



# Winter Workshop and Legislative Luncheon

Tuesday, February 7, 2012  
Boise Centre, 850 W. Front Street, Boise, ID  
Earn up to 6 CEUs!

Here are just a few reasons why you and your staff should attend:

- **Great education!** As you can see, the Convention/Education Committee has developed a great program. Sessions offered will provide tips to help your organization run more effectively.
- **FREE CEUs on Monday, February 6 for SNF Administrators!** Bureau of Facility Standards (BFS) is hosting a pre-conference workshop on 2/6 from 8:30am-4:30pm. Information regarding registration and scholarships will be sent directly to skilled nursing facilities from BFS. Make plans now to attend.
- **Networking and Relationship-Building!** We will have the attention of a room full of Idaho Legislators. Please come and let them hear your voice! Be sure to register for the Legislative Luncheon (\$25/person at the Early Bird Rate, expires 01/24/12).



**Register Online Today!**

[www.ihca-ical.org](http://www.ihca-ical.org)

or

## 3 Easy Ways to Submit Your Hardcopy Registration

### EMAIL

[jill@ihca-ical.org](mailto:jill@ihca-ical.org)

### FAX

(208) 342-6891

### Mail

1524 W. Cayuse Creek Drive  
Meridian, ID 83646

### QUESTIONS

(208) 343-9735

### Education Track Abbreviation Key:

- ACT – Activity Director
- SNF – Skilled Nursing Facility
- ICF – Intermediate Care Facility
- AL – Assisted Living
- SS – Social Service
- NS – Nutrition Services
- CCP - Clinical Care Practice

**7:30am**

### Registration & Exhibits Open

**7:30am-8:30am (1.00 CEU)**

001/ACT

#### Activity Director Breakfast & Business Meeting |

Join your counterparts in a celebration of National Activity Director Month. This is also a time to welcome and congratulate 2011 graduates of the IHCA-ICAL Activity Director Training Program. Don't miss out on this great networking opportunity and celebration! (\$15/person at the Early Bird Rate, expires 01/24/12)

**9:00am-10:15am (1.25 CEUs)**

101/SNF

#### Where Did Everybody Go? | Pete Wolf, Director of Human Resources, Good Samaritan Society Boise Village

This session will include an open discussion about the causes of staff turn-over and the costs associated. Join us to learn how to hire the best people and keep them once you get them!

102/ICF

#### Work Place Safety – Caught Between a Rock & A Hard Place | Joe Anderson, Commercial Lines Account Executive, Western States Insurance Agency

You have the policies and procedures in place to keep your employees safe, but accidents do happen. Whether a workers compensation claim is legitimate or not, learn what needs to be in place on the organization's end to ensure the organization and employees are protected.

## 9:00am-10:15am (1.25 CEUs)

103/AL

**Common Violations of the Wage & Hour Laws** | Susan J. Langley, Wage and Hour Investigator, Department of Labor

In this presentation, Ms. Langley will review the most common violations in the assisted living and nursing home industries of the wage and hour laws that are investigated by the Department of Labor including: CL regulations, hours worked definitions, including on-call and unpaid meal periods, and FMLA issues: employee eligibility.

104/ACT & SS

**Let's Talk About Sex... A Discussion of Sexuality in Health Care Settings** | Charlene K. Quade, Attorney, and Donna Schuyler, Attorney, C K Quade Law, PLLC With the focus on sexuality, this interactive session will include a discussion of resident rights, rules and regulations, and the role of staff in ensuring the safety and well-being of residents.

105/NS

**Dining Practice Standards: What You Should Know** | Sue Linja, RD/LD, S&S Nutrition Network; Monica Perry, RD/LD, Idaho Dietary Manager Program Director & Instructor

In the Fall of 2011, Pioneer Network submitted the new Dining Practice Standards to CMS, FDA, CDC and the long-term care community at large. It is anticipated that CMS will refer to these new agreed-upon standards of practice within long term care interpretive guidance. It is the goal of the Task Force that surveyors, clinicians and interdisciplinary team members will put these new standards into practice in order to continue their efforts to improve quality of life for those living in nursing homes across the country. Come learn more about the Dining Standards and what they mean to you.

106/CCP

**Pain Assessment Practices** | Kevin Clifford, MD, Palliative Medicine, Saint Alphonsus Regional Medical Center; Amanda Corn, RN, Director of Admissions and Marketing, Rivers Edge Rehabilitation and Living Center

Accurate recognition and assessment of pain in our residents is imperative to their well-being and quality of life. This session will include a discussion about recognizing and assessing pain, as well as the different kinds of pain those you care for are likely experiencing.

