



MN-DONA/LTC Spring Conference and Annual Meeting

Thursday, April 28 & Friday, April 29, 2016

Welcome to MN-DONA's 2016 Spring Conference and Annual Meeting. The Spring Conference this year will be held in Rochester at the beautiful downtown DoubleTree by Hilton. The committee has been working hard on this year's agenda; we look at hot topics in our industry, and then line up speakers who would give you relevant information to bring back to your facility.

Our Keynote speaker on Thursday is Kristen Brown who will speak about "Happy Hour Effect" - 5 Key Commitments to Elevate Your Work/Life Success. Kristen Brown inspires busy professionals to minimize stress, leverage goals and boost performance to drive growth. She's a keynote speaker, widowed mom, and bestselling author who shares her Happy Hour Effect message for work/life success. She has a Master's in Integral Theory (the art and science of perspective) and a holistic coaching certificate. She has shared her expertise on stage and screen including "Live with Kelly & Michael," "Working Mother", many national media outlets, healthcare organizations and corporate teams. After Kristen's presentation is done we will meet for social hour and district meetings.

Something new we are trying this year; a dinner get-together at a local restaurant. We will have reservations at Victoria's, a well known Italian restaurant in downtown Rochester, just 2 quick blocks from the hotel. This invitation is open to all conference participants who would like to join us.

Kris Lohrke, the new Director of MDH OHFC, will present on Friday, and our MN-DONA Annual Meeting will be during lunch on Friday, you will have the opportunity to watch how our board governs our organization by observing our board meeting and taking part in our Nominations of new board members.

We hope you use the conference to connect, socialize and network with others, enjoy the beautiful city of Rochester and go home rested and rejuvenated.

*Libby Lindberg
Chair, Spring Conference Committee*



Spring Conference 2016 is Here!

SCHEDULE OF EVENTS

Thursday, April 28, 2016

8:00 a.m. - 10:15 a.m. **Registration & Breakfast**

9:00 a.m. - 10:00 a.m. **Compassion Fatigue**
Harriet Hodgson, Self Employed

Burnout is such a familiar word it has become part of everyday conversation. Not so with compassion fatigue, a form of burnout. This workshop serves as an introduction to compassion fatigue and includes vital information for nurse administrators. Awareness and prevention are the dual themes of the workshop. When you leave, you will have a better understanding of yourself, proactive steps you may take, and ways to help your colleagues.

10:00 a.m. - 10:15 a.m. **Break**

10:15 a.m. - 12:15 a.m. **Parkinson's Disease Basics and Beyond**
Heidi Ewing

"Parkinson's Basics and Beyond" will cover the basics of Parkinson's in the first hour. What is it? What causes it? What is actually happening in the brain that causes these unique symptoms? What medication is being used and what is the current research? The second hour will cover how Parkinson's affects the person, the family and your staff. How do you work with the spouse who used to be the caregiver? What can your staff do to help the residents with Parkinson's? What doesn't help? What are some ideas for activities and therapy? When is hospice appropriate?

12:15 p.m. - 1:30 p.m. **Lunch (Committee Meetings)**

1:30 p.m. - 2:30 p.m. **Medication Management: Maximizing Opportunities for Success**
Lores Vlamincik, Lores Consulting

Medications are essential for the care of seniors. Approximately 85% of our seniors in assisted living setting require assistance with their medications. Research has demonstrated that overall medication error rates were similar between nurses and non-nurses but markedly higher in less trained staff from either category.

Plan to attend this session that will challenge your critical thinking and share in best practices to ensure the safety in the administration of medications.

2:30 p.m. - 3:30 p.m. **District Meetings / Social Networking Reception**

3:30 p.m. - 4:30 p.m. **The Happy Hour Effect: 5 Key Commitments to Elevate Your Work/Life Success**
Kristen Brown, Happy Hour Effect LLC

Stress negatively affects our lives professionally and personally and the nursing profession is no exception. 80% of people say their job is the most stressful aspect of their lives and one million people are calling in sick to work every day due to stress – not to mention those who show up but are unproductive, unfocused, or providing sub-par care. By understanding the dynamics of stress and how it impacts you and your co-workers, you can better manage it so it doesn't stop you from being successful in your career and personal goals. Kristen will use her Happy Hour Effect framework to help re-prioritize the dynamics of your life with clarity and fresh action for work/life happiness, health, career success and stronger relationships.

5:30 p.m. **Dinner at Victoria's (located just 2 blocks away) at 7 1st Ave SW**
Victoria's Restaurant
7 1st Ave SW, Rochester MN
www.victoriasmn.com

All are welcome to attend - Dinner is on your own



SCHEDULE OF EVENTS

Friday, April 29, 2016

7:00 a.m. - 7:45 a.m. **T'ai Chi Chih**
 Bonnie Sokolov

Many seniors need realistic movement options for wellness. Numerous benefits of Qigong are tailor-made for some of the most important health needs of older people, such as improved flexibility, better balance, increased pain management, and improved strength and lung function. Qigong practice is also a method of finding a greater sense of physical and emotional grace, self-nurturing, and self-acceptance, as well as a method to help reduce anxiety and stress.

T'ai Chi Chih, a series of 19 slow, gentle movements and one pose is a simple to learn form of Qigong. It is not a martial art or a religion, but rather a form of moving meditation with benefits for body, mind and spirit. It requires very little practice space, no special clothing and can be done by anyone regardless of age or physical condition and can be successfully performed while sitting down. While benefits received vary with the individual many people report improved balance and flexibility; improvement in chronic problems such as blood pressure, arthritis, depression and fibromyalgia; reduced stress and an overall sense of well-being and joy in life.

