

Best Practices of Northern Michigan 13TH ANNUAL Conference

Residents: The Heart of the Matter



Friday, May 6, 2011

Kirtland Community College
10775 N. St. Helen Rd.
Roscommon, MI 48653
8:30AM — 4:30PM
www.kirtland.edu for driving directions

BEST PRACTICES OF

Northern Michigan Presents

Residents: The Heart of the Matter

Best Practices History and Mission

In 1997, the two northern Michigan ombudsmen surveyed all nursing home administrators, from the 21 northern counties in lower Michigan, to ask them to participate in introducing culture change to the region's nursing homes. With 75% of administrators responding, our first meeting found 6 people at the table and it was decided that our goal would be to sponsor a conference to promote the Eden Alternative™ and culture change education at monthly meetings. These meetings brought together a diverse group of people from nursing homes and agencies, in addition to ombudsman staff. The Best Practices of Northern Michigan partnered with the Bringing the Eden Alternative (BEAM) Task Force during its first year.

The first Best Practices conference, titled "Walk A Mile In Their Shoes" was held June 8 & 9, 1998, in Gaylord, with 500 attendees, and celebrated the important work of certified nursing assistants. In July, 1998, the Best Practices of Northern Michigan (PCNM) committee received the "Recognition in Excellence" award from Lynn Alexander, Director of Office of Services for the Aging and Chair of the BEAM Task Force.

With the excitement generated from the first conference, nursing home staff and others were eager to have another conference the next year. Since that time, the BPNM has committed to supporting the nursing home culture change

movement and to improving the quality of elders' lives while residing in long term care settings.

In 2011, the BPNM will be presenting the 13th Annual Best Practices Conference and will continue to bring quality educational opportunities to the caregivers of elders in northern Michigan, with the purpose of motivating those working in long term care settings toward continuous quality improvement.

This year, the BPNM committee is pleased to welcome the Michigan Nurses Association as co-producers of our conference. This co-producing relationship will allow our conference to offer nursing contact hours.

MNA is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Conference Schedule

- 8:30 AM Registration & Continental Breakfast
- 9:00 AM Conference Opens
- 9:15 AM Keynote Speaker, Mary Ellen Geist,
Author, Measure of the Heart
- 10:30 AM Breakout Session #1
- 11:45 AM Lunch and Visit Vendors
- 12:45 PM Breakout Session #2
- 2:00 PM Breakout Session #3
- 3:15 PM Keynote Speaker & Concert,
Robin Spielberg
- 4:15 PM Door Prizes and Closing Comments

Residents: The Heart of the Matter

Morning Keynote Speaker



Mary Ellen Geist, *Former New York WCBS Radio News Anchor and Author of Measure of the Heart: A Father's Alzheimer's, a Daughter's Return.* Mary Ellen describes the Geist family experience with Alzheimer's Disease. She has appeared on the Today Show, on NPR, in Reader's Digest and Caring Today. She was a top twenty 2009 Notable Authors, was on AARP's Best Book List of the Month and selected as one of the Best Books for Caregivers. Visit www.marvellengeist.com

Afternoon Keynote Speaker



Robin Spielberg, *Pianist, Composer, Recording Artist, Concert Artist., and spokesperson for the American Music Therapy Association.* Thanks to the generosity of Kirtland Center for the Performing Arts, Robin Spielberg will bring our conference to a close by sharing her story as well as her more recent involvement with dementia patients and music therapy. She will honor us with a mini piano concert and be available to answer questions about her work. See more at www.robinspielberg.com

Registration Fee: \$30

Continental Breakfast, Lunch, and Conference Materials Included
Registration Deadline: April 30, 2011

Make Checks Payable to:
Northwest Senior Resources, Inc.
 Memo: BP of Northern Michigan

Sorry, no refunds for non attendance.

Mail, Fax or Email Your Registration to:

Best Practices of Northern Michigan
 2375 Gordon Road
 Alpena, MI 49707

Fax No. 989-358-6604 Email: greenhoses@nemcsa.org

Breakout Sessions

A. Shelly E. Weaverdyck, Ph.D., Dr. Weaverdyck is widely published and has specialized in geriatric cognition and dementia since 1973. She serves as consultant to a variety of academic, long-term care, and mental health settings internationally, nationally, and locally in Michigan and NW Ohio. Dr. Weaverdyck advises LTC administration and staff regarding cognitive impairment intervention and program planning. This breakout discusses **Non Alzheimer's Dementia — What they are and Why it Matters.**

B. Bradley Geller, Attorney at Law. Brad attended Northwestern University and received his law degree from Northeastern Law School. He has served as council to Washtenaw County Probate Court and currently serves as Assistant State Long Term Care Ombudsman. This session deals with **Planning for the Loss of Decision-Making Ability Guardianships and Alternatives.** Participants will learn about durable power of attorney (DPOA,) court appointed guardianships and conservatorships and the implications and dangers of these interventions.

