

YOU'RE INVITED



46th NDLTCA Annual Convention & Expo

May 2-5, 2023 | Bismarck Event Center & Bismarck Hotel & Conference Center

Working in partnership with

Activity Professionals of ND
Long Term Care Social Workers of ND
National Association of Directors of Nursing Administration
ND Association of Nutrition & Foodservice Professionals
ND Chaplains Association
ND Environmental Services Association



**North Dakota
Long Term Care**
ASSOCIATION

www.NDLTCA.org | (701) 222-0660
1900 North 11th Street, Bismarck, ND 58501

CONVENTION Registration



46th NDLTCA Annual Convention & Expo

May 2-5, 2023 | Bismarck Event Center & Bismarck Hotel & Conference Center

Register by March 17 to meet the early bird deadline. Please visit our website at www.ndltca.org/convention to register online.

We have enclosed an attendee collection form for you and your staff to fill out for each participant to help streamline the online registration. Registration includes breakfast and lunch (Awards Gala is not included). Each licensed facility must register separately.

REGISTER ONLINE: www.ndltca.org/convention

Questions? Please contact Miranda Gross at Mirranda@ndltca.org or 701-354-9775

Register by March 17, 2023 for the early bird discount!

		NDLTCA Member		Non-Member		Student/ AIT	Member Guest	Non-Member Guest
		BEFORE	AFTER	BEFORE	AFTER			
Convention Pass	Full Registration* (1-4 persons)	\$350	\$450	\$660	\$760	\$200	—	—
	Full Registration* (5 or more attendees)	\$300	\$400	\$600	\$700		—	—
	Theme Hospitality Social & Dance (Thurs, May 4)	included	included	included	included	\$40	\$40	\$40
	Wednesday (May 3)	\$200	\$300	\$400	\$500	\$100	—	—
	Thursday (May 4)	\$225	\$325	\$425	\$525	\$100	—	—
	Friday (May 5)	\$125	\$225	\$250	\$350	\$50	—	—
*Awards Gala Ticket (Wed, May 3 – Not included in registration cost.)		\$60	\$100	\$125	\$150	\$60	\$60	\$125
Trade Show Guest (Wed, May 3)		—	—	—	—	—	\$40	\$40

NOTE: Upon completion of your registration, you will receive an email with your registration confirmation number. BE SURE TO KEEP THIS EMAIL AND CONFIRMATION NUMBER. You will need this confirmation number to make changes to your registration and to download your Certificate of Attendance after the Conference. Any changes to attendees will need to be done by April 14 to ensure name badges are correct. If you have any changes after this date, please notify Miranda at mirranda@ndltca.org. You can make changes to your sessions up until the start of the conference via the mobile app or by logging into your registration on the website.

Continuing Education Information

Attendees will be scanned in and out of sessions to monitor and track attendance. In order to receive full credit, you must attend the entire session. In the event of late arrival and/or early departure, hours will be amended accordingly. Credit is only available for each session attended. It is the responsibility of the attendee to be sure that they get scanned in and out of each session they attend. It is also their responsibility to report any issue with the badge being scanned to the room monitor or registration desk.

NDLTCA has applied for nursing contact hours through the ND Board of Nursing.

NDLTCA has applied for contact hours to the Association of Nutrition and Food Service Professionals and the Dietetic Association.

NDLTCA is an approved provider of education by the ND Board of Examiners for Nursing Home Administrators, the Long Term Care Social Workers of ND, and the ND Activity Professionals.

If you have any questions regarding continuing education hours, please contact Miranda Gross, Education Assistant at 701-354-9775 or email mirranda@ndltca.org



CONVENTION INFORMATION

Refund/Cancellation Policy

If a registrant cannot attend, an alternate registrant may attend in his/her place. Cancellations received more than 20 business days prior will receive a full refund for the registration fee. Cancellations received 13-19 business days prior will receive a refund of 75% of the registration fee. Cancellations received 6-12 business days prior will receive a refund of 50% of the registration fee. Cancellations

after this time/date will be charged the full registration fee. No refunds for the registration fee of \$6 or any credit card fees if paid via credit card. All cancellations must be made in writing and may be emailed to peggy@ndltca.org or mirranda@ndltca.org. Refunds if applicable will be issued via check from NDLTCA after the Convention, regardless of original payment type.

Survey/Organization Related Disaster

A full refund, minus registration fee and any credit card fees, will be issued due to a state survey or organization-related disaster. Facilities meeting these circumstances must send proof of the survey and/or disaster.

Inclement Weather/Illness

There are no refunds available for cancellations due to weather if the seminar itself is not cancelled. In the case of illness, death in the family or other reason, the organization may send another individual to take the place of the current registrant or receive the handout material; no refund will be issued in these circumstances.

Substitution Policy No Badge Sharing Policy

If you register and then are unable to attend, you may send someone in your place at no additional charge. Substitutions must be submitted in writing prior to the first day of the Convention. After this date, all substitutions will be processed at on-site registration. Please email mirranda@ndltca.org the full name, facility, address, telephone number and email address of the individual who will be replacing you, thereby authorizing the substitution to be made. If the original person has already received their badge in the mail, please follow the same steps when emailing mirranda@ndltca.org and have the substitute bring the original registrant's badge to hand in at the on-site registration desk. There will be no sharing of a Full Registration amongst staff.



