

1:30-4:00

Developing Self Esteem and Wellness Programs in the Elderly:

Now more than ever the focus is on self esteem and wellness programs. There are many important reasons and benefits to planning and implementing these types of programs to fit the needs of your diverse population. Hand outs to be provided. As a participant in this session you will learn:

The importance of self esteem and wellness programs

What resources are available for these types of programs

What types of programs best fit your diverse populations needs

The benefits of having a self esteem and wellness program at your facility

OUR SPEAKER...SANDRA STIMSON



Sandra Stimson is the Executive Director for National Council of Certified Dementia Practitioners www.nccdp.org an Alzheimer's and Dementia Training and Certification Company. She is also the Executive Director of Alternative Solutions in Long Term Care www.activitytherapy.com a corporate activity consulting and dementia unit consulting company providing resources, products and in-services to health care professionals. She has been an Assistant Administrator for a 550 long term care facility, Activity Director, Dementia Unit Director, facilitator for dementia support groups for the Alzheimer's Association. Sandra is a nationally known speaker for state conferences and private seminars. She has authored numerous articles for long term care publications and Creative Forecasting. Sandra has authored several books, Volunteer Management Essentials for Long Term Care, Nutritional Care for Alzheimer's and Dementia A guide for Dementia Units and Pet Express Pet Therapy Program. Sandra is an Activity Director Certified, Assisted Living Administrator Certified, Certified Dementia Practitioner and Certified Dementia Care Manager and Certified Life Replay Specialist. Sandra has two daughters Ashley and Brittany and lives in Sparta NJ with her husband Dave.

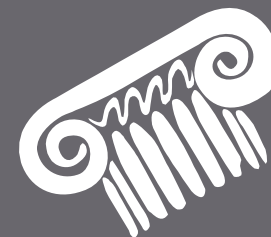
**The Therapeutic Recreation Assoc.
Of Long Island**

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trlongisland.org

TRAIL SPRING CONFERENCE 2009

The Therapeutic Recreation
Association of Long Island



**Recreating
Recreation
Professionals**

Date: 05/20/09
Time: 9:30-4:00

REGISTRATION BE-

GINS AT 9:30-9:45.

**There is plenty of parking
by the restaurant.**

**9:50-12:45 Why Do You
Need a Population and
Calendar Analysis? Bring
your Facility calendar to
this session!**

12:45-1:30 Lunch

**1:30-4 Developing Self
Esteem and Wellness Pro-
grams in the Elderly**

**9:50-12:45 Why Do You Need a Population
and Calendar Analysis?**

This session requires that you bring your facility calendars as you will analyze your calendar during this session?

Today's long term care population has many challenges. Because of this, recreation services have changed. Learn how to determine the types of programs to plan and implement. Surveys will be much tougher and it is important that the activity directors are well prepared to meet the leisure and therapeutic recreation needs of their diverse population. Additionally, this is a great quality assurance that should be conducted on a yearly basis to determine the effectiveness of your program. Normally, you would need to purchase the Population and Calendar Analysis tools but for this one special program, the tools will be provided to you. Hand outs to be provided. In this session, participants will learn:

The importance of a calendar and population analysis

The steps to determine the types of populations residing in your community

To understand your calendars weakness

How to determine the action steps to implement your conclusions

How often an analysis should be completed.

***Directions:516- 735-5535
Domenico's Restaurant***

From the Southern State Parkway:

Take the Southern State Parkway to Wantagh Parkway North (Exit 27N). Continue on the Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway, make a left at the Stop Sign and a right onto Hempstead Turnpike at the traffic light. Continue on Hempstead Turnpike approximately 1 Mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.

From the Long Island Expressway:

Take the Long Island Expressway to the Seaford Oyster Bay Expressway South (Exit 44 S). Exit the Seaford Oyster Bay Expressway at Hempstead Turnpike going West (Exit 7W). Continue West approximately 1.5 miles and look for the King Kullen Shopping Center, located at the Gardiners Avenue Intersection. Turn left onto Gardiners Avenue and stay in the right lane. Turn into the King Kullen Shopping Center, where Domenico's is located in the South-West corner.

From the Northern State Parkway:

Travel on the Northern State Parkway to Wantagh Parkway South (Exit 33). Continue on Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway, bear right and then turn right at the first light onto Hempstead Turnpike. Continue on Hempstead Turnpike. approximately 1 Mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.