demonstrates how the right balance of assertiveness, positive power, presence, strength building language and delegation can make a difference. Make each opportunity count, crystallizing your professional forecast and ultimately your service delivery. (1.5 hr.)

**Power UP Your Public Speaking!!**

Transform the negative energy of fear into one that empowers YOU to deliver powerful presentations. Organizing, audience composite, delivery styles and grounding techniques will be strengthened in this session. (1.5 hr.)

**You're A What? Defining, Living & Advancing the Activity Profession**

When someone asks what type of work you do how do you answer? Activity Professionals deliver services that are diverse, adaptive and individualized. This workshop strives to fortify the activity practitioner in elder care settings. Creating strong boundaries, modeling positive leadership during activities and remaining open to possibilities in care delivery while advancing the power of activities. (2 hr.)

**CHH-Changes**

Few people like change however if we're not able to consider new possibilities, options or approaches we can become stuck within our comfort zone. Explore five reasons that change maybe be holding you back from unleashing the full potential within. (1.5 hr.)

## Professional Development

### **Empowering Residents to Create Self-Care Strategies**

Depression. Anxiety. Agitation. Nausea. Aches and pains. Well-known symptoms of stress can easily overwhelm an individual. Instead of ignoring sensations and feelings support residents, to dig deep into what underlying need is not being met so they can feel safe and relaxed. Explore the beauty of the senses and how they can be leveraged into meaningful coping strategies. Proven ideas support folks living with mental health, trauma experiences and more. Educate, engage, and empower through modeling, sensory tools (putty, feathers) and strategies like movement and breath practices which can set a resident up for success to manage their tension.

### **THRIVE! Practitioner Self Care: Going the Distance**

Going the distance and thriving along the way. Identify internal and external limitations that create stress in the healthcare environment, learn time management techniques that will support a healthy work-life balance, ways to create boundaries in the workplace and strategies for creating a path towards a lifelong satisfaction and success in the Activity Profession. (2 hr.)

### **Spirit of Place: How it Impacts Daily Life**

Space, and how it is used, is important to our health and wellbeing. Studies show that people are less depressed after going for a walk outside, blood pressure rates lower after viewing forest landscapes, and rates of healing are increased when facing a window versus a wall. Explore how to maximize the space in your environment and create your own healthy lifestyle. (1hr)

### **Aroma: Essential Oil Strategies for Well Being**

Helen Keller said, "smell is a potent wizard that transports you across thousands of miles and all the years you have lived." Our sense of smell is our primordial link to our brains. When we inhale a scent, neurotransmitters in our brains trigger the production of biochemical secretions that affect our moods, feelings and emotions. Learn the physiology of smell, safety features for using oils and potential benefits. (1.5hr.)

## **Wellness**

### **Meditative Paths: Exploring Labyrinths and Mandalas**

Labyrinths, a path of prayer and Mandalas a sacred space to shut out external influences. Both practices can promote focus, change breathing rates, increase clarity and contribute to the healing process. (1.5 hr.)

### **The Power of Mindful Self Compassion**

Stress is the 21<sup>st</sup> Century health epidemic. How we care for ourselves in a compassionate way? Workshop explores a powerful approach which stimulates more creativity and lasting connections at work, and in life! Powerful model that can transform negativity. (2 hr.)

### **Walk About: Why It Mattered Then and Now**

Physically we are created to walk and have done so for 4.5 million years and research shows how our minds “slow down” when we walk and our brains are stimulated by what we see as they are empowered by the increased oxygen exercise brings to the body. Walking also has sociological implications and riding in a vehicle of any kind removes us from the land and each other. Join us as we dip into an interesting book that chronicles a walk in 1909 from NYC to San Francisco by a 70-year-old man, how our society has changed as technology evolved, lessons learned and why walking, matters today. (1 hr.)

### **The “H” Factor for Life: Happiness and Wellbeing**

Happiness is a basic human need yet is defined differently by each of us. Recent studies show that happiness in life goes in waves peaking in the early 20’s and peaking again in our late 60’s. Relaxing into who we are decreases anxiety and increases life satisfaction. Explore happiness across the ages and cultures and its importance in this hectic world. Dipping into the “Happiness Project” and “The Geography of Bliss” and more. Up your daily dose, “H” Factor for Life! (1 hr.)

### **C.A.R.E. Compassionate Awareness of Others While Refreshing My Energy**

Creating self-care strategies. Care partners feel obligated to be “on” always be “connected” however just like a battery, the human machine, requires time for rest and recharge in order to “power up” again. Explore stress factors, breath strategies, journaling and ways to develop a self-care plan and that refreshes you so you can continue your sacred caregiving. (2 hr.)

## **Wellness**

**Activity Salad Bowl: Serving All, Part I**

The case mix of long-term living continues to change, and Activity Professionals must be ready to serve all. Session will address the unique identities, emotional life, strengths and interests of all. Generational components set the base for exploring how to connect, assess and deliver meaningful, person centered activities to a wide range of clients (1.5 hr.)

