PREETHI FERNANDO

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1501 MORNING DRIVE LOVELAND, CO 80538 970 663 4316 2017EXCEL@GMAIL.COM

Presenter Name: Preethi Fernando

Presenter Title: Author, Speaker, Healthcare Affiliate

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Workshop Title and Presentation :

45 Free and Affordable Activities: Developing an Affordable, Enriching Activity Program for the Aging

Description of Proposed Session as it might appear in the conference brochure

Budget cuts are a common factor affecting activity directors across the globe. Activity directors and life enrichment coordinators are constantly being creative to offer effective activities for their residents as they have very little money to spend in their budget. It makes the activity director's job more challenging and sometimes, less pleasurable. When you have more options in the activities you offer, you end up with an enriching activity program, no matter what your budget maybe; *even* if your budget is zero. Yes, there are steps you can take to deal with your tight budget. Preethi Fernando will show you how in her presentation titled "45 Free and Affordable Activities: Developing an Affordable and Enriching Life Enrichment Program."

Three Key Topics to be Discussed:

1. Learning 45 different free activities that life enrichment coordinators can deliver to aging residents at zero/low cost
2. Learning how to connect with community resources, such as dance troupes and community colleges, to get free resources and volunteers for activity programs
3. How to apply for grants and financial aid for activities' services and products

Learning Objectives:

- 45 free/low cost activity ideas they can deliver to residents at no cost
- Connecting with the community to enhance the activity calendar on a shoestring budget
- How to do in house activities effectively and in a timely efficient manner
- How to apply for grants to enhance the life enrichment department
- How to recruit volunteers from the Senior community to help out

Speaker Qualifications: Preethi Fernando, M/A, Tufts University, Massachusetts; www.preethifernando.com

- Author of six successful books
- Professional speaker at healthcare and assisted living conferences
- Provides of music as healing at 100+ assisted living and memory care facilities
- Winner, 2016 Stephen King Haven FOundation Award, given to an outstanding author in the United States
- Winner, 2016 Carnegie Fund for Authors

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Target Audience:

- Life enrichment coordinators
- Physicians
- Staff at independent living facilities, hospitals, assisted living, memory care, Hospice, home health care providers, senior center staff, sober living, rehabs
- Marketing and Sales
- Nursing home administrators
- Nurses, caregivers, social workers
- CFOs, CEOs

How will this session, meet the needs of the above audience described?

The staff as a whole, will learn about the benefits of a having a sound, life enrichment program on a budget. From a marketing perspective, it helps to attract new clients and to retain existing residents. It will increase profits and create employee retention. Life enrichment coordinators in particular, will learn about time saving activities, how to get free activities from the community, and how to

Time Required for Session: 60-75 minutes

Honorarium. To present up to five topics, my honorarium is $3,000 plus hotel lodging and food. Eg: This can include a Keynote and four breakout session topics. $3,000 covers to present anywhere from one to five topics at a single conference.

Preethi has Previously Spoken At the Following Conferences:

Nebraska Health Care Association, October 2015
Leading Age, Nebraska, March 2015
Oklahoma Association of Healthcare Facilities, April 2015 (pending)
Ohio Healthcare Association, April 2015 (pending)
Kentucky Association of Healthcare Facilities, November 2014
South Dakota Assisted Living Association, September 2014
Wisconsin Healthcare Association, April 2014
Michigan Assisted Living Association, May 2014