



Iowa Association of  
Activity Professionals  
2018 Conference Information  
Newsletter

[www.iowaaap.org](http://www.iowaaap.org)

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The Board Members of the  
Iowa Association of Activity Professionals  
are proud to announce the

## 2018 Fall Conference

Thursday, October 18, 2018 &  
Friday, October 19, 2018  
at the  
Gateway Conference Center  
Ames, Iowa

### Guest Speakers:

Mark Brown, PhD  
Lance Horback & Marna Mitchell-Butler  
Nikki Carrion, MA  
Molly Nagel

## MESSAGE FROM THE PRESIDENT

Summer is finally here! The lilacs are blooming, the grass is green and the trees are filling out. I love this time of year and so enjoy getting outside with my residents to witness the change of the season, everything fresh and new.

Speaking of changes of season, our fall conference is just around the corner -October 18<sup>th</sup> and 19<sup>th</sup> at the Gateway Conference Center. We have two exciting days of interesting topics. Our speakers are prepared to share lots of information to re-energize us all. All the registration details are spelled out in this newsletter. Register early for our discount and be sure to contact Gateway if you would like hotel accommodations.

See you in October!

Terri Tripp – IAAP President

### Electronic Handout Distribution

We have requested the speakers for this year's conference to get any handouts to us early this year. Please make sure we have your e-mail address (write legibly please) on the registration forms so we may get these handouts to you as soon as possible.

Thanks.

## BOARD MEMBERS

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Hi Everyone!!

I was very fortunate to attend the 36<sup>th</sup> NAAP Conference in Philadelphia, PA this spring! What a beautiful city! Again, I met so many new Activity Professionals, and even ran into a few friends I met last year at the NAAP Conference in Colorado!

The days were filled with classes-I participated in 13 of them, in 3 days' time! Lots of learning and loads of fun! I was also able to meet new speakers and many vendors, which is so important for future IAAP Conferences.

There were 21 states represented, and over 150 attendees! The theme was People \* Purpose \* Passion, and that, my friends, is what we're all about!

Robin Schiltz, IAAP Resource Chairperson



## CONFERENCE SCHOLARSHIPS

We want to help you attend this conference. IAAP will again be sponsoring two (2) scholarships in the amount of the registration of the 2-day fall conference.

Scholarships are to assist individuals who do not receive financial support.

For further information on the scholarship criteria, see form in this newsletter.

## Just a Reminder

Opportunity Basket Drawings  
Fall Basket on Thursday  
Winter/Holiday on Friday  
\$1 or 6/\$5



Baskets will vary from picture

## Websites to Visit

[www.naap.info](http://www.naap.info)

National Association of Activity Professionals  
For the national activity news and information

[www.nccap.org](http://www.nccap.org)

National Certification Council of Activity Professionals  
For regulations and certification information

[www.iowaaap.org](http://www.iowaaap.org)

Iowa Association of Activity Professionals  
For Iowa Activity information, newsletter, and links to  
other activity professional related sites.

# Iowa Association of Activity Professionals

## FALL Conference Schedule

### BOTH DAYS:

Registration, rolls & coffee

7 to 8 a.m.

Lunch and Networking

### Thursday's Topics by Mark Brown

We are Family – I've Got All My Assistants and Me

Guiding the Ship

Laugh Out Loud Until You Gasp for Air

Motivation, Dedication and Inspiration

### Friday's Topics

“Five Year Outlook: Future For Activities is Bright!”

“Fitting Fitness in Using Cues to Action”

“How Healthcare Initiatives are Recognizing the  
Importance of Life Enrichment”

“A Mind for Art: Developing a Meaningful Art  
Program For Seniors”

## Continuing Education Credits Information

Thursday hours will provide 6 hours for the 4 speaker sessions. An extra hour has been added for the networking session. It will run from 4 to 5 p.m.

Friday hours will provide 5 hours for the 3 speaker sessions. We will dismiss at 3 p.m. to allow travel time home.



### **THE SHARING TABLE**

#### **Sharing Table**

Do you have a craft or a game idea that was well received by your residents? Bring a sample along with copies of instructions (80) to share with others.

A table will be set up for displaying these ideas. These can also be shared during the networking session.

We've all seen ideas on Facebook but would like to see what Activity Professionals think of the projects!

