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28TH ANNUAL
NURSING

HOME
ADMINISTRATOR
CONFERENCE

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NURSING
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ADMINISTRATOR
CONFERENCE

Missouri League for Nursing
604 Dix Road
Jefferson City, MO 65109

February 28 - March 2, 2019
Lodge of Four Seasons
Lake Ozark, Missouri

EFFECTIVELY SERVE LONG-TERM CARE RESIDENTS!

Nursing Home Administrators will be provided with essential information needed to effectively serve long-term care residents and successfully perform their leadership role and job responsibilities. This conference was specifically designed to provide 20 hours of CE in 2 ½ days.



February 28 - March 2, 2019

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CONFERENCE AGENDA

THURSDAY, FEBRUARY 28

8:30 – 10:30 A.M.

The Trauma in Loss

2 patient care hours

Speaker: Marty Martin-Forman, ACSW, LCSW, Owner, Martin-Forman Consulting and Retired Chief Operating Officer, Fulton State Hospital, Fulton, Missouri

Almost any kind of loss can be traumatic from loss of a job, a home, a marriage, death, or even our feelings of safety. By understanding traumatic loss and the stages of recovery we become better equipped to help others and even ourselves.

10:30 – 10:45 A.M. BREAK

10:45 A.M. – 12:15 P.M.

Addiction: Aging and Resiliencies for Residents Experiencing Addiction Issues During Mandatory Gradual Dosage Reductions in Skilled Nursing Communities

1.5 patient care hours

Speaker: Cynthia E. Baker, MSW, LCSW, LSCSW, CSW-PIP, LIMHP, CSW (Gerontology), Regional Clinical Manager, Social Work Consultant for Training, Deer Oaks Behavioral Health Organization, Columbia, Missouri

Senior adults experiencing dependence and addiction to prescribed medications are a growing national problem and can harm not only the senior adult, but effects family members, friends, and caregivers. This presentation provides helpful peer review literature about this national epidemic while connecting Gradual Dosage Reduction (GDR) as a potential resiliency for reducing senior adult abuse of prescribed medications. The presentation provides strategies for helping GDR chances for success for positive health and outcomes for the senior adult experiencing dependence and potential addiction to prescribed medication(s).

12:15 – 1:15 P.M. LUNCH

1:15 – 2:45 P.M.

Managing Behavior Difficulties in Long-Term Care Communities

1.5 patient care hours

Speaker: Cynthia E. Baker, MSW, LCSW, LSCSW, CSW-PIP, LIMHP, CSW (Gerontology), Regional Clinical Manager, Social Work Consultant for Training, Deer Oaks Behavioral Health Organization, Columbia, Missouri

Many senior adults experience dementia or mental illness that may impair judgement and can cause behaviors such as delusions, misinterpretations, late day confusion or sundowning, repetitive questions, altered sleep patterns, aggression, and more. These concerns effect the senior adults quality of life, in addition to disruption to the long-term care community. This presentation provides proven strategies to respectfully and appropriately manage these behaviors.

2:45 – 3 P.M. BREAK

3 – 4:15 P.M.

How to Manage Generational Differences in the Workplace

1.25 administrative hours

Speaker: Stephanie Barron, HR, Human Resources and Organizational Development, Stonebridge Senior Living, St. Louis, Missouri

One of the most common management challenges involves how to effectively manage all kinds of different people, not just people who look and think as we do. During this session, we will discuss generational differences, communication styles, adapting to change, technical skills and customizing your style. What matters most, regardless of generation or gender or ethnicity, is how well you understand your employees as individuals... what motivates them and what doesn't... what personal hopes and fears and dreams drive their attitude and engagement.

4:15 – 4:30 P.M. BREAK

4:30 – 5:45 P.M.

Legal Updates in Employment Law and Social Media Issues

1.25 administrative hours

Speaker: Amanda D. Cochran, Of Counsel, Kutak Rock LLP, Springfield, Missouri

This session will discuss recent changes in state and federal laws/regulations as well as review existing/recurring legal issues. Common risks and potential responses to those risks will also be discussed.