## 10:30am-11:45am (1.25 CEUs)

201/PL

**General Membership Meeting** | This meeting will provide an overall review of Association activities during the year—what's been done, what's happening now, and what's next. This is also the time that any changes to the Association Bylaws will be voted on. **We need every member to be involved as we enter the 2012 Legislative Session!**

### Scholarship Opportunity!

If you're interested in trying out Silverchair Learning at no cost to your facility this is a great opportunity for you! Simply send an email with a short write-up demonstrating a need/desire for online staff education to [Jill@ihca-ical.org](mailto:Jill@ihca-ical.org) - Write a narrative of why your organization is interested in receiving this award.

### IHCAP Organization Scholarship - General Information

IHCAP has partnered with Silverchair Learning to provide quarterly educational scholarships available to all staff in your organization. If awarded this scholarship, your organization will have access to two (2) core courses to be completed within the selected calendar quarter. The value of this scholarship is \$1,000.00 per award.

202/AL

**Risk Management: How Proactive Communication can Improve Quality and Reduce Risk** | Angela Hilleshiem, RN, Vice President, Quality and Risk Management, Emeritus Sr. Living, Mountain Division At one time or another, we will all work with a resident who may not make choices that are in their best interest when it comes to their care. This can become frustrating for everyone involved. Ms. Hilleshiem will discuss how partnering with your residents during the decision-making process will improve healthcare and survey outcomes.

203/ACT & SS

**Promoting Mental Health and Preventing Suicide: A toolkit for Senior Living Communities** | Tim Needles, CEO, Boise Behavioral Health Hospital; Oni Kinberg, LCSW, MSSW, Idaho State Veterans Home Boise

Older adults die by suicide at a higher rate than the national average. Rates go up after age 65, primarily among white men (CDC, 2006). This session will highlight opportunities to prevent suicide and other self-destructive behaviors utilizing programs and resources in a proactive approach.

## 10:30am-11:45am (1.25 CEUs)

204/NS

**Gluten-Restricted Diets – More than Just “Foods to Avoid”** | *Traci Treasure, MS, CPHQ, Quality Improvement Consultant, Qualis Health, Chair, iCARE Quality Improvement Sub-Committee; Patrick Guzzle, Food Protection Program Manager, Idaho Department of Health & Welfare*

Finding a source for gluten-free foods is no longer the challenge and just purchasing the food is not where your responsibility ends. How staff handle the preparation and service is critical to your residents. The goal is to avoid cross-contamination with foods that contain gluten. Participate in a discussion with a wheat allergy trying to navigate a gluten-full world and can offer helpful suggestions.

205/CCP

**Pain is the Name of the Game—Managing all of the Players is a Must!** | *Kevin Clifford, MD, Palliative Medicine, Saint Alphonsus Regional Medical Center; Amanda Corn, RN, Director of Admissions and Marketing, Rivers Edge Rehabilitation and Living Center*

Managing pain continues to be a challenge in assisted living and skilled nursing settings, especially when there are so many “players” involved. Dr. Clifford and Ms. Corn will share tips on creating positive experiences for families and working through conflicts when providing pain management.

## 11:45am-1:15pm (1.50 CEUs)

301/ALL

**Legislative Luncheon** | Don't miss this chance for relationship-building with your local legislators. They need to hear about issues that are important to YOU, from YOU!



## 1:30pm-2:30pm (1.00 CEU)

401/SNF

**Managing Stress From the Edge of a Cliff** | *Tiffany Redden, Business Owner, Author, Life Coach*

Are you tired of not having enough hours in your stress filled day? If so, this class is for YOU. Tiffany will teach you how to create more time, reduce stress, and manage your time more effectively. Session attendees will receive a free book and cd.

402/ICF

**Augmentative Alternate Communication (AAC): The What, Why, and How** | *Leanne Zerwas M.S., CCC/SLP, Speech Language Pathologist*

This session will provide an overview of the broad range of low tech and high tech AAC. Participants will be guided through the process of how your team should work with your Speech Language Pathologist to provide a meaningful communication system for clients in the home and community settings.

403/AL & SS

**Rx for Abuse: The Latest “Buzz” on Rx Drug Abuse in the Workplace** | *Detective Ryan Buzzini, Boise Police*

DrugFree Idaho along with Boise Police Detective Ryan Buzzini will provide insight on the latest news and trends concerning substance abuse in the workplace and why your business should be concerned about the misuse of prescription drugs.

