

APPROVED NCCAP EDUCATION PROVIDER—WACA

A total of 5 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.
(5 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



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WACA
Wyoming Activities
Coordinators Association

Presents

The Fall WACA Workshop

Friday
October 13, 2023

Fort Casper Lodge aka
Issak Walton Lodge
4205 Fort Casper Road
Casper, Wyoming 82834



LEARNING SESSIONS

“Healthy Living For Your Brain & Body”

An honest assessment of our “sense of well being” will be identified through evaluation.

Incorporating group work this session we will focus on learning healthy habits along with positive choices of our life styles can enhance our personal & professional balance with the outcome of improved “quality of life.”

Learning to give strong attention to the “relationship” between listening to our bodies & minds will ultimately assist our work performance. Group role-playing will enhance remembering “healthy living” tools to practice.

“Exploring Volunteering With The Alzheimer’s Association & Benefiting From Its Plethora Of Resources”

The Speaker will share her first hand journey as a volunteer of the National Alzheimer’s Association, through lecture.

Learning how to utilize the valuable resources available of ongoing education, networking, & community involvement will be outlined.

This session will inspire us to take advantage of countless user-friendly tools to help us provide quality of life for our residents and family suffering with Alzheimer’s disease.

Update of Federal and State Regulations Related to Long Term Care” & “Wyoming Activity Survey Trends” Post Covid; Now What?

These State Surveyors are on the super hero’s on “Front Lines” of advocating for our resident’s quality of life and will provide the most current and important information related to Activities related to LTC through lecture.

Sharing recent Wyoming State Survey statics and critical information will help this group grow to prepare for the future.

Goals of “powerful communication tools” along with “sharing support systems” of strategies will be outlined to create a strong “Alliance between Activity Providers and Surveyors.”

“Refreshing Best Practice of Quality of Life Opportunities For Our Residents”

Questions from the attendees will inspire open discussion related prominent recent “topics” of the LTC Community related to “quality of life.”

Learning from the Surveyors is the focus.

Sharing thoughts feelings & ideas is our goal through dialogue, related to the Activity Program.

Registration

Name _____
Facility: _____
Address: _____

Registration not later than September 30, 2023

WACA member \$100.00
Total enclosed \$ _____

Send registration form and fees to:

Diane Deyoung
WACA Treasurer
475 Yellow Creek
Evanston, WY 82930

See WACA Facebook & website: mywaca.com

Make checks payable to:

Wyoming Activity Coordinators Association

AGENDA

WACA 2023 Fall WORKSHOP - Friday October 13

Isaak Walton Lodge aka Fort Casper Lodge
4205 Fort Casper Road Casper, Wyoming 82834.

“Hangin’ With Our Gnomies At WACA”

8:00 am - 8:30 am Registration

8:30 am - 9:00 am President’s Welcome, Ice Breaker, Raffles- 50/50

9:00 am -10:00 am: Rachel Velarde “Healthy Living For Your Brain & Body” **1.0 hrs**

10:00 am -10:15 am: Break and Raffles, 50/50

10:15 am -11:15 pm Speaker – Rachel Velarde “Exploring Volunteering With The Alzheimer’s Association & Benefiting From It’s Plethora Of Resources” **1.0 hrs**

11:15 pm- 12:15 pm Lunch and Raffles, 50/50

12:15 pm- 1:15 pm WACA Business Meeting

1:15 pm- 2:15 pm Julia Van Dieke BS/RN- Tim Cozad LPN, RAI-CT **“Update of Federal and State Regulations Related to Long Term Care” & “Wyoming Activity Survey Trends” Post Covid; Now What? 1.0 hrs**

2:15 pm – 2:30 pm Break, Raffles-50/50

2:30 pm - 4:30 pm Julia Van Dieke BS/RN Tim Cozad LPN, RAI-CT **Round Table; “Refreshing Best Practice of Quality of Life Opportunities For Our Residents” 2.0 hrs**

4:30 pm– 5:00 pm: 50/50 Drawing, Raffle Drawings & Evaluations Certificates of Attendance

Biographies:

Rachel Velarde ADQ- Has worked at Westward Heights of Lander WY for 25 years. She began her working journey there as a “Domestic Aide” then a C.N.A. in 1997, a Bath Aide, then the Scheduler. She worked as the Supervisor of Housekeeping and Laundry for 5 years. Rachel completed NCCAP Activity Professional MEPAP I & II from Casper College in 2016 and has worked as the Activity Director for 5 years. She also works for ANAMCARA as a Home Care Assistant in which she very much enjoys. Rachel serves on the Board of “Almost Home of WY” which helps individuals return to independence. She has been an Alzheimer’s Association Volunteer for over two years and is part of organizing the fund raising of her local Alzheimer’s Community Walk. Her days are full with meaningful family life. She spends quality time with her Father whom she lives with and her 2 nieces, 2 nephews and 2 great nieces. Mini gardening, cooking, baking and travel are some of fun pastimes also. She is a faithful on-ongoing education attender and loves hanging with “Her Gnomes of WACA.”

Julia Van Dyke, RN Lead Health Surveyor, Healthcare Surveillance Branch.

Julia is a registered nurse who lives in Cheyenne with her husband and four children. She is currently a health facility surveyor for the Wyoming Department of Health. She has worked much of her nursing career in memory care units in both assisted living facilities and skilled nursing facilities, and is committed to the advancement of person-centered care. Julie has a sincere interest in helping Activity Professionals work with the entire facility. She has a true understanding of the importance networking and the value of “Hanging With Our Gnomes.” Julia is a champion of “Quality of life” for the Residents.

Tim Cozad is an LPN, RAI-CT and the Lead Long Term Care Surveyor for the office of Healthcare Licensing and Surveys in the State of Wyoming. He has lived in Wyoming his entire life and currently resides in Cheyenne with his wife and 3 children. He grew up in a small town where his family owned and operated a restaurant, as well as raised alfalfa and Quarter Horses. Tim moved to Cheyenne after graduating high school and attended Laramie County Community College, where he trained to become an LPN. Tim has worked in healthcare for 22 years, first as a CNA, then as an LPN. Tim incorporates his “Hanging With Our Gnomes” of “Experience” through his important work.

