

MOOSE AROUND WITH WACA

PURPOSEFUL ACTIVITIES, MEANINGFUL MOMENTS



June 4&5

Pinedale Public Library

155 S Tyler Ave

Pinedale, WY 82941

Registration

**Wyoming Activity Coordinators Association 2026 Spring Workshop June 4th and 5th
Pinedale Public library**

10 Hours of Accredited CEU's – Two Lunches - Banquet – Snacks - Beverages included

Attendees Name: _____

Facility: _____

Address: _____

Contact Phone & Email: _____

Pre-Registration not later than May 15th, 2026

Per Member \$160.00

Registration on or after May 16th, 2026

Per Member \$170.00

Pay Online at: mywaca.com

OR

Make checks payable to:

Wyoming Activity Coordinators Association

Send registration form and fees to:

Diane Deyoung

WACA Treasurer

475 Yellow Creek

Evanston, Wy 82930



APPROVED NCCAP EDUCATION PROVIDER—WACA

**A total of 10 hours of continuing education
Will be granted**

**To R.T. C.T.R.S., C.O.T.A., A.C.C., A.D.C., A.A.C., and
Any other participants in the workshop by the
Wyoming Activity Coordinators Association.
(10 CEU's)**

**Bring your money and items for the raffles to help support
WACA's Education Fund.**

Any Questions?

**Call
Dawn Wehrman
1-307-921-1373**

Wyoming Activity Coordinators Association



DEAR ACTIVITY PROFESSIONALS,

THE WYOMING ACTIVITY COORDINATORS ASSOCIATION WILL ONCE AGAIN BE PRESENTING ITS ANNUAL AWARDS AT THE SPRING 2025 WORKSHOP. PLEASE SEND LETTERS OF NOMINATION FOR

***ACTIVITY PROFESSIONAL**

***CO-WORKER OR**

***VOLUNTEER**

THESE AWARDS ALLOW US TO HONOR THOSE WHO GIVE US SO MUCH TO MAKE THE DAYS BRIGHTER FOR OUR RESIDENTS OR CLIENTS BY ASSISTING THEM IN OUR ACTIVITY PROGRAMS.

NOMINATION LETTERS MUST BE NO LONGER THAN 250 WORDS. THEY MUST BE RECEIVED NO LATER THAN MAY 8TH, 2025. THANK YOU FOR THE TIME AND EFFORT THAT WILL ALLOW US TO RECOGNIZE PEOPLE DEDICATED TO PROVIDING ACTIVITY PROGRAMS OR ASSISTING IN THEM.

PLEASE SEND ALL LETTERS OF NOMINATIONS TO HILDA GIFFROW AT THE ADDRESS LISTED BELOW. NO LATER THAN MAY 8TH, 2025.

SINCERELY YOURS,

PLEASE SEND ALL LETTERS OF NOMINATIONS TO HILDA GIFFROW AT THE ADDRESS LISTED BELOW.

**HILDA GIFFROW C/O WACA
PO BOX 2127 MILLS, WY. 82644
HGIFFROW@YAHOO.COM**



Thursday June 4th

8:00 am to 8:30 am Registration-Raffles-50/50

8:30 am to 8:45 am Presidents Welcome Introductions-Ice Breaker

8:45 am to 9:45 am (1.0 hrs.) Kelly Smith AD- “Building Community”

Learning Objectives:

- 1. Step by step techniques to build relationships with local community with goals to enhance the Residents Quality of Life will be outlined. Volunteerism, fund raising & Education are messages.**
- 2. Fun infusion of “adapted activity involvement” to meet the needs of the residents using social media, Technology and innovative Community outreach practices by this speaker will be shared.**
- 3. Focus on group work will promote processing real life successes which benefit one’s “Quality of Life,” by utilizing social media to it’s wonderful potential to assist in working “smarter not harder!”**



9:45 am to 10:00 am – Break-Raffles-50/50

10:00 am to 12:00 pm (2.0 hrs.) Kelly Smith AD- “Adaptive Professional Proficiency”

