



# 2022 Virtual Conference

## Join us for our Virtual Conference!

**What:** LADA Annual Conference  
**When:** Thursday, May 12<sup>th</sup> from 12pm-4:30pm  
Friday, May 20<sup>th</sup> from 12pm-4:30pm

Full Conference Attendance will offer **8 CE's**  
(Pending approval through NCCAP)

### May 12<sup>th</sup> Schedule:

- 12p Welcome by Hope Long, ADC, CDP, LADA President
- 12p-1p CE Session 1: "Senior Bullying" with Barbara Goll
- 1p-1:15p Break
- 1:15p-2:45p CE Session 2: "Dementia – Their Life" with Danielle Griffith, BS/ACC
- 2:45p-3p Break
- 3p-4:30p CE 2 (continued): "Dementia – Their Life"
- 4:30p Final Remarks for Day 1 of Conference

### May 20<sup>th</sup> Schedule:

- 12p Welcome by Hope Long, ADC, CDP, LADA President
- 12p-1:30p CE Session 1: "Rediscovering Ourselves – in the Midst of Pain, Loss, & Grief" with Ellen Bishop Little, CLC
- 1:30p-1:45p Break
- 1:45p-2:45p CE Session 2: "Stress and Self Care" with Debbi Miller, MA, LPC
- 2:45p-3:00p Break
- 3:00p-4:30p CE Session 3: "Sensorium" with Nancy Richards, ADC/EDU/MC with Activity Pathways
- 4:30p Final Remarks for Day 2 of Conference

## Seminar Cost Details:

### LADA Member Fee ~

One Day Attendance (4 CE's) – \$30  
Full Conference/Both Days (8 CE's) – \$50

### Non-Member Fee ~

One Day Attendance (4 CE's) – \$40  
Full Conference/Both Days (8 CE's) – \$70

Please be aware, due to the nature of this virtual conference, we plan to implement 3 phases of attendee verification in order for you to receive any CE Certificates.

To receive your CE's, you will need to:  
1 – Register for the respective sessions,  
2 – "Sign In" via the Zoom chat during the session(s),  
3 – Complete and submit a questionnaire upon completion of conference attendance.

### If you have any questions regarding the seminar, please contact:

Hope Long, LADA President at  
[Hope.Long@stannesc.org](mailto:Hope.Long@stannesc.org)

\*\*\*Zoom login and password information will be sent out closer to the conference.\*\*\*

**Please be sure to provide your preferred email address on the registration form, so that we can send the invite and information directly to you!**

Please fill out the bottom of this form for each registrant, and mail to the address below with your payment:

**\*\*\* Please Note: Checks made payable to LADA \*\*\***

**Registrant Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Please mark your registration selection(s):

- \_\_\_ Thursday, May 12<sup>th</sup> from 12pm-4:30pm **ONLY**
- \_\_\_ Friday, May 20<sup>th</sup> from 12pm-4:30pm **ONLY**
- \_\_\_ BOTH dates (Full Conference Attendance)

**Mail to:** St. Anne's Retirement Community  
**Attention:** Hope Long  
3952 Columbia Ave.  
Columbia, PA 17512

**Deadline:** Please detach & return this with your check by **Monday, May 2<sup>nd</sup>, 2022**

**\*There will be no refunds, but registration is transferable.\***

**\*\*If registration transfer is needed, please notify us ASAP, so that our records can reflect the change. Thank You! \*\***

If you have any questions regarding the seminar, please contact:  
Hope Long, ADC, CDP, LADA President at [Hope.Long@stannesrc.org](mailto:Hope.Long@stannesrc.org)

## Speakers for the 2022 Conference:

**Barbara Goll** – Barbara Goll is a Community Education Liaison and Nutritionist for Homeland at Home, which is one of very few non-profit hospices in the Lancaster Area. She has spent most of her career in various levels of long-term care and community programming. Her passion is educating and helping people attain the best quality of life while aging in place. Barbara is also an AACE (Alzheimer's Association Community Educator).

**Danielle Griffith, BS/ACC** – Danielle Griffith has a BS Degree in Human Services from York College of Pennsylvania, and also has an AS Degree in Education. She also has 30+ years of experience – 25 years working in long term care, and 7 years working in psychiatry. She is still working full time in long term care. Danielle is Activity Consultant Certified (ACC) through NCCAP since 1991, and has been an NCCAP Instructor since 1998.

**Ellen Bishop Little, CLC** – Ellen Bishop Little is a Certified Coach, Speaker, and Trainer associated with the John C. Maxwell Group. Having coached individuals within the direct sales industry for the past 20 years, she has recently felt called to follow her passion to encourage and help guide individuals to see the “big picture” and to encourage them to find their purpose in their personal and professional lives, often in the midst of challenging circumstances. Ellen has been widowed twice and feels blessed to be the mom to 4 exceptional children and 5 perfect grandchildren. Her pup Nica and cat Bella provide endless snuggles, and Ellen also feels blessed to be able to share her home with others as an Airbnb Super Host.

**Debbi Miller, MA, LPC** – Deborah is a licensed professional counselor and holds a master's with honors in clinical mental health counseling from Messiah College and is certified in Spiritually Integrated Psychotherapy. She also has a bachelor's in sociology from Wheaton College. Debbi has many years of experience working with individuals experiencing homelessness, incarceration and poverty. She has worked with addiction and substance use disorder, depression, anxiety, bipolar, abuse and trauma, and parenting and relationship issues. Debbi incorporates cognitive behavioral, motivational interviewing, mindfulness and person-centered approaches in her work. She uses creativity, spirituality and humor in establishing rapport with clients. By creating safe and sacred spaces in the counseling experience, she helps individuals see the inherent value in themselves. Debbi is open and affirming to all individuals including those who identify as LGBTQ+.

**Nancy Richards, ADC/EDU/MC, with Activity Pathways** – Activity Pathways is a healthcare education company on a quest to push back stigma around mental health and aging. Nancy, a healthcare catalyst, promotes the benefits of purpose, exploration and play, elements of human wellness. A devoted Activity Practitioner for over 30 years, designs, and delivers products and speaks nationally. Nancy Richards has enjoyed working in all levels of long-term living, including physical rehabilitation, and acute, inpatient mental health services—her subspecialty since 2001. She has lived experience as a family caregiver for aging relatives living with cancer, dementia and post-stroke challenges. She is a graduate of Wesley College & Gwynedd Mercy University, with an emphasis in Gerontology. She is certified through the National Certification Council for Activity Professionals (NCCAP); is Activity Director Certified (ADC) with Education, Memory Care specializations; and is an Approved Instructor for the Modular Education Program for Activity Professionals (MEPAP). Additionally, Nancy is a Certified Chair Chi Instructor, and Certified Mental Health First Aid.

*“Develop a passion for learning. If you do, you will never cease to grow.” – Anthony J. D'Angelo*

## The Lancaster Activities Directors Association...

... was established in 1980 to enhance the lives of elders by supporting, through networking and education, the people in Lancaster County and the surrounding area who work with them as activity professionals. Through monthly meetings, our website and Facebook page, and our annual conference, we provide opportunities for sharing new ideas and methods, working together to provide solutions to common challenges within our profession. We mentor those who are new to the profession and encourage all members to become highly qualified in the profession through certification and continuing education. We promote the work of activity professionals both within communities serving seniors and to the public. We encourage and support state and national participation within our organization.

---

To join, visit → <http://www.joinlada.org/join.html>