To register online visit
www.ndltca.org/convention

Featured Speakers



OPENING KEYNOTE

Wednesday, 3:15 p.m. – 5:00 p.m.

19. Be the Difference



Sam Glenn For nearly three decades, Sam Glenn's inspirational and artistic speeches have impacted audiences of all sizes - some audiences as large as 75,000 people at stadium events. Sam has spoken for just about every industry you can imagine. When it comes to attitude - nobody is excluded. Organizations get better when their people get better, and it all starts with

attitude. Attitude is the driver of everything, and Sam knows exactly how to recharge and rekindle that positive spark that empowers leaders to give, do and be their best. Things weren't always so picture perfect for Sam. At one time he was homeless, depressed, defeated and negative. It was a chance encounter at a buffet, where Sam accidentally knocked over the legendary Zig Ziglar. This led to a positive friendship between the two and with Zig's encouragement, Sam got his life pointed in a better direction.

Today Sam Glenn is one of the most recognized and trusted keynote motivational speakers in the speaking industry. He is most notably sought after for his captivating kick off and wrap up general session speeches. Sam's award winning speeches set a positive and energetic tone that gets audiences engaged and ready to learn, grow and have fun. Audiences gravitate to his humor, relate to his stories, and embrace his relevant ideas for improving their personal and professional life.

Sam Glenn has been honored by being named Speaker of the Year on several occasions by meeting and event organizations and won two national awards for his training videos. He is the author of more than 30 books based on his research. Hundreds of organizations use Sam's videos weekly to kick off their staff meetings and cultivate positivity in the workplace. Sam's Motivated by Art® Training has become the new buzz in creating engagement in the workplace. Not only does his creative art bring energy to the walls in any workplace, but the art is used for training purpose to enrich the quality of personal and professional performance.

What makes Sam different than most is he works hard to customize not only a great talk, but something unforgettable that sticks and groups retain for a very long time. We tend to forget things quickly and that is why Sam's speech is positively unforgettable. Sam weaves his very uplifting story into his topics, which revolve around attitude, empowerment, leadership, peak performance, employee engagement, transformation, customer service and teamwork. Sam Glenn is an expert at igniting personal and professional positivity. Sam's most rewarding title in life is being called Dad by his three kids and husband by his super awesome wife. They currently reside in Indianapolis. However, Sam is originally from Minnesota.

GENERAL SESSION

Wednesday, 10:00 a.m. – 11:30 p.m.

10. Leading and Living Through Your Values



Denise Boudreau is founder of Drive, a culture consultancy firm that optimizes recruitment and retention, exclusively for healthcare and senior living organizations. She has over 20 years of experience working in acute care and aging services where, as a dietary aide, CNA, and Administrator, she experienced many healthy and unhealthy cultures.

Denise is a serial volunteer serving on numerous state and national committees including the National Association of Long Term Care Administrator Boards (NAB) and the NJ Nursing Home Administrator Licensing Board. Denise received her Bachelor of Science in Gerontology from the University of Scranton and her Masters in Health Administration from Cornell University where she is currently employed as an Executive in Residence. She is proud to share that she started off her career as a dietary aide and nursing assistant.

CLOSING KEYNOTE

Friday, 10:45 a.m. – 12:30 p.m.

47. Hustle Hangover - Make Passion Your Priority and Leave Struggle Behind



Jody Urquhart Fed up with living a mediocre life, Jody decided she wanted a memorable one instead. Her unyielding ambition fueled her into the world of stand-up comedy, a place where she learned to roll with the punch lines and turn life's lemons into delicious lemonade.

Jody is a motivational speaker and participates in over 100 events per year.

Her mission is simple, to eagerly empower worn-out professionals with humor, hindsight, and hallelujahs. She firmly believes it's not what you do that matters- it's how you feel about what you do. With more than twenty-three years of experience inspiring and entertaining audiences across the globe, Jody Urquhart delivers uplifting, engaging motivational speeches that help professionals cultivate a much-needed blissful can-do attitude towards fun and meaningful work.

Every keynote is a stepping stone towards building the work-life you have always wanted.

She is the author of *All Work & No Say*, a tongue-in-cheek insight into the rat race and how to reveal joy. Jody's newest book *Bliss Out* shows people hard working people how cure a hustle hangover.

In her spare time, Jody loves to meditate and still performs stand-up comedy, but not at the same time.

Recommended Audience: NDLTCA applies for continuing education for administrators, activities, dietary, nursing and social services. If we applied for continuing education for these disciplines they will be listed out specifically.



Tuesday, May 2

8:00 a.m. – 8:30 a.m.

NDLTCA Foundation Meeting – Bismarck Country Club

8:30 a.m. – 10:30 a.m.

NDLTCA Board Meeting – Bismarck Country Club

10:45 a.m. – 12:45 p.m.

NDLTCA Membership Meeting – Bismarck Country Club

1:15 p.m. – 6:00 p.m.

PAC Golf Tournament – Pebble Creek Golf Course

6:00 p.m. – 8:00 p.m.

Convention Kick-off Dinner, Awards and Fun

Pebble Creek Golf Course

4:00 p.m. – 8:00 p.m.

