

Be Extraordinary

Missouri League for Nursing  
62nd Annual Convention

For \$399 bring an unlimited number of staff  
from the same home!

See registration information for more details.



Tan-Tar-A Resort, Osage Beach, Missouri

[www.mlnmonursing.org](http://www.mlnmonursing.org)



## Be Extraordinary



Welcome to the Missouri League for Nursing's **62nd Annual Convention**. Our theme this year is "Be Extraordinary!" We are striving to help you and your organization achieve this goal for the residents we all serve as they deserve nothing less. MLN believes that through our commitment to our organizational values of **caring, integrity, diversity and excellence**, we are able to promote extraordinary health care.

The Convention Planning Committee, under the co-leadership of Peggy Neale-Lewis and Lori Bonnot, have worked to bring you some of the most requested and up-to-date education sessions that are guaranteed to bring you closer to extraordinary service.

We are excited to announce that we will have over 100 nursing students join us this year for two days of the convention. Let this be an opportunity for you to network with our future health care workers as they will join us for some educational sessions.

We are proud to be returning this year to Tan-Tar-A Resort as a longstanding popular location of our convention attendees. Tan-Tar-A has been recently remodeled and modernized for your comfort. Whatever your favorite activity is at the lake; whether it is golf, boating, shopping, or just taking in amazing views while relaxing, we know you will enjoy your time at convention.

A special "Thank You" goes out to the many people who worked on making this convention the most EXTRAORDINARY to date; this includes the MLN staff, convention planning committee, board of directors, sponsors, and exhibitors. They truly give extraordinary service to the members MLN.

Sincerely,

*Rebecca Miller*

Rebecca Miller  
MLN Board President

## Schedule at a Glance

### Wednesday, April 8

8:30 a.m. Registration  
9:30 a.m. Opening Session  
8 p.m. Hypnosis Show

### Thursday, April 9

11:30 a.m. Exhibit Viewing  
12 p.m. Award Luncheon  
6 p.m. Reception/ Exhibit hall

### Friday, April 10

7:30 a.m. Breakfast in Exhibit Hall

*Up to 14 clock hours for nursing home administrators may be awarded.*

# Be Extraordinary



## Wednesday, April 8

8:30 – 9:30 a.m. Registration

9:30 – 10:45 a.m. Opening Keynote

**Try Laughter...Just for the Health of It** (1 A Clock Hour)

*Speaker: Bobbe White, try laughter! Inc., Quincy, Illinois*

Bobbe steers us through life's twists and turns with humor and laughter. Attendees will relate to how she shifts through daily roadblocks of stress and frustration – at work or at home. Get into

'ha' gear and watch your organization leave negativity in the dust. With Bobbe at the wheel, you'll find humor and laughter around every curve and corner!

10:45 – 11 a.m. Break

11 a.m. – 12:30 p.m. Concurrent Sessions

- **Chronic Insomnia** (1.5 PC Clock Hours)

*Speakers: Fouad Reda, M.D., Assistant Professor of Psychiatry and Director of SLUCare Insomnia Clinic; and Ernest A. Graypel, M.D., LNHA, Fellow ACHCA, Psychiatry Resident, Saint Louis University School of Medicine, St. Louis, Missouri*

The presentation is designed for participants who are directly involved in the patient's care. Attendees will learn facts about chronic insomnia, including statistics, causes of chronic sleep disturbances, and consequences of them. Basic information of diagnosis and management of chronic insomnia will also be presented.

- **Phishing for Memories** (1.5 PC Clock Hours)

*Speaker: Dixie McGary, M.S., C.D.P., C.T.R.S., Missouri Veterans Home, Therapeutic Recreation, Cameron, Missouri*

Learn how to help those with dementia "phish" for their forgotten memories. Dementia comes in all sizes and ages, it's not just because one becomes old! Through discussion and hands on opportunity, participants will be guided to express their own forgotten life experiences and create their own masterpiece!

Members will examine concepts involved in developing a quality art therapy program: examining leisure throughout the lifespan, cognitive, senses and related impairments, environmental settings, program design, modifications, normalization and inclusion, and societal attitudes. Participants will also discuss principals of group interaction, quality improvement, equipment management and partnerships, marketing and public relation opportunities, techniques for assessment, and interpretation of clinical and behavioral observations.

12:30 – 1:45 p.m. Lunch on your own

1:45 – 2:45 p.m. Concurrent Sessions

- **Antipsychotics: To Use or Not to Use** (1 PC Clock Hour)

*Speaker: Ernest A. Graypel, M.D., LNHA, Fellow ACHCA, Psychiatry Resident, Saint Louis University School of Medicine, St. Louis, Missouri*

Learn ways to decide if an antipsychotic is right for your resident. Indications, contraindications, and possible side effects of antipsychotics will be discussed.

