As the Mission of LVAPA states we network to provide education to those in our profession.   We are an organization for all those in the activity field from directors to assistants, LTC to adult day services.  Our meetings are held throughout the year and as a member of LVAPA you will receive free CEUs at each meeting, network with many individuals in our profession, exchange ideas and receive support when needed.  In addition, we offer education scholarships, discounts, and more!  *Questions contact* [*lvapa@live.com*](mailto:lvapa@live.com) *or Carrie Shafer at 610-381-1009*

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| **September 14, 2023 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*: **Cathy Braxton** *Owner, Educator and Content Creator of improv4caregivers*  *Topic*: **Start with Yes: Utilizing Improv to Improve Communication-** An introduction into the use of improv and the implications of more effective and positive communication. Participants will be encouraged to engage in real life exercises to exemplify the power of the “yes, and…” communication technique and how it can impact powerful moments of joy with persons living with dementia, our care partners, co-workers, family members and other personal and professional caregivers.  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** | **February 20, 2024 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*:  **John Collins, CTRS, ACC/EDU *President of Collins Healthcare Education***  *Topic*: **Staffing & Volunteering -***Two very important components in the smooth operation of the Activity/Recreation Department. This session will address staffing concerns within the departments as well as give professionals some tidbits on how to enhance programming. A successful Volunteer*  *Program could be the solution to limited staffing.*  *For more information and to sign up go to:*  [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** |
| **January 11, 2024 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*: **Kathryn Kilpatrick, MA**  *Owner of Connections In Communication*  *Topic*: **Hearing Loss and its Impact on Memory –**  *Hearing loss increases with aging and the fact that it can put a strain on your brain and possibly impact your cognitive functioning supports the benefit of being proactive sooner rather than later. With a better understanding of the subtle signs to look for that often begin with decreased engagement, strategies appropriate to a person’s current needs, level of functioning and safety can be recommended and options explored.*  *“Blindness separates us from things but deafness separates us from people.” -Helen Keller*  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** | **March 12, 2024 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*:  **Alexis Perkins**,  Founder and Creative Director of Chair One Fitness  *Topic*: **The Science Behind Getting Residents to Participate -** *Experience this dynamic session that kicks off with a 25 minute chair-based dance fitness class then dives deep into how to increase the amount of residents who attend activities as well as their engagement.*  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** |
| **May 9, 2024 Time: TBA**  **In-Person Meeting: LOCATION TBA**  **Focusing on the Five Avenues of Activities**  *ACTIVITY EXCHANGE AND ROUND TABLE WORKSHOP*  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** | **July 9, 2024 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*: Danielle Griffith  *Topic*: **Are You Prepared?: Regulations and Preparing for Survey**  *As a member of the Activities Department have you ever wondered what the Department of Health expects of you in your day to day role? Learn about what are the current activity regulations, how to prepare for your state visit, and more insightful information from a highly experienced NCCAP Instructor since 1998. No Activities staff will leave this seminar without knowing what the state is expecting of them. While having fun learning during this seminar, you and your staff members will be equipped to handle surveys and audits.*  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** |
| **Sept 12, 2024 11am-2pm**  *Virtual Session: ZOOM (RSVP to receive link)*  *Presentation Speaker*: TBA  *Topic*: TBA  *For more information and to sign up go to:* [***www.lvapa.com***](http://www.lvapa.com) ***or become a member*** | *Each meeting you will receive up to 2 CEUs!*  **Meetings are held virtually from 11am-2pm, except for 5/9.**  *Please bring an idea to share:*  *Such as a craft, group activity, 1:1, tip, any entertainment suggestions, or educational opportunities.* |