



IMPACT

**MASSACHUSETTS COUNCIL OF ACTIVITY
PROFESSIONALS - MASSCAP
PO BOX 1657, EASTON, MA 02334
Phone: 617-558-0202**

www.masscapbelong.com

MassCAP—Celebrating 50 years serving Activity Professionals in Massachusetts 1975 - 2025

Newsletter of the Massachusetts Council of Activity Professionals

**MassCAP IMPACT
Winter 2025**

President's Message:

by Sandy Sarza, BA, LNHA, ACC-EDU, CDP, CADDCT, CMDCP

Happy New Year and Happy Activity Professional's Week! On behalf of the MassCAP Board of Directors, I hope that you were able to celebrate the outstanding work that you and the members of your activity department do everyday. As I said in my Activity Professional's Week letter—every Activity Professional goes "Beyond the Ordinary" every day for their patients, residents, clients and participants. Through person-centered approaches you create experiences and honor each individual you serve! Your talent, dedication and devotion bring joy, purpose and meaning to all! You deserve to be celebrated!!

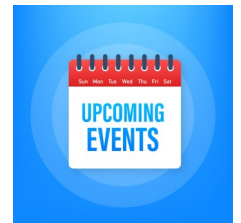
As a recap—2025 was a successful year for our organization as we celebrated our 50th anniversary as your State association and we saw the return of our annual conference! Although we did make some changes in the format and had sessions on Wednesday evening and all day Thursday, those who attended enjoyed all of the outstanding presenters and were enlightened and educated from them and were able to catch up with old friends and make some new acquaintances as well!

A new year is the time to re-focus and make some realignments in the organization and the MassCAP Board is hard at work already making plans for upcoming educational events, a possible "fun" fundraiser as well as realigning some of the positions on the Board. Our Secretary, Leeanne Agius has decided to leave the MassCAP Board and we thank her for the many years that she dedicated to not only the Board but to the MassCAP membership. THANK YOU Leeanne for everything!! We have also decided to rename and re-work a few of the positions on the Board. The Program Chair position will be re-named Education Chair as that is the primary function of that position and the Education/Certification Chair position will be eliminated as education is this position and MassCAP no longer offers certification (it is done nationally only). The Technical Support position will become the responsibility of the Vice President. The policies and procedures will become the responsibility of the President. The Membership/Professional Development Chair will now be call Membership Chair. The Job Bank will now be the responsibility of the Secretary. The Board feels that this will streamline the positions and keeps similar tasks together in the new structure.

Finally, a new year means it is time to renew your MassCAP membership. You should have received an email from the Massachusetts Senior Care with the renewal reminder and we are also adding a copy to this IMPACT for your convenience. Please renew today as we our organization is only as strong as its members! I would ask that you encourage any Activity Professionals that you know or work with to become MassCAP members and to attend our educational workshops. I have always felt that we learn a great deal from

Upcoming Events

March 25, 2026
MassCAP Workshop at
Care One Millbury



Membership Renewal

Just a reminder that
membership now runs
from January 1st
through December
31st.

Please remember to
complete your
membership renewal
form and pay your
annual dues as soon as
you receive your form!



Continuation of President's Message:

each other when we are together. Each of you has a wealth of knowledge and experience and sharing that with one another is a great way for Activity Professionals to grow and shine!

Thank you again for all that you do everyday and for your support of MassCAP! Activity Professionals always go "Beyond the Ordinary"!



Treasurer Report: by Lauri Friis, ADC

It was so nice to meet and greet all of the 1st time attendees at the 2025 MassCAP conference in October. It was also very nice to catch up with some friends that I have not seen in person for quite some time. Happy Activity Professionals Week!!! Please take a moment to celebrate all of your accomplishments from the largest events to the smallest ones. WOW... we do it all! Have a great week and celebrate YOU! If you are in need of any MassCAP logos items, please feel free to contact me. If you have any suggestions for new logo items, please let me know. Thank you for your continued support.



Job Bank:

If you have a job opening to post, please contact President Sandy Sarza at ssarza@sarahbraytonhc.com

You do not have to be member to post a job opening but if you are inquiring about open jobs, please remember that this is a MassCAP membership benefit—so you must be a member to inquire about open positions.