**Activity Salad Bowl: Serving All, Part II**

A deeper dive into Boomer's, folks living with mental health qualities, MS, PTSD and young populations. (1.5hr.)

**On the Horizon: Serving Co-occurring Populations in Older Adult Settings**

Substance abuse, particularly of alcohol and prescription drugs, among baby Boomers is one of the fastest growing health issues facing our country. Some seek treatment while many do not and when the need arises for long term care unmet needs, arrive at the older adult setting. Coupled with mental health issues, care provision can be complex. Are you equipped to provide supportive services, arrange AA meetings and integrate a complex case mix? Putting the pieces together, workshop offers practical tips from the field, resources to equip group leaders, an overview of co-occurring diagnoses of mental health and addiction with goal of building community. (1.5 hr.)

**On the Horizon: Serving Co Occurring Populations in Older Adult Settings, Part II**

Building on the base knowledge of Mental Health and Substance Abuse discussed in Part I this session, will dig deeper into: the structure and purpose of the Diagnostical Statistical Manual (DSM), strategies for understanding complex client cases, identify Critical Element Pathways for regulatory compliance, provides tips to strengthen positive communication between residents, peers and staff to locate resources for nonpharmacological person-centered approaches. (1.5 hr.)

**Play Matters!**

Specific, intentional movement can heal, maintain or strengthen. Cognitive games (just a short list) stimulate the brain, mobilize problem solving, reasoning, humor, social manners and affirm individuals or aid in community cohesion. Play releases stress and often is the gateway to creativity. Explore the power of play, ways to adapt activities, strengthen communication and engagement in your community 1.5 hr.)

## Engagement: Activity Service Design & Delivery

### **Sensorium: A Pathway to Connection**

The senses are a portal to reach clients who are changing every day and challenging to serve. Experiential workshop offers time and space to consider your own sensory profile which provides unique insight into the clients' perspective. Physiology of how to activate or calm senses discussed. Explore sensory items, how to adapt materials, safety precautions, responses to look for and document plus expand your sensory toolbox to serve 1:1 or small groups. (3 hr.)

### **Sharing the Table: Serving a Diverse Community**

Services over the years channeled populations into separate silos and now a collaborative approach strives to bring a diverse client mix together, under one roof. Excitement for building community can also bring concerns of "how to do this". Workshop presents a philosophy of service approach built around relational centered care. Explore the language of inclusion, interpersonal and therapeutic communication skills, unique qualities of populations (developmental disability, mental health, folks under 55). The core of this approach is strength-based focus/care planning, activity engagement and the importance of environment where services are delivered. (1.5 hr.)

### **Aroma: Essential Oil Strategies for Room Visits and Small Groups**

Helen Keller said, "smell is a potent wizard that transports you across thousands of miles and all the years you have lived." Our sense of smell is our primordial link to our brains. When we inhale a scent, neurotransmitters in our brains trigger the production of biochemical secretions that affect our moods, feelings and emotions. Learn the physiology of smell, safety features for using oils and potential benefits. Plus, sample policy for Community Life department and make and take project. (2hr)

## **Engagement: Activity Service Design & Delivery**

### **Color Scope**

A hands-on experience that utilizes repurposed materials, explores new and different mediums which encourage Community Life teams to cultivate fertile ground for elders to create their own interpretations. Principles and methods of adapting set the base plus activity analysis then the workshop will move to a hands-on zone to “test drive” approaches. Plus, ideas for room bound or short-term rehab clients. (2Hr.)

### **A.A.A: Adapting Activities to Achieve**

Principles of adaptation set the stage for possibilities. Key concepts of environmental changes, dignity, preferences and developing activities that enhance quality of life experiences for each participant. Budget friendly ideas to build your professional toolbox to serve clients. (1.5 hr.)

### **Activity Outcomes By Design**

Acknowledging that clients are people first allows Activity Practitioners to deliver individualized programs that meets the strengths and needs of clients. Workshop reviews scope of practice, activity potentials, types of groups, and how to adapt “in the moment” as needed. Outcomes will reflect the intent of program design when matching the right activity for the right person at the right time. (2 hr.)

### **Seasonal Expressions: Writing with Elders**

Offer elders the opportunity to write/express their story in simple colorful ways. Learn to utilize slotting exercises, story cubes, cartoons and more. Ideas are highly adaptable, portable and budget friendly. (1.5 hr)

### **Activities: Anywhere, Anytime**

Starting with a review of basic activity process and procedure, communication and special variables the workshop builds to process a list of activities and how they can be adapted in the moment to meet clients where their mood is, functioning level and how to provide activities on the go. Audience: new to field, non-recreation folks (1 hr.)

## **Engagement: Activity Service Design & Delivery**



### **Paper Parasols: Expressive Arts for Elders**

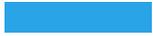
Opening the fullness within. Four leaders guide exploration into techniques in art, music, writing and movement as pathways for client expression. (5 hrs.)

