

OHCA
OREGON HEALTH
CARE ASSOCIATION

2022
**SPRING
EXPO**



April 21, 2022

Salem Convention Center • Salem, Oregon

**Event Program and
Education Guide**

OnDemand Recorded Education Available Online Starting April 18, 2022

Oregon Health Care Association | 11740 SW 68th Parkway, Suite 250 | Portland, OR 97223

Welcome to OHCA Spring Expo!

We are all committed to your safety throughout this experience and encourage you to review OHCA's event safety protocols on our website, www.ohca.com, for a detailed list of the safety protocols put in place for this conference.



Schedule at a Glance

Thursday, April 21, 2022

Detailed session information begins on page 4.

7:30 a.m. – 4:30 p.m.	Registration	Santiam Lobby
8:30 a.m. – 9:45 a.m.	Opening Keynote Presentation	Santiam Ballroom
10:00 a.m. – 11:15 a.m.	Education Breakout Sessions <ul style="list-style-type: none">• Winning the Battle Against Work Fatigue and Burnout• Through the Eyes of a Surveyor: ALF/RCF Survey Prep• Influencing Your 5-Star Rating: NF Survey Preparedness	Santiam 6 Santiam 4/5 Croisan B/C
11:00 a.m. – 1:15 p.m.	ALL Attendee Lunch and Trade Show	Willamette Ballroom
1:30 p.m. – 2:45 p.m.	Education Breakout Sessions <ul style="list-style-type: none">• Addressing Equity: Oregon LGBTQ+ Older Adult Survey and Next Steps• Interpreting Behavior as Communication in Memory Care• Resident Falls Management: Getting to the Root Cause(s) and Determining Interventions. . .	Santiam 6 Santiam 4/5 Croisan B/C
3:00 p.m. – 4:30 p.m.	Education Breakout Sessions <ul style="list-style-type: none">• COVID-19 Burnout and Rebuilding Resiliency.• Legal Issues Hot Topics: Updates for Senior Living and Care.• Aging and Mental Illness	Santiam 6 Santiam 4/5 Croisan B/C
4:30 p.m.	Spring Expo Adjourns	

Access Handouts for the Live Event Sessions

Handouts for the event are available online and will be available for two weeks following the event. Visit <https://www.ohca.com/spring-expo-handouts>. Use password "expo2022" to log in.

OnDemand Content

Detailed session information begins on page 8.

- Using Relationships to Relieve Loneliness: How to Develop Older Adult Peer Supports in Your Community
- The Great Eight FY 2022: Leadership and Motivation
- No Thankless Jobs: Building a Culture of Gratitude and Preventing Burnout
- Staff Retention: Top Tips to Keep Terrific Talent!
- Wound Care and Prevention: Pressure Injury Imposters
- Side Effects of Antipsychotic Medications and Monitoring Strategies in LTC
- Navigating the Regulatory Environment in Oregon: An Update from ODHS
- Demystifying Resident's Legal Representative Relationships: Power of Attorney, Conservatorships, and More!
- Vital 5 Pillars of Dementia Care
- What are They Trying to Tell Me? Understanding Behavior as Communication
- Dementia and ADLs: Creative Care Techniques for Successful Interactions
- Affirming Where We've Been, Celebrating Where We're Going: Wellbeing in Times of Uncertainty and Exhaustion
- Maximizing the Benefit of the Grant: Energy Efficiencies for Long-Term Care Communities

Accessing the OnDemand Content

OnDemand content is available April 18 - May 31, 2022. Visit <https://www.ohca.com/events/spring-expo> and click OnDemand, then log-in using the same log-in ID and password you use to access the OHCA Member Portal.

Please contact OHCA at 503-726-5260 for assistance logging in.

General Information

Intended Audience and Continuing Education Units (CEUs)

- Maximum CEUs available for this event 9.0
- Memory Care qualified CEUs available: 4.25

You may earn up to nine CEUs for this event with a combination of in-person education sessions and OnDemand recorded virtual content. Use the guide below to identify the intended audience for each session and which sessions are approved for CEUs.

