The Changing Landscape of Long Term Care Conference Registration

June 12, 2015
Friday • 8 a.m. to 4:30 p.m.
Renaissance St. Louis Airport Hotel
9801 Natural Bridge Rd. • St. Louis, MO 63134

The Power of Connection and Protection®

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## Program Schedule

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<td>7:30 - 8:00</td>
<td>Check-In</td>
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<td>8:00 - 8:10</td>
<td>Welcoming Remarks</td>
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<tr>
<td>8:10 - 9:25</td>
<td>Opening Session/Keynotes</td>
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<td>9:25 - 9:35</td>
<td>Break</td>
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<tr>
<td>9:35 - 10:50</td>
<td>Breakout Sessions I</td>
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<tr>
<td>10:50 - 11:00</td>
<td>Break</td>
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<tr>
<td>11:00 - 12:15</td>
<td>Breakout Sessions II</td>
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<td>12:15 - 12:40</td>
<td>Lunch</td>
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<td>12:40 - 1:40</td>
<td>Lunch Keynote</td>
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<td>1:40 - 1:50</td>
<td>Break</td>
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<tr>
<td>1:50 - 3:05</td>
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<td>3:05 - 3:15</td>
<td>Break</td>
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<td>3:15 - 4:30</td>
<td>Breakout Sessions IV</td>
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<td>Closing</td>
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## Morning Keynote Speakers

**Technological Advances in Delivering High Quality Long-Term Care: New Care Models**

Dr. Susan Pearson  
Scott Mosher & Bryan Jefferson  
Jack Baker

Join us for a peak into the future of health care delivery:

- **“Virtual Medicine”** — Dr. Pearson will share what is happening in St. Louis at Mercy’s Virtual Hospital to bring the physician to the bedside in long-term care communities to improve health outcomes.
- **SmartCare** — Hear how SmartCare is integrating advanced technologies that collect and interpret the activities of daily living to improve the delivery of care in skilled, assisted and independent living communities.
- **The Green House Model** — The Green House Model is coming to Missouri to provide individualized care in real-home settings based on the household model, resulting in exceptional outcomes in care delivery.

**Speakers:** Dr. Susan E. Pearson, D.O., Ph.D., CMD, Medical Director for the Mercy Center for Palliative and Post Acute Medicine, St. Louis; Scott Mosher, Founder and Vice President of Business Development, SmartCare; Bryan Jefferson, Founder and Chief Technology Officer, SmartCare; Jack Baker, COO, Real Home Communities, LLC

### Lunch Keynote Speaker

**Adopting a Holistic Approach to Resident Wellness**

Joan Devine & Teresa Stamey

Regardless of age or circumstance, we all deserve to live every day to the fullest. This can be a challenge for seniors living in long-term care communities, but as their care partners it is our goal to provide opportunities for maintaining a quality life filled with meaning and purpose. Together, we'll explore how best to achieve this goal. In addition, we will explore and experience how much music can help us connect and stay connected through all stages of aging.

**Speakers:** Joan Devine, Director of Performance Improvements, Lutheran Senior Services; Teresa Stamey, Director of Palliative and Elder Care, Midwest Music Therapy

### Breakout Sessions I

#### Professional Track: Preventing Hospital Readmissions: Coordination between Hospitals and Long-Term Care Communities

What issues cause hospital readmissions and what is the human cost? Hear the three key components of the Missouri Quality Initiative’s research to reduce hospital readmissions: 1) Employing technology for better communication, 2) Utilizing advanced practice registered nurses for early detection of illness, and 3) Conducting enhanced care coordination and care transitions.

**Speakers:** Gregory Alexander, Ph.D., RN, FAAN, Associate Professor, Sinclair School of Nursing, University of Missouri; Amy Vogelsmeier, Ph.D., RN, Associate Professor, Sinclair School of Nursing, University of Missouri; Adrienne Holden, MSW, MPH, LMSW, ACSW, Healthcare Consultant and Care Transitions Coach, Primaris; Annette Lueckenotte, MSN, RN, FNGNA, Project Supervisor, Missouri Quality Initiative for Nursing Homes, Sinclair School of Nursing, University of Missouri

#### Community Track: Planning for Long-Term Care: Discovering Financial and Legal Strategies

Learn from financial and legal experts what every adult child needs to know to protect your aging parents. Discover how to prepare for the future through life-care planning. Learn how to qualify for Medicaid and explore financial resources including veteran benefits to pay for long-term care services.