Social media has infiltrated every aspect of our daily lives, including the workplace. With proper use, social media can be used to promote your business and build workplace culture; when handled incorrectly it can have serious legal, fiscal, and reputational consequences. In this session, we will discuss topics to help you manage social media effectively in the workplace.

FRIDAY, MARCH 1

8 – 10 A.M.

Compassion Fatigue

2 administrative hours

Speaker: Sharon McGloin, MSOD, MS, CTRS, President and Owner, Experiential Alternatives, Kansas City, Missouri

This session will explore compassion fatigue and provide proven strategies to help us address this unique stress and maintain a balance in your life. Compassion fatigue, also known as Vicarious Trauma, is a condition characterized by a lessening of compassion over time. It is common in trauma victims and individuals that work in a helping profession. This program will give you and your staff the tools to succeed in this challenging health care environment.

10 – 10:30 A.M. BREAK

10:30 A.M. – 12 P.M.

Regulatory Update from the Section for Long-Term Care Regulation

1.5 administrative hours

Speaker: Shelly Williamson, Section Administrator, Section for Long-Term Care Regulation, Missouri Department of Health and Senior Services, Jefferson City, Missouri

This session will focus on recent and upcoming regulatory changes that have an impact on long-term care communities. Changes in both state and federal arenas will be discussed.

12 – 1:15 P.M.

Lunch and Roundtable Discussions

1 administrative hour

Current hot topics will be provided to discuss over lunch.

1:15 – 3:15 P.M.

LTC Staffing: Recruitment and Retention

2 administrative hours

Speaker: Al Litwiller, President, Litwiller Consulting LLC, Plainfield, Illinois

A new poll reports over 50% of US adult employees are currently looking for a different job thanks to an improving economy. Over 70% of employees who resign report they are leaving a supervisor, not a job. How do we keep our staffing schedule filled when many managers are not able to properly staff their units. During this session we will learn the “secrets” of why employees leave and why they stay in their jobs and what we can learn and implement from this.

3:15 – 3:45 P.M. BREAK

3:45 – 5:45 P.M.

Leadership Qualities in a Changing Environment

2 administrative hours

Speaker: Al Litwiller, President, Litwiller Consulting LLC, Plainfield, Illinois

Long-term care administrators are facing the impact of new federal regulations, greater competition, and increasing census pressures. The economy is making it difficult to hire/retain the quality employees needed. A majority of our employees report high levels of stress, burnout and anxiety, a growing customer base who is more willing to sue over a negative outcome, and not enough financial resources to get the job done. During this session we will address the major leadership qualities needed to succeed in this changing work environment.

WORKSHOP LOCATION/HOTEL

Lodge of Four Seasons
315 Four Seasons Drive
Lake Ozark, MO 65049
573-365-3000

A limited number of rooms are blocked at a rate of \$105 per night for single/double occupancy. This room rate does not include sales or lodging tax but does include the resort service fee. When making your reservation mention the “MLN” to receive the discounted rate. Reservations must be made by January 29.

MEMBER DISCOUNT

Up to 20% off the Regular registration fees are available to Professional Members and all employees of an Organizational Member, seeking continuing education (CE) hours. Individual Members cannot receive CE hours without an Organizational or Professional membership. Individual members may attend for professional development and will receive a certificate of attendance.

REGISTRATION FEE

See registration form for deadline dates and payment rates. WE CANNOT BILL YOU. Registrations may be submitted by mail, phone between normal business hours of 8:30 a.m. - 4:30 p.m., fax, or online at mlnmonursing.org. Discover/MasterCard/Visa accepted. There is a \$30 service charge on all returned checks.

CONFIRMATION

Confirmations are sent to the email address given on the registration form. Please provide a copy to your employer.

SATURDAY, MARCH 2

8–10 A.M.