Learning Objectives:

- 1. Kelly will help attendees identify ways to help residents enjoy “meaningful moments”.**
- 2. Exploring individuals “Learning Styles” of visual, auditory, read/write, & kinetics are key.**
- 3. By bringing a plethora of practical experiences & “know how” she will inspire new info.**

12:00 pm to 1:00 pm Lunch Provided -Raffles-50/50

1:00 pm to 2:30 pm (1.5 hrs.) Sara Olsen MS, CHES-Larissa Bonnet MS, CHES-“Wyoming Aging Landscape”



Learning Objectives:

- 1. Speakers will share statistics of Aging Wyoming to diagram the future of potential needs.**
- 2. The group will be able to understand through gathered research invaluable knowledge of how this State’s aging populating may impact elder care in the future.**
- 3. Exploring and Learning resources and partnerships between service providers will be a key advantage in this presentation.**

2:30 pm to 2:45 pm Break-Silent Auction-50/50

2:45 pm to 4:15 pm (1.5 hrs.) Dawn Werhman ADQ “Share & Tell”



Learning Objective

- 1. This long-awaited session encourages attendees to demonstrate their favorite successful activities.**
- 2. By active participation every person is encouraged to show and demonstrate actual hands-on event.**
- 3. The takeaway is to invigorate and inspire enhancing our own activity program positively.**



“No Moose Just Mingle” Location TBA (Optional)



Friday June 5th

Awards Breakfast 8:30 am to 9:30 am

**9:30 am to 10:00 am WACA Business Meeting-Elections~
Raffles/2nd 50/50**

**10:00 am to 12:30 pm 2.5 hrs. ~ April Rose ADC-Consultant –
“Hungry Hungry Moose” & “Special Tour” the brand-New Sublette
County Health Campus” Heritage Home.**

Learning Objectives:

- 1. Residents & Attendees will be emersed into a fun active game to promote mobility, which enhances reduction of falls, strengthens, promotes mood elevation & stimulates cognition.**
- 2. April will tour this group through the LTC/Rehabilitation and support services which has been a dream come true of many years of planning. We will learn about growth and change.**
- 3. Our leader will share individualized special care options to help us visualize supportive environments to enhance “Quality of Life” through this lovely experience.**



1:30 pm to 3:00 pm (1.5 hrs.) – Hilda Giffrow ADC, Rachel Velarda ADQ, & Ashely Booth COTA- “Moose Bead Bar”

Learning Objectives:

- 1. Hilda will demonstrate the specific therapeutic benefits of adaptive beautiful bead work.**
- 2. The 3 instructors will assist the group to become more aware of the meditative, tactile, & the artistic, meaning of the activity of beading.**
- 3. Some of the Benefits of beading helps with deep focus, (Mindfulness) reduces stress, & improves fine motor skills. Participants will leave understanding that this activity can boost self-esteem & the creative experience. A plus is that this group keeps their own artwork!**

3:00 pm to 3:15 pm - Finish to Raffles & 2nd 50/50 Drawing

Certificates of Attendance (10 Credit Hours)

Travel Safely



All active WACA members may hold office with the stipulation to exclude the President, Vice -President, and Education Chairperson. These three positions must be held by an active WACA member that has completed the state approved course.

SECTION 1 The officers of WACA shall be President, Vice-President, Secretary, Treasurer, Newsletter Editor, and two Board of Directors, i.e. Awards/ Marketing Chair.

SECTION 2 Election of officers shall be by the Association in the month of June for a (2) year term.

SECTION 3 In case vacancy occurs, a special election shall be held at the next regular meeting to fill the office for the remainder of the term. In case WACA Disbands under the 501c3 all remaining funds will go to the Wyoming Ombudsman Program.