- **Regulatory Update from the Section for Long-Term Care Regulation** (1 A Clock Hour)

*Speakers: Kristen Edwards, Administrator; and Shelly Williamson, Deputy 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.

2:45 – 3 p.m. Break

3 – 4 p.m. **Concurrent Sessions**

- **Dementia Care Staff Orientation and Retention: The Search for Better Outcomes** (1 A Clock Hour)

*Speakers: Janis McGillick, MSW, LNHA, Director of Community Engagement; and Dannon Stover, LPN, Director of Community Engagement, Dolan Memory Care Homes, St. Louis, Missouri*

This session will examine the re-engineering of a dementia specific staff orientation program and explore its impact on staff retention and improvement of resident care. The model and outcomes will be presented.

- **Simple Environmental Changes to Increase Active Engagement** (1 A Clock Hour)

*Speaker: Sue Myllykangas, Ph.D., C.T.R.S., Associate Professor, Department of Health & Human Services, Northwest Missouri State University, Maryville, Missouri*

Why don't participants use recreational facilities or attend activities? What makes up an environment? What is the role of recreation facilities and activities in promoting health? These were the questions that were studied while developing a model of active engagement to assess recreation facilities across the country. Using the normal aging process, known constraints to participation, and basic design information a model and assessment instrument were designed and tested. This presentation will provide you with an understanding of the environmental (think holistic) elements of a home that promote active engagement. You will leave the session with a better understanding of how your home can make simple, low-cost changes in the environment to increase participation and draw new participants to your programs.

4 – 4:15 p.m. Break

4:15 – 5:15 p.m. **General Session**

- **Dealing with Problem Families** (1 A Clock Hour)

*Speaker: Diane Felix, Partner, Armstrong Teasdale, LLP, St. Louis, Missouri*

Are some families harder to get along with than others? This session will go into detail about situations related to care issues, payment problems, and transfer/discharge tips. You will leave this session with the knowledge needed to make dealing with these families more pleasant.



8 p.m. **Entertainment**

- **Hypnosis Show: The Power of the Mind**

*Performed by Brian Powers, CHt, Owner, Powers Entertainment, St. Louis, Missouri  
Everyone is welcome to attend this hilarious, crowd participating event!*



## Thursday, April 9

8 – 8:30 a.m. **Exhibit Hall Networking/pastries and coffee**



8:30 – 10 a.m. **General Session**

**Communication and Presentation Skills for Health Care Professionals (1.5 A Clock Hours)**

*Speaker: Pamela Scarborough, PT, DPT, MS, CDE, CWS, CEEAA, Director of Public Policy and Education, American Medical Technologies, Irvine, California*

Your business or clinical skills may have gotten you to where you are today, but without excellent presentation and communication skills, your career may not get to where you deserve it to be. Whether addressing your colleagues, your boss or your board of directors, how you speak and present your ideas is critically important to career success.

This presentation is designed to help health care professionals polish their communication and presentation skills. Overcoming stage fright and developing “stage presence” is within everyone’s reach. However, it takes learning the basic mechanics of giving presentations to become an effective presenter and communicator. Join us for this fun, interactive session and learn how to use your “natural personality” to communicate and present like the “pros”.

10 – 10:30 a.m. **Exhibit Hall Networking**

10:30 – 11:30 a.m. **Concurrent Sessions**

• **Regulatory, Best Practices, and Clinical Considerations for Prevention of Pressure Ulcers (1 PC Clock Hour)**

*Speaker: Pamela Scarborough, PT, DPT, MS, CDE, CWS, CEEAA, Director of Public Policy and Education, American Medical Technologies, Irvine, California*

The risk assessment is a central component of clinical practice with the purpose of identifying individuals susceptible to pressure ulcer development. The risk assessment guides the clinician in creating and executing an appropriate plan of care for prevention of pressure ulcers. This session will discuss regulatory and clinical practice guidelines for prevention of pressures with content aimed at changing clinical practice for enhanced pressure ulcer prevention.

• **The Skills of Daily Mouth Care for Caregivers: Why Daily Mouth Care is Important (1 PC Clock Hour)**

*Speaker: Dr. Jay Reese, Dentist, Sterling Dental, Columbia, Missouri*

Bacteria is the main cause of tooth decay, bleeding gums, tooth loss, and bad breath. It has been linked to heart disease, Alzheimer’s, stroke, pneumonia, and diabetes. It must be controlled! Controlling bacteria in the mouth improves the residents’ dental health and feeling of overall well-being. It improves the appetite, decreases feeling of isolation, and helps residents to feel good about themselves.

