

Best Practices of Northern Michigan *16th Annual Conference*

K i r t l a n d C o m m u n i t y C o l l e g e

10775 N. St. Helen Rd.

Roscommon, MI 48653

Friday, May 9, 2014

8:00AM – 4:30PM

*T r a n s f o r m a t i o n
t o M e a n i n g ,
V a l u e a n d J o y*



Go to : www.kirtland.edu

For driving directions

The Best Practices of Northern Michigan (BPNM) conference committee is proud to announce the 16th Annual Conference, "Transformation to Meaning, Value & Joy." During the past two years, the BPNM partnered with the Pioneer Network National Learning Collaborative to facilitate 13 webinars on using the MDS 3.0 to strengthen the skills caregivers need to provide person-centered care in northern Michigan nursing homes. *Culture change is the transformation* and this year's conference will offer more tools and resources supporting a team based approach to care ensuring better care and quality of life for residents and a strong commitment to the skills of direct caregivers We hope you can attend and that you enjoy your experience with us this year on the beautiful campus of Kirtland Community College.

Best Practices of Northern Michigan 16th Annual Conference May 9, 2014

M o r n i n g K e y n o t e S p e a k e r

Anna Ortigara, RN, MS, FAAN, Sharing the Vision of Person-Directed Care: Finding the Leader in Each of Us



Anna Ortigara, RN, MS, FAAN, *Sharing the Vision of Person-Directed Care: Finding the Leader in Each of Us.* Anna Ortigara has focused her practice in the field of gerontological nursing and Alzheimer's care for the past 35 years. She is currently an Organizational Change Consultant with PHI. She works with Long Term Care organizations as an educator and consultant to support cultural transformation.

Anna served as the Resource Development Director for THE GREEN HOUSE® Project at NCB Capital Impact funded by The Robert Wood Johnson Foundation. She has worked with older adults in nursing homes, sub-acute care, adult day care, acute care, and home care settings. Anna was the Associate Director of Long Term Care Accreditation for the Joint Commission on Accreditation of Health Care Organizations; was the Director of Residential Care Services for the Rush Alzheimer's Disease Center at Rush University Medical Center in Chicago, and was the V.P., Campaign for Cultural Transformation at Life Services Network, Hinsdale, IL. She is a Fellow of the American Academy of Nursing; and is the creator and primary author of LEAP for the 21st Century LTC Workforce (a research-based program of Mather Lifeways Institute on Aging) and BEST CARE – A Workforce Model to support Person-directed Relationships in Long Term Care funded by an Illinois Department of Public Health Grant.

She has developed and appeared in four videos related to workforce in LTC and care approaches to person-centered dementia care. She has also been a primary developer of educational tools and web-based interactive programs for The Green House Project. Anna is a frequent national and international speaker and presented at The International Eden Conference in 2008, 2010, 2012, Leading Age many years, The Pioneer Network Conference 2008 - 2013 and as well as state and regional conferences. She presented at the Asia Ageing Forum in Singapore in January 2009. Anna is a registered Eden Associate.

A f t e r n o o n K e y n o t e P r e s e n t a t i o n

Maureen Mickus, Ph.D., MSG, Gerontologist and Associate Professor, Western Michigan University. Dr. Mickus received her bachelor's degree at Kalamazoo College and master's degree from the Andrus Gerontology Center, University of Southern California. She was awarded a Ph.D. from Northwestern University. Dr. Mickus completed a post-doctoral fellowship at Michigan State University, College of Human Medicine where she subsequently served on the medical school faculty for ten years. She joined the faculty at Western Michigan University in 2006 and received the Western Michigan University Distinguished Teaching Award in 2011. Dr. Mickus' work has centered on aging policy and strategies for maintaining older adults in the community. She has published on a variety of mental health and aging topics, including dementia and depression. Her research has involved health policy relating to frail elders such as the turnover of direct care staff in long term care facilities and also the MiChoice Medicaid Waiver. She is currently developing intervention research related to social connectivity and loneliness in later life. She serves on multiple boards, including the Michigan Society of Gerontology and Centracare-Program of All Inclusive Care for the Elderly. Bringing diverse interests in aging issues and cultural competency to her teaching, Dr. Mickus is known for her ability to bring life to topics that some would consider mundane.

