

ERIKA SHAVER-NELSON, MA

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EXPERIENCE/SKILLS

- Creativity sessions for seniors with dementia in their homes.
- Group activities for seniors with dementia, including theater games, chair dancing, storytelling, art, music appreciation.
- Learning life stories & planning activities around personal interests.
- Director of Activities Departments, providing supervision to activities staff, chaplain, volunteer coordinator and volunteers.
- Providing oversight to large volunteer program at a senior care community.
- Experience being part of an interdisciplinary care team that led care conferences with seniors & their families.
- Planning monthly activity calendars, planning/leading outings, planning holiday & themed events, and party planning/ decorating for seniors.
- In home care/companionship for seniors in their homes.

TRAINING

TimeSlips Certified Facilitator
2023

Activity Director Training Program
Idaho Health Care Association 2022

Cares Dementia Specialist Certification,
CARES Dementia Training 2022

CPR/AED & First Aid

Class B Commercial Drivers License /
15 Passenger Endorsement

Music & Memory Training
2016

WORK EXPERIENCE

Creativity Sessions

for seniors with dementia in their homes
Boise/Treasure Valley September 2023 - present

Activities Director

Chaparral House Berkeley, CA
February 2012-August 2021

Responsible for the smooth functioning of activities department in skilled nursing community that provides meaningful and life-enriching programs that promote connection, stimulation and enjoyment. Ensure that the activities provided are resident-centered, and meet the needs of all long-term and short-term residents. These include sensory stimulation programs, programs for residents with dementia, off-site outings, spiritual programs, holiday parties and celebrations. Ensure a strong inter-generational presence. Provide oversight to activities staff, volunteer coordinator, volunteers, inter-faith chaplain and gardener. Assure that all programs and required documentation, including activity assessments, MDS, activity care plans, are within Federal & State regulations. Attend resident/family care conferences and fulfill duties of inter-disciplinary care team. The above is a brief summary of the many responsibilities associated with this position, which also included budget management, resident council, and much more. ***During my tenure, Chaparral House was the first nursing home in the country to receive a memory care certification from The Joint Commission. And under my supervision, Chaparral House received the 2016 Not for Profit Program of the Year Award, for our volunteer program, from the American Health Care Association.***

Events Coordinator

Chaparral House Berkeley, CA
October 2008-February 2012

Planning parties, outings and inter-generational programs for elders living in a skilled nursing home that encourage wellness, creativity, enjoyment and connection. Planning themed parties, decorating for events and holidays, wearing costumes for each occasion and taking photos. Assisting with planning yearly themed open houses. Doing outreach and leading inter-generational programs. Providing oversight for individual and group landscape and vegetable garden volunteers. Attending care conferences, completing required documentation.

TRAINING CONTINUED

Apprenticeship with Frank Moore, Shaman/Performance Artist

Apprenticeship in integrating play, healing and love.

Berkeley, CA
2003-2013

Going to the Core Intensive with Frank Moore, Shaman/Performance Artist

Intensive in intimacy, work, play and life.

Berkeley, CA
2003

Training in Intimate Playing with Frank Moore, Shaman/Performance Artist

Mentoring beyond counseling in intimacy, life, playfulness, vulnerability and living responsibly. Berkeley, CA

2001-2002

M.A. Counseling Psychology Drama Therapy

California Institute of Integral Studies
San Francisco, CA

2002

Certified Clinical Hypnotherapist

HCH Institute
Lafayette, CA

2002

B.A. Performing Arts

Hampshire College, Amherst, MA
1996

PRESENTATIONS

Pioneer Network Conference

Supervised and designed presentation for Chaparral House, August 2019: "Play Improves Quality of Life for People with Dementia."

California Association of Long Term Care Medicine Conference

Supervised and designed presentation for Chaparral House, May 2018: "Play Improves Quality of Life for People with Dementia."

WORK EXPERIENCE CONTINUED

Companion/Caregiver

Private Home Companion Berkeley, CA
2008-2012

Provided companionship, ate dinner with, and provided personal care, bathing and medical transportation to our friend Betty, who was in her 80s.