Expo Registration and Setup – Bismarck Event Center

4:00 p.m. – 8:00 p.m.

Registration Open – Bismarck Event Center

4:00 p.m. – 5:30 p.m.

APND Board Meeting – Bismarck Event Center

4:00 p.m. – 5:30 p.m.

NDESA Board Meeting – Bismarck Event Center

4:00 p.m. – 5:30 p.m.

ND ANFP Board Meeting – Bismarck Event Center

4:00 p.m. – 5:30 p.m.

LTCSWND Board Meeting – Bismarck Event Center

Wednesday, May 3

7:00 a.m. – 5:00 p.m.

Registration Open – Location: Exhibit Hall Lobby

7:00 a.m. – 8:00 a.m.

Breakfast

Location: Hall B

7:00 a.m. – 9:30 a.m.

Exhibitor Registration and Setup

Location: Hall C & D

BREAKOUT SESSION – 2 HOURS

7:30 a.m. – 9:30 a.m.

1. Table Top Exercise Severe Weather Event

Presented by: Duane Ell

Content: Provide participants with an opportunity to review and familiarize the different capabilities and strategies when responding to a Severe Storm Emergency of a long-term care facility, identify coordination factors, describe systems of long-term care's integration within local and state response systems, and identify elements of continuity of operations during a Severe Weather Event. Participants will discuss guidelines, assumptions, staff responsibilities, decision making for summer storm preparedness, resource planning and tracking of residents and staff.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

BREAKOUT SESSIONS

8:00 a.m. – 9:30 a.m.

2. Avoid Revolving-Door Whiplash: Effective Training for Retention and Success

Presented by: Judy Salisbury

Content: This lively, eye-opening, and informative workshop brings to light areas, often regarding the training of new personnel, that can sabotage success for members of our nursing staff, which can bring about frustration and discouragement, leading to an increase in turnover. Effective solutions for many of these often unspoken and unaddressed challenges are offered that help build confidence and hone skills to reverse course and lead to longevity of staff and an increase in quality care. Also addressed are special situations, including how to interface more efficiently with 911 and EMS personnel from an EMS provider with tactical training and nursing experience for better resident care and less stress for staff.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

3. Creative and Innovative Program Planning for Memory Care Residents

Presented by: Cathy Allen

Content: This session will focus on creating and developing traditional and innovative programs for memory care and lower-level residents. Attendees will gain knowledge of a variety of ideas and programs to implement which stimulate and enhance the resident's quality of life through cognitive, educational, physical, creative, and sensory stimulation. At the closing of the session attendees will be provided with resources to create a variety of creative and innovative programs.

Recommended Audience: AL, BC, NF: Administrators, Activities, Nursing, Social Services

4. Quality Awards – Intro to & What's the Big Deal Anyway?

Presented by: Shauna Kapsner

Content: The AHCA/NCAL Quality Award program started in 1997 and has followed its own example by evolving and innovating over time. In this session you will learn what the program is, and probably more important what it is not. Better yet, you'll learn what's in it for your center and why you should be saying 'YES!' to this program, also while making special effort to focus on the road that reimbursement systems are going down within the state of North Dakota to reinforce your decision to jump into the realm of the Quality Award program and processes.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

5. Dehydration Prevention and Treatment

Presented by: Nancy Barwick

Content: This presentation will define dehydration, identify the signs and risk factors associated with dehydration, and discuss its prevalence in older adults. Why is water so important to our bodies? The costs associated with resolving dehydration will be summarized. How to implement a hydration program in your community will be a key discussion in helping to resolve this issue in healthcare today.

Recommended Audience: AL, BC, NF: Administrators, Activities, Dietary, Nursing

6. Psychotropic Medication Reduction and Behavioral Intervention: An Ever-Present Approach

Presented by: Sarah Viola

Content: As healthcare professionals, we have known for quite some time that medication intervention to behavioral challenges related to dementia is not best practice. However, in a residential community setting, such as IL, AL, BC, MC or SNF, it often feels like one of the only options we have, to maintain the health and safety of both the person living with dementia and those around them in these settings. Throughout your time in this educational presentation, Sarah hopes to equip you with the tools needed to understand when psychotropic medications are helpful vs. when they are a band-aid trying to stop a bullet wound. The current changes related to psychotropic medications make it necessary for professionals working in facilities to think outside the box related to interventions that can help improve quality of life for those living with dementia by reducing medications and still maintaining minimal behavioral disturbances. As an occupational therapist, Sarah's specialty is non-pharmacological methods to manage behavioral challenges. During your time with her, she will be providing specific strategies to management of various types of behavior, going through types of behaviors in categories and providing specific examples to the audience.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

7. Evaluating Available Options for Keeping Our Seniors Independent at Home

Presented by: Samantha Anderson, Tricia Becker, Dr. Kurt Datz, Chelie Sherr and Theresa Simon

Content: This session will cover the innovative ways to provide for the care needs of aging, frail seniors, to help them move back home or stay in their home, independently, for as long as possible. They will talk about providing for the day-to-day health needs of seniors, through uniquely targeted nursing and rehabilitation methods, designed for each individual, in order to help them achieve a healthier baseline and maintain that for as long as possible, in order to assist them in living independently. This session will cover the unique methods to help meet the individual social and mental health needs of the elderly, while navigating the current challenges each of them face on a day-to-day basis.