11:30 a.m. – 12 p.m. **Exhibit Viewing**

12 – 1:15 p.m. Luncheon and Nursing Scholarship Award Presented (1 meal ticket is provided per PAID registration. Additional tickets may be purchased on the registration form.)

1:15 – 3:15 p.m. **Concurrent Sessions:**

• **Where are you on the Culture Change Journey (2 A Clock Hours)**

*Speaker: Joan Devine, RN, LNHA, Director of Performance Improvement, LSS Home Office, St. Louis, Missouri*

On a daily basis, we continue to refine practices that enable our communities to move ahead on our culture change journeys, bringing person centered practices to our residents and staff, but how do we know how we’re doing. Together we will explore this question, finding the answer in places we have always known, such as resident satisfaction as well as through tools such as the Artifacts of Culture Change.

- **Revolutionizing the Dining Experience (2 A Clock Hours)**

*Speaker: Amy Reaman, RD, LD, MPS, Training, Support & Development Specialist, Health Technologies, Inc., St. Louis, Missouri*

The Merriam-Webster dictionary defines culture change as “modification of society through innovation, invention, discovery, or contact with other societies.” Are you ready for a culture change-food revolution? In this session, participants will analyze the role of food service, conceptualize dining expectations, and evaluate dining service practice standards to create the ultimate recipe for success.

3:15 – 3:30 p.m. Break



3:30 – 4:30 p.m. **General Session**

**Grandma Stole My iPad: How Today's Technology is Transforming Aging for ALL Older Adults (1 A Clock Hour)**

*Speaker: Jack York, Founder /CEO, It's Never 2 Late, Centennial, Colorado*

This presentation will look at the evolution of technology into our day-to-day lives, with a tongue and cheek contrast as to how that compares to the evolution of technology into senior living. The underlying message, presented with dozens of powerful stories and video examples, is that today's off the shelf technology provides thousands of ways to engage older adults, regardless of any physical or cognitive disability. Examples of technology as a

tool to impact ALL residents – from independent older adults all the way to people with late stage dementia - are highlighted in poignant, powerful, and enlightening ways. There is a look at the past, a look at the present, and a look into the future. The tone of the presentation is emphatically positive; the audience will see upbeat ways to cost effectively transform the lives of the residents being served.

4:30 p.m. Reception & Bar in Exhibit Hall

(1 meal ticket/2 drink tickets will be provided per PAID registration. Additional tickets may be purchased.)

## Friday, April 10

7:30 a.m. Exhibit Hall Networking/pastries and coffee

8 – 9 a.m. **Concurrent Sessions**

- **Hepatitis in the Elderly (1 PC Clock Hour)**

*Speaker: Libby Landrum, MSN, RN, Central Region Employee Health Nurse Manager, Employee Health and Safety Unit, Missouri Department of Corrections, Jefferson City, Missouri*

Hepatitis B and C continue to be a leading cause of liver cancer. Millions are living with chronic viral hepatitis, and many do not know they are infected. We will cover the basics of hepatitis A, B, and C with special emphasis on B and C infection, transmission, symptoms, treatment, and prevention.

- **Is Your Home at Risk! Medicare Compliance through Documentation**

*Speaker: Suzy Harvey, RN-BC, RAC-CT, Managing Consultant I BKD, LLP, Springfield, Missouri*

Are you worried your medical records will not stand up to the review of Medicare contractors – MAC, RAC and ZPICs? In this session we will take a look how to improve Medicare Nursing documentation and prevent claim denials due to medical reviews resulting in Medicare overpayments. BKD experts will provide updates on Medicare contractor news as well as provide documentation tips and advice to improve Medicare nursing documentation so you can send requested records with confidence.

9 – 9:15 a.m. Exhibit Hall Networking/Door Prizes

9:15 – 10:15 a.m. Concurrent Sessions

- **Let's Talk TB** (1 PC Clock Hour)

*Speaker: Libby Landrum, MSN, RN, Central Region Employee Health Nurse Manager, Employee Health and Safety Unit, Missouri Department of Corrections, Jefferson City, Missouri*

Tuberculosis will be covered in depth during this session starting with an overview of TB in the United States. TB transmission, TB infection, Latent infection verses active TB disease, testing, and treatment will then be discussed in great detail regarding our elderly population.

- **Our Town: Conversation to Foster Understanding**

*Speaker: Sandy Dailey, BS, Program Coordinator, Primaris, Columbia, Missouri*

"Our Town" is designed to enhance reminiscence activities by using a deck of special cards to "cue" stories and memories. These cards work as an ice breaker with staff, for room visits, and as a group activity. Participants will enjoy the storytelling around the table while learning ways to encourage both intergenerational and culturally diverse communication. "Our Town" helps elders recall their productive years, resolve unfinished emotional issues, find common ground, and gain a sense that their lives have been worthwhile and, in many ways, extraordinary! Stories help listeners gain insight into possible reasons for the person's current perspective.