- **Assisted Living and Residential Care (ALF, RCF):** In accordance with Oregon Health Licensing rule Chapter 853, Division 50, this event meets the domains of knowledge requirements: (a) Leadership skills; (d) Quality improvement processes; (e) human resources management; (f) health services; (h) person-centered care principles; (i) memory care standards; (j) Compliance and governance; (l) Oregon revised statutes and Oregon administrative rules.
- **Nursing Facility Administrators (SNF):** In accordance with Oregon Health Licensing rule Chapter 853, Division 50, this event meets the domains of knowledge requirements: (a) Resident and nursing care and quality of life, including person-centered care; (b) human resources; (e) Compliance and governance including state and federal laws and standards; (f) Leadership and management as related to (a) through (e).
- **Memory Care Administrators (MEM):** Sessions relate to the care of individuals with dementia in accordance with 411-057-0140(3) for facilities with a memory care endorsement.
- **In-Home Care Professionals (IHC):** Sessions will apply to the in-home care environment. Credits are not formally approved by any entity for IHC providers.
- **Senior Retirement Housing (SRH):** Sessions will apply to professionals working in senior retirement housing and independent living communities.

Track Your Continuing Education Units (CEUs) Online

Using your desktop or mobile device, participants can easily track CEUs, complete online evaluation forms, and print a transcript of sessions attended. Claim your CEUs by visiting <https://www.ohca.com/events/spring-expo> and click Claim CEUs, then using your OHCA Member Portal login credentials.

Step 1:

- **In-Person:** During each education session you attend, **RECORD** the unique code word announced for that session. Use the tool below to track your codes.
- **OnDemand:** Complete the OnDemand session in “Play-Only” mode on the event platform.

Step 2:

Click the “Claim CEUs” tile in the event website. Under “Tasks”, select “Complete Session Evaluations”

- **In-Person:** **ENTER** the CEU code and **EVALUATE** each session you attended.
- **OnDemand:** The evaluation will be unlocked for you to complete.

Step 3:

Once you’ve completed the steps for each session you attend, complete the overall event evaluation, then **DOWNLOAD AND PRINT** your CEU form!

CEU Code Tracker Tool	
Time: 8:30 a.m. – 9:45 a.m. Type: KEYNOTE	Fill in Codes here
Time: 10:00 a.m. – 11:15 a.m. Type: BREAKOUT SESSION	Fill in Codes here
Time: 1:30 p.m. – 2:45 p.m. Type: BREAKOUT SESSION	Fill in Codes here
Time: 3:00 p.m. – 4:30 p.m. Type: BREAKOUT SESSION	Fill in Codes here

Marcus & Millichap Knapp ♦ Stahler Group

Michael Mooney

Senior Associate, Partner

Member National Seniors Housing Group

d: (503) 200-2037 | c: (503) 428-7058

<https://ksgseniorshousing.com/>

In-Person Event Details

Thursday, April 21, 2022

7:00 a.m. - 4:30 p.m.

Registration and Check-In

Location: Santiam Gallery

Continental breakfast available from 7:30 a.m. – 9:30 a.m.

8:30 a.m. - 9:45 a.m.

Opening Keynote Presentation

DEVELOPING A POSITIVE PSYCHOLOGY IN CHALLENGING TIMES

Location: Santiam Ballroom

Presented by George Carroll, certified positive psychology coach and speaker

1.25 CEU (ALF, RCF, SNF, IHC, SRH)



It's easy to be pessimistic about how the world seems to be trending. Positive psychology and emotional strength are needed in today's uncertain world. As the pandemic persists, our mental resilience gets tested. We are being pushed to the edges of our comfort zones in some areas of life, but many lack the tools and mental flexibility required to stay up in these down times. Developing positive psychology isn't taught in school, but we can benefit from building this life-changing skill. We can't control the external circumstances, but we can learn to control how we respond to them. This is psychological flexibility. You will learn simple tools and strategies that you can immediately apply to increase energy, enhance mental clarity, develop greater mental flexibility, decrease unnecessary stress, and how to stay genuinely positive in these challenging times. We have to remember the information we place our consistent attention on will directly influence our mental and emotional health, which directly influences our effectiveness at work, and at home.

George Carroll, a former collegiate football player who was severely injured on the field, shares his dramatic story of overcoming hardship, depression, and suicidal thoughts. His motivational and light-hearted approach inspires others to adapt to life's inevitable roadblocks with optimism, mental flexibility, and emotional agility. Now, Carroll is a business strategist for the Tony Robbins Company, a certified positive psychology coach, and published author.

