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South Dakota
Health Care AssociationSM



REQUIREMENTS OF PARTICIPATION:
IMPACT ON PROVIDERS

June 12 - 13, 2018
Ramkota Hotel,
Sioux Falls

Annual SDHCA Summer Workshop

Sessions designed for:

- Activities
- Dietary
- Nursing
- Social Services

Administrators Welcome

General Information

Location

Ramkota Hotel
3200 West Maple Street
Sioux Falls, SD 57107
Located at I-29, Exit 81

Reservation Deadline

A block of rooms has been reserved at a special rate at the Ramkota Hotel.

Single/Double - \$102.99 Triple/Quad - \$102.99

You must reserve your room(s) by May 12, 2018, to guarantee the rate and availability. Please mention the SDHCA room block to receive the special rate. Call 605-336-0650 to reserve your room.

How To Register

Register for the Summer Workshop online at www.sdhca.org. Register early and save! The Early Bird Special is available through **May 11th**!

To register, please contact your Administrator/Manager as he/she has the username and password for your Center to register attendees.

Registration Categories:	Early Bird Registration <i>(By May 11)</i>	Late Registration <i>(After May 11)</i>
Per Nursing Center – SDHCA Members (Up to 5 attendees)	\$390.00	\$415.00
Per Assisted Living Center – SDALA Members (Up to 3 attendees)	\$290.00	\$315.00
SDHCA Corporate Members (Up to 4 attendees)	\$350.00	\$375.00
SDHCA Associate Member	\$250.00	\$275.00
Per Individual – Nonmembers	\$780.00	\$830.00
Per Additional Attendee (Must register Center.)	\$50.00	\$50.00

*Centers may not combine onto one registration.
Each licensed Center must register separately.*

Send Payment to:

SDHCA
804 N Western Avenue
Sioux Falls, SD 57104



Cancellation Policy

Registration cancellations must be made in writing by fax, mail or email to the SDHCA office by **May 11, 2018**. Any cancellations received between May 12, 2018 and May 24, 2018, will be refunded minus a \$100.00 administrative fee. Refunds will **NOT** be issued to participants who did not attend the workshop and did not cancel their registration by May 24, 2018.

Continuing Education Credit

Your name badge will contain a bar code for scanning after each session for CEUs. The general sessions and breakout sessions are pre-approved for nursing home administrators and social workers. Hours have been requested from the ANFP and the Academy of Nutrition and Dietetics. A total of 9 clock hours are available.

This program has been approved by SDBENFA as SDHCA is an affiliate of the American Health Care Association which is an approved provider for credit hours.

This organization (SDHCA) is approved as a provider for continuing education by the SD Board of Social Work Examiners. Provider #: 1012

Name Badges

You **must** receive a name badge from the Registration Desk. All attendees must wear this name badge to attend the educational sessions. Your name badge is your proof of attendance as well as your identification for CEUs with **electronic scanning**.

Attire

The attire for the workshop is casual attire. Please dress in layers to accommodate for the air conditioning in the meeting rooms.

Cell Phones

Cell phones must be turned off or on vibrate during the educational sessions.

Breaks

Snacks will be provided during the breaks.

SMILE...You May Be In Pictures!

South Dakota Health Care Association takes photographs during its events for use in Association promotional materials, including our website and online social networking. By participating in this Workshop and other SDHCA events, you grant SDHCA the right to use your name and photograph for such purposes.

Educational Sessions

The sessions are designed for the disciplines from Long Term Care Centers. Please review the program descriptions and objectives of each of the sessions.

Use The SDHCA App

Download the SDHCA App for easy access to the Workshop schedule and to receive notifications when sessions are beginning! Download using the App Store or Google Play.

Opening Session

Tuesday, June 12

8:30 – 10:00 am

“Purposeful Preparation for Phase 3 – RoP”

Leah Killian-Smith, BA, RHIA, NHA, HSE, Director of Quality Assurance & Government Services, Pathway Health

Room: Washington Room

Disciplines: All

1.5 Hours

This session will provide the participant with helpful information to prepare for implementing Phase 3 regulations related to the State Operations Appendix PP for Long Term Care. While it may seem that the first two phases included the most work, Phase 3 includes comprehensive programmatic changes that will require extensive training for staff members. Join us for this information-packed session to help prioritize the next steps for compliance!

At the conclusion of this session, the participants will be able to:

- ◆ Understand the required elements of Phase 3 and how they affect Long Term Care’s current policies and practices
- ◆ Analyze the components of the regulations that are new and those that are in addition to what is already in place
- ◆ Gain knowledge to be able to prepare staff members for the next phase of regulatory guidance for Long Term Care

Breakout Sessions

10:15 – 11:45 am

“F812 and More – Is the new LTCSP regarding a Safe and Sanitary Kitchen Really That New?”