If you request a job to be posted on Job Bank and the position was filled, please inform President Sarza so that it can be removed from our listing.

MassCAP Social Media Platforms:

LinkedIn: MassCAP Executive Board LinkedIn Profile
<https://www.linkedin.com/in/masscap-executive-board-417a7343>

Instagram Page:

Our Instagram page: **masscap1975** Please continue to connect with us on all our social media venues for information and upcoming events.

Facebook Page: Mass CAP

Please send friend request to our Facebook for upcoming events.

For information about MassCAP

Please visit our Website

www.masscapbelong.com

Program Chair:

by **Ann deVillafane, BS, ADC/EDU, CDP**

Hi, everyone & Happy New Year! The MassCAP Board was busy in 2025. MassCAP celebrated 50 years as your state Organization at the 2025 MassCAP Conference. This was our first MassCAP conference since COVID. On October 15th & 16th at the Doubletree in Leominster, MA, we had 55 people that attended the conference and enjoyed the speakers and networking with their peers and the vendors. Kathleen Carville & Laura Friis from the MassCAP Board kicked off the conference & presented “Differentiation in Arts and Crafts” and “Crafts for Every Season” & in each of the sessions the attendees were given interesting & creative craft ideas. Our opening speaker on Thursday, Dr. Randi Lebar presented “Music in Dementia-Finding the Piano” which was amazing and extremely inspiring. “Building A Bridge to Recovery: An Interactive Introduction to SUDS” by Jack Maroney and Dr. James DiReda was very informative and many activity professionals in LTC have had residents that are dealing with substance abuse disorder and found this session very helpful. During the “Vendor Spotlight” attendees enjoyed connecting with the vendors and finding out different services they can provide for their facilities. Cassidy Salvatore, presented “Plan It, Post It, Play It: Tech Tools for Every Stage of Activities” & she provided attendees with new tech sources to try and ideas to enhance their activity programs. Anne Cabral closed the conference with her session “Empathetic Leadership in Elderly Care: Raising the Standard of Service” and she helped attendees understand and reflect on their methods and practices of leadership. A big thank you to all the speakers and the MassCAP Board for all their support and hard work. Overall, the MassCAP 2025 conference was a great success!

The MassCAP Board is working on providing workshops and speakers for MassCAP members for 2026! Our next workshop will be on March 25th at Care One Millbury in Millbury, MA. More information will be coming soon. I am always open to new ideas and suggestions and would like to thank those people who have already reached out to me with speaker names and topics they are interested in hearing about. If you are interested in hosting a workshop or speaking at a workshop, please reach out to me at ann.devillafane@yahoo.com

We are working on trying to increase the MassCAP membership, so don't forget to renew your 2026 membership now and encourage a other activity professionals that you know.

Remember—Knowledge is power!! Keep yourself powered up with MassCAP!

Hope to see everyone at our first workshop of 2026 on March 25th! Be on the lookout for workshop information and registration forms!

Some pictures from the 2025 MassCAP Conference in Leominster, MA



Satellite Chair:
by Kathleen Carville, ADC

Happy New Year! As satellite chairperson, I interested to hear about your satellite groups. I know that there has been renewed interest in starting new Satellite groups throughout the State and I am available to assist if needed. There are some Satellite groups that have resumed their regular meetings and are offering support, educational opportunities and comradery to their members. There are some Activity Professionals who are looking for connections in their area and are looking for other Activity Professionals to meet with. If you need assistance in making these connections, please contact me at 508-577-5532 or kmcarville@gmail.com

The new year means it's time to renew and re-organize and I hope that you will take advantage of the support MassCAP can provide with workshops and trainings!



Membership Chair:
by Catherine E. Sabatini, ADC-MC, CDP, CMDCP, MHEC

Being a MassCAP Member Means Having Knowledge
Thinking “Beyond” the Everyday

This year alone, Massachusetts has faced devastating fires in both the Long Term Care and Rest Home settings. These events remind us how critical preparedness is—not only for facilities, but for Activity Professionals as well. Are you ready to support residents during and after a disaster? Staff training should include how to comfort residents as they grieve the loss of belongings, routines, and their sense of home. Activities Care Plans are essential tools during emergencies, guiding us in meeting residents’ emotional and cognitive needs. Consider keeping “grab-and-go” activity kits on hand, and remember that flexibility and teamwork are key in times of crisis.