10:00 a.m. - 11:15 a.m.

Concurrent Breakout Sessions

WINNING THE BATTLE AGAINST WORK FATIGUE AND BURNOUT

Location: Santiam 6

Presented by George Carroll, certified positive psychology coach and speaker

1.25 CEU (ALF, RCF, SNF, IHC, SRH)

Do you constantly feel overwhelmed and under accomplished? Is the pandemic creating increased work fatigue and burnout? A survey of 1,500 people by Indeed showed that 67 percent believe that

burnout has worsened during the pandemic. Fifty three percent of those surveyed said they are working longer hours, making unplugging much harder. Burnout and fatigue are normal to experience periodically, but the pandemic has magnified them, inducing greater overwhelm, anxiety and even depression. If you're unable to shake burnout and fatigue symptoms, they can lead to long-term damage including heart disease, type 2 diabetes and even death. The good news is you can win the battle against work fatigue and burnout and this engaging session will show you how.

THROUGH THE EYES OF A SURVEYOR: ALF/RCF SURVEY PREPAREDNESS

Location: Santiam 4/5

Desiree Hansen, nurse consultant, Vanda Health

1.25 CEU (ALF, RCF)

State survey is a stressful process on its own. Add in the ongoing threat of COVID-19 infection control and a severe workforce shortage, survey can feel even more daunting. The goal of this session is to help communities build confidence with the survey process, before, during, and after. Communities will have a better understanding of not only what surveyors are looking for, but also ways to prepare for surveys during these unprecedented times. Other objectives include:

- creating a resident hot list and identify the most likely residents that surveyors will pull
- preparing for survey/re-survey, specifically during the pandemic and workforce shortage.
- exploring what the surveyors are looking for and the rationale for paths taken during survey.
- reviewing what to expect and how to guide your team confidently through this process.

INFLUENCING YOUR 5-STAR RATING: NF SURVEY PREPAREDNESS

Location: Croisan B/C (2nd Floor)

Patti Garibaldi, RN, BA, director of clinical consulting, Consonus Healthcare

1.25 CEU (SNF)

CMS created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily. Today, the Five-Star Rating System has expanded beyond consumer use. Non-consumers, such as state regulators, health care insurers, lenders, and investors, use Five-Star to determine incentive payments, referral networks, and financial loans. For some buildings, the COVID-19 pandemic has dramatically changed their five-star rating and providers are looking to strategically increase their rating. In this session, the presenter will discuss the identifying factors determining your building five-star rating. Discussion will include strategies and effective planning to continue to positively influence the five-star rating while maintaining high resident quality of life and customer satisfaction.

CONTINUING EDUCATION UNIT KEY

Look for these acronyms to find out if your session is worth the CEU credits you need.

ALF, RCF: Assisted Living and Retirement Care | SNF: Nursing Facility Administrators | MEM: Memory Care Administrators
IHC: In-Home Care Professionals | SRH: Senior Retirement Housing

In-Person Event Details

Thursday, April 21, 2022

11:00 a.m. – 1:30 p.m.

Dedicated Exhibitor Showcase Trade Show Time and Lunch

Location: Willamette Ballroom (2nd floor)

Lunch will be served in the Trade Show. Join OHCA business partners for lunch in the Exhibitor Showcase Trade Show! Enjoy your lunch and then discover the amazing products and services offered by OHCA business partner members. The trade show is your chance to view products and services that will help you improve your operations, discover cost savings for your building, and enhance the quality services you provide for your residents. See page 10 for list of exhibitors and sponsors!

HAVE FUN AND WIN PRIZES!

We are so excited to be back in person and are bringing back our dynamic and interactive trade show games, with opportunities to win a variety of prizes! Find game cards in your registration bag for two ways to play:

“We Go Together” Reconnection Game: Meet your fellow OHCA members and Spring Expo attendees by playing this game throughout the morning.

“Grease is the Word” Trade Show Word Scramble. In the trade show, enter to win the grand prize by visiting the exhibitors listed on the game card in your program bag, complete the trade show GREASE scramble, and turn your game card into the OHCA booth (table 212). The Grand Prize winner will be announced during the trade show!

Grand Prize: \$300 in Amazon Gift cards!

Other prizes include: Starbucks Cards, Kells Gift Cards, Gift Cards to the Family Fun Center, and more!



