

# RCW "Season Ticket" is BACK due to Popular Demand – Half Day Popular RCW Seminars, Pick One! Pick All! ..... *Always up to date!*

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**Friday, March 26, 2010 9:00 a.m. – 12 noon**  
**Activity Adaptations” Lora Ray, COTA, AD WA Center**

With our “case mix” of residents and medical diagnoses, learn: what are realistic expectations for activities for our residents? Learn how to adapt the activity to meet individual resident need and ability

**Friday, March 26, 2010 12:30 – 3:30 p.m.**

**“Adaptive Games” Lora Ray, COTA, AD WA Center**

Learn to stimulate residents with new and successful use of games. Integrate them into your program design for before and after meal times. Discover *therapeutic benefits and adaptations* to meet the most challenging abilities of residents.

**Friday, May 21, 2010 9:00 a.m.- Noon**

**“Agitated and Aggressive Behaviors”**

**Janet Rhode, MN, ARNP, Owner, Adult Family Homes**

Learn to understand characteristics of agitated and aggressive behavior, the steps of escalation and the interventions to maintain control while protecting other residents and you.

**Friday, May 21, 2010 12:30 – 3:30 p.m.**

**“Depression – Resident and Staff”**

**Janet Rhode, MN, ARNP, Owner, Adult Family Homes**

What is depression? Who are we talking about and why do residents behave the way they do? Learn key interventions and strategies in managing specific behaviors and problems typical of the resident with depression. How do we recognize depression in our staff? And what can we do about it?

**Friday, October 1, 2010 9:00 a.m. - Noon**

**Culture Change**

**Sandy Saberski, Executive Director, Elderwise**

What IS culture change? How does it translate through our mind, body and spirit? Learn skills to have a deeper respect and understanding of our residents particularly those with dementia. Learn to build on the strength and capabilities of residents.

**Friday, October 1, 2010 12:30 – 3:30 p.m.**

**“Mick Jagger is No Kid Anymore”**

**Michelle Sayre, CTRS Consultant, AD Linden Grove Health Care Center**

Remember Mick Jagger is in his sixties. Is your activity program set up to meet the needs of Mick and his friends, disabled young Veterans and others while meeting the needs of those who loved Lawrence Welk? Learn how to utilize resident histories to the fullest to design appropriate leisure time opportunities for young residents.

**Friday, November 5, 2010 9:00 a.m. - Noon**

**“Short-term Activity Solutions for short-term Residents”**

**Michelle Sayre, CTRS Consultant, AD Linden Grove Health Care Center**

Are you struggling with large amount of paperwork and the need to involve your Medicare short-term stay residents? Learn to develop a large variety of activities, available at a moment’s notice, to meet the individual needs and interests of your short-term resident.

**Friday, November 5, 2010 12:30 – 3:30 p.m.**

**“Talking it Out Can Be Productive”**

**Val Dumond, Business Writing Consultant, Author**

Development and design of a group discussion takes planning and understanding of our facility’s culture. Learn to understand group dynamics for innovative discussions and how to bring out the best of your resident through tried and true information tools.

**Friday, January 28, 2011 9:00 a.m. - Noon**

**“If it isn’t Written Down it didn’t happen!”**

**Anita Dunlap, ACC, consultant – RCW, Owner, Sensations Activity Products**

Paperwork can be a nightmare for Activity Professionals. Streamline forms to include individualized programs and validation of service. Be brief, descriptive and accurate with “needed” documentation to allow more time for activity programming

**Friday, January 28, 2011 12:30 – 3:30 p.m.**

**“Sensory Activities for the Resident with Dementia”**

**Anita Dunlap ACC, Consultant – RCW, Owner Sensations Activity Products**

Learn to successfully integrate creative sensory stimulation ideas to produce an environment compatible for residents with dementia.

**RCW Season Ticket Seminar Registration**

ON-LINE at [www.residentcouncilstore.org](http://www.residentcouncilstore.org) with a credit card or

MAIL your check and registration to: RCW 220 E Canyon View Road Belfair, WA 98528

**Member:**

- \_\_\_\_\_ Choose all 10 (\$350)
- \_\_\_\_\_ Choose 5 (\$200)
- \_\_\_\_\_ Choose 1 or additional (\$45)
- \_\_\_\_\_ Activity assistants with AD (\$20)

**Non Member:**

- \_\_\_\_\_ ( \$400)
- \_\_\_\_\_(\$225)
- \_\_\_\_\_(\$50)
- \_\_\_\_\_(\$25)

March 26, 2010 AM \_\_\_\_\_

October 1, 2010 AM \_\_\_\_\_

January 28, 2011 AM \_\_\_\_\_

March 26, 2010 PM \_\_\_\_\_

October 1, 2010 PM \_\_\_\_\_

January 28, 2011 PM \_\_\_\_\_

May 21, 2010 AM \_\_\_\_\_

November 5, 2010 AM \_\_\_\_\_

May 21, 2010 PM \_\_\_\_\_

November 5, 2010 PM \_\_\_\_\_

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_



**220 E Canyon View Road  
Belfair, WA 98528-9597**

**Where? Renton Methodist Church 2201 NE 4<sup>th</sup> St. Renton, WA 98056**

**Certificates? 3 Contact hours per class**

**Networking? Our MEPAP is scheduled at the same time --- plenty of opportunity to network**

**REMINDER: Block I of MEPAP is scheduled for March 24-27, 2010, register online:  
[www.residentcouncilstore.org](http://www.residentcouncilstore.org) For more information: [www.residentcouncil.org](http://www.residentcouncil.org)**

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**Experienced 25 year old consumer-based non-profit**

**Mission: To empower residents to live life to the fullest**

**Visit our website: [www.residentcouncil.org](http://www.residentcouncil.org) for more information**