Director of Enrichment

Claremont House Oakland, CA

April 2005-October 2008

Change of ownership, and change of name to *Monarch Place* (September 2008-October 2008)

Developing enrichment programming for independent and assisted living residents of a retirement community that encouraged wellness, creativity, enjoyment and connection. Leading group activities with residents and supporting resident-led activities and committees. Scheduling and driving for outings with residents. Holiday and themed party planning, including the booking of entertainment, decorating, and wearing costumes for each occasion. Planning a yearly five-day party celebrating different cultures, with the Director of Dining Services. Facilitating inter-generational activities. Planning a yearly holiday bazaar and rummage sale. Creation of a monthly calendar of activities and monthly newsletter. Providing supervision to enrichment staff, volunteers, contracted teachers and adult school teachers. Scheduling room use for community groups and managing a monthly budget.

Enrichment Specialist

Claremont House Oakland, CA

2004 -2005

Providing assistance to the Enrichment Director in organizing a wide range of stimulating recreational programming for residents in a retirement community, including holiday parties, resident-led activities, holiday decorating and a holiday bazaar/rummage sale. Implementing the Enrichment Program in the assisted living department, including leading group activities with drama, chair dancing, poetry writing, storytelling, flower arranging, art and discussion groups. Posting of a daily activity schedule, announcing activities, making and posting flyers. Driving residents for shopping and banking, and keeping a photo album of residents and celebrations.

PRESENTATIONS CONTINUED

From Theory to Practice 2016: Residents First (Ombudsman Services Presents)

Reducing Antipsychotics in Real Life

Presented a PowerPoint: "Enjoying Being Together: Playful Activity Programs"

(NAP Day) National Activity Professional Day

Co-Event Coordinator for East Bay Activity Coordinators
Oakland, CA
2010-2011

Imaginative Play Workshop

East Bay Activity Coordinators
Oakland, CA
2010

VOLUNTEERING

Emerson House - Garden City, Idaho

March 2023 - Present
Lead activity groups for memory care residents, including chair-dancing, music history, storytelling and hat collection /imaginative play.

Meridian Senior Center / Ada County Library, Victory Branch

Boise/Treasure Valley area
May-July, Oct-Dec 2023
"In The Moment" Activity / Creativity group for seniors with dementia & their caregivers

Saint Francis Medical Hospital

San Francisco, CA
June-July 2000
In-Patient Psychiatric

Bridge to Wellness

San Francisco, CA
June-July 2000
Outpatient Psychiatric Services

Theater Performance resume can be provided upon request.

WORK EXPERIENCE CONTINUED

Social Worker

Vashon Community Care Center/Adult Day Program Vashon, WA
2003

Provided psycho-social support and resources to seniors and their families. Conducted intake assessments and care plan meetings. Documented care plans and progress notes. Led group activities including drama, poetry and relaxation. Facilitated a caregiver support group and assisted in daily programming of the day program.

Activities Therapist/Marriage Family Therapist Trainee

California Pacific Medical Center San Francisco, CA
2002

Facilitated drama therapy, expressive arts therapy and recreational activities to groups and individuals in a long-term Alzheimer's care facility. Provided individual bedside recreational therapy to acute-care hospital patients including assessments for care plans. Provided supervision for recreational/expressive arts therapists in training and volunteers.

Companion

Private Home Care Oakland, CA
1999

Provided companionship, health and personal care, meal preparation and outings for a 95-year-old gentleman. Provided overnight care.

Team Leader

Crossings Ridge Point Assisted Living Boulder, CO
1997-1998

Health care provider for seniors in an 80-unit assisted living setting. Administration of medications, management and organization of team responsibilities, documentation and reporting changes in health and behavior of residents. Training new employees.

Personal Care Provider

Professional Home Health Care Boulder, CO
1997

Assisted clients with personal care and house cleaning. Charted and reported changes in clients' environments and behavior.

Activities Assistant

Friends Care Center Yellow Springs, OH
1997

Implementation of activity schedule. Leadership of individual and group expressive arts and recreational activities for long-term Alzheimer's residents.