WOODRUFF
SAWYER



For long-term care facilities looking to grow, provide quality care, and keep their employees happy, your insurance brokerage should be a champion for you.

Our approach to Commercial Risks and Employee Benefits focuses on precision and strategy:

- Resolving outstanding commercial claims and running loss analyses
- Risk mitigation for your business to improve your profile with underwriters
- Leveraging our proprietary risk management tool, Pendulum
- Creating scalable Employee Benefits programs

Start your Comprehensive Program by contacting

Michael Reph (mreph@woodruff Sawyer.com) or Jeff Colby (jcolby@woodruff Sawyer.com).

Insurance Services | Risk Management | Employee Benefits woodruff Sawyer.com

WOODRUFF-SAWYER & CO. | An Assurex Global & IBN Partner | WA License 43511

In-Person Event Details

Thursday, April 21, 2022

1:30 p.m. - 2:45 p.m.

Concurrent Breakout Sessions

ADDRESSING EQUITY: OREGON LGBTQ+ OLDER SURVEY AND NEXT STEPS TOGETHER

Location: Santiam 6

Presented by Naomi Sacks, MSW, policy analyst, Long Term Services and Supports, Aging and People with Disabilities, ODHS

1.25 CEU (ALF, RCF, SNF, IHC, SRH)

This session will provide highlights of the first ever statewide Oregon LGBTQIA2S+ Older Adult Survey. Key results will be shared including population-based results from the Oregon Behavioral Risk Factor Surveillance System and results from a community survey of LGBTQIA2S+ older adults. A panel of community partners in the survey project, including members of the Survey Advisory Committee and the Oregon LGBTQ+ Older Adult Coalition will share their experiences and the importance of data in addressing gaps found in the survey. A participatory discussion will be held with attendees to explore next steps to address equity in care deliver and the positive impact on regulatory compliance, quality improvement and enhancing resident quality of life.

RESIDENT FALLS MANAGEMENT: GETTING TO THE ROOT CAUSE(S) AND DETERMINING INTERVENTIONS

Location: Croisan B/C (2nd Floor)

Presented by Cynthia McDaniel, RN, owner, ElderWise

1.25 CEU (ALF, RCF, SNF)

The response to resident falls is extremely important—setting the tone for resident safety, resident rights, mitigation of future falls and avoiding abuse/neglect claims for the community. In this session, the presenter will discuss practical tools for identifying the root of the falls, a process for teams to identify interventions, and simple tools to help teams work toward solution-finding. Attendees will walk away with strategies that can be implemented simply and quickly to reduce adverse events related to falls in a person centered way. Audience members will better understand patterns, contributing factors associated with falls and strategies to minimize fall risk and injury.



Optimized solutions for a
better built environment

Commissioning
Building HVAC Tune-up
Testing, Adjusting, and Balancing
Fire Smoke Damper Testing
Building Envelope Testing

800.856.6374

...so your care team can
focus on what matters most.

nwesi.com

In-Person Event Details

Thursday, April 21, 2022

1:30 p.m. - 2:45 p.m.

Concurrent Breakout Sessions

INTERPRETING BEHAVIOR AS COMMUNICATION IN MEMORY CARE

Location: Santiam 4/5

Presented by Dr. Maureen Nash, MD, FAPA, FACP, medical director, Providence ElderPlace

1.25 CEU (ALF, RCF, SNF, IHC, SRH, MEM)

In many situations, challenging behaviors among residents with dementia are simply their way of communicating they are in pain, frightened, hungry, not feeling well, or have some unmet need, want, or desire. The challenge to care providers is to NOT focus on the behavior, but instead to focus on what may have caused the behavior. Using case studies and interactive discussion, the presenter will explore how to discover the root cause of resident behavior and techniques to meet residents' unmet needs.

3:00 p.m. - 4:30 p.m.