Another area worth rethinking is how we honor resident birthdays. Are celebrations meaningful to the residents themselves? Asking residents what they want—perhaps through Resident Council—ensures birthdays are personal, respectful, and properly budgeted.

Finally, it’s time to flip the script on engagement. Long Term Care facilities are residents’ homes, and residents should have a voice in how they spend their time. Instead of simply inviting them to activities, ask what they want to do, what they’d like to lead, and how their families might contribute. When residents are partners in programming, engagement becomes more meaningful—and life truly feels like home.



Strengthening MassCAP Policies & Online Presence: A Key Goal for This Year

by **Anne Cabral**, LNHA, LSW, CDP, CDPT, CADDCT, CMCCPT, CMDCP, ABA, M Ed, C.A.G.S., BC-AC

As MassCAP celebrates 50 years as a professional association, this year presents an important opportunity to both honor our legacy and intentionally strengthen our foundation for the future. In my role as the Board's Policy and Procedure lead, one of our primary goals for this year is to review, strengthen, and align our policies—while simultaneously enhancing MassCAP's online presence and communication efforts. The experience of navigating COVID highlighted the need for clear, adaptable policies that support professionalism, consistency, and transparency across all aspects of the association. As we move forward, our focus is on ensuring that MassCAP's policies reflect current best practices in governance, membership engagement, satellite group development and professional standards. Strong policies allow us to grow responsibly while maintaining the integrity of the association.

Equally important this year is strengthening our online presence. Updated policies and procedures will support ongoing website improvements, clearer communication pathways, and consistent marketing across multiple platforms. These efforts are designed to improve accessibility, highlight the value of membership, promote education, and ensure MassCAP remains visible and relevant in an increasingly digital professional landscape.

As we celebrate 50 years of MassCAP, this work is about more than modernization—it is about raising the bar for what a professional association can be. By strengthening our policies and enhancing how we connect and communicate, we position MassCAP to continue supporting activity professionals with clarity, professionalism, and purpose for years to come.



MassCAP Board Contacts:

President

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508-491-7013
ssarza@sarahbraytonhc.com

Vice-President

Rosey Beckford
drewro@comcast.net

Secretary

(open)

Treasurer

Laura Friis
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Education Chair

Ann DeVillafane
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Satellite Chair

Kathleen Carville
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kmcarville@gmail.com

Membership Chair

Catherine Sabatini
508-397-0537
shoebaskets@yahoo.com

Policy & Procedure Chair

Ann Cabral
508-8374217
AnnieCab@icloud.com



Education/Certification Chair:
by Rosey Beckford, MEd, ADC, CDP

How to Renew your NCCAP Certification

It's important to make sure that your correct email is on file so that you receive an email link beginning 4 months before your certification expiration date. If you don't receive this email, please contact the NCCAP office to update your email. You will then be able to renew through the link sent to you from NCCAP via email.

NCCAP is now following an audit process for continuing education.

Please Note: When submitting CEs for renewal they must be within the 2 years of expiration date. For example, if expired on 12/1/2025, the CEs must be between 12/2023-12/2025.

When your application for re-certification has been reviewed and approved you will receive your NCCAP certificate as a PDF via email. Contact the office if you wish to have a hard copy of your certificate for a nominal fee at info@nccap.org.

NCCAP's Memory Care Validation Certification Course is now available!

Enroll now by going to <https://www.nccapacademy.org/validationmemorycare>

Additional pictures from the 2025 MassCAP Conference in Leominster, MA





Massachusetts Council of Activity Professionals

Application for Membership/Renewal
PO Box 1657
Easton, MA 02334
Tel 617-558-0202 ☐ Fax 617-558-3546
www.MassCAPbelong.com

WHAT IS THE MASSACHUSETTS COUNCIL OF ACTIVITY PROFESSIONALS?