Cindy Koopman Viergets, Senior Health Facilities Surveyor/REHS, SD Department of Health

Room: Roosevelt Room

Discipline: Dietary

1.5 Hours

F812 is new and so are other citations that may affect your kitchen and your employees. This session will discuss the 7-page kitchen observation form used by surveyors for the new Long Term Care survey process (LTCSP). We will also discuss the 7-page dining observation form and how it relates to all staff during for residents’ dining experience. This session will offer guidance to this tag and others, discuss your questions, concerns, and anxiety about the new interpretive tags and help resolve your issues.

At the conclusion of this session, the participants will be able to:

- ◆ Achieve discussion guidelines and set parameters in their Center and with their employees about the new LTCSP
- ◆ Use the handouts for analysis of their own kitchen and dining area

Building Nurse Staff Competencies for Post-Acute Care – Learn to Create and Deliver Meaningful Education”

Leah Killian-Smith, BA, RHIA, NHA, HSE, Director of Quality Assurance & Government Services, Pathway Health
Room: Washington Room
Discipline: Nursing
1.5 Hours

Education can be fun and rewarding for the adult learner when it is organized, meaningful, and presented in a way that sticks! Adult learners need to hear it, see it, and do it. Successful outcomes come from good education. This session will provide the participant with five workable strategies for creating a simple but meaningful education session for staff members working in post-acute care.

At the conclusion of this session, the participants will be able to:

- ◆ Identify the elements of competencies and evidence-based education to develop skills
- ◆ Develop a facility plan to implement competency-based training
- ◆ Describe key strategies for nursing leadership to operationalize the training process

“Psychosocial Wellbeing: Empowering Social Services and Impacting Resident Lives”

Paige Hector, LMSW, Clinical Educator, Ahead Healthcare Education & Consulting
Room: Lincoln Room
Discipline: Social Services
1.5 Hours

The psychosocial assessment provides a foundation for the care plan and supports a person’s goals and quality of life. The components of a thorough assessment will be described within the framework of a strengths perspective. From the medical record review to the resident interview, participants will be able to identify important psychosocial issues and demonstrate critical thinking skills.

At the conclusion of this session, the participants will be able to:

- ◆ Recognize the value of the social worker as a clinical team member that contributes to a resident’s well-being
- ◆ Describe how to conduct a medical record review and the components that impact a comprehensive assessment
- ◆ Discuss how to conduct a comprehensive interview with emphasis on a strengths perspective and how to engage critical thinking skills

“Fighting the Burnout Bug & Documentation Demon”

Dennis Goodwin, Owner, Activity Director’s Bag of Tricks
Room: Jefferson Room
Discipline: Activities
1.5 Hours

This session covers several tricks of the trade to fight programming burnout. The concepts of using “cluster activities” as well as trimming program frequency, can add space to your calendar for a greater variety of programming. You will also gain tips for making documentation work for you rather than smothering you. You’ll experience a lively group that

can actually match the popularity of Bingo – Racemania. You will also be involved in a time-tested version of the Price Is Right game that will likely become a weekly favorite among your residents.

In the Staycation Display, we will review a display and discussion that pulls residents and staff together to share souvenirs and memories of their favorite trips. The Times of Our Lives memory booklet and grandparents' memory sheet provide ways to help you preserve their unique memories.

At the conclusion of this session, the participants will be able to:

- ◆ Become more aware of the need to keep your program varied and colorful with programs and events
- ◆ Have an understanding of how to program events that help link residents and staff members together
- ◆ Have an understanding of how to add more space to your activity calendar
- ◆ Gain tips on documentation that works for your center

Tuesday, June 12

12:45 – 2:15 pm

“Behavioral Health Strategies for Post-Acute Care – Caring for the ‘Spirited’ Customer”

Leah Killian-Smith, BA, RHIA, NHA, HSE, Director of Quality Assurance & Government Services, Pathway Health

Room: Washington Room

Discipline: Nursing

1.5 Hours

This session will provide Long Term Care leaders the elements required for Behavioral Health under the NEW Requirements of Participation for Skilled Nursing Facilities.

At the conclusion of this session, the participants will be able to:

- ◆ Identify the required elements for behavioral health for Phase 2 of the NEW RoP
- ◆ Learn where to find helpful resources to assist with creation of a behavioral health program
- ◆ Describe three leadership strategies for caring for someone with behaviors or mental health issues

“Surveyor For a Day! Just What are they Looking at and Talking About?”