Concurrent Breakout Sessions

COVID-19 BURNOUT AND REBUILDING RESILIENCY

Location: Santiam 6

Presented by Dr. Harry Krulewitch, MD MPH, assistant professor, OHSU Family Medicine

1.5 CEU (ALF, RCF, SNF, IHC, SRH)

Healthcare professionals, caregivers, and organizations are experiencing distress and burnout in the face of the ongoing COVID-19 pandemic crisis. Healthcare workers have a deep sense of obligation to keep working hard in the face of ongoing losses and depletion of individual and organizational resources. While individual wellness and health promotion can address some aspects of stress reduction, a shift in focus to building resiliency can address unhealthy work encounters and will have a better influence on individual and team wellbeing. In this session, the presenter will discuss the changes in day-to-day attitudes around our own sense of duty and altruism that may need to change. Attendees will be introduced to the GRACE program designed by the Upaya Zen Center to apply contemplative skills on a day to day basis, and identify work and organizational opportunities to promote best practice responses to COVID-19 related work issues and experiences.

LEGAL ISSUES HOT TOPICS: UPDATES FOR SENIOR LIVING AND CARE

Location: Santiam 4/5

Presented by Jeff Duncan, JD, shareholder, Lane Powell and Gabriela Sanchez, JD, shareholder, senior living & long term care team co-chair, Lane Powell

1.5 CEU (ALF, RCF, SNF, SRH)

The experience of COVID-19 has created a variety of issues in the senior living and care sector regarding regulations and litigation, employment issues, and more. In this session, the presenters will review a variety of relevant legislative updates, important cases affecting the sector, and regulatory issues. The presenters will explore the latest legal developments and how they impact the senior living and long term care sector and discuss compliance and risk management best practices to help avoid adverse regulatory action and civil claims. Train management and staff members how to accurately and effectively document how policies and practices are compliant with applicable regulations.

AGING AND MENTAL ILLNESS

Location: Croisan B/C (2nd Floor)

Presented by Laurel Wonder, MSW, clinical services specialist, Older Adult Behavioral Health, Multnomah County

1.5 CEU (ALF, RCF, SNF, SRH)

This presentation aims to destigmatize mental illness diagnoses. The presentation begins by demystifying some of the common forms of mental illness, including anxiety and depression. The discussion will lead into more stigmatized forms of mental illness, including schizophrenia and bipolar disorder, and some of the symptoms such as psychosis. The presenter will discuss who can diagnosis mental illness, who can be part of a support team, and what are common treatment goals. The presentation will continue with a discussion of treatment options, including medications, ECT, peer support (Folktime), therapy (cognitive behavioral therapy), hospitalization, and transcranial magnetic stimulation. Audience members will explore how to support a person who is experiencing symptoms of mental illness, particularly in a supported care environment. Additional discussion points will include: recognizing the symptoms are reality for the person and they cannot be talked out of feeling/seeing/hearing what they are experiencing; impacts of prolonged mental illness on a person's physical aging; and how to address residents and staff concerned about the individual with mental illness.

CONTINUING EDUCATION UNIT KEY

Look for these acronyms to find out if your session is worth the CEU credits you need.

ALF, RCF: Assisted Living and Retirement Care | **SNF:** Nursing Facility Administrators | **MEM:** Memory Care Administrators
IHC: In-Home Care Professionals | **SRH:** Senior Retirement Housing

OnDemand Virtual Details

Available April 18 – May 31, 2022

Visit <https://www.ohca.com/event/spring-expo> and click OnDemand for access.

THE GREAT EIGHT FY 2022: LEADERSHIP AND MOTIVATION

Presented by Kris Mastrangelo, OTR/L, LNHA, MBA, president and CEO, Harmony Healthcare International

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

This session will outline the current top eight areas leaders need to know to enhance quality of care, improve efficiencies, preserve financial integrity, and progress operational performance. Learners will be empowered to prioritize responsibilities, assess systems refinement, and meet stakeholder needs while upholding the commitment to provide high quality person-centered care to residents. The speaker will address the constantly changing regulatory landscape and reinforce the importance of applying evidenced-based approaches and best practices in the areas of compliance, audits, analysis, regulatory, reimbursement, education, efficiency, and survey.

