



# Creating Joy & Festivity For Isolated People

December 4, 2024 • 1–2:30 p.m. CT  
[www.LeadinAgeIowa.org/CreatingJoy](http://www.LeadinAgeIowa.org/CreatingJoy)

LeadingAge Iowa is partnering with LeadingAge Kansas to offer this opportunity. Explore inspiring, simple ideas to create joy. Although focused on the Thanksgiving, Christmas and New Year's holidays, a Creating Joy framework is offered for year-round. Following CMS Tag F679, we'll focus on each individual's *interests* before groups and meaningful engagement before busy work or being occupied. Also, out of this regulation, we will highlight *community* connection and *connectedness*, one of the Eden Alternative domains of wellbeing included at CMS Tag 679.

- Participants will be able to name the requirement to actually focus on individuals' interests before groups at Tag 679.
- Participants will be able to list the requirements at Tag 679 for community connection, preferences, choices, interests and the seven domains of wellbeing including connectedness as identified by the Eden Alternative.
- Participants will be able to describe a framework for creating joy on an individual basis in order to combat loneliness, isolation and boredom.

## Event Schedule

December 4, 2024 | 1-2:30 p.m. CT

## Faculty

### **Carmen Bowman, Consultant, Trainer, Author, Owner, Edu-Catering**

Carmen Bowman is a consultant, trainer, author and owner of Edu-Catering: Catering Education for Compliance and Culture Change, turning her former role of *regulator into educator*. Carmen was a Colorado state surveyor for nursing homes, assisted livings and adult day programs, a policy analyst with CMS Central Office teaching the national Basic Surveyor Course, and the first certified activity professional to be a surveyor. As a contractor to CMS, Carmen co-developed the original Artifacts of Culture Change, Artifacts 2.0 and first-ever for Assisted Living, facilitated both Creating Home national symposiums on culture change and the environment, and then food and dining. Carmen led the Dining Practice Standards task force. She has a Master's in healthcare systems, a Bachelor's in Social Work, is a Certified Eden Alternative Associate and Mentor, Certified Validation Worker, Group Practitioner and Presenter. Carmen co-founded the Colorado Culture Change Coalition. With Action Pact, she has authored eight culture change workbooks and hosts *Conversations in Culture Change with Carmen* every month for 15 years now. Carmen is Co-Editor of the international journal *Activities, Adaptations and Aging: Purposeful and Dignified Living for Older Adults*. She started a new eResource series called Using Regulations to Reject & Replace Institution with Home & Normal Life starting with GUARDIANS OF NORMAL LIFE and encourages all to become one!

## Continuing Education Information

**Nursing Home Administrators** – The event is designed to provide 1.5 contact hours, aligning with the criteria set by the Iowa Board of Examiners for Nursing Home Administrators for participants who attend the entire event. Please note that partial credit will not be granted; full attendance is required to receive contact hours or a certificate of attendance. LAI will verify electronic virtual sign-in and sign-out times before issuing certificates.

**Activity Professionals** – The event has been approved by the Iowa Department of Inspections & Appeals for 1.5 contact hours for Certified Activity Professionals who attend this session in its entirety. Partial credit for this session will not be granted. To receive contact hours or a certificate of attendance, you must attend the entire session.

**Social Services** – The event is designed to provide 1.5 contact hours, aligning with the criteria set by the Iowa Board of Examiners for Social Workers for participants who attend the entire event. Please note that partial credit will not be granted; full attendance is required to receive contact hours or a certificate of attendance. LAI will verify electronic virtual sign-in and sign-out times before issuing certificates.

**For other long-term support and service provider professional not listed above:** Most licensure boards, credentialing agencies and professional organizations have processes that allow individuals to earn a certain number of CEUs for non-preapproved programs and/or to accommodate self-submission for approval of continuing education hours after the event takes place with proper documentation from the program sponsors. It is up to the discretion of the licensee to choose relevant sessions and self-report. Certificates of attendance will be provided for this purpose.

### **Registration & Other Information**

Register at [www.LeadingAgeIowa.org/CreatingJoy](http://www.LeadingAgeIowa.org/CreatingJoy). This event will be hosted by LeadingAge Kansas.

LeadingAge Iowa Member	\$50
Prospective Member	\$100

### **What's Included**

Registration fee includes digital handouts, one connection to the live webinar and instructions for receiving CE credit/attendance certificate for one person. A recording of this webinar is NOT included in the registration fee.

### **Cancellation/Refund Policy**

No refunds for failure to log-in at the time of the event. Substitutions are welcome anytime via email. A full refund will be given to all cancellations received 10 or more business days prior to the event. A \$25 administrative fee will be charged to all cancellations received six to nine business days prior to the event. No refunds will be given to cancellations received five or fewer business days prior to the event. Refunds will be calculated by the date received and the business days remaining prior to the event. All cancellation and substitution requests must be emailed to Dawn Balder ([DBalder@LeadingAgeIowa.org](mailto:DBalder@LeadingAgeIowa.org)).

Go to [www.LeadingAgeIowa.org/VPCodeofConduct](http://www.LeadingAgeIowa.org/VPCodeofConduct) to view the LAI Virtual Programs Code of Conduct.

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515-440-4630 or [www.LeadingAgeIowa.org](http://www.LeadingAgeIowa.org)