Recommended Audience: AL, BC, NF: Administrators, Nursing, Social Services

8. A Caregiver and Advocate's Journey Through ALS; Life and Death Lessons Learned

Presented by: Bob Scannell

Content: The presentation will cover the full journey of ALS, from early symptoms, to diagnosis, to the denial and acceptance and various other stages of the battle. Critical tools, aids, medicines, challenges, decisions, and other resources necessary to the management of the disease will be discussed; along with some lessons learned.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

9. CMS Psychosocial Negative Outcomes Guide (Part 1)

Presented by: Cat Selman

Content: In 2006, CMS released the "Psychosocial Negative Outcome Severity Guide." Most professionals in the industry thought we would see many citations from the new, separate Severity Guide, but there was little movement in regard to facilities receiving deficiencies. When the CMS RoP became effective in 2016, being implemented in three phases, facilities began to see much more emphasis placed on the area of "psychosocial harm and well-being." Within the last five years, facilities have been receiving IJs for "psychosocial harm." This session is a refresher course on the Psychosocial Outcome Severity Guide, along with the updated revisions that were made in October, 2022.

Recommended Audience: NF: Administrators, Activities, Dietary, Environmental, Nursing, Social Services, Therapy

9:30 a.m. – 10:00 a.m. BREAK

GENERAL SESSIONS

10:00 a.m. – 11:30 a.m.

10. Leading and Living Through Your Values

Presented by: Denise Boudreau

Content: Who you are, what you hold dear, what upsets you, and what underlies your decisions as a leader are all connected to your personal values. The missed opportunity is, most people never take the time to learn what those precious and powerful intrinsic things are! In this session you will have the opportunity to do an introspective reflection on your very own personal values, and recognize how they influence your personal and professional endeavors including overcoming the current staffing crisis. You'll learn practical strategies you can implement immediately to apply these values in your daily routines, allowing you to use them as a driving force and a personal true north star.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

11. Infection Prevention IS Resident Care

Presented by: Heather Lindsley and Katelyn Glatt

Content: General infection prevention measures to decrease the transmission of infectious diseases in long term care settings.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

ASSOCIATION MEETINGS

10:00 a.m. – 11:30 a.m.

LTCSWND Membership Meeting

ND ANFP Membership Meeting

EXPO

9:30 a.m. – 11:30 a.m.

Expo Viewing – Administrators, DONs

Location: Hall C & D

Take advantage of this designated time for just Administrators and DONs to visit with our Sponsors and Vendors to see their latest products. See demonstrations, pick up sample products, meet with experts and talk with suppliers who are working to provide you with exactly what you need to meet today's challenges.

11:30 a.m. – 1:00 p.m.

Expo Viewing and Lunch – All Attendees

Location: Hall B, C & D

Open to all participants. Take this time to see the latest in products and services - from transportation to furniture and equipment to the latest technology solutions from over 100 companies. See demonstrations, pick up sample products, meet with experts, and talk with suppliers who are working to provide you with exactly what you need to meet today's challenges. Enjoy a great lunch, stop by The Hair District booth for some pampering, and register to win some Great Prizes!

BREAKOUT SESSIONS

1:15 p.m. – 2:45 p.m.

12. CMS Psychosocial Negative Outcomes Guide (Part 2)

Presented by: Cat Selman

Content: When CMS revised the Surveyor Guidance in October, 2022, they added one statement to almost every Resident Rights', Abuse & Neglect, and Quality of Care/ Quality of Life Requirement: "Refer to the Psychosocial Outcome Severity Guide in Appendix P." Cat will be reviewing actual requirements that share this new area of survey focus. In doing so, she will provide suggestions/recommendations on what staff practice, care planning, documentation and training should include to meet the challenge of "psychosocial harm."

Recommended Audience: NF: Administrators, Activities, Dietary, Environmental, Nursing, Social Services, Therapy

13. Basic Principles of Cleaning and Disinfecting

Presented by: Patrick Moltzan

Content: This session will cover the basic principles of cleaning and disinfecting in a long term care setting. The session will cover proper techniques for disinfecting of touch surfaces and floor surfaces in resident rooms and common areas. We will discuss the importance of dwell time of disinfectants on surfaces and we will discuss product labels and safety data sheets of products used for disinfection.

Recommended Audience: AL, BC, NF: Administrators, Dietary, Environmental, Nursing

14. Assisted Living & Basic Care Networking Session (CLOSED Session – Members Only)

Presented by: Nikki Grebel, Kiara Tuchscherer, and Shelly Peterson

Content: Join your peers in this networking opportunity to learn what other facilities in the state are doing.