NO THANKLESS JOBS: BUILDING A CULTURE OF GRATITUDE AND PREVENTING BURNOUT

Presented by Kera Magarill, MA, older adult behavioral health specialist, Washington County Disability, Aging and Veteran Services

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

During the pandemic, long term care workers experienced unprecedented levels of stress and burnout, dealing with workforce shortages, rapidly changing systems, unpredictable work environments, and the threat of disease to themselves, their families, and the people they care for. Research has found that one of the most effective ways to support well-being is by building a culture of gratitude. When health care workers experience gratitude at work—whether they practice it themselves or express it to a colleague—it helps reduce the stress, build positive relationships, and increase sense of meaning on the job. While it may not replace other important workplace supports, cultivating a gratitude practice is something you can start today to help fuel the resiliency needed to do the difficult work of caring for our most vulnerable. The presenter will share ‘Gratitude Practice for Long Term Care Workers,’ an evidenced-based project aimed at cultivating the practice of gratitude to support long term workers’ well-being. Participants will have access to the toolkit for starting a gratitude practice and will see a demonstration of some of the project’s most simple and effective gratitude exercises that can be easily integrated into staff culture.

STAFF RETENTION: TOP TIPS TO KEEP TERRIFIC TALENT!

Presented by Edward Leigh, MA, founder and director, The Center for Healthcare Communication

1.25 CEU (ALF, RCF, SNF, IHC, SRH)

The pandemic has exacerbated already-existing issues facing long term care facilities, especially staff retention. This content and upbeat session focuses on developing strong relationships with staff to keep them committed to your organization. Employees need to continually feel valued and appreciated. In this program you will learn how to create an environment that meets the needs of your employees (which dramatically enhances the resident experience). You will learn strategies for energizing and empowering your staff, delivering low and no-cost rewards that really work to motivate people, handling

difficult employees (and toxic managers), being clear and concise in communication, and involving staff in decisions. You will walk away from this session with a plethora of practical ideas you can put into action tomorrow!

WOUND CARE AND MANAGEMENT: PRESSURE INJURY IMPOSTERS

Presented by Pamela Scarborough, PT, DPT, MS, CWS, FAWWC, vice president, clinical affairs, Restorix Health/AMT

1.0 CEU (SNF)

That skin disruption may look like a pressure Injury, but is it? Ensure your team correctly identifies tissue damage that mimics pressure injuries, but is NOT of pressure etiology. Accurate identification of skin disruptions is required for appropriate care planning, survey readiness, quality review, and to prevent legal issues for facilities. This presentation will describe etiologies that may be mistaken for pressure damage, including chronic tissue injury (CTI), the Kennedy terminal ulcer (KTU) aka skin failure, moisture-associated skin damage (MASD), and others. Attend this program to enhance your differential recognition skills for pressure ulcer/injury appearing skin issues.

SIDE EFFECTS OF ANTIPSYCHOTIC MEDICATIONS AND MONITORING STRATEGIES IN LTC

Presented by Chris Harris, R.Ph, consultant pharmacy, Consonus Healthcare

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

Antipsychotic medications are commonly used in elderly patients to treat psychiatric disorders as well as the neuropsychiatric symptoms of dementia and can be particularly problematic and potentially dangerous. Geriatric patients experience multiple age-related changes which put them at increased risk of medication side effects, and often have comorbid conditions requiring multiple concurrent medications. Side effects of this class of medications are numerous in a population of residents who typically do not tolerate well to the side effects of medications. The speaker will discuss these side effects as they pertain to geriatric, long term care residents, and appropriate monitoring to avoid adverse medication outcomes.

NAVIGATING THE REGULATORY ENVIRONMENT IN OREGON:

AN UPDATE FROM ODHS

Presented by Jack Honey, administrator, ODHS Safety, Oversight and Quality

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

In this OnDemand session, Safety, Oversight and Quality representatives will discuss the current regulatory environment for assisted living, residential care, and skilled nursing facility providers. The presenter will showcase the latest trends and information related to survey, licensing, and corrective action. Find out how your facility can be as prepared as possible throughout 2022.

CONTINUING EDUCATION UNIT KEY

Look for these acronyms to find out if your session is worth the CEU credits you need.

ALF, RCF: Assisted Living and Retirement Care | **SNF:** Nursing Facility Administrators | **MEM:** Memory Care Administrators
IHC: In-Home Care Professionals | **SRH:** Senior Retirement Housing

OnDemand Virtual Details

Available April 18 – May 31, 2022

Visit <https://www.ohca.com/event/spring-expo> and click OnDemand for access.

DEMYSTIFYING RESIDENT'S LEGAL REPRESENTATIVE RELATIONSHIPS: POWER OF ATTORNEY, CONSERVATORSHIPS, AND MORE!

