

Presenters



Mindy Buikema is the Program Manager at The Day Center of Evergreen in Holland, Michigan. She has worked at the center for 11 years. Mindy graduated from Western Michigan University with a

degree in Special Education. She is passionate about providing quality activities to assist individuals in having a great day when they attend a day program.



Suzanne Sholes has worked at The Day Center of Evergreen for 7 years. She is currently the Activity Coordinator. Suzanne attended Western Michigan University where she obtained her masters in Counselor

Education and Counseling Psychology. She has great creativity and enjoys putting her imaginative energy into planning an activity calendar each month at The Day Center.

For more information about
MADSA, please contact us

MADSA
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Holland, MI 49423

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Michigan
Adult
Day
Services
Association 



Activities Training
September 18, 2013, 9am-3pm
Hannah Community Center
819 Abbot Road
East Lansing, MI 48823

Activities Training Registration Form

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Please complete this form and
mail with check payment to:

MADSA
PO Box 1305
Holland, MI 49423

Check here for vegetarian
meal option

Please RSVP by Wednesday,
September 11, 2013

\$60 MADSA Member

\$55 each for 2+ MADSA Members

\$75 Non-MADSA Member



Activity Exchange

Everyone who attends this training will receive a booklet with activity ideas from other attendees that have worked well in their programs.

Please email an outline of your favorite activity to Carrie at mimadsa@gmail.com by September 11.

Be sure to include the following information:

- Group size—how many people should be in this activity
- Time allotted—15 minutes, 45 minutes, 2 hours...
- Benefits/Objectives—increase coordination, improves circulation, reminiscing, social involvement, etc...
- Materials needed
- Description of activity
- Variations—keep score, time the activity, split the groups into teams

Please bring all the materials to the September meeting and be prepared to show the group how to run the activity.

Activities are a vital component to a quality program

How do you develop a good activity calendar when your client population is so diverse?

What makes an activity “good?”

How do you get as many people involved as possible?

How can you set up your clients for success?

How can you (or your staff) become an energetic and effective leader?

We will tackle these questions and more. Each attendee will walk away with great activities to bring back to their centers. We will network with each other, problem-solve current activity barriers in our programs, and role model successful leadership traits.

