



Activity Webinar Topics from Wiser Now, Inc.

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- Let's Be Sane about the Holidays
- Life Stories – Not Just Names and Dates
- Low-functioning program and product ideas
- Mobility Matters: Moving Muscles Large and Small
- *Music Matters*
- Organized Outings
- Poetry Programming Demystified
- Positive Brain-Building
- The Power of Art
- Preserving Individual Spirituality
- Residents as Volunteers
- Romance and Friendships

- Special Events
- Summertime Fun
- A Time for Gratitude and Goodwill
- Vibrant, Viable, Versatile Volunteers
- Virtual Travel Is Better Than Ever
- Vitamin D for Vitality: Getting People Outdoors
- Weekend and Evening Programming

All topics are approved by the NAAP Credentialing Center. More are added each year.

Topic descriptions

1:1 Programming

One-on-one programming is helpful for people who are bedridden and may not be able to get to your activities, for people who are uncomfortable in groups, and for teaching family members how to interact during their visits. Here are ideas to help you reach out to all of them.

Acting Up – Performing Arts Groups

In this course we will cover a variety of ways to use theatre in programming, such as theatre appreciation, the TimeSlips program, actor warm-ups, pretend props, creating sound effects and hosting a comedy club. We will also highlight the success of others who have used improv theatre techniques with people with dementia.

Activity Connection – Using the Site Effectively

All of your communities may have a subscription, but very few know how to navigate it well or use the rich resources to make their programs sparkle. Let's turn resource waste into resource wealth.

Activity Programming 101

We'll cover the basics on the principles of inviting people to participate, applying person-centered care (gearing up for success), including other staff, and adding energy and fun to everything.

Attitude of Gratitude

We know that we increase life satisfaction (in residents, families, and staff) when we practice rituals of thankfulness, but sticking to the *same* practice, such as keeping a daily list, loses effectiveness over time. In this webinar you will be exposed to dozens of ideas for changing it up and leading the way in changing lives.

Beauty of Themes

A theme can last an hour as you give a thank you party for volunteers, or it can last all month as you focus on the holidays in December. Themes add creative energy and a

celebratory mood to programming. This webinar provides not only many non-holiday themes, but a wide variety of ways to carry them out.

Brain Aerobics 101 – Positive Stimulation for the Mind

We'll focus on three keys to keeping our minds active as we age: 1) The brain craves novelty; 2) Socialization matters; 3) We do more of what we enjoy doing.

Clubs for Connection

For older adults, isolation is the enemy. By turning the topics of various programs into "clubs," we can foster friendships and create a sense of belonging. We'll talk about ideas such as a walking club, men's club, healthy brain club, crafty ladies and more.

Creating Family Partnerships

You have the opportunity to build stronger relationships with family members – and therefore greater survey satisfaction – than any other department in long term care. We'll help you maximize that potential.

Creating Delight

We thrive in aging by staying connected with others, and we build those connections through laughter and fun. Adding an element of pleasure enriches every activity. This is not a course about telling jokes, but about incorporating an element of good cheer in all your programming with lots of examples, as always.

Creative Word Games Anyone Can Lead

Crossword puzzles and word searches are fun for some, but troublesome for others. Our word games focus on fun and adapting them to a wide range of abilities. We'll cover Wuzzles, Tom Swifties, Sniglets, and Leftovers, to name just a few. These make great intergenerational family activities, too.

Dementia 101

This webinar will give an overview of dementia and its progression in various forms and how diminished vocabulary changes communication options. In the past, when people referred to "behaviors" in terms of long-term care, they were almost always talking about negative actions by people with dementia. But behavior is simply a means of communication when one's verbal skills are impaired, and "speaking the language" is essential to quality care and programming.

Dementia 201: Adapting Activities

Now that you know about the common losses and strengths in people with dementia, we'll show how to adapt a variety of activities to people in various stages.

Do Quote Me – Using Quotations for Inspiration and Fun

Some famous people are inspiring, funny, or both. Quotations can be used for laughs and for lively discussions on virtually any topic. Also learn to use the wit and wisdom of famous people who have birthdays in any given month for themed trivia and word games, as well as for posters, bulletin boards and notecards.

End-of Life Care – Grief, Memorial Services and Moving On

At the end of our lives, we want to be surrounded by people who love us. We want our lives to have mattered to others. This webinar will provide sensitive guidelines for residents, staff and families.

The Fabulous Fifties, Part 1

For a long time, reminiscence activities have focused on the 1930s and 40s – the Great Depression, World War II, radio broadcasts and Big Band eras, but time is passing. Today's long-term care residents may have been raising families in the 1950s or may have been teenagers or college students themselves. Singing "Daisy, Daisy" will no longer do. This jam-packed webinar will bring you up to speed on a new decade: TV programs and movies and music, including the heart throb stars of rock'n roll, crooner, folk music and more. Great fun.

The Fabulous Fifties, Part 2

This continuation of life in the 50s covers topics such as sports, fashion, fads, and toys, 50s slang; heroes and bad guys – and whatever else we can fit in. Great fun.

Good Old Fashioned School Days

Classrooms today are vastly different from the classrooms of our residents' childhoods. This webinar invites memories, comparisons, new learning opportunities and ideas for intergenerational programming.

Hitting a Homerun with Household Chores

People want to feel useful throughout life. Here you will gain many ideas for chores that people with varying disabilities can participate in, many of which can also foster connections between residents and staff. This supplements the Residents as Volunteers topic.