Presented by Meredith Williamson, JD, owner, managing attorney, NW Estate Law, LLC

1.0 CEU (ALF, RCF, SNF, IHC, SRH, MEM)

Providers, families, and residents continue to have questions when it comes to appointed agents and representatives. What are the abilities and limitations of agents appointed under power of attorney, guardianship, conservatorship, and other legal relationships? How do those relationships impact the use of POLST and/or advanced directives? In this discussion, the presenter will address many common questions such as: when should you work directly with residents instead of their appointed agents under the healthcare advance directive or durable power of attorney?; what if you suspect the agent is making bad decisions or worse yet, unethical or abusive decisions?; what happens if there is no one appointed to make financial or healthcare decisions for your residents?; and at what point is it too late to appoint a healthcare or financial agent?

USING RELATIONSHIP TO RELIEVE LONELINESS: HOW TO DEVELOP OLDER ADULT PEER SUPPORTS IN YOUR COMMUNITY

Presented by Laurel Wonder, QMHP, MSW, older adult behavioral health specialist, Multnomah County Mental Health and Addiction Services

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

Loneliness is prevalent in older adult population, including those who reside in assisted living and other congregate settings. Loneliness has a negative impact on health outcomes and needs to be addressed as a public health concern. Developing reciprocal relationships, in which and older adult is needed by another person, can impact loneliness more than traditional programming in which the older adult is encouraged to passively accept support. By developing older adult peer programs, loneliness can be reduced in communities while using a limited amount of paid staff resource. In this session, the presenter will share the results of piloted programs in the state of Oregon which have had a positive impact on reducing loneliness in older adults. Other models of peer delivered service will be discussed and reviewed during the presentation.

VITAL 5 PILLARS OF DEMENTIA CARE

Presented by Eric Collett, principal, CEO, A Mind for All Seasons

1.0 CEU (ALF, RCF, SNF, IHC, SRH, MEM)

Meaningful interaction with people who are living with dementia requires an understanding of how they experience the world and how to communicate in ways that feel right to them. While there are many good dementia care techniques, most techniques are based

on five core principles. When properly understood and applied, these Vital 5 Pillars naturally lead to effective techniques that help reduce difficult behavioral expressions, antipsychotic medication usage, falls, and other challenges care professionals face.

WHAT ARE THEY TRYING TO TELL ME? UNDERSTANDING BEHAVIOR AS COMMUNICATION

Presented by Eric Collett, principal, CEO, A Mind for All Seasons

1.0 CEU (ALF, RCF, SNF, IHC, SRH, MEM)

Humans are always communicating and everything we do communicates with those around us. Most of what gets labeled as bad behavior from people living with dementia is nothing more than an attempt to communicate. This program helps participants develop greater skill in identifying what residents are trying to say and how to respond. Leaders will discover ideas and techniques to ensure staff are prepared with the tools they need to accurately respond to resident needs.

DEMENTIA AND ADLS: CREATIVE CARE TECHNIQUES FOR SUCCESSFUL INTERACTIONS

Presented by Deb Elings, BSN, RN, CCM, WCC, RAC-CT, certified PAC trainer, sales clinician, First Quality/Prevail

1.0 CEU (ALF, RCF, SNF, IHC, SRH, MEM)

Dementia is more than memory loss with symptoms including challenges with language, focus, communications, and reasoning. This can lead to misunderstandings when it comes to meeting the personal care needs of residents. The presenter will outline why such declines happen and how they affect resident and staff interactions. The presenter will discuss approaches to managing resident personal care that create positive interactions with residents with dementia and lead to successful care delivery.

AFFIRMING WHERE WE'VE BEEN, CELEBRATING WHERE WE'RE GOING: WELLBEING IN TIMES OF UNCERTAINTY AND EXHAUSTION

Presented by Paige Hector, LMSW, Paige Ahead Consulting Services

1.0 CEU (ALF, RCF, SNF, IHC, SRH)

The relentless pressure since the start of the pandemic has challenged healthcare leaders and staff and has impacted wellbeing and morale throughout the organization. Capacity is stretched thin, and we all ache for relief and healing. This session offers the opportunity for participants to affirm the experiences of the past few years and celebrate where they are headed in the future in an effort to create a path towards more resilience and post-traumatic growth. Resilience helps us discover the unexpected gifts in conflict and trauma that can stimulate growth and learning through setting useful and even healthy boundaries. Attendees will leave this session feeling empowered to continue on their journey of supporting residents while also prioritizing their wellbeing. The presentation will lead audience members in identifying action steps to incorporate wellbeing strategies into the organizational culture and create opportunities for staff to grieve and mourn while practicing grounding techniques to increase comfort and wellbeing.