### **MOVE IT ! Games for Muscles and Memories**

Muscles and memory were made to move. Specific, intentional movement can heal, maintain or strengthen. Games stimulate the brain, mobilize problem solving, reasoning, communication, social manners, and affirm individuals or aid in group cohesion. Come explore the power of movement, budget friendly ways to adapt activities and the benefits of play in Long Term Living! (5 hrs.)

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## **Full Day Events**



**Spirit of Place**  
**C.A.R.E: Compassionate Awareness of Others**  
**While Refreshing our Energy**  
**Aroma**  
**Mix It Up: Art & Vision Boards**  
**Play ON: Games Galore**

**Half Day** (3 hours)-choose 2 topics,  
**Full day** (6 hours)-choose 4 topics

Most workshops can be personally provided to you and your team on location.

### **Additional Option**

Workshops designed and delivered on topics that will benefit your specific organization.  
Please call for a strategy conversation

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**Mix & Match: Half Day  
or Full Day Retreats**

Penn State University, Abington	PA- Personal Care Home Administrator Training Program, ongoing
Ontario Activity Professionals	Kitchener, Ontario
New York State Parks & Recreation Society	Rochester and White Plains, NY
Pennsylvania Assisted Living Association (PALA)	Lancaster, PA
PA Adult Day Service Association (PADSA)	Hershey, PA
New Jersey Activity Professional Association	East Windsor, NJ
National Association of Activity Professionals	Charleston, S.C.
Evergreen Adult Day Service	Wyndmoor, PA      Family Caregivers
Home Instead Senior Care	Pipersville, PA      In home care staff
Delaware Council of Activity Professionals	Dover, DE
National Certification Council for Activity Professionals (NCCAP) Symposium- Cincinnati, Minneapolis, Raleigh, Buffalo, Virginia Beach	
Arden Courts	King of Prussia, PA      Community caregivers
NJ/EPA TRA- NJ Eastern PA Therapeutic Recreation Association	Princeton Junction, NJ
Senior Companion Program	Norristown, PA      Seniors visiting seniors
South Eastern PA Veterans Home	Spring City, PA
Brightview Senior Living	East Norriton, PA      Active Aging Week

## Keynotes:

Pennsylvania Activity Professional Association	State College, PA
National Certification Council of Activity Professionals Symposium	Virginia Beach, VA
Kansas Activity Director Association	Wichita, KS
Michigan Association of Activity Professionals	Bay City, MI
Activity Professionals of the Hudson Valley	Ossining, NY
Minnesota Statewide Activity Professionals	St. Cloud, MN
Iowa Healthcare Association Activity Professionals	Des Moines, IA
Lancaster Activity Directors Association	Lancaster, PA

# Presentations Provided for:

## How the Workshop Evolved

Activity Professionals from Bucks County, PA identified games (beyond bingo and balloon volleyball) as their most urgent activity program need, wanting portable, highly adaptable, fresh resources.

### Learning Design

An experiential day that guides you through unique ways to move the body and brain so that you can understand from the client perspective the required sensory, physical, social and cognitive skills. Ideas are budget friendly; many are portable and adaptive for various client strengths and needs.

### Move IT! In Action

Experiential movement...work team project...team showcase...game exploration...activity analysis.  
**B-O-N-U-S** 20 pg. resource booklet

### Top Take A Ways from Participants

“gave me new resources and challenged me to think of unique ways to use program materials that we already have...” (South Eastern PA Veterans Home, Spring City)

“speaker presented a variety of choices for many client levels...”

“Enjoyed the hands-on training”

“various demonstrations, helpful” (Bright View Community, East Norriton)

“opened my eyes to look at things differently” (Saunders House, Wynnewood)

# Hoots & Hollers

from Move IT! Games for Muscles & Memories

**Meet Nancy Richards, ADC,EDU,MC**

Founder, CEO and possibility leader of  
Activity Pathways, LLC

An eldercare education company on a quest to inspire care partners, who seek to understand the dimensions of aging while busting a few myths along the way.

Pushing the edge in making aging, activities and mental health part of the national conversation.

Rooted in the belief that relational based activities engage, support and honor clients during transitional care.

NCCAP Activity Director Certified, with specializations in Education and Memory Care, workshop designer, national speaker and coach. Certified in Mental Health First Aid and working in acute behavioral health settings since 2001. Nancy is an approved instructor for the Modular Education Program for Activity Professionals (MEPAP) a training created by the National Certification Council for Activity Professionals (NCCAP) recognized by CMS for regulatory compliance. Nancy is a past President for the Pennsylvania Activity Professional Association.

Raised in a multi-generational household, Nancy, taps into that rich experience to create meaningful moments for the care journey.

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ACTIVITY  
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Impactful leadership.  
Caregiving strategies infused with activities.  
Creating powerful connections.