SECTION 4 Duties

The President shall:

Preside at all meetings of the Board of Directors Represent the Association at meeting of other Organizations or designate an alternate to serve in the President's place. Appoint the chairmen of all committees, subject to approval by the Board of Directors. Co-sign, with the Treasure, checks drawn on Association funds. Present written reports to the membership through the WACA newsletter. Act as State Contact for Wyoming with the National Association of Activity Professionals or NCCAP. Perform such other duties as usually pertain to the office of President. President is responsible for correspondence with the college dealing with the APRO class. Keep in contact with all board members on regular basis.

The Vice-President shall:

Perform the duties of the President in the absence or appointment of the President. Perform such other duties as may be delegated by the President. Perform as WACA's "Political Advisor" Any Not-for-profit funding related to 501c3 will be managed by Vice President and Treasurer.

The Secretary shall:

- 1. Record the proceedings of all meetings of the Association and of the Board of Directors and forward a copy of the same to the President.**
- 2. Preserve correspondence, reports and records in a permanent file.**
- 3. Have a copy of the By-Laws and special rules of the Association available at all times.**

The Treasure shall:

- 1. Be custodian of all funds of the Association and deposit such funds in the banks approved by the Board of Directors.**
- 2. Co-sign with the President all checks.**
- 3. Keep acute record of all receipts and disbursements.**
- 4. Present a financial report at regular business meetings.**
- 5. Present a financial report at each Board of Directors meeting.**
- 6. File quarterly bank statements with the Secretary.**
- 7. Maintain a current membership roster, copy and send to Newsletter Editor.**
- 8. Any Not-for-profit funding related to 501c3 will be managed by Vice President and Treasurer.**

The Newsletter Editor shall:

- 1. Work with the Executive Council to obtain information for the biannual newsletter.**
- 2. Be responsible for publication of the Newsletter at least twice a year. Newsletter shall be sent to members no less than 1 month prior to the workshop.**
- 3. Perform such duties as delegated by the President.**
- 4. Work closely with Education Chair.**
- 5. Work with printer after the January board meeting.**

The Education Chair shall:

- 1. Work with the council to obtain speakers for workshops and local venue opportunities.**
- 2. Perform such duties as delegated by the President.**
- 3. Keep a file of all available materials in the WACA Library.**
- 4. Send materials to WACA members upon request.**
- 5. Work closely with Newsletter Editor.**
- 6. Delegate committees as needed.**

The Awards/Marketing Chair shall:

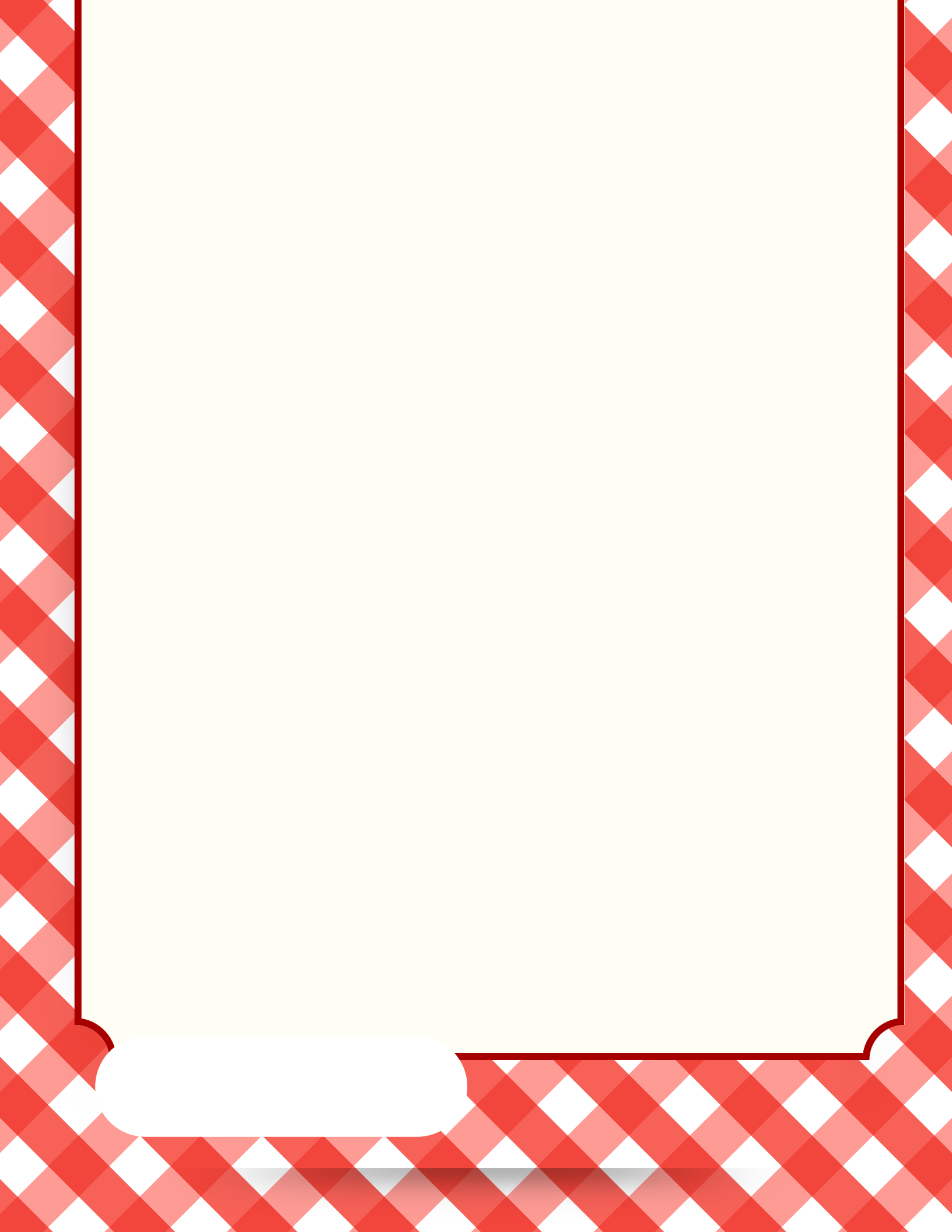
- 1. Work with the President and Council to write Policies and Procedures for the WACA election process.**
- 2. Conduct such elections.**
- 3. Obtain candidates for CEO, Administrator, Activity Professional, and Distinguished Service of the Year Awards.**
- 4. Work with the President and Council to write Policies and Procedures for qualifications for award recognition.**
- 5. Present such awards at the Spring Workshop.**
- 6. Delegate committees as needed.**
- 7. Develop and maintain WACA scrapbook. Display at WACA Meetings.**
- 8. Represent WACA at applicable organization with displays. Brochure information about WACA.**
- 9. Liaison of Education about WACA to APRO classes.**
- 10. Contribute new Geriatric Professions to mailing list. (Give to Secretary)**
- 11. Coordinate ways and means, fund raiser for WACA.**
- 12. Contribute News Release to Newspaper. (Promoting WACA)**
- 13. Responsible to promote icebreakers, welcome committee at WACA meetings.**
- 14. Develop Marketing plan to promote/Educate the state population. (Who, what WACA is)**

The Media Coordinator:

- 1. Work with the President and Council Set up IT equipment for conference speakers**
- 2. Create and maintain WACA website**
- 3. Work with Education to help maintain WACA Facebook or Social Media**
- 4. Work with Awards/Marketing to develop promotional materials to increase WACA membership**

SECTION 5: Upon retiring from office, all officers of the Association shall deliver all records or other property to the Association to their successors, within one month of retirement, if feasible.

SECTION 6: Resignation from an elective office shall be by written resignation to the Board of Directors.