C. Jan Doerr, MA, CTRS, ACC, ND. Jan received her BS & MA from CMU and a doctorate of naturopathy from Clayton College of Natural Health. Jan spent 10 years teaching at SVSU and CMU. She has been with St Mary's of Michigan of Standish Skilled Nursing Facility as Recreational Therapy Manager. During this experiential learning session, **Hand Reflexology**, participants will learn the basics of relaxing massage to be used for individual bedside visits.

D. Nancy Turner, Region 10 AAA Northwest Michigan and Sharon Greenhoe, Region 9 AAA Northeast Michigan. *Long Term Care Ombudsmen (LTCO.)* The Michigan LTCO Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities by advocating for these residents guided by the residents wishes. Learn what your LTCO does when they enter your facility, their responsibilities and their authority to act. The LTCO Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities by advocating for these residents guided by the residents wishes. Learn what your LTCO does when they enter your facility, their responsibilities and their authority to act.

E. Celeste Goodman, MSW. Celeste has a MSW from Grand Valley State University. She has worked with the elderly and disabled population in a variety of settings including home, extended care, and assisted living and for the past eight years specializing in Hospice and end of life care. In this session, **Dealing with Difficult Behaviors.** Celeste will discuss behavioral and psychological symptoms of dementia, triggers for behaviors, and treatment for behaviors.

F. Belinda Garvon, R.N. (Retired) Belinda worked as an R.N. for 40 years, retiring after 10 years in cardiac thoracic I.C.U. In the session, **More to Parkinson's Disease (PD) Than Meets the Eye.** Belinda will discuss the less recognized motor and non-motor symptoms outside of the 4 major symptoms of PD: tremor, rigidity, bradykinesia, and impaired balance. PD affects each person uniquely and Belinda will share her insight and experience after being diagnosed with PD.

G. Diane O'Conner, RN, BSN, CHPN. Diane is Program Coordinator with Alzheimer's Association serving NE Michigan coordinating support group activities and educational programming for professional caregivers and community members. Diane has worked in critical care, emergency room care, hospice nursing, and adjunct instructor at Alpena Community College. In May Diane will complete a Master's Degree in Nursing and Health Care Education. **Understanding Alzheimer's Disease** is the focus of this session.

H. Vickie Burlew, RN. Vickie is currently an instructor for MSU's Nursing Home Administrator Certificate Course and is a Health Care Consultant and Educator for Lebenbom & Rothman, P.C. of Troy, MI. Vickie is a certified Eden Alternative Educator and Mentor facilitating culture change throughout the Midwest. She provides consultation to nursing homes throughout Michigan on and regulatory compliance. Join Vickie in this session for the **"I" Centered Care Plan.**

Vendors and Door Prizes

For information: Sharon Greenhoe - 989-358-4630

Conference Registration

Your Name: _____
 Work Affiliation _____
 Address: _____
 Your Email: _____

Check enclosed _____ Will bring check _____

Breakout Session Choices (Choose 3 Total)

10:30 AM #1 Breakout (Circle One Choice)

- A. Shelly Weaverdyck, Non Alzheimer's Dementia
- B. Brad Geller, Planning for The Loss of Decision Making Ability
- C. Jan Doerr, Hand Reflexology
- F. Belinda Garvon, More to Parkinson's Disease Than Meets the Eye
- G. Diane O'Conner, Alzheimer's Disease
- H. Vickie Burlew, "I" Centered Care Plan

12:45 PM #2 Breakout (Circle One Choice)

- A. Shelly Weaverdyck, Non Alzheimer's Dementia
- B. Brad Geller, Planning for The Loss of Decision Making Ability
- D. N. Turner & S. Greenhoe, LTC Ombudsman Program
- E. Celeste Goodman, Dealing with Difficult Behaviors
- F. Belinda Garvon, More to Parkinson's Disease Than Meets the Eye
- H. Vickie Burlew, "I" Centered Care Plan

2:00 PM #3 Breakout (Circle One Choice)

- C. Jan Doerr, Hand Reflexology
- D. N. Turner & S. Greenhoe, LTC Ombudsman Program
- E. Celeste Goodman, Dealing with Difficult Behaviors
- G. Diane O'Connor, Alzheimer's Disease

5 Continuing Education Credits for: Nursing Home Administrators, Nurses, Social Workers, Activities Professionals, and Adult Foster Care Providers. Certificates of attendance available.