Recommended Audience: AL, BC: Administrators, Managers, Nursing and Staff

15. The OSHA Voluntary Protection Program - Recognizing Excellence in EHS

Presented by: Brad Baptiste

Content: The OSHA Voluntary Protection Program (VPP) is OSHA's highest level of recognition for workplaces that have achieved employee safety and health excellence. This presentation will explain the OSHA VPP, the elements of the VPP model, describe the application and onsite evaluation process, provide examples and success stories, and look closely at the VPP experience of a skilled nursing facility (Missouri Slope) who has participated in the OSHA VPP for more than a decade. The presenter will offer attendees an opportunity to ask questions of the OSHA Regional VPP Manager.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

16. Protein Requirements for Older Adults

Presented by: Nancy Barwick

Content: This presentation will examine the "graying of America" and discuss how nutrition, particularly protein, plays an important role in helping older adults remain functional. Protein's role in the body, requirements for adults, and how to achieve adequate intake will be reviewed. Protein-rich foods and supplements will be summarized. When should supplements be used and how often?

Recommended Audience: AL, BC, NF: Administrators, Activities, Dietary, Nursing

17. Root Cause Analysis in Daily Work

Presented by: Cyndi Siders

Content: Understanding what, how and why near misses, incidents and serious events occur is a necessary component of a comprehensive quality improvement and risk management program. The tools of Root Cause Analysis (RCA) can be used in daily practice to support identification and management of these types of events, supporting resident and staff safety and quality of care. A structured, facilitated team process to identify causal and contributing factors and root causes of an event that resulted in an undesirable outcome and developing corrective actions that support a clear understanding of what happened and why the event occurred are key elements of sustainable and effective process improvement. This interactive presentation will include examples of the use of root cause analysis tools in daily work.

Recommended Audience: AL, BC, NF: Administrators, Nursing, Social Services

18. Help Residents Reach Their POTENTIAL Through Culture Change and Person-Directed Programs

Presented by: Cathy Allen

Content: This session will focus on Culture Change and Person Directed Programs. Attendees will learn that the resident's quality of life and ability to make choices can improve through environmental changes, culture change and person-directed programs. Attendees will learn the importance of offering programs and activities that enhance self-determination, choice, dignity, independence, diversity, meaningful, and involve family members.

Recommended Audience: AL, BC, NF: Administrator, Activities, Nursing, Social Services

2:45 p.m. – 3:15 p.m. **BREAK**

OPENING KEYNOTE

3:15 p.m. – 5:00 p.m.

19. Opening Keynote: Be The Difference

Presented by: Sam Glenn

Location: Hall A

Content: What does the picture of being the difference look like within your organization? For your leadership? To be the difference, is to be the exception through your example, empathy, and excellence. Making a positive difference does not happen by accident or without direction. It requires intention, purpose, and consistency. The focus of this message is about revisiting, reconnecting, and rekindling your purpose in order to elevate the difference you can make each day. Sam will discuss how the little things are the keys to making the biggest difference. When you reflect on those who have made positive differences in your life you often realize it was through small but intentional actions. Maybe someone held a door open for you when your hands were full. Perhaps someone stayed an extra hour after work to help you with the workload. Making a difference is the result of your attitude and actions working in alignment. This process is not focused on soft skills or theories, but rather on our life and leadership skills which change and impact the lives of others around us. Sam will share practical and easy-to-implement tools that you can start using immediately. This keynote will have a lasting impact on you, your team, and your entire organization. Expect to laugh, enjoy a new performance painting by Sam, and discover the most incredible ways to take your difference factor to new levels.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

6:30 p.m. – 7:00 p.m.

Awards Gala Social

Location: Hall A

Join us before the Awards Gala for a social. Enjoy time to network with your peers.

7:00 p.m. – 9:00 p.m.

Awards Gala

Location: Hall A

Join us for this year's Awards Gala. Enjoy a great meal and help recognize, celebrate, and congratulate the award-winning recipients.



7:00 a.m. – 5:00 p.m.

Registration Open – *Location: Exhibit Hall Lobby*

7:00 a.m. – 8:30 a.m. – **Breakfast**

Location: Hall B

7:00 a.m. – 8:30 a.m.

NADONA Executive Board Breakfast Meeting

ETHICS SESSION – 2 HOURS

8:00 a.m. – 10:00 a.m.

20. Realizing Our Ethical Potential: A Primer on High Quality Clinical Ethics Decision Making (Ethics)

Presented by: Michael Gillette, PH.D.

Content: This highly interactive case-based discussion will present a process for the identification, analysis, and resolution of ethical issues as they arise in the clinical environment. Case studies will be chosen to demonstrate both the process of ethical decision making and important core concepts that must be understood when addressing important ethical concerns.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

BREAKOUT SESSIONS

8:30 a.m. – 10:00 a.m.

21. Enhancing Mobility and Reducing Fall Risk

Presented by: Teepa Snow

Content: This session is designed to help learners engage in successful programming to enhance functional mobility. This will be accomplished through the use of a variety of effective techniques based on level of brain change, environmental support, caregiver support, and use of personal preferences and life experiences. The program will provide learners with practical hands-on skills and strategies that have been shown to be effective with individuals living with varying amounts and types of brain change.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Dietary, Environmental, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

22. You Know My Name – NOT My Story!

Presented by: Cat Selman

Content: Now, more than ever, our staff need to know a resident's story! From the moment we meet a new "admit," the "facts" begin pouring in! Birth date, marriages, education, occupation, children, significant health issues, finance...and on and on it goes...Our records for the individual are "jam-packed" with DATA!!! However, we usually don't "discover" the "person" until they die, and we read their obituary. This one document is filled with such insight and "stories," that we think, "I wish I had known that." And here's the sad reality: we should have known that information!! We should have met the PERSON, not the RESIDENT! Once we discover a person's "real story," the story of their lives, we can begin to meet needs, preferences, and interests on a more individualized basis. The key is for staff to know those personal stories. When an individual loses their memory, they are not able to find (recall) those memories on their own. They need help from someone who

knows “their” story. Additionally, CMS continues to stress and focus on “person-centered care” during surveys. Come and learn as Cat teaches us the role we play in developing an elder’s story; a process that ultimately helps staff better meet the needs of elders who have dementia, and helps us provide true, person-centered care. By doing so, we can truly impact an elder’s quality of life in a positive way. Together we can learn the real story!