Biographies of Speakers

Kelly Smith ADQ- is the Activity Director at Teton Healthcare of Cascadia in Idaho Falls and the creator of The Activity Shift, a professional platform redefining Activities as a clinical and culture-driving force in long-term care. She specializes in nonpharmacological interventions, interdisciplinary collaboration, and helping Activity Professionals elevate engagement as an essential component of care. Her goal is to elevate the profession nationwide, empowering Activity Professionals to confidently step into their role as valued members of the interdisciplinary team. Kelly mentors Activity Directors across multiple facilities and shares practical tools and leadership insights through her speaking and digital content. She is also the voice behind The Activity Shift on TikTok, where Activity Professionals nationwide connect for education, support, and live discussions. Join her live each Monday at 6:00 PM Mountain Time at @TheActivityShift

Sara Olsen MS, CHES: Sara Olsen is a Community Vitality & Health Educator for UW Extension in Campbell County. Her role is to increase Campbell County residents' knowledge, and skills on the importance of physical activity, nutrition, community safety, food safety, and wellness that will improve their quality of life. Sara received her bachelor's and master's degrees from UW. Her career started in College Health, and she has experience in cancer care, health coaching, and consulting. Sara has a passion for health and wellbeing, loves prevention and the promotion of healthy living. She is a health educator, wellness nut, girl mom, coffee lover, and gravel bike girl!

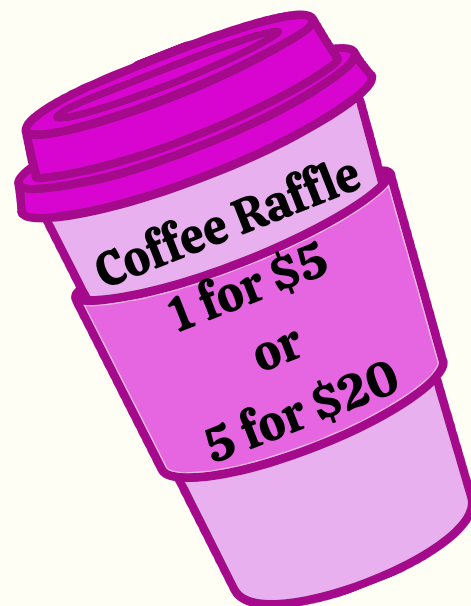
Larissa Bonnet received her master's degree in counseling and human services from the University of Colorado at Colorado Springs. She is a University of Wyoming Extension Community Vitality and Health Educator in Sheridan County focused on health programming (food safety and preservation, aging well, and digital health) and leadership development (board training and leadership training). In her spare time, Larissa enjoys refereeing and playing soccer and hockey and spending time with her family.



Dawn Werhman ADQ WACA President has worked in Activities since 2007, Activity Specialist of the Wyoming Retirement Home in Basin & serving WACA for 20+ years. She is dedicated to providing education related to “quality of life” opportunities for the institutionalize elderly. She completed MEPAP 1 & 2 Casper College/2-year program NCCAP.

April Sheffield ACC- has worked in Activities for over 11 years at Sublette Care Center; earner her associate's degree as & Activity Professional from Ridgewater College in Minnesota. She is very involved in community with her residents & is our host for this conference and has “ABSOLUTLY Loves the Elderly”! Family is a very important part of April’s world.

Hilda Giffrow ADC has been an active WACA Member for close to 30 years. LTC versatility as an Activity Dir: Assistant. CNA/CMA is her talent. She Completed the MEPAP 1 & 2 @ Casper College in 1998. She & Husband attend Sturgis Motorcycle Rally yearly!



Rachel Velarde ADQ has work over 26 years at Westward Heights in Lander WY., is the Activity Director of a very fun program! She is a graduate of the 2-year Casper College MEPAP/NCCAP Courses. Her devotion to helping the unhoused is a constant.

Ashely Booth COTA With over 10 years of experience as a Certified Occupational Therapy Assistant (COTA). Ashley has built a diverse career across multiple settings, including pediatrics, outpatient care, home health, and skilled nursing. She has spent nearly a decade at Shepherd of the Valley Care Center, where she has worked as an Occupational Therapy Assistant for over five years and as the Activities Director for four years at the largest nursing home in Wyoming



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