# About Our Presenters

## Mark Brown PhD

Dr. Mark Brown was born and raised an Air Force Brat and traveled most of his life. He graduated from Kubasaki High School in Okinawa Japan, then on to Camron University in Lawton, Oklahoma. He served in the Army, and then moved with his family to the Colorado Springs community. He joined the A-1/AMR Paramedic's Family in 1993 and has enjoyed working there ever since. Dr. Brown holds a Bachelor's and Master's Degrees in Religious Education, a Master's in Biblical Counseling and a PhD in Theology with a focus in Christian Counseling.

Along with his Wife, Gail, they have 4 children, 5 grandchildren and one on the way. They are the owners of Pikes Peak Motivation; Leaders in Motivational Speaking and Education. In addition to Motivational Speaking, Dr. Brown is a Registered Psychotherapist in Private Practice at In His Service Counseling. He is an Educator, author, motivator and true friend you can always depend on.

## Lance Horbach & Marna Mitchell-Butler

**Lance Horbach** designed and manages the IIS Senior Living Program statewide, specializing in independent post-acute medical providers. Lance held the position of State Representative in the Iowa Legislature. Lance was the Chairman on the Labor & Industrial Relations Committee, where he floor-managed controversial business legislation on behalf of Iowa employers, including Med Mal reform, Workers Comp, unemployment, Right to Work, and other legislation related to employer's business environment. After 14 years on the front line defending Iowa's employers at the highest level, Lance retired from the legislature in January of 2013. He continues to protect Iowa's medical providers as a recognized insurance consultant for the post-acute continuum of care. Lance currently serves as Chairman of the Board at UnityPoint Health-Marshalltown, Board Member at UnityPoint Health-Allen Hospital, and Board Member at UnityPoint Health-Waterloo (a regional UnityPoint Health Partners Board).

**Marna Mitchell-Butler** has a background in both Assisted Living and Skilled Nursing as a Department Head and Certified Eden Alternative Associate through the Eden Alternative. Her long-term career experience ultimately led to a key position as Community Relations Liaison, handling marketing, admissions and the non-medical aspect of discharge planning for a rurally located SNF. Through this experience, she had the opportunity to cultivate long-standing relationships with fellow providers throughout the post-acute continuum of care. Marna brings the provider perspective to Lance's Senior Living Team, keeping her finger on the pulse of Iowa's LTC providers through continued active involvement in multiple county Provider Committees. Marna currently serves as President of the Des Moines Elderly Consortium, Policy Board Member for NEI3A, and LifeLong Links/Veteran's Directed HCBS Program Advisory Board Member for NEI3A & County Social Services.



## Nikki Carrion

Nikki is the founder-and-facilitator of FitXpress and have been working in the field of health promotion (HP) for more than 25 years. Her passion stems from what the field of health promotion offers in terms of practicing preventive health, and from how this concept promotes positive lifestyle change. Her service is to individuals of all ages, shapes, sizes and varying levels of capabilities. However, her specialty is that of the specific needs of older adults.

Nikki says our older population is the spirit of America. They have an abundance of experience, not only in their areas of work...but in life. The type experience that can only be achieved through the aging process. The type of experience we can all learn from if we simply stop...and listen.

Nikki received her graduate degree is in Community Health Education and includes a certificate in Gerontology from the University of Northern Iowa. Over the years she has been a trainer for Washington State and Senior Services' Enhance Fitness™ program, Stanford University's Chronic Disease Self-Management program, Cal State Fullerton's Fallproof™ program and Oregon Research Institute's Easy Tai Chi method. She is also certified by the National Exercise Trainer's Association in the areas of Personal Training, Group Fitness Instruction and yoga.

Her mission is to provide her clients/participants with the educational tools and information needed to empower them to higher levels of health and wellness. To assist them in their quest to maintain an independent lifestyle, and to possess the "quality" of life we all deserve in a society where "quantity" of life is abundant and in high demand.

## Molly Nagel, Activities Coordinator Bethany Life, Story City, IA

Undergraduate degree in graphic design from ISU  
Graduate degree in Integrated Visual Arts from ISU

Topics Covered:

- Specifically how creativity and the act of creating art happens in the brain and how this can improve the lives of residents
- How to engage difficult to engage residents, and the road blocks to participation in creative arts with residents (how to get a resident who "isn't an artist" to become one who eagerly engages in arts and crafts.)
- Specific arts and crafts that have been huge hits at my facility with my residents, including painting classes, yarn bunnies, and more.
- An overview of art and craft supplies- specifically what is worth the money and where to buy them for the best quality to price ratio





# Scholarship Criteria

The following is the criteria to be considered for one (1) of two (2) scholarships in the amount of the registration for the 2018 Fall Conference.

