

## IMPORTANT

Handouts will be distributed during registration

Contact Hours: 5.0

Instructional Level: Intermediate

### PRESENTER

**Patty Piechocki, CTRS, QMCP, CDCP**  
Institute for Excellence in Memory Care  
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Patty Piechocki is the Program Director of the Institute for Excellence in Memory Care. Patty is a Certified Therapeutic Recreational Specialist who has worked in the memory care field for over 24 years. Patty is certified through the National Council for Therapeutic Recreation Certification; the Alzheimer's Foundation of America as a Certified Dementia Care Partner, and is an Expressive Arts in Long Term Care Train the Trainer through the University of Indianapolis.

Patty specialties include development, and managing specialized memory care programs, dementia care programming, person centered dementia care, training and consulting, resident assessment, mentoring dementia care directors and activity staff, and volunteer development for memory care.

### TARGET AUDIENCE

Nursing Home Administrators, Social Workers, Nurses, Activity Professionals, Memory Care Practitioners

### CONTINUING EDUCATION

REAL Services (Parent company of The Institute for Excellence in Memory Care and Alzheimer's Dementia Services of Northern Indiana) is approved by Indiana State Board of Health Facility Administrators to sponsor continuing education credit under the CE Sponsor—HFA license # 98000594A

**To receive CEs, participants are required to comply with the following:**

**Training Seminar Registration and Attendance.** During registration please identify if you will need a HFA CE. Individuals must verify their attendance before and after the session. If participants do not attend the session for a minimum of 30 minutes for each hour of presentation, your attendance will not qualify.

**Submit written evaluations for each session, and successfully complete the exam at the end of the seminar.**

Certificates cannot be processed until we verify your attendance and receive completed evaluation forms for each session you attend.

**CE Certificates of completion will be e-mailed to the participant. Please allow 3-5 working days for processing.**



## Introduction to Expressive Arts in Memory Care

Are your Activity Professionals stuck in a rut? Do their calendars promote variety, and support Person Directed care? Are your clients tired of adult coloring pages, and gluing foam art projects together? Expressive Arts has been proven to enhance memory, promote wellness, and can enhance the lives of those living with Cognitive impairment. This session will introduce the Expressive Arts in Memory Care by allowing participants to experience Drama, Writing & Memoir, Music, Visual arts, and Dance and Movement.

**Wednesday, May 22, 2019—(CST)**  
**9:30 am– 4:00 pm EST**  
**(Registration begins at 9:00 am- lunch will be on your own)**  
*\$120 or \$110 for a certified member through IEMC*

**Journey Senior Living—Valparaiso, IN**  
**79 E. US Highway 6**  
**Valparaiso, IN 46383**

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### Seminar Objectives

- Traditional programming and issues related to old programming roles
- Introduction to Expressive Arts & benefits for those living with Dementia
- Expressive Arts and research studies
- Indiana State Nursing Home Collaborative studies (2017)
- Benefits – clients, staff, organization
- Expressive Arts – experience
- Understanding your role with Expressive Arts

### Outline Content

- **9:30 am Traditional Programming**
  - > Living – vs – Existing
- **10:00 am Expressive Arts**
  - > Self expression when communication declines
  - > No failure – self pride
  - > Everyone can be creative
  - > Health benefits – lower BP, decrease depression, reduced falls, pain management, reversed failure to thrive
- **10:30 am Research on Expressive Arts and Dementia**
- **11:00 am Indiana State Nursing Home Collaborative studies and findings (2017)**
- **11:30 am Benefits — clients, staff, organizational**

**Lunch break 12:00 pm – 1:00 pm Lunch is on your own**

- **1:00 pm Expressive Arts – The Experience**
  - > Drama
  - > Writing & Memoir
  - > Music
  - > Visual Arts
  - > Dance and Movement

**15 minute break 2:15—2:30 pm**

- **3:30 pm Understanding your role within the Expressive Arts**
- **3:50 pm Closing Comments/ Q & A/ Seminar Exam**