



Continuing Education Opportunities

Looking to have a special program for your Activity Professional Group? Check out some of these continuing education programs for Activity Professionals in long-term care and community-based settings. Each session is 2-3 hours in length but can be tailored specifically for your group or organization.

Empowering the Spirit: Meeting the Spiritual Needs of a Diverse Resident Population

The needs of our residents are becoming more culturally and spiritually diverse every day. This presentation will explore the foundations of spiritual and religious practices in older adults and establish strategies for creating both interfaith and multifaith services for a culturally accessible program of activities.

Learning Outcomes:

- Define cultural competency, religion, spirituality, interfaith and multifaith programming.
- Outline stages of spiritual growth and analyze their effects on resident engagement.
- List and examine spiritual and religious practices and belief systems.
- Practice care planning for spiritual interventions through case studies.

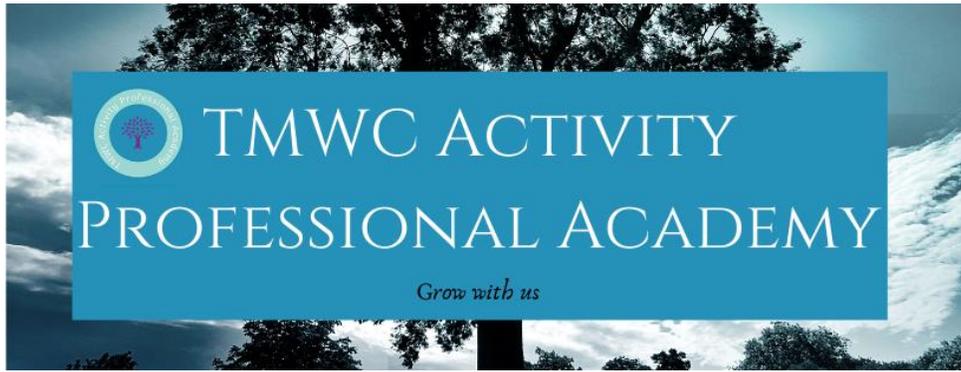
Sound Engagement: Exploration of Interactive Music Programming

Music and rhythm are key methods of engaging residents of all cultures, abilities, and levels. In this program, we will review the benefits of interactive music programs for elders, participate in rhythm, singing, dance, and song-writing activities designed for seniors in all types of environments, and develop strategies for evaluating and increasing engagement through music in our communities.

Learning Outcomes:

- Outline therapeutic benefits of music for elders.
- Compare music therapy with music engagement programming.
- Practice resident engagement through rhythm, song, songwriting, and dance.

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Beyond Bingo: Montessori Principles for Resident Engagement

Montessori Methods are becoming popular in resident activities in recent years. This presentation will provide a foundation in Montessori Principles which can be applied to activity programs in various settings on the continuum of care.

Learning Outcomes:

- Outline the history and principles of Montessori for Dementia
- Analyze characteristics of Montessori-based programs
- Review strategies for the implementation of Montessori Principles

Nurturing the Rainbow: Caring for LGBT+ Older Adults

As our older adult population continues to become more diverse, we must identify and address the specialized needs of each person in our program and provide engagement that is culturally accessible for all. Nurturing the Rainbow aims to identify the specific needs of older adults who identify as LGBT+ and develop strategies to meet the needs of these elders, their allies, and their families.

Learning Outcomes:

- Describe key terms relevant for understanding LGBT+ Older Adults
- Explain common issues for LGBT+ Elders in residential care communities
- Discuss effective strategies for creating welcoming environments and quality care for LGBT+ Older Adults, their families, and allies.

Instructor Biography

Timothy W. Anderson, M.Ed., ACC/EDU, CPC, BM has been working in the field of senior engagement since 2007. He began his work using music engagement such as drumming, rhythm band, sing-along, and tone-chime activities for clients with dementia at an Alzheimer's specific Adult Day Program. He later established a music services company for clients in various senior living and community programs. He also acted as Recreation Director for a Culture Change Assisted Living Program in East Providence, RI.

As an educator, Timothy is a pre-approved instructor for the Modular Education Program for Activity Professionals™ and has provided guidance and for Activity Professionals in Adult Day, Assisted Living, and Skilled Nursing Homes. He is a graduate of the American College of Education, with a master's degree in Instructional Design and Technology in 2021. He also holds a bachelor's degree in Music Composition from the University of Rhode Island. He has provided educational consulting for other educators and a specialized school for children with Autism and

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Behavior disorders. Outside of activity work, he is a certified Reiki Master-Teacher, Life Coach, Chair Chi® Facilitator, and more. He lives with his husband, Matt in West Warwick, Rhode Island.

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