Ageism may be a new term to your but it refers to a deep and profound prejudice against the elderly. In simple terms, ageism occurs when people stereotype others based on old age. Ageism occurs throughout society in varying degrees, in television, advertising, greeting cards, movies, hospitals and in our own skilled nursing facilities. Intentional or inadvertent, join Dr. Maureen Mickus as she addresses Ageism from her own humorous perspective.

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Maureen Mickus, Ph.D., MSG, Ageism: Stereotyping or Terms of Endearment?



C o n f e r e n c e H o s t a n d E m c e e



Thomas Bissonnette, MS, RN will serve as our conference host and emcee. Tom has served on the Best Practices of Northern Michigan conference planning committee for three years and always brings humor and good nursing sense to our conversations. He is employed in the Training Section with the Bureau of Health Care Services. He has been a registered nurse since 1979 with a master's degree in psychiatric and mental health nursing. He is experienced in geriatric mental health both in the hospital inpatient and long term care settings.



Conference Breakout Sessions

A.) Anna Ortigara, RN, MS, FAAN, Organizational Change Consultant, PHI. *I Am trying to Tell You Something: Understanding Behaviors as Language.* This session will explore how we can consider behaviors as expressions of unmet needs. Through an experiential process unmet needs will be explored within the context of relationships. Approaches and deep knowing set the stage to support well-being in persons living with dementia and avoid the use of antipsychotics.



F.) Rhonda Copeland, RN, BSN, MSA, Quality Education Manager, Hospice of Helping Hands, Inc. *Building a Bridge to Healing: The Affects of War* will discuss the physical, psychological and spiritual illnesses related to veterans who served during each period of war from WWII through Operation Enduring Freedom. Principles of symptom control at end of life, military culture influences, and addicted veterans will be shared including non-pharmacologic interventions. Learn about PTSD in veterans as well as a result of other life experiences.



B.) Sandra L. Place, LNHA, Jackson Medical Care Facility, Eden Mentor Educator. *The Hidden Challenge of Addiction in an Aging Population: Care in Crisis.* Often an Elder come to the long term care setting agitated, upset and jittery. What if the cause behind this angst was more than just a relocation? Addiction is far too often overlooked as a possible reason for behaviors, anxiety and stress. Learn the scope of the problem, how to recognize and plan care for those afflicted with the disease of addiction.



G.) Matthew Soderquist, MSW, Adult Services Supervisor, Community and Resource Coordinator, Otsego/Crawford/Oscoda DHS. *Hoarding and cluttering behavior has psychological, physical welfare, and public safety implications. Join Matt as he explores the history, the illness, and the human costs of health, quality of life, family relationships, and social networks associated with Hoarding and Cluttering Behavior.*



C.) Cathy Coulon, RD, Ciena Healthcare and Touchpoint Support Services. Join Cathy as she presents *The New CMS Dining Standards of Practice* developed by an interdisciplinary task force for nursing home residents. Research indicates that many older individuals, even those with chronic illnesses, may not need limited or restricted diets. During the interactive discussion, implementation of the new dining standards challenges as well as special diet challenges will be discussed.



H.) Deborah M. Orloff, MPH, BSN, RN, Michigan Parkinson Foundation and Hettie Molvang, RN, BS, MA, Allied Health & Education, retired. Join Debby and Hettie as they describe the signs and symptoms of Parkinson's Disease. Learn how identify the stages used to manage Parkinson's symptoms and the challenges confronting people with the disease. *Living With Parkinson's Disease* will share ways health care professionals can improve quality of care and life for those diagnosed with Parkinson's Disease.



D.) Vicki Burlew, RN, ADNS, Health Care Consultant, Lebenbom & Rothman. *Help Me! The Elder Justice Act Personified* The Elder Abuse Act/Elder Justice Act is not just about health care professionals being mandatory reporters. It is about how we treat one another – how to recognize the person in this aging body and helping me live my life without pain and fear.

Picture not available

I.) Melanie Hayes, RN, Therapist, Hospice Angelic Care. *Reflexology and Aroma Tough Technique Therapy.* This interactive session will assist the participants in optimizing their health and well being through Reflexology and Aroma Therapy. Participants will experience and learn techniques and helpful hints that have the potential of improving the quality of life for the elders in their care.



