



We Are on A Mission

to push back stigma around mental illness and
aging across the community
by promoting the benefits of purpose,
exploration and play,
elements of human wellness.

Our field-tested activity IDEAS, products and
trainings empower health care professionals,
family and friends to explore individualized
activity approaches to support people and
cultivate wellbeing.

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No Turning Back!

Pandemic impact. The world and specifically healthcare 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.(1.5 hr)

Lessons From the Road: Wit, Wisdom and Wonder

The public often views healthcare as a one-way transaction however WE, health care professionals know the reality is different. We witness seniors’ model great courage, vulnerability, and resiliency. Bust a few myths about senior living in this session, explore aging and optimism, elements of amazement and hear firsthand stories from Activity Professionals who share real life resident experiences through the lens of wit, wisdom, and wonder.(1.5 hr.)

Launch Pad: Creativity and Engagement

Pushing stress aside this, high energy, immersive workshop explores creativity through individual and team challenges striving to re-ignite creativity, unlock inner wisdom, and get unstuck! Strengthen your creative edge and persistence in designing and delivering PCC quality of life moments decreasing activity barriers and maximize engagement. Writer Elizabeth Gilbert said, “A creative life is an amplified life.” Together, we CAN ignite, light, and amplify the way. End Target: Resident Engagement (1.5 hr.)

Imagine!

Come explore imagination and its vital role in our personal development and innovation in the workplace. Workshop explores imagination through a series of “What If” activities designed to re-ignite curiosity and unleash expansive thinking. Albert Einstein said, “Imagination is more important than knowledge.” Together, we will ignite and amplify the way forward to Activity Services unbound, unlimited. (1.5 hr.)

Key Notes

Empowerment! Residents Creating 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 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 that support folks living with mental illness, intense life experiences and more. Educate, engage, and empower through modeling, sensory tools (putty, feathers) movement strategies, using art for focus and breath practices which set residents up for success to manage their tension.(1.5 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)

Within Reach: Smartphone Photography

Destin Sparks said, "photography is the story I fail to put into words." Photography can express our inner world by providing a non-verbal communication channel. It also can provide a grounding focal point when life seems to be moving at warp speed by allowing us to be mindfully present and BE in the moment. The workshop explores how photography can be playful, serious, and full of surprises. Explore simple tips and techniques for capturing the FEELING of an image, or how reframing the world can be helpful plus the benefits of photo interactive activities. This education-based class shares field tested experiential learning activities, for yourself or adapted for resident wellness programs and layered with valuable resources. (1 hour)

Wellness

The Power of Mindful Self Compassion

"Stress" is considered the health epidemic of the 21st century? Stress interferes with our productivity, performance, and impact in relationships and home life. Let's reflect... Do you feel drained or overwhelmed by the growing demands and pressures of the workplace? Are you receiving unrealistic requests for bigger and better programs? Do you feel like you're drowning in multi-tasking and meeting tight deadlines? If so, this session shares tips for setting healthy boundaries that honor YOU. You'll explore techniques that are beyond the normal self-care practices. It's time to reclaim your peace and a calm state of mind at work. So, get ready and get real about your "Self-care! You can't take care of others without taking care of yourself FIRST!!!! (2 hr.)

At the Intersection of Nature & Poetry: Wellness Strategies

Nature heals, soothes, connects, and restores calling us to receive these good "gifts". Studies show people are less depressed after going for a walk outside; blood pressure lowers after viewing forest landscapes, and rates of healing increase when facing a window versus a wall. However, we often become disconnected from nature due to work demands, living situations and other barriers. Come explore color and light, texture, and patterns in nature and reconnect as we become "keen observers" of the earth, as poet Mary Oliver said. Session will share several practical nature and poetry projects for exploration and tips to support wellness for residents and yourself. (1.5 hr)

Unplugging & Slowing Down

Days are filled with external and internal noise and typically life moves at high speed. After all we can multitask, have digital devices to complete many tasks and more. When we keep on going without a restful break emotions can be suppressed, physical bodies become a big ball of tension and eventually everything leaks out drawing attention for the need to stop, unplug and rest. Using writer Anne Lamott's mindset, "Almost everything will work again if you unplug it for a few minutes, including you." In this workshop, explore resetting habits, creating self-care routines in small or large breaks, the benefits of quiet, silence and a few sleep strategies. (1 hr.)

Wellness

Wellness Conversations: Quality of Life Opportunities & Future Directions

Looking beyond traditional activity programming and considering the unique experiences of individuals living with mental illness this workshop explores possibilities in building better mental health. Explore developing and designing wellness-based options which embrace the 4 dimensions of recovery as defined by SAMHSA: Health, Home, Purpose, and Community. (1 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 simulated 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, 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.)

Meditative Spaces: Exploring Labyrinths and Mandalas

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

Wellness

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, which releases stress, is often the gateway to creativity. This high energy, participatory workshop explores the power and benefits of play across the lifespan, your play personality and the power of play to strengthen communication and engagement in your community (1.5 hr.)