Cindy Koopman Viergets, Senior Health Facilities Surveyor/REHS, SD Department of Health

Room: Roosevelt Room

Discipline: Dietary

1.5 Hours

This session will demonstrate how a survey is conducted from the “inside”. Decision making, meetings, forms, interviews (staff, residents, family), observations, time management, review reports, observation of skills, policies and procedures. How the new process is trying to standardize how surveyors look at the kitchen and dining experience for all the residents. How to ask questions when being surveyed.

At the conclusion of this session, the participants will be able to:

- ◆ Grasp a better understanding of the flow process during a kitchen and dining observation
- ◆ Understand the steps of a new LTCSP
- ◆ Create skills and everyday work ethics in the kitchen and dining room that should be habits by survey time

“Variety Is Still the ‘Spice of Life’ – Giving Pizzazz to Your Schedule”

Dennis Goodwin, Owner, Activity Director’s Bag of Tricks

Room: Jefferson Room

Discipline: Activities

1.5 Hours

During this session, we will focus on a number of activities that veer a little off the beaten path, like a Best-Dressed Pet Show, a Life and Times exhibit and a Life-Time Achievement Celebration. We will also discuss ones that tend to pull in the fellows, like Root Beer and Roulette and a Home-grown Veteran’s Day event. Several of the activities highlighted will help bring together residents and associates, like a Wedding Photo Display, a Spotlight display and the Fabulous Follies. The Hometown Happenings discussion group simulation will dig up your memories just as it will those of your residents. We will also discuss a way to help your residents personally show their appreciation to volunteers and entertainers with a Personalized Thank You Certificate.

At the conclusion of this session, the participants will be able to:

- ◆ Learn how to plan and program activity groups and projects that are not the “norm”
- ◆ Have an understanding of how to add colorful activities to your calendar
- ◆ Understand how to assist your residents in thanking volunteers and entertainers

“Documentation: Managing Risk & Demonstrating Competence – Social Services”

Paige Hector, LMSW, Clinical Educator, Ahead Healthcare Education & Consulting

Room: Lincoln Room

Discipline: Social Services

1.5 Hours

Creating a defensible medical record that also communicates the numerous details of patient and resident care requires training and understanding of the challenges and pitfalls of documentation. By demonstrating the importance of engaging in daily risk management skills, attendees will be provided with strategies to achieve defensible and effective documentation and gain confidence with this sometimes-onerous task.

At the conclusion of this session, the participants will be able to:

- ◆ Incorporate critical thinking skills in deciding what to document and how to write a comprehensive entry in the medical record
- ◆ Discuss documentation guidelines that ensure accurate entries in the medical record
- ◆ Explain how to document out-of-the-ordinary entries and complaints in the medical record

2:30 – 4:00 pm

“Developing Care Plans: Resident Centered & On Target”

Paige Hector, LMSW, Clinical Educator, Ahead Healthcare Education & Consulting

Room: Washington Room

Disciplines: Nursing, Social Services and Dietary

1.5 Hours

Achieving realistic and accurate care plans is one of the most important functions of the interdisciplinary team. It requires critical thinking skills and training. Each component of the care plan must be resident centered and strive to improve a person's quality of life. Attendees will learn how to write resident-centered goals, how to care plan mood issues and expressions of distress and strategies for facilitating a successful care conference.

At the conclusion of this session, the participants will be able to:

- ◆ Develop care plans within a framework of the Critical Elements of Care and the new Requirements of Participation
- ◆ Demonstrate how to incorporate a strengths perspective in the care plan and develop plans for mood issues and expressions of distress
- ◆ Discuss strategies to facilitate a successful care conference

“Navigating Around the Barriers: Programming for Lower Ability and Younger Residents

Dennis Goodwin, Owner, Activity Director's Bag of Tricks

Room: Jefferson Room

Discipline: Activities

1.5 Hours

As the title of this session implies, we will focus on two of our most challenging populations – the younger residents and those individuals who are not able to actively participate in our open-attendance activities. You'll learn how to work around the hassles of short-term memory loss and the lack of symbol recognition, to reach the well and healthy sections of the brain. One of the modified groups, a “Back in the Day” reminiscing session, employs memory picture cards and inexpensive antiques and collectibles to reach long term memories with a fun object-recognition approach. As you participate in a “Remember When Bingo” game demonstration, you will realize that we can often navigate our way around the barriers to bring out smiles of recognition. In the “Don't Forget the Younger Folks” section, we will zero in on programming ideas for and with younger people. The brief “You Light Up My Life” video will remind you why you entered the activity field in the first place. Then, we will wrap it up with a wild Human Horserace game.