Thank You to Our Sponsors!

OHCA ANNUAL ENDORSED PARTNERS



OHCA ANNUAL ELITE SPONSORS



OHCA ANNUAL PREMIER SPONSORS

Ameresco
Bristol Hospice – Oregon
Charter Construction
Healthcare Services Group
Infinity Rehab

k.p.d. Insurance
NWCare Inc – Podiatry
Optum
SAIF Corporation
Vanda Health

SPRING EXPO SPONSORS

Presenting Sponsor:
Breakout Session Sponsor:
Continental Breakfast:
Event Program:

Incite Strategic Partners
Fidalab
Vanda Health, US Foods
SAIF, Healthcare Services Group,
Woodruff Sawyer, NWESI,
Marcus & Millichap, Columbia
Roofing and Sheet Metal

OnDemand Website Sponsor: Pinnacle Quality Insight

SPRING EXPO SESSION SPONSORS

AMT Wound Care
Consonus Healthcare
ElderWise
First Quality/Prevail
Harmony Healthcare
Lane Powell
Multnomah County Disability, Aging and
Veteran Services

NW Estate Law
ODHS, Safety Quality and Oversight
Providence ElderPlace
Vanda Health
Washington County Disability, Aging and
Veteran Services

Visit the Spring Expo Exhibitors in the Trade Show!

For the most up-to-date exhibitor list, please visit the Spring Expo website.

BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR
301	Alliance Insurance	306	Health Care Services Group	511	Oregon Geriatrics Society
510	Alzheimer's Association	404	Hormel Health Labs	604	PayNorthwest
208	Ameresco	410	HPSI	405	Pharmerica
211	Apploi	202	Incite Strategic Partners	503	PointClickCare
302	Aria Care Services	704	Independence Rehab	603	Reliant Rehab
401	Bristol Hospice	309	Infinity Rehab	312	SafelyYou
403	Bristol Hospice	406	k.p.d. Insurance	705	SafeSurfaceNW
205	Cintas	411	Kare	207	Select Rehab
101	CirrusDX	601	Kashi Clinical Laboratories	412	Staples
311	Columbia Roofing and Sheet Metal	303	McKesson	305	Summit Cleaning
402	Consonus Healthcare	206	Medline	201	Sysco Foods
307	Deacon Construction	702	Metro West	507	Time Equipment
203	Direct Supply	512	MLTCQRAC	504	United Wound Healing
304	EmpowerMe	106	Numotion	408	US Foods
500	Fidalab	602	NW Care Podiatry	308	Vanda Health
505	FIRSTNET	703	Optum	407	Wholesale Online Group
501	Genoa Healthcare	508	Oregon Care Partners		
204	HD Supply	509	Oregon Department of Human Services		

Questions? Visit the event website on www.ohca.com or call (503) 726-5260 for more information.



THE EXPERIENCE TO MAKE A DIFFERENCE

Healthcare Services Group delivers exceptional Housekeeping, Laundry, Dining and Nutritional services to an ever changing and growing healthcare market. Since 1976, our focus has been on providing professional management of ancillary services to thousands of facilities all over the country. Our Purpose, Fostering Fulfillment in Communities, allows us to stay motivated on delivering the highest quality service and resident experience in the facility communities which we operate.



1-800-363-HCSG

| www.hcsgcorp.com

Proud to be an OHCA Endorsed Partner



We are your local roofing partner

24/7 Emergency Call

Safety Installations

Sheet Metal

Annual Maintenance

Full Roof Replacement

Roof Repair

Call us to get your roof evaluation

503 -684 -9123

ReroofNow.com





Workers' comp that really works

We're Oregon's leader in workers' compensation insurance because we follow a simple formula: savings, service, and safety. We cover 53,000 Oregon businesses of all sizes, large and small, in every industry – 750,000 workers in all. We provide low premiums, great service, and an unmatched safety program. Put it all together, and that's workers' comp that really works.

saif.com