1. You must meet one (1) of the following:
  - a. Employed in the activity or related field
  - b. Volunteer at least 75 hours of service yearly
  - c. Presently are enrolled in a state-approved course
  - d. Enrolled in a four-year program related to the field (CRTS)
2. You may be eligible to receive the award one (1) time every three (3) years.
3. The amount awarded will be the amount of registration (no cash value).

To be eligible, you need to complete and attach an essay of 50 words or less on how you believe this conference will benefit your working with the elderly. Include your name, home address, home phone number, e-mail address, and facility name and work phone number. Also include if you receive any other financial assistance to attend this conference (i.e. from your organization/corporation).

ALL applications need to be received by Chris by **September 14<sup>th</sup>**, 2018. You will be notified by September 21st, 2018 if you are a recipient.

Send by September 14, 2018 to  
Chris Thomas, IAAP Treasurer  
1116 Hazel  
Pella, IA 50219

Fax # 641-620-4195

E-Mail: [cthomas@wesleylife.org](mailto:cthomas@wesleylife.org)

Iowa Association of Activity Professionals  
2018 Fall Conference Registration  
Thursday, October 18, and Friday, October 19, 2018

Name: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please circle: home address facility address

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Please circle: home/cell phone facility phone

E-Mail: \_\_\_\_\_

Please circle: home e-mail facility e-mail

\_\_\_\_\_ I have no e-mail. Please contact me by phone or mail as needed.

REGISTRATION OPTIONS: Please indicate your selection with an X

\_\_\_\_\_ Both days, if registering BEFORE October 5<sup>th</sup> \$185

\_\_\_\_\_ Both days, if registering AFTER October 6<sup>th</sup> \$200

\_\_\_\_\_ One day\*\*, if registering BEFORE October 5<sup>th</sup> \$135

\_\_\_\_\_ One day\*\*, if registering AFTER October 6<sup>th</sup> \$150

\*\*Please circle which day you will be attending THURSDAY or FRIDAY

Please make copies and fill out a **SEPARATE SHEET** for each person registering for the conference

\_\_\_\_\_ **Please check if faxing registration and mailing check**

**Please be sure your facility is mailing registration and payment  
with checks payable to IAAP to:**

Chris Thomas, IAAP Treasurer

1116 Hazel

Pella, IA 50219

Or faxed to 641-620-4195

If using PayPal for payment for multiple registrations, please make a note of names of the attendees. For assistance in PayPal registration, please e-mail Chris.

**If questions, please contact Chris**

Email: [cthomas@wesleylife.org](mailto:cthomas@wesleylife.org)

Cell: 641-780-0200; Home: 641-628-2032

Work: 641-620-4190

# CONFERENCE INFORMATION

## **Directions:**

The Gateway Center is located at US highway 30 and University Drive.

--Off I-35, take exit 111B to Highway 30 West. Exit onto University Blvd. and go west. The entrance to Gateway is on the right.

## **Dietary Concerns:**

If you have any dietary concerns, please contact Terri Tripp: cell: 515-314-6401

Work: 515-255-3499 E-Mail: [ttripp@newburyliving.com](mailto:ttripp@newburyliving.com)

## **Hotel Rooms:**

Make your reservations for The Gateway Hotel and Conference Center

At 515-292-8600 or toll free- 1-800-FOR-AMES (800-367-2637)

Website: [gatewayames.com](http://gatewayames.com) Call by October 5<sup>th</sup> and ask for special rates for the Iowa Association of Activity Professionals Conference.

## **Reminders:**

The rooms at the Gateway Conference are **USUALLY COOL**. Please dress appropriately and/or bring a sweater or jacket to put on.

## **Cell Phone Usage:**

Please be courteous about cell phone usage. We ask you to utilize the vibrate options for calls and other services. Please step outside the meeting room to take a call. Cell phone usage is a distraction to the speakers as well as the participants. This includes checking social apps during presentation times.

As Always----

\*\*If you have any ideas you'd like to share, send information to Jeri at [iaapjeri@hotmail.com](mailto:iaapjeri@hotmail.com) to print out. If you can bring a sample, SUPER!

\*\*If you would like to share your facility's activity calendar, email it to [iaapjeri@hotmail.com](mailto:iaapjeri@hotmail.com) to electronically send to conference attendees with e-mail addresses.

\*\*If you have any websites that have been particularly helpful to you, email [iaapjeri@hotmail.com](mailto:iaapjeri@hotmail.com) to spread the word.

\*\*In other words—if you have ANYTHING you would like to share, email to [iaapjeri@hotmail.com](mailto:iaapjeri@hotmail.com)