7:00 a.m. - 8:30 a.m. **Breakfast & Annual Meeting Registration Opens**

8:30 a.m. - 10:00 a.m. **What Should You Expect if your Facility is Involved in a Lawsuit**
 Lynn Gerard, Guardian Angels Care Center

One of the greatest fears that nurses experience is the ever present threat of being sued. Often we hear statements such as "My mother has fallen twice now; I think it is time we get an attorney." The legal world remains a mystery to us and most of us have no clue what to expect or how to prepare in the event we are called upon to provide testimony in this stressful time.

During this session I will provide insight into what you should expect once you receive communication from a law firm that they are representing one of your current or past clients. Detailed information will be provided regarding the processes involved in a deposition, with comparisons to arbitration hearings and jury trial. These insights are to help you plan, in advance, for these types of situations. The information you will receive is not to be construed as legal advice or to include every possible scenario that may arise.

10:00 a.m. - 10:15 a.m. **Break**

10:15 a.m. - 11:45 a.m. **OHFC - Complaints and Investigations**
 Kris Lohrke, OFAC

This session will describe the Office of Health Facility Complaints, the purpose and complaint investigation process, the different staff, the processes that are used for all complaints and reports received in the office. There will be a discussion on how OHFC works with the Minnesota Adult Abuse Reporting Center (MAARC). It will also describe the investigation both from the compliance perspective, federal and state and the maltreatment investigation under the VAA statute.

11:45 a.m. - 12:00 p.m. **Break**

12:00 p.m. - 1:30 p.m. **Lunch & MN-DONA/LTC Annual Meeting - Members Only**



MN-DONA Fall Conference

October 11-14, 2016

Breezy Resort



Accreditation

Application has been made to the Minnesota Board of Examiners for Nursing Home Administrators for 8 clock hours. 9.6 contact hours are being offered that meet the Minnesota Board of Nursing's continuing education criteria. When you consider the number of contact hours offered through the conference registration fee, it is less than \$16.25 per contact hour.

At this time, because of continuing complexity and financial considerations, MN-DONA will not be able to provide ANCC accreditation for the Spring Conference program. MN-DONA no longer has an ANCC sponsor. The MN-DONA Board will continue to explore options for future ANCC accreditation.

Accommodations

If you need overnight accommodations, please contact DoubleTree by Hilton- Mayo Clinic Area directly at **507-281-8000 and mention Minnesota Directors of Nursing Administration**. Reservations must be made by **April 6th, 2016**. The negotiated group rate is **\$149** single/double occupancy + 14.625% tax. Parking will be offered at a reduced rate of \$7 per vehicle per day. Visit their website at <http://doubletree3.hilton.com/en/hotels/minnesota/doubletree-by-hilton-hotel-rochester-mayo-clinic-area-RSTD/DT/index.html> for more information on the housing options.

Registration/Cancellations

Please see the registration form on page 5 for a listing of the conference fees. Your registration includes all the educational programs, materials, breakfast, lunch and reception. There is a reduced rate for first-time attendees. If you have never attended the Spring Conference, please circle "first time attendee" on your registration form and pay the reduced registration fee indicated.

Non-Members: To receive the best value, pay the member rate for the conference by signing up for MN-DONA membership on the conference registration form and include your dues payment with your registration fee. As a special thank you for your membership, you will receive **\$10** off the regular yearly membership fee and will pay only **\$100** in dues. The benefits of membership are numerous! Please access the MN-DONA website at www.mndona.org for a complete benefits listing.

Cancellations: Written notice of cancellation of your conference registration must be received by **April 15, 2016**. A \$30 administrative fee will be charged and the balance will be refunded following the conference. Cancellations should be emailed to cathy@bestmeetings.com.

Questions can be addressed to 800-958-8875 or 952-858-8875 or via email at info@mndona.org

SPRING CONFERENCE 2016 REGISTRATION



Name: _____

Title: _____ MN-DONA District _____

Company: _____

Address: _____

City/ State/ Zip _____ Cell : _____

Phone: _____ Email Address: _____

Please indicate any special needs (dietary, access, etc.): _____

Is this your first time attending MN-DONA's Spring Conference? Yes / No

Are you interested in joining us for dinner at Victoria's Italian Restaurant on April 28th at 5:30pm? (Pay on your own) Yes / No

Are you attending the MN-DONA Annual Meeting on April 29, 2016? Yes / No (Members Only)

Please register me for the following:

MN-DONA Members:

_____ \$155 MN-DONA/LTC Member - Spring Conference & Annual Meeting, April 28-29, 2016

New Members - Joining MN-DONA:

_____ \$255 I *would like to join MN-DONA* and pay the member rate for the Spring Conference and Annual Meeting. I have included the discounted membership fee of \$100 with my registration.

_____ \$221 I am a *Assisted Living RN in a leadership position* and pay the AL member rate for this conference. I have included the discounted membership fee of \$66 with my registration.

Non-Members:

_____ \$180 Non-Member - Spring Conference and Regulatory Update Only

Payment: _____ Check _____ VISA _____ MasterCard Card Number _____

Expiration Date ____/____ Person's Name on Card _____

Full Address (where credit card bill is sent) _____

City _____ State _____ Zip _____

Signature _____

Card Holder's Phone (____) _____

Card Holder's Email _____

Mail or fax this form along with payment
by April 4, 2016 or
register on-line at the
MN-DONA website www.mndona.org.

MN-DONA/LTC
2626 E 82nd St., Suite 270
Bloomington, MN 55425
Fax 952-858-8950

Questions...800-958-8875/952-858-8875 or info@mndona.org