At the conclusion of this session, the participants will be able to:

- ◆ Learn how to plan and program activity groups and projects that help residents reflect on their past and engage their memory
- ◆ Share innovative program ideas for lower functioning residents
- ◆ Share innovative program ideas for younger residents

Wednesday, June 13

8:15 – 9:45 am

“Person Centered Dementia Experience”

Krisie Barron, LSW, Caregiver Specialist, Embrace

Room: Washington Room

Disciplines: All

1.5 Hours

This experience will take you on a journey that will help you feel and understand the world of those living with dementia. Our job is to help people maintain a quality of life that aligns with who they are. We must start by understanding the world in which they live.

At the conclusion of this session, the participants will be able to:

- ◆ Discover the world of dementia by understanding how people with dementia experience their world
- ◆ Recognize that it matters how we connect with the people we support including residents, caregivers, families or other staff
- ◆ Understand family caregivers so we can support them through their caregiving journey
- ◆ Explore the process of capturing information needed to develop a care plan that supports people with dementia and their families
- ◆ Learn the Positive Approach to Care and Hand under Hand Philosophy that will enhance interactions and reduce negative responses

Closing Session

10:00 – 11:30 am

“Understanding Your Caregiver Self”

Krisie Barron, LSW, Caregiver Specialist, Embrace

Room: Washington Room

Disciplines: All

1.5 Hours

A healthy understanding of Caregiving helps you set healthy expectations and healthy boundaries for the families you support as well as yourself. Giving yourself the gift of knowledge allows you to be in charge of the journey you're on and the ones you assist along the way, instead of being at the mercy of it. This workshop promises to be an interactive and engaging learning experience that provides Caregivers with the knowledge and tools they need to make the caregiving journey smooth for everyone

At the conclusion of this session, the participants will be able to:

- ◆ Understand the Caregiver journey as Professionals and as Families, and why we do what we do, and why we feel the way we do sometimes
- ◆ Understand perspectives and vulnerability which will help everyone to have realistic and healthy expectations along the way improving our daily activities/interactions
- ◆ Connect matters whether with the people we support, Caregivers, families or each other as staff, “How we start dictates ... where we end...” Connection affects your sense of belonging, trust and compassion...it affects every interaction

Faculty

Leah Killian-Smith, BA, RHIA, NHA, HSE, Director of Quality Assurance & Government Services, Pathway Health

Leah Killian-Smith is the Director of Quality Assurance & Government Services for Pathway Health. She has 25+ years of expertise which includes leadership positions in several different settings including stand-alone Long Term Care and campus settings. She is a Licensed Nursing Home Administrator, Health Services Executive, Certified Housing Manager, and Registered Health Information Administrator.

Dennis Goodwin, Owner, Activity Director's Bag of Tricks

Dennis Goodwin is the Owner of Activity Director's Bag of Tricks Workshop. He obtained a Bachelor's Degree in Psychology and began working in long term care in 1978. He has more than thirty years' experience in directing, programming and consulting as a Divisional Activity Consultant. He maintained his certification through NCCAP. He specializes in developing and modifying activities that perk up an activity program for the residents involved and the activity staff and volunteers. He is the author of the book *The Activity Director's Bag of Tricks*.

Cindy Koopman Viergets, Senior Health Facilities Surveyor/REHS, SD Department of Health

Cindy Koopman Viergets is a Senior Health Facilities Surveyor for the Office of Licensure and Certification through the SD Department of Health. She has held this position for over 14 years. She is a Registered Environmental Health Specialist and Safety Planning Specialist. She holds a ServSafe Certificate and is a ServSafe Instructor. She has received the SD DOH OLC Surveyor of the Year Award.

Paige Hector, LMSW, Clinical Educator, Ahead Healthcare Education & Consulting

Paige Hector is Licensed Masters in Social Work and Clinical Educator for Ahead Healthcare Education and Consulting. She served as the National Association of Social Worker's Representative to the Joint Commission's Professional and Technical Advisory Committee for Nursing and Rehabilitation Centers. In 2015, she participated in the White House Conference on Aging. She has co-authored a book on palliative care in nursing homes and a textbook on managing the Long Term Care Center. She is a frequent speaker at health care conferences across the country.

Krisie Barron, LSW, Caregiver Specialist, Embrace

Krisie Barron is a Licensed Social Worker and Caregiver Specialist for Embrace. She specializes in supporting Family and Professional Caregivers. She has over twenty years' experience in Long Term Care and Home and Community Based Services. She brings a unique and all encompassing view and understanding of supporting Caregivers as well as being supported. She is a Certified PAC (Positive Approach to Care/Teepa Snow) Trainer, Coach and Consultant.