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Dietary, Environmental, Nursing, Social Services, Therapy

23. Help... I Have to Plan for a Disaster Exercise

Presented by: Sherry Adams

Content: Throughout the years, North Dakota has been faced with many types of disasters, whether natural, biological, or chemical. This presentation will give an overview on the importance of planning, preparing, and exercising for various disasters. It will give an overview on various types of exercises, as well as how to write and carry out those exercises. It will also give an overview of how to write an After-Action report using HSEEP processes. There will be some hands-on Participation.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

24. CMS Dietary Standards

Presented by: Reynold Landry

Content: The CMS Dietary Standard is the new ruling from CMS. Many of the F Tags have been re-numbered and new standards have been incorporated into a national dietary standard. This presentation will give an overview of the new F Tags and go over new standards and areas that surveyors are looking at when they visit your facility.

Recommended Audience: AL, BC, NF: Administrators, Dietary

25. Understanding the Impacts of the Price and FRV Payment Models on Your Organization's Financial Outcomes

Presented by: Brad DeJong

Content: During this session we will review how the new Price and FRV Payment Models can impact your organization’s ability to generate positive financial outcomes. This session will review how the two models are utilized to calculate rates for facilities and considerations to ensure costs are properly captured to ensure they are included to benefit the organization. We will also review how rate setting can be utilized to identify areas of concern that may be limiting operational effectiveness.

Recommended Audience: BC, NF: Administrators, Office/Finance

10:00 a.m. – 10:30 a.m. **Break**

GENERAL SESSION

10:30 a.m. – 12:00 p.m.

26. Managing Behavior: Start with Yours

Presented by: Teepa Snow

Content: This session helps learners recognize and appreciate the role that their behaviors, words, actions, and reactions play in situations that are commonly encountered with people living with dementia. Information on typical brain changes in dementia will be presented, and emphasis placed on the importance of understanding these changes so that learners may interact more effectively. This session will also provide learners alternative approaches and responses that are effective in promoting more positive interactions and outcomes. The goal is to help learners manage their own behaviors to change patterns, rather than trying to get the person living with dementia to “behave.”

Recommended Audience: AL, BC, NF: Administrators, Activities,

Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

10:30 a.m. – 1:00 p.m.

27. Environmental Networking and Membership Meeting

Presented by: Curt Huus and Mike Medrud. Guests: Jerry Trupka and Larry Poague

Content: Join Curt and Mike to network with your peers and receive updated information and education encompassing Environmental Services. This is a great time to problem solve, bring best practices, and ask any questions you may have. Learn about the great benefits of being a member of NDESA and how it can help your facility. We have developed an Environmental Services guide that we will share to help supervisors, especially new supervisors, be in compliance. With special guests Larry Poague and Jerry Trupka.

Recommended Audience: AL, BC, NF: Administrators, Environmental Services

ASSOCIATION MEETINGS/NETWORKING

10:30 a.m. – 1:00 p.m.

NADONA Lunch and Membership Meeting

APND Lunch and Membership Meeting

ACHCA/Roughrider Chapter Lunch Meeting

12:00 p.m. – 1:00 p.m.

Participant Lunch – Location: Hall B

ND Chaplains Association Lunch & Membership Meeting

BREAKOUT SESSION – 3 HOURS

1:15 p.m. – 4:15 p.m.

28. Intensive Trauma-Informed Care

Presented by: Cat Selman

Content: Per guidance from CMS, “trauma-informed care” is an approach to delivering care that involves understanding, recognizing and responding to the effects of all types of trauma. A trauma-informed approach to care delivery recognizes the widespread impact, and signs and symptoms of trauma in residents, and incorporates knowledge about trauma into care plans, policies, procedures, and practices to avoid re-traumatization. In this session, Cat will be covering the Key Changes that were made to F699 (Trauma-Informed Care) in the newly revised Surveyor Guidance. This requirement is not just the responsibility of the Licensed/Certified/Registered professionals in your facility. It applies to ANY staff person who provides care or services to individuals within your building...CNAs, dietary staff, laundry aides, housekeeping, and volunteers. Ms. Selman will address CMS expectations regarding identification/assessment; comprehensive care planning; and staff competencies. Cat will also present a “common-sense” approach to educating our staff. Cat’s presentation and handouts, along with specific recommendations, will be able to be utilized in your own staff trainings. This is definitely a session you do not want to miss.

Recommended Audience: NF: Administrators, Activities, Dietary, Environmental, Nursing, Social Services, Therapy



BREAKOUT SESSIONS

1:15 p.m. – 2:45 p.m.