404/ACT

**Rules & Regulations Review for the Activity Department in Long-Term Care** | *Gina M. Decker, CTRS, Resident Activity Director, River's Edge Rehabilitation and Living Center; Sherri Ellis, Activity Director, Good Samaritan Society Boise Village*  
Join us for a refresher course! Presenters will provide a review of SNF Activity Department regulations and tips for ensuring your department's success in meeting and exceeding them!

405/NS

**Top 10 Qualities of a Successful Dietary Manager & What Not To Do** | *Kathy Schroeder, CDM, CFPP, Bridgview Estates*

Think about managers you have known and regarded highly. What qualities did they have that made them effective and successful? What skills have you seen them use? Come participate in a discussion of what to do and not to do.

### 1:30pm-2:30pm (1.00 CEU)

406/CCP

**Nurse Leadership: Building Dynamic Teams** | *Jaime Davis, Adjunct Instructor, Stevens-Henager College*

This session will identify the five building blocks of dynamic teams, including how to increase communication and overcome dysfunction that keeps a team from achieving success.

### 2:45pm-3:45pm (1.00 CEU)

501/PL

**Sabotage Burnout with Self Care, Understanding, and Healing** | *Garrett Price, CPC, Director of Spiritual Care, Heart n' Home Hospice & Palliative Care, LLC*

We all carry wounds with us as we live our lives, and every wound which is not transformed is transmitted. In the helping profession we call this transference or counter-transference. The inability of the caregiver to cope/heal from their woundedness is a common cause of burnout. This class will focus on: Awareness of Woundology, the signs and symptoms of transference/counter-transference, and strategies for effective self-care to avoid burnout.

502/ICF

**ICF/ID Medical Entitlement Process** | *Melaine Shephard, Medical Program Specialist, Division of Medicaid, Bureau of Developmental Disability Services*

Are you unsure of the paperwork requirements for placement of individuals in your ICF/ID? Do you have questions about what is holding up Medicaid payment for services? This session provides a review of the information necessary to determine medical eligibility for ICF/ID placement, and reviews guidelines for timely payment of Medicaid services.

503/AL

**911 Emergencies: Making the Call** | *Dawn Rae, Community Paramedic, Ada County Paramedics; Scott Tucker, AS, Paramedic, Deputy Director/Intensive Care Paramedic, Canyon County Paramedics*

This session will discuss when the 911 system should be activated, what to expect from Emergency Medical Services (EMS), and what EMS needs from the facility to optimize care. The goal of this session is to develop a dialogue to better understand expectations and enhance services to the patient, facilities, and EMS.

504/ACT

**Meeting Emotional and Physical needs through Aromatherapy** | *Brooke Magleby, AromaTouch Technique Instructor and Independent Product Consultant with doTERRA International*

Aromatherapy has been used for thousands of years to enhance both the emotional and physical needs of the body. By integrating natural aromatic compounds with modern medicine, it has been proven that it can improve quality of life, mood, pain relief, and strengthen the immune system. We will also discuss how, when, and why to use an essential oil, as well as a method of application for daily use.

505/NS

**Nutrition Roundtable Discussion** | *Sue Linja, RD/LD, S&S Nutrition Network*

Do you have a question you just can't seem to get answered? Bring it to this session and participate in a series of discussions that will include: Safe serving temperatures of hot beverages, Isolation-ware... or NOT, MyPlate.

506/CCP

**If Mama Ain't Happy, Ain't Nobody Happy!** | *Becky Aubertin, RN, Administrator, Plantation Place Assisted Living*

Difficult resident behavior is a common challenge in assisted living which results in frustration for the resident and staff. Join this session and gain a better understanding of how to handle difficult behaviors and the necessary nurse documentation of behaviors in the assisted living setting.

### 4:00pm-5:00pm (1 CEU)

601/ICF

**ICF/ID Provider Meeting** | *Rene Stephens, Administrator, Clearwater Care Centers, ICF/ID Representative, IHCA-ICAL Board of Directors*

This meeting will include a discussion of the issues affecting Intermediate Care Facilities, including the provider assessment and other reimbursement issues.

### 4:00pm-6:00pm

**Idaho DM Qualification Exam** | This exam is an option to become a "qualified dietary manager" in the State of Idaho. **Before registering for this test, you must submit proof of eligibility to sit for the exam. Please contact Monica Perry @ 208-890-5083. Pre-Registration is required. The cost is \$50/person.**