Nutrition: You Want to Hear This

2 patient care hours

Speaker: Jessica Miller RDN, CDE Corporate Dietitian and Natural/Organic Food Buyer at Pyramid Foods

Nutrition has become tricky business! Understanding our food, what to look for, and what might be a deceiving marketing claim is important to understand. There are many cutting edge new products on the market and we should be paying attention. Jessica presents every day foods, food trends, and new exciting innovations that we should begin to consider a benefit to not only our residents but ourselves. Health is a journey that can oftentimes feel like a maze. Join us as we learn new insight into updated nutrition information.

10–10:15 A.M. BREAK

10:15 A.M. – 12:15 P.M.

Humor in the Workplace

2 administrative hours

Speaker: Novella Perrin, PhD, retired Assistant Provost of Research and Dean of the Graduate School and Director of Gerontology Institute, Warrensburg, Missouri

The health care industry is a stressful environment. A hearty laugh can go a long way in making us feel good as well as making us more productive and able to have positive interactions with our co-workers. This session will identify the positive and negative effects of stress on the individual. Specifically, the session will focus on strategies to manage stress and reduce it in each person’s personal and professional life through humor. The major goal of this session is to put a little humor in your life and in your workplace!

CONTINUING EDUCATION

Approved by the Missouri Board of Nursing Home Administrators. TA #044-719. Receive up to 20 CE hours (7 Patient Care/13 Administrative). All other disciplines will receive a certificate of attendance.

SUBSTITUTIONS AND CANCELLATIONS

Substitutions are allowed. You may cancel up to 5 business days prior to the workshop and receive full credit or upon written request a refund less a \$50 processing fee. Cancellations less than 5 business days may send a substitute or transfer (less \$50) registration to another workshop within 6 months. Refunds/credits are not offered if registrant fails to attend without prior notification. MLN reserves the right to substitute presenters without notice.

HANDOUTS

Handouts will be emailed prior to the conference. It is your responsibility to print them and bring them with you to the conference, or if you prefer, store them on an electronic device and bring it with you. Internet is not provided.

MISCELLANEOUS

Contact the MLN office to arrange for special ADA needs or dietary needs. Bring a sweater or jacket due to varying meeting room temperatures. Business casual attire is appropriate. Photography: MLN reserves the right to photograph/record attendees for promotional use.

REGISTRATION FORM

28TH ANNUAL NURSING HOME
ADMINISTRATOR CONFERENCE
FEBRUARY 28 - MARCH 2, 2019

Name _____ MLN ID # _____ Last Four Digits S.S. # _____

Cell Phone _____ Credentials _____ Email _____

Home Address _____

Home City _____ State _____ Zip Code _____

Employer _____ Employer MLN ID # _____

Confirmation, handouts, evaluation, and certificates will be sent via email.

POSTMARKED ON/BEFORE JANUARY 29, 2019

- Regular Rate: \$495 per person
- Organizational/Professional Member: \$395 per person

POSTMARKED JANUARY 29, 2019

- Regular Rate: \$545 per person
- Organizational/Professional Member: \$445 per person

RETURN REGISTRATION FORM AND PAYMENT TO:

Missouri League for Nursing

604 Dix Road
Jefferson City, MO 65109
573-635-5355
573-635-7908 fax
mlnmonursing.org

Check method of payment: Check Enclosed Discover/MC/Visa Total Enclosed \$ _____

Card # _____ Exp. Date _____ 3-Digit Security Code _____

Name on Card _____ Zip Code _____ Signature _____



THE LODGE
OF FOUR SEASONS

GOLF RESORT, MARINA & SPA

Warm hospitality awaits at this picturesque waterfront resort. Nestled on the edge of shimmering Lake Ozark, soak up the unparalleled resort setting and experience true vacation bliss. Discover the best of both worlds from affordable guest rooms to luxury suites, casual and elegant dining, world-class golf and luxury spa. Unwind in the laid back oasis and experience your own thrilling Lake Ozark adventure.