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. (1.5 or 3 hr.)

Living Well: Mental Health Through Therapeutic Activities

Explore the unique strengths and desires of folks living with Mental Illness and how Activity Services support a person's wellness and recovery plan. Session shares, and demonstrates, field tested activities that are highly adaptable and achievable with the goal being to design a living environment which minimizes potential barriers to activity participation and cultivates protective factors for wellbeing. (1.5 hr)

Engagement: Activity Service Design & Delivery

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, and deliver meaningful, person-centered, ultimately, person directed activities to a wide range of clients (1.5 hr.)

Activity Salad Bowl: Serving All, Part II

Building off the concepts outlined in Part I we move into specific populations within senior communities. Reviewing elements of Trauma Informed Care, potential stigma with the goal of building collaboration with residents allows us, as care partners, to explore the unique strengths and desires of folks living with Mental Illness, Substance Use Disorders/Recovery, understand recovery and homeless experiences. We also explore Multiple Sclerosis and Developmental Disabilities. The goal is to set each person up for success. Experiential learning in this session occurs through demonstration of adapting activities and small group challenge to design a living environment that minimizes potential barriers. (1.5hr.)

Engagement: Activity Service Design & Delivery

On the Horizon: Serving Co-occurring Populations in Older Adult Settings, Part I

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.)

Supporting the Journey: Understanding Mental Illness & Life Enrichment Approaches

Understanding the layered complexities of certain mental illness qualities is vital for Activity Professionals to serve all. Symptoms may be visible or invisible, what resistance looks like may be something else entirely and stigma of self, others and health care organizations can contribute to this layered situation. This training is for you if you are seeking to understand complex mental illness combined with field tested activity approaches to support individual quality of life. (3 hr)

Workshop entry point: This is for the learner who:

- interested in a further level of mental health discussion
- knows the definition and concept of emotional regulation
- have an intermediate understanding of Mental Health Concepts (DSM - V, Diagnoses, Symptoms, stigma)
- Students who can use exquisite listening

Special Populations

Wellness Collective



2026
Mini Classes
&
Workshop Series

Sensory based smart,
accessible, adaptable
strategies

to enhance wellness.

Education based virtual
workshops for individuals or
team trainings.

(Can be adapted for in person experience.

Please ask for more information)

Field tested experiential
learning activities layered with
valuable resources to consider
when expanding your extreme
selfcare priority OR consider for
resident services.



That Makes Sense! Intensive
Building a Sensory Toolbox
Powerful Combination: Nature & Poetry

**all workshops in the collective offer
certificates for
continuing education**

*See website for class dates OR call directly
to schedule personal team training.*

Within In Reach: Smartphone Photography
Restorative Power: Unplugging & Slowing Down

Aroma!

Soundscapes

Pathways to Calm

Naturally

Body Awareness

Optimizing YOUR Sensory Toolkit

Bit size, 1 hour virtual workshops for individuals or team trainings. Education based content; experiential learning activities layered with valuable resources to consider when expanding your extreme selfcare priority OR consider for resident services.

Presentations Provided for:

Keynotes:

Pennsylvania Activity Professional Assoc.

Kansas Activity Director Assoc.

Iowa Healthcare Assoc.

National Certification Council of Activity Professionals Symposium

Michigan Assoc. Of Activity Professionals

Creative Arts Symposium, Doylestown, PA

Minnesota Statewide Activity Professionals

Activity Professionals of the Hudson Valley, NY

Lancaster Activity Directors Assoc., PA

PA Healthcare Assoc.

National Adult Day Services Assoc.

Recreation Professionals of Ontario

PA Mental Health Consumer Assoc.

National Assoc. Of Activity Professionals

Michigan Healthcare Assoc.

Nebraska Healthcare Assoc.

Maine Healthcare Assoc.

New York State Parks & Recreation Society

Pennsylvania Assisted Living Assoc.

PA Adult Day Services Assoc.

Penn State, PA Personal Care Administrators Training

NJ Activity Professionals Assoc.

Hoots & Hollers

from Move IT!

**Games for Muscles &
Memories**

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 Aways 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)



Meet Nancy Richards, ADC,EDU,MC

Founder, CEO and Possibility Leader of Activity Pathways, LLC

A healthcare education company on a quest to push back stigma around mental illness and aging across the community through mobilizing the power of therapeutic activities to engage, empower, and cultivate well being.

Nancy, promotes the benefits of purpose, exploration and play, elements of, human wellness. A graduate of Wesley College and Gwynedd Mercy University with emphasis in Gerontology, designs, and delivers products and speaks nationally. In 2021 released her second sensory activity engagement workbook, *That Makes Sense! Sensory Ideas to Refresh Life*. Is a Past President for the Pennsylvania Activity Professional Association, volunteers on the Education Council for the National Association of Activity Professionals (NAAP) and is nationally NCCAP certified. Nancy serves adults in an acute, co-occurring program in suburban Philadelphia.

Raised in a multi-generational household, Nancy, taps into that rich experience, creating meaningful moments, cultivating engagement.

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