Humor – You Can't Survive without It; Incorporate It in Everything

We get through tough times by staying connected with others, and we build those connections through laughter and fun. Adding an element of pleasure enriches every activity. This is not a course about telling jokes, but about incorporating an element of good cheer in all your programming.

Imagination as a Brain-Builder

Brain games are meant to build new connections in our brains, but one of the best ways to build those connections is through imagination, which by definition asks us to think about things in new ways. This webinar focuses on how to incorporate imagination into a variety of programming activities.

In the News – Focusing on the Good

Many directors have a "current affairs" discussion each morning, but struggle with highly political and often violent news reports. In this hour we focus on places to find positive news stories and also how to use print media to center activities and discussions on

topics like weather, sports, advertising, human interest stories, surveys, giving advice, and predicting the future (horoscopes anyone?) We also cover Activity Connection's Daily Chronicles and newsletters.

Just for Men

Men like to feel useful throughout life as much as women do and can participate in chores or hobbies (e.g., woodworking and making birdhouses) for that purpose. They also often have interests and life experiences that may be of lesser interest to women, such as sports, investments and financial matters, men's service clubs, the military and more.

Keeping Up Appearances: Activities of Daily Living as Activities

Activities of Daily Living (ADLs) include dressing, bathing, grooming, eating and drinking, all of which provide sometimes surprising avenues for interaction and life enrichment activities. Here's a chance for you to both make the work of direct care staff a little bit easier and teach them how to interact more effectively with residents.

Let's Be Sane about the Holidays

During November and December, it's a gargantuan task to try balancing the needs of people of different religions, of people who are thrilled with or conflicted by family visits or who sadly have no family, of entertainers who overwhelm you now, but disappear in January, and of residents who are over-stimulated and over-whelmed. This course is about reducing stress and being reasonable.

Life Stories – Not Just Names and Dates

You may know the names of your residents' children and grandchildren and even know something about their careers and interests, but what do you know of their habits, interests and values? We'll teach you revealing exercises you can put to instant use for stronger relationships.

Low-functioning program and product ideas

People with severe dementia or other brain disorders cannot do a crossword puzzle or answer questions on a trivia quiz, but there are ways to engage them nonetheless. This course will focus on the possibilities remaining.

Mobility Matters: Moving Muscles Large and Small

Keeping our bodies moving is the #1 thing you can do for brain and body health. Here we'll discuss ideas for fresh ways to incorporate movement into everything you do.

Music Matters

If you're musical, you already know its power to soothe or energize. With this webinar we'll show you its transformative power, even in people others think are unreachable.

Organized Outings

The world shrinks for people in long-term care settings. Finding ways to get them out and about not only expands their daily horizons, but helps them to stay *curious* about their wider surroundings, another key element in healthy aging.

Poetry Programming Demystified

Many people avoid poetry out of fear that they lack understanding of the subject, but this webinar builds confidence as it teaches you how to use poetry as a delightful subject for reminiscence and discussions, word games, trivia questions, and writing exercises, and how to adapt poetry exercises for people with dementia.

Positive Brain-Building

Even people with dementia enjoy novelty and can continue making new connections in their brains and with one another. This course is not focused on testing and speeding up brain power, but tapping into our curiosity and wonder.

The Power of Art

Art, as we've all heard, is a means of expression, yet we don't usually realize what a powerful new voice it can give to people, including those with dementia. This is a visually fascinating and inspiring webinar.

Preserving Individual Spirituality

Some people express their spiritual lives through organized religious practices that tend to be especially obvious in December, but *everyone* needs truth, beauty, and love in their lives. You can help them find it.

Residents as Volunteers

As human beings, we never stop wanting to be useful to others. Even with limited physical or mental abilities, the possibilities for compassion are innumerable. Residents can usually contribute more to their communities than they are generally asked to do, and everyone feels better when that changes.

Romance and Friendships

Valentine's Day and June as "Bride's Month" are a rich source of memories for some and painful for others who have lost spouses or had unhappy marriages. This webinar talks about how to have fun with the topic while remaining sensitive to those issues. It also focuses on how we are enriched by friends throughout life.

Special Events

Special events are hard work, but they tend to generate positive publicity for your community and memories that far outlast the date. This webinar focuses on planning, logistics, finding a role for everyone, and more.

Summertime Fun

What can you do differently in summer? What opportunities come with warm weather? What memories can be recreated? Summertime offers so much – take advantage!

A Time for Gratitude and Goodwill

In December, the spirit of the season is supposed to be about peace, consideration, and kindness triumphing over gift exchanges and eggnog. This webinar will give you loads of ideas for making gratitude and goodwill your December focus, and, we hope, carrying it into the New Year.

Vibrant, Viable, Versatile Volunteers

Your job is demanding, and there is never enough time. This webinar focuses on finding and keeping volunteers to make your work life easier.

Virtual Travel Is Better Than Ever

A picture is worth 1000 words and videos are made of thousands of pictures. The resources for reminiscing and learning about other countries and cultures have never been richer. Plus, travel themes can be used for trivia quizzes, word games and much, much more.

Vitamin D for Vitality: Getting People Outdoors

We all need a daily dose of UV rays – at least 15 minutes – in order to properly absorb Vitamin D and experience its bone-building benefits. The outdoors is also a mood lifter that people in long-term care settings too seldom experience. You can change that.

Weekend and Evening Programming

As an activity director you cannot be on the job 24/7. This webinar will cover a variety of activities anyone can lead, including in some cases, other residents.