E.) Katharine Withington-Edwards, Paul Oliver Living and Rehabilitation, Activities Professional. *Laughter* produces endorphins whether laughing at ourselves, someone else, or making ourselves laugh in a breakout session. In this *Laughter* session, attendees will learn to use laughter as relieve stress in their own lives and to assist the elders they work with everyday, see the humor in what is too often a time of loss



K.) Sara Socia, LBSW, CDP, CADDCT, Generations Wellness. *Meaningful Interactions: Communication in Dementia.* Our senses are the key to communication! Normal aging can change the way we communicate and how we understand the world around us. When a dementia related illness is involved, these barriers can seem insurmountable. This session focuses on both normal and abnormal change in sensory perception, offering a range of techniques and knowledge that enhance effective communications and connections.



Best Practices of Northern Michigan Conference Committee

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|---|---|
| <ul style="list-style-type: none"> • Nancy Turner, Ombudsman • Region 10 Area Agency on Aging • Sharon Greenhoe, BA, Ombudsman
Region 9 Area Agency on Aging • Sara Socia, LBSW, Generation Wellness • Marie Marshall, LPN-CL Hospice of Helping Hands • Dawn Jacobs, Assistant State LTC Ombudsman • Justin Moreau, NHA, Medilodge Hillman • Tom Bissonnette, RN, Michigan Nurses Association • Kim Pappas, Administrator, The Brook, Gaylord | <ul style="list-style-type: none"> • Sandy L. Place, NHA, Jackson Co Medical Care Facility • Cean Eppelheimer, BS, PHI Midwest • Donna Beebe, RN, C, BSN, MPRO • Andrea Hepburn, Marketing, Tendercare Alpena & Greenview • Cathy Coulon, RD, Lakeview Manor Healthcare Center • Heather Barringer, Activities Professional, Hilltop Manor • Kevin McElroy, NHA, Evergreen Living Center |
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Conference Schedule

8:00-8:45AM Registration, Continental Breakfast, Visit Vendors

8:45-9:00AM Go to Auditorium

9:00AM Conference Opens (Auditorium)

9:15—10:45AM Keynote Speaker — 1hr 45 min

11A-12:15PM Breakout Session #1—1.25 hr

12:15-1:15PM Lunch and Visit Vendors

1:15-2:30PM Breakout Session #2—1.25 hr

2:45-4PM Closing Keynote— 1.25hr

4:00PM Door Prizes, Certificates, Closing Comments

4:30 PM Conference Ends!



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C o n f e r e n c e R e g i s t r a t i o n
Clip on the link below to Register

Conference Registration Fees:

- General attendance \$35
- Attendees receiving CE credits \$45

Click this link to register:

<https://adobeformscentral.com/?f=D8piIVnypzPSaJtO2fCfOQ>

CEU Information

5.5 Nursing Continuing Education Hours approved. Credit hours have been requested for NHA, Social Workers, and AFC Workers. General Attendance Certificates will be available at no charge for those of you that need credits for work or certifications.

Late Registration at the Door

Register and pay at the door! Fees increase by \$10

- General attendance \$45
- Attendees receiving CE credits \$55

Make Checks Payable to:

Northwest Senior Resources Inc.

C o n f e r e n c e R e g i s t r a t i o n
Clip on the link below to Register

<https://adobeformscentral.com/?f=D8piIVnypzPSaJtO2fCfOQ>

Breakout Session Registration

You will be able to attend two breakout sessions. Breakout session seating is limited and on a first come basis.

Please indicate your first (1), second (2) and third (3) choices.

- A. ___ Anna Ortigara, RN, MS, FAAN, *I Am trying to Tell You Something: Understanding Behaviors as Language*
- B. ___ Sandy L. Place, NHA, *The Hidden Challenge of Addiction in an Aging Population: Care in Crisis*
- C. ___ Cathy Coulon, RD, *The New CMS Dining Standards of Practice*
- D. ___ Vicki Burlew, RN, *The Elder Justice Act— Person-Centered Perspective*
- E. ___ Katharine Withington-Edwards, *Laughter*
- F. ___ Rhonda Copeland, RN, BSN, MSA, *Building a Bridge to Healing: The Affects of War*
- G. ___ Matthew Soderquist, MSW, *Hoarding and Cluttering Behavior*
- H. ___ Deborah Orloff, MPH, BSN, RN, *Introduction to Parkinson's Disease*
- I. ___ Melanie Hayes, RN, Therapist, *Reflexology and Aroma Tough Technique Therapy*
- J. ___ Sara Socia, LBSW, CDP, CADDCT, *Meaningful Interactions: Communication in Dementia*

Prior to the Conference go to <http://www.nemcsa.org> to download your conference handout materials.

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**Your Ombudsman at:
866-485-9393**