29. Activity to Stay Mentally and Physically Fit

Presented by: Teepa Snow

Content: As our population ages rapidly, dementia is becoming an increasing issue. Most of us fear getting dementia, but few of us actively understand the risk factors and what we can and can't do to possibly help ourselves reduce our risk. This session is designed to help learners consider the behaviors and choices that are related to an increased risk of getting dementia. It is also designed to help highlight what we can do to make a difference.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

30. The Art of Nutritional Charting

Presented by: Reynold Landry

Content: There are many dietary managers who chart every day in their job but have never been formally trained on the art of charting. This presentation will help every Dietary Manager learn the ins and outs of charting and help them create a factual but comprehensive narrative of each resident's nutritional history and needs in a nutritional story form.

Recommended Audience: AL, BC, NF: Dietary

31. Cognitive Bias in Risk Management

Presented by: Larry Poague

Content: Cognitive bias is the tendency of the human brain to simplify information through its own personalized filter system. These biases are often labeled as unconscious errors that arise from problems related to memory, attention, and other mental mistakes. Cognitive biases have direct implications on our safety, our interactions with others, and the way we make decisions. Some examples are availability bias, confirmation bias, gambler's fallacy, recency bias, and there are many others. This presentation will provide an in-depth discussion of how automatic brain function and cognitive bias affects personal, business, and risk management decision making. We will then cover several cognitive forcing strategies or mental tools used to create unbiased decision-making.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

32. Substance Use Disorders and Motivational Interviewing

Presented by: Jennifer Goldade

Content: Discuss and review criteria for a substance use disorder and potential withdrawal symptoms. Brief overview on Motivational Interviewing and engaging patients/clients in the treatment process.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

33. Let's Talk About Common Deficiencies and Other Information from the Health Facilities Unit

Presented by: Kathy Laxdal

Content: Presentation of frequently cited deficiencies many of which occur every year. Is your QA program effective? Is your staff training up to date? Is your facility ready for survey, information to have together? Reporting to the SA Facility Reported Incidents (FRIs) be sure you complete a thorough investigation. On-site investigations FRIs vs complaints.

Recommended Audience: BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

34. Run Hide Fight – Active Shooter

Presented by: Daniel Krueger

Content: Aims to help you prepare for and respond to an active shooter incident.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

2:45 p.m. – 3:15 p.m. **BREAK**

BREAKOUT SESSIONS

3:15 p.m. – 4:45 p.m.

35. MDS v1.18.11 – Changes coming October 2023

Presented by: Kelly Beechie

Content: Kelly will review all the changes that will be made to the MDS in October 2023.

Recommended Audience: NF: Administrators, Activities, Dietary, Environmental, MDS, Nursing, Social Services

36. Recalibration – Lessons Learned on Grit, Resilience and Compassion in Healthcare

Presented by: Pamela Ressler

Content: We have all been changed by the experience of living through the COVID-19 pandemic. Societal and healthcare disparities were amplified, yet at the same time innovations born out of necessity flourished. Recognizing that we can not and will not return to pre-pandemic days, how might we begin to recalibrate ourselves and our workplaces to reflect a new understanding of grit, resilience, compassion and innovation in healthcare? Healthcare leader and resilience expert, Pamela Ressler, MS, RN, HNB-BC, will share lessons learned and evidence-based strategies that can help recalibrate and renew our inner strengths and resources for resilient, compassionate healthcare.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

37. New Construction and Life Safety Code

Presented by: Karla Aldinger and Steve Ressler

Content: Life Safety and Construction reviews construction plans and specifications for licensed healthcare facilities for compliance with licensing and construction standards. Construction inspections are also conducted to verify compliance with these standards. Additions, remodeling, and installations in nursing facilities require review and approval before construction can begin.

Recommended Audience: BC: Administrators, Environmental

38. Customer Service “It's All in the Details”

Presented by: Reynold Landry

Content: Every day facilities struggle to be viable in this ever-present competitive market. Corporations continually grasp at straws to retain each residents' satisfaction and family approval. This presentation is geared to help identify the areas in your facility that will attract potential customers and market your facility through excellent customer service and resident centered care.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

39. Behavioral Health Crisis Services

Presented by: Rosalie Etherington

Content: Behavioral health crises occur at all ages and in all settings. Behavioral health crises in nursing home, basic care, and assisted living settings offer unique challenges and sometimes require additional support. A statewide behavioral health crisis system offers needed support. This presentation will assist attendees in understanding what services are available, when a call for assistance should be made, and what to expect from a behavioral health crisis intervention. This presentation will also identify unique issues in the elderly population and the importance of assessing and understanding behavioral changes before crises occur.