**Speakers:** Carol Mena Quick, Esq., Debra K. Schuster & Associates; Brian Quinn, Esq., Quinn Estate & Elder Law, LLC
**Breakout Sessions II**

**PROFESSIONAL TRACK:**
**Key to care: quality, adequate and consistent staffing**

Adequate nursing staff is an important factor that influences quality indicators in long-term care communities. The role of the registered nurse and how their presence in your community can influence clinical outcomes, medication errors, turnover, survey citations, infection rates and weight loss, will be discussed. The scope of practice of LPNs and RNs under Missouri law will be compared unveiling the differences outlined in statutes.

**Speakers:** Marcia K. Flesner, Ph.D., RN, MHCH, Clinical Educator, Sinclair School of Nursing, University of Missouri

**COMMUNITY TRACK:**
**Demystifying Long-Term Care: Understanding Your Options**

Learn about your long-term care options including:
- Adult day care and respite care
- Medical and nonmedical in-home care
- Four licensed levels of long-term care communities

Learn how to select which option best meets your loved one’s needs. Discover what to ask during the process of choosing the best option. Learn about payment options available to cover the cost of services.

**Speaker:** Katelyn Eichorst, MSW, VOYCEconnect and Community Engagement Coordinator

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**Breakout Sessions III**

**PROFESSIONAL TRACK:**
**The Challenges of Delivering Care to an Aging Population: Diversity and Cultural Needs**

Better communication is a crucial component of navigating cultural and generational differences in delivering care. This presentation will review cultural, gender and generational differences and how each diverse group has its own unique way of communicating and interacting. Common challenges will be presented along with plans of action.

**Speakers:** Dave Walker, BSE, LNHA, LTC Leadership Coach, Sinclair School of Nursing, University of Missouri

**COMMUNITY TRACK:**
**How to Talk about the Hard Stuff: Communication Tips for Adult Children of Aging Parents**

Helping families and aging parents talk about the aging process and transitions along the continuum. Why and how communication affects our ability to assist parents as they age. Gain effective tools and strategies for improving communication.

**Speakers:** Sylvia Nissenboim, LCSW, Owner, Lifework Transitions

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**Breakout Sessions IV**

**PROFESSIONAL TRACK:**
**Top Challenges in Protecting Resident Rights: Navigating Practical Solutions**

Culture change must be more than a buzzword to enrich the residents’ quality of life in long-term care. This session will explore common issues associated with resident rights and culture change. Real life examples will be present along with practical solutions to ensure resident needs are met.

**Speaker:** Sam Plaster, State Culture Change Coordinator, Department of Health and Senior Services, Division of Regulation and Licensure, State of Missouri

**COMMUNITY TRACK:**
**Empowering the Family: Advocating for Your Loved One in a Care Community**

Equipping family members with the tools to navigate a long-term care community while effectively advocating for their loved ones. This session will focus on building skills and strategies to empower family members in conflict resolution and communication with staff of long-term care communities.

**Speaker:** Kayla Steinke, MSW, Regional Ombudsman Coordinator, VOYCE; Amy Nosbisch, MSW, Regional Ombudsman Coordinator, VOYCE
June 12, 2015 Registration

Please make checks payable to:

VOYCE
8702 Manchester Road, St. Louis, MO 63144

For easy registration and online payment, please visit us at www.voycestl.org and fill out our online registration form.

### Workshop Fees

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<th>Cost</th>
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<tr>
<td><strong>All Day Registration (Includes Lunch) without CEUs</strong></td>
<td>$65</td>
</tr>
<tr>
<td><strong>All Day Registration (Includes Lunch) with 7 CEUs</strong></td>
<td>$125</td>
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<tr>
<td><strong>General Public All Day Registration (Includes Lunch)</strong></td>
<td>$35</td>
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<tr>
<td><strong>VOYCE Long-Term Care Consumer Resource Guide &amp; Directory</strong></td>
<td>$15</td>
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<tr>
<td><strong>Tax-Deductible Donation in Lieu of Attendance</strong></td>
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*Discounted General Public Registration Rate Available to Ombudsman Volunteers, Students, Family Members and Their Individual Loved Ones

** THIS PROGRAM HAS BEEN APPROVED BY THE MISSOURI BOARD OF NURSING HOME ADMINISTRATORS FOR 7.25 CEUs (UP TO 7.25 PATIENT CARE CLOCK HOURS) AND BY THE STATE COMMITTEE FOR SOCIAL WORKERS FOR 7.25 SOCIAL WORK CEUs. **

### Method of Payment

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Hotel Information:
Renaissance St. Louis Airport Hotel
9801 Natural Bridge Road
St. Louis, MO 63134

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8702 Manchester Road
St. Louis, MO 63144
Phone: 314-918-8222
Fax: 314-918-9188
E-mail: info@voycestl.org

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United Way

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A conference to bring together professional long-term caregivers with individuals from the community to learn dynamic strategies, innovative tools and available options.