

{Schedule} of NAP Day events

- 9:00-10:30 Session 1*
- 10:30-10:45 Break
- 10:45-12:15 Session 2*
- 12:15-1:00 Lunch Break
- 1:00-3:00 Keynote/Closing

* Sessions will be assigned. An e-mail registration confirmation with Zoom log in will be sent after registration.

{PRICING INFO} Non-members - \$50.00 /full day

OR Become a member for \$25.00 and receive the all of member benefits.* **Which include: FREE NAP Day!**

and an additional potential to earn 14 CE's! *wow!*

*Membership must be renewed/current for 2022.

{MAAP Meetings 2022} {ZOOM}

January 28 NAP Day 4 CEU

February 8 (1 hr MTG, 1hr CEU) Trivia Maker with Kimberly R.

March 8 (2 hr Professional Networking) Colleen Knudson or BYOCAB-(Bring your own arts crafts and booze)

April 12 (1hr MTG -1hr CEU) Tim Anderson Individualizing Activities through Principles of Adult Learning.

We go Live! (fingers crossed)

May 9 (2hr Professional Networking) Interactive Music w/ Kimberly

June 14 (1hr MTG-1 hr CEU) Essential Oils

July 12 (2hr Professional Networking) Back Yard Games & BBQ

{What is MAAP?}

Milwaukee Area Activity Professionals, (MAAP) is an organization dedicated to promoting professionalism of Activity Professionals through education and networking.

Since its inception in 1974, MAAP has grown due to the genuine concerns for the quality of life for the people we serve.

Current MAAP Board Members

- Deborah Smith, President
- Kimberly Rosenau, Vice President
- Pat Durham, Treasurer
- Ashley Haines, Secretary
- Zeliborka Topic, Membership

Additional Information located at:

maapmilwaukee.org

Contact us at:

maap_milwaukee@yahoo.com

{We are }

BACK on TRACK!



All Aboard!

NAP Day 2022

Friday, January 28th

{via zoom}

Please join MAAP as we present
{virtual} National Activity Professional Day
2022

2022 {Speakers}

SESSION 1/2: {Timothy Anderson} / {Deborah Smith}

{Timothy Anderson}

[Holistic Health in the Activity Program](#) Tim examines the benefits of using activities such as Reiki, Sensory Stimulation through herbal projects and aromatherapy, and life coaching techniques to address the physical, cognitive, social, and spiritual needs of residents. During this session, participants will define holistic health, list types of holistic health related programs for activities, outline benefits of these programs, and review the qualifications required to provide these programs.

[Creativity at its Best](#) Deborah will share three simple art projects that you can add to your toolbox. Budgets are tight and resources are few these projects will help your residents embrace their creativity and connect with the art projects and won't break your bank. *Attendees are asked to have colored pencils or markers and 3 sheets 12 x 12 white card stock. This will be an interactive experience.*

KEYNOTE: {Elizabeth Lewis}

{Elizabeth Lewis}

[Depletion To Renewal: HeartMath for Building Resilience](#)
Resilience building is an important new approach to understanding and regulating stress. HeartMath tools can help you reduce stress, enhance life performance, improve health, build effective relationships, enhance communications and more. We will explore easy-to-learn, on-the-go, self-regulation tools and practices aimed at teaching you how to take positive effective action throughout the day during times of pressure and challenge, featuring *The Resilience Advantage Program*, developed by the HeartMath Institute (www.heartmath.org). 20 years of group and individual HeartMath client results show significant, sustained improvements in health costs, productivity, stress levels, resilience, cognition and emotional well-being. In this workshop we will touch on how HeartMath tools can be modified and taught to others.

Tim Anderson has been working in the field of activities since 2007. He is the current activity director for Cranston Adult Day Services, located in Cranston, RI. He holds a bachelor's degree in Music from the University of Rhode Island and is a certified life coach through the Institute for Professional Excellence in Coaching. He is a Certified Activities Consultant through NCCAP and licensed Modular Education Program for Activities Professionals™ Instructor. His company, the TMWC Activity Professional Academy offers blended, online education and continuing education for activity professionals such as Activities 101, the Activities Care Planning Intensive, and monthly CE programs.

Elizabeth Lewis is a grief support specialist, stress resilience trainer, motivational speaker and spiritual counselor whose areas of expertise include trauma healing, suicide prevention, forgiveness facilitation, and healing art and writing. Recognizing that there is no "one-size-fits-all" path to wellness and a sense of wholeness, Elizabeth has pursued extensive training and certifications in diverse approaches to resilience, spirituality, healing and growth. Elizabeth also draws on her personal resilience and experience in overcoming trauma to help her clients find their own best path to wellness. For more information on Elizabeth and her work, visit www.elizabeth-lewis-coach.com