Recommended Audience: AL, BC, NF: Administrators, Nursing, Social Services

40. Preventing Medicare Fraud

Presented by: Brenda Munson

Content: The ND SMP (Senior Medicare Patrol) program educates Medicare beneficiaries on preventing Medicare/health care fraud. This program, funded by the Administration on Aging, not only protects beneficiaries, but helps to preserve the integrity of the Medicare programs. This SMP presentation session will include information on the ND statewide Senior Medicare Program, why the senior population is often a target for fraud, how to help beneficiaries and consumers identify and recognize medical identity theft and Medicare fraud, and how to advocate for victims of fraud and the steps involved in reporting healthcare fraud.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

41. Consequences of Prolonged Bed Rest on the Elderly and the Role of Seating and Positioning

Presented by: Brenda Mahon

Content: This course will provide clinical information regarding the effects of prolonged bed rest on the elderly. It will examine the impact on the cardiovascular, digestive, musculoskeletal, and pulmonary systems. It will provide information on seating evaluations for elderly clients to get them out of bed, avoid complications, and engage them in everyday living tasks to improve their quality of life. Clinical information on the evaluation, recommendations, and strategies for working with limited inventory and strategies for advocating for patients will be discussed. Examples of case studies will be explored.

Recommended Audience: AL, BC, NF: Administrators, Activities, Nursing, Social Services, Therapy

5:30 p.m.

Fun Run – Sertoma Park.

Join us for the 9th Annual Fun Run to help fund Nurse Scholarships in North Dakota.

7:00 p.m. – 8:30 p.m.

Theme Hospitality Event

Bismarck Hotel and Conference Center

Join us for one of the most popular events at the convention. Great fun and great networking! Let's plan to have a GREAT TIME! Remember to wear your Fun Night wrist band to this event.

8:30 p.m. – 11:30 p.m.

Dance the Night Away

Bismarck Hotel and Conference Center

Join us for an evening of music and dancing with "The Johnny Holm Band."



8:00 a.m. – 12:30 p.m.

Registration Open – Location: Exhibit Hall Lobby

8:00 a.m. – 9:00 a.m.

Breakfast

Location: Hall B

BREAKOUT SESSIONS

9:00 a.m. – 10:30 a.m.

42. Is Your Facility "Crisis Ready?"

Presented by: Rob Keller

Content: In this always-on digital era, crises unfold and escalate so quickly that by the time you reach for that plan, you risk already being behind, losing control of the narrative of the incident. The more you lose control, the harder it is to regain the trust, credibility, and goodwill with your key stakeholders. Unforeseeable, unexpected developments WILL occur. You will learn about the "Bank of Community Trust" and how to apply this to your facility or brand.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

43. Understand North Dakota's Proposed Medicaid Value Based Purchasing

Presented by: Dr. David Gifford, AHCA/NCAL

Content: North Dakota's Medicaid program is considering developing a value-based purchasing program for nursing homes. This session will review the proposed measures, how performance will be assessed on each measure and how aggregate performance is tied to payment. Tips on how to improve care and outcomes for the proposed measures will also be provided.

Recommended Audience: NF: Administrators, Nursing, Office/Finance, MDS, QAPI

44. 2017 Food Code Updates (Sanitation Session)

Presented by: Mike Lee

Content: The presentation will include new provisions of the 2017 Food Code; changes, additions, and deletions to the 2017 Food Code.

Recommended Audience: AL, BC, NF: Administrators, Dietary, Social Services



45. Medical Marijuana and CBD in the Workplace: What Are Employers to Do?

Presented by: Melissa Hauer

Content: This educational session will cover the challenges of cannabis, including medical marijuana and CBD, in the workplace. North Dakota's medical marijuana laws and how they intersect with federal law and regulations governing cannabis and derived compounds such as cannabidiol (CBD) will also be covered. Are employers obligated to accommodate medical use by an employee? How does it square with your facility's drug and alcohol policies? What documentation should an employer keep regarding an employee's medical use of marijuana? Workplace restrictions that employers in the long term care industry may want to have in place will also be explored.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

46. Understanding and Responding to Dementia-Related Behaviors

Presented by: Nikki Wegner and Tessa Johnson

Content: Are you caregiving for a family member or friend? Are you struggling with how to respond to some of their behaviors? Behavior is a powerful form of communication and is one of the primary ways for people living with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. This session will cover how to identify common behavior triggers, decoding behavioral messages, and learn strategies to help intervene in challenging situations.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

10:30 a.m. – 10:45 a.m. **BREAK**

CLOSING KEYNOTE

10:45 a.m. – 12:30 p.m.

- Convention Recap Video
- Cherished Hopes Drawing

47. Closing Keynote: Hustle Hangover – Make Passion Your Priority & Leave Struggle Behind

Presented by: Jody Urquhart

Location: Hall A

Content: Are you driven and ambitious but often feel frustrated or stuck? Does stress keep hounding you to work harder? Even when you accomplish your goals, do you feel unsatisfied, like it's never enough? It's because when you spend most of your time hustling after a better future, you neglect your bliss right now. This is a Hustle Hangover. Hustling after problems may be driving your results instead of purpose and inspiration. Hard work may be crowding out joy but you need feelings of happiness and success to fuel progress. This uplifting keynote will inspire you to leave the stress and struggle behind in favor of passion and purpose. You can get more done with less stress. This keynote speech will inspire you to unleash wild positive emotion on your day and the vitality will move you forward. This hilarious and inspiring keynote is based on Jody's new book, *Bliss Out*.

Recommended Audience: AL, BC, NF: Administrators, Activities, Chaplains, Environmental, Dietary, Nursing, Office/Finance, Human Resources, Social Services, All Disciplines

Thank-You



REGISTER TODAY!

Early bird deadline: March 17, 2023

www.ndltca.org/convention





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