10:15 – 10:30 a.m. Break

10:30 – 11:30 a.m. General Session

**Be Extraordinary... Without the STRESS!** (1 A Clock Hour)

*Speaker: Brian Powers, CHt, Owner, Powers Entertainment, St. Louis, Missouri*

This session will teach you to be extraordinary without the stress! We will begin by exploring the history of stress and explain why you need to be aware of stress. Stress erasers will be taught and you will be shown how your mind controls and contributes to stress and what you can do to control stress in your life.

11:30 a.m. See you in 2016! Sheraton Westport Plaza Hotel | St. Louis | April 20-22

**Thank you to our Extraordinary supporters:**

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### Discount for Early Registration!

Register by March 13, 2015 and SAVE!

### Registration

Register via mail, phone, fax, or online.  
Missouri League for Nursing, 604 Dix Road,  
Jefferson City, MO 65109.  
Phone: 573-635-5355, Fax: 573-635-7908,  
Online: [www.mlnmonursing.org](http://www.mlnmonursing.org)

Payment is due at time of registration. Onsite registration fee is an additional \$25.

### Organizational Members Only!

The registration fee covers registration for an unlimited number of persons from the same home. Only ONE person will receive nursing home administrator credit.



### Cancellations

There is a \$50 non-refundable cancellation fee. No refunds for cancellations made less than five business days prior to the conference. Cancellations must be received in writing. No refunds or credits will be made if registrant fails to attend. Substitutes are allowed.

### Program Includes

Handouts for all participants via email.

One lunch, one reception ticket, and two drink tickets for April 9 per PAID registration. Additional tickets may be purchased when registering. Cash bar will be open during the reception.

### CE Approval

NHA: Approved by the Missouri Board of Nursing Home Administrators through TA #044-715.

All disciplines will receive a certificate of attendance.

### Site and Lodging

Tan-Tar-A Resort  
494 Tan Tar A Drive  
Osage Beach, Missouri 65065

Make your hotel reservation by calling 800-826-8272. Room rates: \$109 run of the house, \$189 one bedroom suite, or \$289 two bedroom suite plus taxes. Mention the MLN convention to receive this discounted rate. Rooms are based on availability. You must make your reservation by March 10.

### Parking

Parking is free.

### Attire

Business casual. Since meeting room temperatures vary, layered clothing is suggested.





# 62nd MLN Convention Registration Form—April 8-10, 2015



## Organizational Members Only!

**One paid registration fee covers registration for an unlimited number of persons** from the same home. Only ONE person will receive nursing home administrator hours.

Organization \_\_\_\_\_ Name to receive NHA hours \_\_\_\_\_  
 Last 4 Digits of Social Security # \_\_\_\_\_ Home Address \_\_\_\_\_  
 Home City/State/Zip \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Home Email \_\_\_\_\_ Work Email \_\_\_\_\_  
 Position \_\_\_\_\_ Credentials \_\_\_\_\_

**Additional Registrants—FREE registration for additional person under an Organizational Membership at the same home.**  
*Confirmation, handouts, evaluation form, and certificate will be sent via email.*

Name	Email	Position	Credentials

**Awards Luncheon Ticket for April 9 (one ticket is included per PAID registration)**

\$35 Total # needed \_\_\_\_\_ Total \$ \_\_\_\_\_

**Reception Ticket—light dinner and cash bar April 9 (one meal ticket and 2 drink tickets are included per PAID registration)**

\$20 Total # needed \_\_\_\_\_ Total \$ \_\_\_\_\_

**Membership** Call the MLN for membership information and to join.

**T-shirt Size:** \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL *Registration must be received by March 6 to receive a t-shirt. ALL registrations will receive one. Mark the number you need by the corresponding size.*

**Postmarked by March 6**

\$399 MLN Member  \$499 Nonmember

**Postmarked after March 6**

\$449 MLN Member  \$549 Nonmember

**Postmarked after April 1**

\$474 MLN Member  \$574 Nonmember

Please check method of payment. *We cannot bill you.*

Check enclosed  Debit Card  Discover/MasterCard/Visa Total Enclosed \$ \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_  
 Billing Zip Code for the Credit Card \_\_\_\_\_ Name on Card \_\_\_\_\_

**Send payment to: Missouri League for Nursing, 604 Dix Road, Jefferson City, MO 65109  
 or fax to: 573-635-7908**