The Massachusetts Council of Activity Professionals (MassCAP) is a professional organization of activity coordinators established in Massachusetts in 1975. Activity professionals work in nursing facilities, assisted living facilities, senior centers, senior residences, community agencies, and adult day health programs. Membership in MassCAP is open to anyone interested in improving activity programming, participating in educational opportunities, and exchanging ideas with colleagues in the health care professions. MassCAP works with its membership, with other health care providers, and with regulatory agencies to ensure that activities programs exist which encourage the elderly to lead full and challenging lives.

WHAT IS AN ACTIVITIES PROFESSIONAL?

Activities professionals understand that the absence of meaningful activity may lead to anxiety, boredom, depression, and ultimately, to deterioration of mental and physical functioning among those we serve. Dysfunction is often reversible through engagement in therapeutic programming, enhancement of the activities of daily living, chosen varied activities, and vocational pursuits.

Activity professionals assess clients in order to develop and implement programs that assure a daily variety of possibilities in which each elderly person may foster relationships, and maintain chosen interests, whatever their ability level, and or setting in which they live. Adaptations and team training are continual.

MEMBERSHIP BENEFITS:

1. Access to complementary Zoom workshops with contact hours (as needed r/t the pandemic)
2. Membership Card
3. Copy of By-laws
4. Access to Job Bank information – posting and utilizing the Job Bank when pursuing a job
5. Quarterly newsletter - 'IMPACT', which updates membership on professional and legislative issues and is a forum to share news among others in our profession
6. Discounted registration fee for our in-person educational seminars, including a statewide annual two-day conference when scheduled
7. The right to vote, hold office, and nominate peers for office or award recognition
8. MEMBER DIRECTORY - which includes information about satellite groups, workshops, and Board Officers' contact information.

Annual Membership Fee:* \$50

Make check payable to: **MassCAP**

Mail to: Massachusetts Senior Care Association
PO Box 1657
Easton, MA 02334

For information call: (617)-558-0202

***Membership in MassCAP is an *individual* membership, not a facility membership. Membership is for one year beginning on January 1 and ending on December 31.**

MassCAP Executive Board

President- Sandy Sarza
Secretary-

Vice President- Rosey Beckford
Treasurer- Laurie Friis



Massachusetts Council of Activity Professionals
Application for Membership/Membership Renewal
January 1 – December 31, 2025

Please type or print clearly

One application form per individual

Name: _____

Current Membership Number (if renewal): _____

Email Address: _____

Home Address: _____

City: _____ State: _____ ZIP Code: _____

Home (OR CELL) Telephone: _____

Referred by MassCAP Member: _____

Member's Facility: _____

Facility Name _____

Facility Address: _____

City: _____ State: _____ Zip Code: _____

Facility Telephone: _____ Your Title: _____

Send mailings to: my Home (recommended) my facility

I am paying by **personal** check or credit card.

Credit card: MasterCard Visa American Express

Account #: _____

Exp. Date: _____ Billing Zip Code: _____ Security Code: _____

Name on Card: _____ Signature: _____

Make \$50.00 check payable to MassCAP & mail to:

MassCAP
Massachusetts Senior Care Association
PO Box 1657, Easton, MA 02334
Telephone: 617.558.0202 Fax: 617.558.3546

For Office Use Only:

Date Renewal Received: _____

WHY JOIN MASSCAP?

MEET OTHERS WORKING IN OUR PROFESSION – IN SIMILAR SETTINGS- LEARN ABOUT OTHER PLACES TO WORK!! STAY UP TO DATE ON REGULATIONS! FIND OUT HOW TO MAKE OUR TASKS AND PROGRAMS EASIER AND MORE INTERESTING! RECEIVE DISCOUNTS FOR WORKSHOPS AND SEMINARS! EARN CONTACT HOURS! GAIN CONFIDENCE AS A PROFESSIONAL WITH SUPPORT FROM OTHERS IN THE SAME PROFESSION! ASK QUESTIONS! TACKLE ISSUES! SOLVE PROBLEMS! HAVE FUN, MAKE NEW FRIENDS! JOIN US! SOME MEMBER SERVICE SETTINGS:

Skilled Nursing Care Facility

Assisted Living Facility

Rehabilitation Center

Adult Day Health Program

PACE Center

HOME CARE

Senior Center

Memory Care Unit

Continuing Care Retirement Community...

Hospital TCU

Rest Home